

# Authentic Lives Trust

Report and Accounts

Year ended 31st December 2021

Stewardship   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://www.stewardship.org.uk)

**AUTHENTIC LIVES TRUST**  
**LEGAL & ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

ADDRESS FOR CORRESPONDENCE	118 Boundary Road Carshalton SM5 4AB
GOVERNING DOCUMENT	Declaration of Trust dated 13th December 1968 as amended 19th March 2020.
CHARITY REGISTRATION NUMBER	257715
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Celia Mahtani Fiona Stevenson Andy East (resigned August 2021) Faith Apiafi-Hailsham Philip Wai (appointed August 2021)
INDEPENDENT EXAMINER	Lisa Darby ACA Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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**AUTHENTIC LIVES TRUST**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2021.

**Objects of the charity**

The charity is governed by a trust deed and is constituted as a trust. The charity's principal objects, as set out in its governing document, are for the benefit of general charitable purposes.

**Summary of the charity's main activities and achievements**

To further the above objects and vision, the charity's main activity was to support the development of the Authentic Lives Workshop, which enables individuals to discover their unique identity, gifting and purpose.

The main achievements of the charity have been to make grants of £24,000 during the financial year. These funds were used to develop and adapt the Authentic Lives Workshop for delivery online, so that the work could continue despite the global situation with Covid-19.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

**Financial review**

During the year, the charity received income of £66,282 (2020: £5,545), and incurred expenditure of £24,422 (2020: £5). As a result the cash held by the charity increased by £41,860, to £47,400, all of which is unrestricted and can be used for any charitable purpose.

The charity is funded by voluntary donations, and grants are only be made subject to enough funds in the bank account.

**Reserves policy**

At the year end, the charity held unrestricted cash of £47,400 and the charity is holding these additional funds for the purpose of making grant payments during 2022. The Trustees will be considering setting a reserves policy during 2022.

**Governance**

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee, following good practice in accordance with Charity Commission guidelines. New Trustees are invited to attend a short induction session to familiarise themselves with the charity and also their responsibilities under the Charities Act.

**Risk statement**

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

**Responsibilities of trustees**

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

**Approval**

This report was approved by the trustees and signed on their behalf by:

*Fiona Stevenson*

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FIONA STEVENSON

Date: 19 August 2022

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF

### AUTHENTIC LIVES TRUST

I report to the trustees on my examination of the accounts of Authentic Lives Trust ('the charity') for the year ended 31 December 2021 on pages 5 to 8 following.

#### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*Lisa Darby*

Lisa Darby ACA

Stewardship  
1 Lamb's Passage  
LONDON  
EC1Y 8AB

Date: 23 August 2022

**AUTHENTIC LIVES TRUST**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

	Notes	<u>Unrestricted Funds</u>		Restricted Funds	2021	2020
		General Funds	Designated Funds			
		£	£	£	£	£
<b><i>Income receipts</i></b>						
Donations		53,420	-	-	53,420	5,545
Gift aid receipts		12,863	-	-	12,863	-
Other		-	-	-	-	-
<b><i>Total receipts</i></b>		<u>66,282</u>	<u>-</u>	<u>-</u>	<u>66,282</u>	<u>5,545</u>
<b><i>Payments</i></b>						
Payments in relation to charitable activities undertaken directly	2	297	-	-	297	5
Grants paid in relation to charitable activities undertaken by others	3	24,125	-	-	24,125	-
<b><i>Total payments</i></b>		<u>24,422</u>	<u>-</u>	<u>-</u>	<u>24,422</u>	<u>5</u>
Net of receipts / (payments) before		41,860	-	-	41,860	5,540
Transfers between funds	5	-	-	-	-	-
<b>Net movement in funds</b>		<u>41,860</u>	<u>-</u>	<u>-</u>	<u>41,860</u>	<u>5,540</u>
Cash funds as at last year end		5,540	-	-	5,540	-
<b>Cash funds at this year end</b>	A	<u>47,400</u>	<u>-</u>	<u>-</u>	<u>47,400</u>	<u>5,540</u>

The notes on pages 7 - 8 form part of these accounts.

**AUTHENTIC LIVES TRUST**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

	Notes	Unrestricted Funds		Restricted funds	2021	2020
		General funds	Designated funds			
		£	£	£	£	£
<b>A Cash funds</b>						
Cash at bank with immediate access		47,400	-	-	47,400	5,540
Notice deposits		-	-	-	-	-
Petty cash		-	-	-	-	-
		<u>47,400</u>	<u>-</u>	<u>-</u>	<u>47,400</u>	<u>5,540</u>
<b>B Other monetary assets</b>						
Gift aid due to charity		-	-	-	-	1,250
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,250</u>
<b>C Liabilities</b>						
<b>Falling due within one year</b>						
Grant Payment Commitments		12,000	-	-	12,000	-
Fee for Independent Examination		720	-	-	720	-
<b>Total</b>		<u>12,720</u>	<u>-</u>	<u>-</u>	<u>12,720</u>	<u>-</u>

The accounts were approved by the trustees and signed on their behalf by:

*Fiona Stevenson*

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FIONA STEVENSON

Date: 19 August 2022

The notes on pages 7 - 8 form part of these accounts.

**AUTHENTIC LIVES TRUST**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

As the charity's income is less than £250,000, it has taken advantage of the option to prepare its accounts on a receipts and payments basis and the results reported previously have been restated; further information is given in note 6 below.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2021	Total 2020
	General funds	Designated funds			
	£	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>					
Bank Charges	297	-	-	297	5
Other costs	-	-	-	-	-
	<u>297</u>	<u>-</u>	<u>-</u>	<u>297</u>	<u>5</u>

**3 Grants paid in relation to charitable activities undertaken by others**

Grants for:					
Authentic Business Group CIC	24,125	-	-	24,125	-
	<u>24,125</u>	<u>-</u>	<u>-</u>	<u>24,125</u>	<u>-</u>

The Authentic Business Group CIC is the provider of Authentic Live workshops designed to help individuals discover meaning and purpose in their lives so that they might live happier, more fulfilled lives.

**4 Transactions with related parties**

The Trustee Celia Mahtani is the Company Secretary for Authentic Business Group CIC who were the recipients of the £24,125 grants paid this year. This conflict of interest has been declared at each meeting of the trustees and Celia does not vote on any



**AUTHENTIC LIVES TRUST**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**5 Movement of funds**

	Opening balance £	Receipts £	Payments £	Transfers £	Closing balance £
General funds	5,540	66,282	(24,422)	-	47,400
Designated funds	-	-	-	-	-
Restricted funds	-	-	-	-	-
Total funds	<u>5,540</u>	<u>66,282</u>	<u>(24,422)</u>	<u>-</u>	<u>47,400</u>

**6 Reconciliation with previously reported funds**

As explained in note 1 'Accounting Policies', in the previous year the charity prepared its accounts using the accruals basis; in the current year the charity has taken advantage of the option to prepare its accounts on a receipts and payments basis. The comparatives presented in these accounts have been re-stated using the receipts and payments basis and a reconciliation with the reserves and results reported previously follows:

*Reconciliation of reserves*

	2020 £	2019 £
Previously reported reserves, at 31 December 2020	6,790	-
Adjustments arising from use of receipts and payments basis:		
Exclusion of previously included debtors	(1,250)	-
Exclusion of previously included creditors	-	-
Re-stated reserves, at 31 December 2020	<u>5,540</u>	<u>-</u>

*Reconciliation of results*

	2020 £
Previously reported results	6,790
Adjustments arising from use of receipts and payments basis:	
Previously capitalised expenditure, less depreciation, now expensed	-
Excluded movements in debtors resulting in the recognition of more / (less) income	(1,250)
Excluded movements in creditors resulting in the recognition of less / (more) expenditure	-
Re-stated results	<u>5,540</u>