

MRS Independent Living

England & Wales · Charity number 801419

Details

Other names THE MOBILE REPAIR SERVICE

Status Registered

Legal form Charitable company

Company number [02086284](#)

Registered 1989-06-08

Register [View on the Charity Commission register](#)

Contact

Address 329 Queensbridge Road
London
E8 3LA

Phone 03303801013

Email services@mrsindependentliving.org

Website www.mrsindependentliving.org

Activities

Objects: The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage in the London Boroughs of Islington, Hackney, City of London and other boroughs, through the provision of services and products to promote independence, health and wellbeing and social inclusion.

Activities: Working in North East London, we support people in need to stay independent, active and connected to their communities. We provide practical help through our home adaptations and therapeutic decluttering services, social and digital inclusion activities, falls prevention services, and advice and advocacy for people from marginalised and excluded communities.

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** LONDON BOROUGH OF HACKNEY AND ISLINGTON
- City Of London
- Hackney
- Islington

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£478,019	£487,820	-	-
2024-03-31	£419,969	£404,411	-	-
2023-03-31	£335,067	£307,978	-	-
2022-03-31	£300,903	£286,148	-	-
2021-03-31	£225,554	£262,906	-	-

Trustees

Name	Role	Appointed
Andrew Tunks		2023-03-20
Dr John Miles		
JANE TILSTON BSC MSC		
Michelle Cornes		2024-02-22
Oyetade Oyeboode		2022-03-21
STEPHEN STEPPENS		
Takumba Maria Lawal		2024-07-25

MRS Independent Living

England & Wales - Charity number 801419

Accounts

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
MRS INDEPENDENT LIVING LTD**

MRS INDEPENDENT LIVING LTD

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for the Year Ended 31 MARCH 2025**

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MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The mission of MRS Independent Living is to help older people, people with disabilities and those with support needs live safely, independently, and with dignity in their homes and communities.

2024/25 was a year of challenge, change and achievement. Funding pressures continued to test our resilience, with the consequences of money-saving initiatives in Hackney Council and the local NHS being seen in the decision not to recommission Staying Steady, the falls prevention service that has served Hackney's community of older people since at least 2013.

This year we moved into a new base at the Marie Lloyd Centre in Hackney, which as well as providing an office, offers flexible space for activities, meetings and events. It is the home of Keeping Sharp, our new programme of strength and balance exercise classes which launched in early 2025 and has proved popular with older people seeking a sense of community as much as exercise.

Co-locating at the Marie Lloyd Centre with other charities and organisations supporting older people, carers, people with disabilities is already bringing benefits and we look forward to deepening these partnerships.

We undertook a substantial programme of stakeholder engagement around Making Room in 24/25, bringing together colleagues in the local authority, NHS and other agencies involved in the support and safeguarding of people who hoard. Our one-year grant did not ultimately give us enough time to achieve the system transformation we were aiming for, but we certainly generated some momentum towards change and succeeded in increasing understanding of hoarding, of the problems in the system, and of the valuable service Making Room provides.

From exercise programmes that restore confidence and mobility, to decluttering interventions that make homes safe again, to advice and advocacy that secures access to services, benefits or prevents eviction, our work has reached and supported around 1,000 people in 24/25. This report showcases the breadth of our work, the voices of those we support, and the dedication of our staff, trustees, and volunteers.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as holistically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost :** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goals.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE OUR ACTIVITIES AND ACHIEVEMENTS IN 2024/25 Keeping Active and Preventing Falls

Staying Steady

2024-25 marked the fifth and final year of the Staying Steady contract, the falls prevention service funded by City and Hackney Public Health. Staying Steady offers the evidence-based, 24-week Falls Management Exercise (FaME) programme to people over 55 in City and Hackney.

Budget pressures in Public Health and a decision by commissioners to prioritise investment in primary prevention meant that Staying Steady was not recommissioned beyond March 2025, despite strong support from service users and health professionals. The NHS was unable to secure continued funding, disappointing local physiotherapists who relied on the service to help reduce waiting times. However, Staying Steady's success has directly inspired the development of Keeping Sharp, a new programme that ensures older people can continue to engage with regular strength and balance exercise in a community setting.

Referrals

Referrals for the year totalled 189, with over 40% coming from Homerton Hospital-based services, 20% from the Adult Community Rehabilitation Team, and 20% self-referrals.

Two-thirds of participants were aged between 70 and 89. Women made up almost three-quarters of participants (older women are more likely to have osteoporosis and osteoarthritis).

Completions and Outcomes

- **110 people** completed the 24-week programme (people referred after 1 October did not receive the full 24 weeks and aren't included in these results).

- **88%** of participants improved on at least one recognised test of strength and balance

- Around **half experienced fewer falls**.

Participant Feedback

Participants highlighted both physical and social benefits:

- "This class has helped me to improve my daily chores around my house."

- "I used to use a trolley and now I don't need it - I drag it behind me."

- "The programme helped my mobility by being more steady on my feet. The class has improved my confidence."

- Social aspects were highly valued, with participants enjoying the friendly and encouraging atmosphere.

Otago Falls Prevention

Otago is a home-based falls prevention programme for frail older adults at high risk of falls, who are unable to attend exercise classes in the community. The programme is delivered over six months with six home visits and two motivational phone calls, and is tailored according to individual needs.

Funded by NHS North East London, the programme aims to **prevent deterioration** of strength and balance as much as improvement, and offers an exercise intervention for a cohort for whom there are not many other options.

Eighty percent of Otago participants were aged over 70, with 19 people aged 90 and over.

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

Referrals and Completions

- **97 referrals** received (highest from the Integrated Independence Team)
- **63 people** completed the six month programme
- **51%** experienced fewer falls
- Around **60%** improved on at least one recognised test of strength and balance

Case Study

Mrs T, in her late 80s and living with arthritis, diabetes, and high blood pressure, had stopped walking independently after a series of falls. She started the Otago programme in December 24 and by late January was exercising daily, reporting less knee pain. Her sister observed improvements in her walking posture and confidence. By the end of the programme, Mrs T was walking outside for longer and felt much more confident when walking. She was stronger and felt better in herself, now she was able to do things that she couldn't do before due to the pain in her knees.

Keeping Sharp

Keeping Sharp launched in January 2025 as a follow-on from Staying Steady, designed to keep older adults active, socially connected and engaged through exercise classes that focus on strength and balance.

Developed in collaboration with a core group of users of The Sharp End, a well-loved Hackney organisation that closed several years ago, Keeping Sharp revives the spirit of the Sharp End and its offer of free/low-cost, fun and inclusive classes for older people.

Keeping Sharp officially launched in February 25 and classes have been well-received across the board. The current programme includes:

- Dance and Chi Kung on Mondays
- Strength and Balance, Pilates, and Mindful Movement on Tuesdays
- Chair-Based Exercise on Wednesdays

Chair-Based Exercise was added a few weeks after launch in response to high demand and has since reached full capacity most weeks. Pilates continues to be our busiest class, regularly drawing 10-15 attendees.

Funding and Impact

Keeping Sharp has been funded by a Sport England grant in 24/25, which enables us to offer the classes for free, with participants encouraged to donate £3 per class if they can afford it.

Many participants from Staying Steady have transitioned into Keeping Sharp, creating a strong sense of continuity and community. Service users frequently report improvements in mood, mobility, and confidence, and often comment on the positive impact regular physical activity has on their social lives and overall wellbeing.

Living Safely and Well at Home

Making Room

Our skilled decluttering practitioners continue to offer a unique blend of therapeutic and practical support to individuals with hoarding behaviours within their own homes.

- **64 referrals**, a **25% increase** on 2023/24.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

- **20 people** were supported to reduce risks within their homes and achieve the outcomes agreed with themselves and their referrers.

The rise in referrals reflects growing awareness of the positive outcomes achieved by the service and its cost-effectiveness compared with other approaches such as blitz cleans. Despite this increase, funding for the service remains insecure and challenging, with spot purchase funding approved in just under **25% of referrals**, a slight decrease from the previous year due to tightening local authority budgets.

A grant from the City & Hackney Population Health Hub's Mental Health Inequalities Fund enabled **13 additional individuals** to access support whilst either waiting approval for statutory funding, or who would not have been eligible for it.

NHS Physical Capacity funding in winter 24/25 aimed to support medically fit patients at Homerton Hospital who could not be discharged due to clutter. Although funding was available to support up to 16 people, only **three referrals** were received. The discrepancy between initial enthusiasm from hospital discharge teams and actual take-up by the hospital-based adult social care team was reported back to commissioners and it remains unclear why this funded support was not utilised for patients.

We also continued with efforts to influence the development of a joined-up local hoarding support system. Following a stakeholder event in December 2023, two further well-attended stakeholder events took place in July and October 2024, bringing together NHS, housing and adult social care teams with the fire service, voluntary sector and academic researchers. While systemic change remains a long-term goal, these initiatives successfully raised the profile of the service among frontline staff and commissioners, which we believe has led to an increase in referrals.

Thanks to grant income and spot purchasing, we reduced the budget deficit for Making Room to approximately **5%** in 24/25, a significant improvement on 23/24. Despite these gains, Making Room remains a non-commissioned service, reliant on a precarious mix of funding streams.

Case Study

Peter, who has been living in temporary accommodation for six months, was referred to Making Room by his social worker. Working alongside his Housing Officer, our decluttering practitioners helped coordinate Peter's return home. Over six weeks, Peter was supported to declutter and make decisions about his possessions. The initial plan included a blitz clean, addressing maintenance issues such as mould, damp, and boiler checks, and potential bathroom upgrades. Following discussions, the plan has expanded to **full redecoration, a new boiler, and possible kitchen upgrades**. Helping Peter to advocate for himself has been crucial to giving him the best chance of sustaining his tenancy. Further support discussions will continue once Peter returns home.

Islington Home Adaptations

Our Trusted Assessors continued to work with London Borough of Islington's occupational therapy team in 24/25, helping older people and people with disabilities stay safe and independent at home by assessing their needs and providing minor adaptations and aids to promote independence.

- **352 referrals** were received in the year.

- Following an assessment, **296 people** had adaptations or equipment fitted.

Challenges for the service resulted mainly from the reliance on a small team, with capacity issues caused by staff sickness and induction training for new recruits.

Unfortunately the service made a significant loss in 24/25. We continue to operate without a contract, which affects our ability to forward plan and increase staff capacity. We intend to mitigate this loss by undertaking a detailed review of prices in 25/26 to ensure we can continue to deliver the service long-term.

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

Case Study

Following a lower limb amputation, Sandra was required to use a wheelchair and found herself housebound, unable to leave her home to attend appointments or visit friends and family. The isolation started to impact her mental health. Our team designed and installed a bespoke raised timber platform and ramp, enabling Sandra's safe access to her garden and community. This greatly improved her wellbeing and confidence, while also supporting her family and transport providers to assist her safely.

Update on handyperson service

In 2023/24, Trustees approved the development of a new handyperson service, which had been due to launch in 24/25. Unfortunately, recruitment challenges and the expectation that the service would likely run at a loss (at least for the initial period) at a time of financial pressures within other services, meant the decision was taken to pause further work on this service until 26/27.

Helping People Overcome Difficulties and Exclusion

Side by Side

Side by Side is a holistic support service rooted in the marginalised and excluded community that congregates in Gillett Square, Hackney. Many in this community have long-standing experience of racism and poverty, are homeless or precariously housed, or living with disability, alcohol or substance misuse issues. Distrust of statutory and mainstream services is high, and many in the community choose not to engage or seek support.

We provide advice, advocacy, practical help and emotional support to people within the Gillett Square community and their friends and families on a self-referral basis only. The service embodies 'positive practices' known to be successful in engaging with individuals and communities that typically avoid seeking help and support.

- In 24/25, **112 people** received in-depth support.

- **95% of people** are returning service users, with some returning after more than two years since their last engagement.

Case studies:

- Jermaine, in his fifties and facing eviction with rent arrears of £16,000, was supported to negotiate with Hackney Council. His arrears were written down to £1,000, a repayment plan was secured, and the eviction notice was subsequently cancelled.

- Everton, an older Black British man with very limited mobility obtained £1,650 compensation for neglected housing repairs, after being supported to reject an initial £500 offer.

- Fitsum, a refugee supporting a family of five, was helped to secure a grant which cleared substantial gas and electricity arrears, restoring financial stability to the family.

Side by Side Advisory Group

The Side by Side Advisory Group continued to receive reports from frontline staff and contribute to decision-making around the service, its delivery and future direction. The Advisory Group comprises frontline staff, management, trustees, academics and expert advisors, and its purpose is to provide a support forum for staff, as well as guidance on organisational issues and feeding insight and learning into policy and research.

Floating Advice & Support

All of our service users are able to access support from our floating advice worker who does regular outreach at our activity sessions and takes referrals from across the organisation. This model of incorporating access to advice within all of our activities means we can provide a much more holistic response, whichever way people access our support. In 24/25:

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

- **67 existing service users** received advice and practical help.
- Support included making 47 benefit claims, 11 home adaptation requests and helping people with other issues including access to mobility services, social tariffs and grants.

Success stories include:

- Frank, who was initially denied disability benefits due to DWP errors. We guided him through the appeal process and following a Tribunal hearing, he was awarded enhanced PIP with backdated payments of **over £10,000**.
- Supporting Emmanuel, who faced multiple debts, overpayments, and language barriers, to secure **£2,600** in refunds and the writing-off of sizeable arrears.
- Helping Gloria successfully apply for a **Blue Badge and Taxicard** which greatly improved her mobility and confidence.

Challenges in delivering a timely service persist; some down to the pressures on statutory services and difficulties in multi-agency working. Missed appointments are also an issue. Despite these challenges, our support continues to make a tangible difference, improving clients' financial security, mobility, and overall wellbeing.

Peer Support and Lifelong Learning

Fifty Plus Digital

Our weekly Digital Drop-in on Wednesdays at Mildmay Community Centre remains a trusted digital hub for older people, with one-to-one support provided by a mix of committed long-term volunteers and increasing numbers of corporate volunteers.

- **187 individuals supported**, of whom **103** were new to the project
- **1,079 visits** to the drop-in over the course of the year
- **28 volunteers** (8 long-term regular volunteers and 20 short-term, mostly corporate volunteers)

We continue to offer a welcoming, social learning environment and continuous growth in participation. Challenges remain: one afternoon per week is insufficient to meet demand, and the limitations of delivering within a community centre environment (specifically around storage, maintenance and WiFi) restrict our ability to expand.

Satellite 'Learning Together' initiatives delivered during the year included small-group workshops, smartphone courses, and a partnership with the Margins drop-in at Union Chapel, which explored digital inclusion support models for homeless older people.

Hackney Dudes

The Hackney Dudes project combines social, creative, and practical support for older men, reducing social isolation and loneliness, and opening up opportunities for connection and peer support amongst a group that is typically reluctant to engage with community activities.

In 24/25 we engaged with **86 Dudes** through a packed programme of activities including:

- **A weekly social drop-in** at Dalston Curve Garden, including a free hot lunch and refreshments, with up to 38 older men attending each week.
- **Weekly Zoom socials**

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

- **Music Group**: including a partnership project with the British Museum and performances at local events as 'The Hackney Dudes Band'.
- **Electronics Club** : weekly peer-led sessions teaching electronic skills.
- **Art Group** hosted by Dalston Curve Garden.
- **Fortnightly outings & events**: 28 trips in total, including the Tower of London, Brighton, Kew Gardens, Hampton Court, and more.

Alongside 'official' Dudes activities, there are now several self-organised and informal groups, set up by Dudes, such as a bowling club, a group that does community gardening together, and another that tours lunch venues in Hackney.

Case study

One older man in his sixties who joined the Dudes several years ago told us that:

"In the pandemic, my social life imploded. Quite a few friends died and there was a huge gap in my life. The Hackney Dudes has filled that gap. I'm much happier now, I was quite depressed during the pandemic and the knock-on effect it had on my social life didn't help, so this has been a life-saver really. It's desperately needed and I really appreciate the fact that it is here."

Looking Ahead

2026/27 will bring new opportunities and challenges:

- Maintaining older people's access to strength and balance activities despite reduced local authority and NHS funding.
- Expanding Keeping Sharp with more classes and an increased focus on engaging the least active older people.
- More work to secure the long-term future for Making Room.
- Reducing waiting times for the Islington adaptations service.
- Expanding Fifty Plus Digital with new partnerships and activities.
- Growing intergenerational and volunteer opportunities across projects.

Within everything we do, we remain committed to innovation, collaboration, and amplifying the voices of our service users.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE EQUALITY, DIVERSITY AND INCLUSION

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion (EDI) work as recommended in the Charity Governance Code.

The Management Committee has agreed a target for itself and our staff group of at least 30% representation from communities reflecting the ethnic diversity of North East London by the end of 2025.

At the end of this period, two out of nine (22%) Trustees and four out of 14 (29%) employees were from a Black or global majority community. We have made good progress, but we still have work to do to meet and exceed the target we have set for ourselves and ensure we fully represent the communities we serve.

Amongst our services and projects, people from Black and global majority communities accounted for:

- Around two-thirds of Staying Steady and Otago service users;
- Almost half (48%) of Keeping Sharp participants;
- Ninety percent of people who accessed Side by Side support;
- Two-thirds of our Fifty Plus Digital community;
- Forty percent of the Hackney Dudes.

Data for Making Room is not yet available due to old referral forms still being in circulation, nor for Islington Adaptations as this data is not included in Islington Council's referral form.

FINANCIAL REVIEW

Financial position

Income rose to £478,019, an increase of 14% on the previous financial year. Of this, approximately £52,700 refers to income received for service delivery in 25/26.

Restricted income as a proportion of all income was consistent with 23/24 at around 50%. Total expenditure increased by 21% to £487,820. The accounts show an overall deficit of £9,801 at year-end, although unrestricted funds have increased by £7,968.

Reserves policy

Our reserves policy commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs and wind-up costs.

This equates to a target holding for free reserves of between £113,697 and £227,395 in (based on total budgeted expenditure). At 31 March 2025, the free reserves were £117,079 and within policy level.

Reserves have this year been called upon to fund deficits in the Islington Adaptations service, Making Room, Side by Side and Keeping Sharp. For Islington Adaptations and Making Room, this is largely due to income from spot purchases not covering expenditure and we expect these issues to improve next year.

For Side by Side, an extended handover between new and retiring staff led to higher than budgeted staff costs. For Keeping Sharp, management and overheads costs were covered from reserves due to their exclusion from eligible costs by Sport England.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

FINANCIAL REVIEW

Designated Funds

£2,487 was drawn from the Innovation Fund in 24/25 to fund a small pilot of the new Keeping Sharp exercise programme. The Wind-Up Fund was increased to £65,000 to cover increased staff redundancy and notice liabilities in the event of a closure.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

Acknowledgements

Thank you to our dedicated staff, volunteers, trustees, and partners for their ongoing commitment and support, and to our service users, whose engagement, resilience, and stories inspire and motivate us every day.

Special thanks to all of our funders in 2024/25 for their support:

- London Borough of Hackney
- London Borough of Islington
- NHS North East London Integrated Care Board
- City & Hackney Population Health Hub
- City Bridge Foundation
- National Lottery
- Good Things Foundation
- Trust for London
- London Catalyst
- Cripplegate Foundation
- Inman Charity
- Charles Hayward Foundation
- Garfield Weston Foundation
- Hackney Giving
- West Hackney Parochial Charity
- Sport England

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and two Assistant Directors.
- The Management Committee meets at least quarterly to review work and discuss future plans.
- The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

Governing document

MRS Independent Living Ltd is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership

At the start of the year MRS had eight members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit

Primarily London boroughs in North East London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit

In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02086284 (England and Wales)

Registered Charity number

801419

Registered office

Marie Lloyd Centre
329-331 Queensbridge Road
London
E8 3LA

MRS INDEPENDENT LIVING LTD

**REPORT OF THE TRUSTEES
for the Year Ended 31 MARCH 2025**

Trustees

- J Miles Co-chair
- S Steppens
- J Tilston
- R Henderson Co-chair
- D Hardiman
- O A Oyebo
- A Tunks
- Ms M Cornes
- Ms T M Lawal (appointed 25.7.24)

Company Secretary

N J Pink

Approved by order of the board of trustees on 01/13/2026 and signed on its behalf by:


John Miles (Jan 13, 2026 17:05:16 GMT).....
J Miles - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MRS INDEPENDENT LIVING LTD**

Independent examiner's report to the trustees of MRS Independent Living Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Maurice Brindley BSc FCA

Date: 01/14/2026

MRS INDEPENDENT LIVING LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 MARCH 2025**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		547	-	-	547	2
Charitable activities						
Independent Living Services		227,824	-	242,995	470,819	417,537
Investment income	2	6,653	-	-	6,653	2,430
Total		<u>235,024</u>	<u>-</u>	<u>242,995</u>	<u>478,019</u>	<u>419,969</u>
EXPENDITURE ON						
Charitable activities						
Independent Living Services		<u>223,923</u>	<u>2,487</u>	<u>261,410</u>	<u>487,820</u>	<u>404,411</u>
NET						
INCOME/(EXPENDITURE)		11,101	(2,487)	(18,415)	(9,801)	15,558
Transfers between funds	12	<u>(646)</u>	<u>-</u>	<u>646</u>	<u>-</u>	<u>-</u>
Net movement in funds		10,455	(2,487)	(17,769)	(9,801)	15,558
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>150,118</u></u>	<u><u>110,863</u></u>	<u><u>59,798</u></u>	<u><u>320,779</u></u>	<u><u>330,580</u></u>

The notes form part of these financial statements

MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)

**BALANCE SHEET
31 MARCH 2025**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS						
Tangible assets	7	12,948	-	-	12,948	16,972
Investments	8	20,091	-	-	20,091	-
		<u>33,039</u>	<u>-</u>	<u>-</u>	<u>33,039</u>	<u>16,972</u>
CURRENT ASSETS						
Stocks	9	6,396	-	-	6,396	4,751
Debtors	10	31,760	-	-	31,760	68,637
Cash at bank and in hand		101,673	110,863	59,798	272,334	257,380
		<u>139,829</u>	<u>110,863</u>	<u>59,798</u>	<u>310,490</u>	<u>330,768</u>
CREDITORS						
Amounts falling due within one year	11	(22,750)	-	-	(22,750)	(17,160)
		<u>117,079</u>	<u>110,863</u>	<u>59,798</u>	<u>287,740</u>	<u>313,608</u>
NET CURRENT ASSETS						
TOTAL ASSETS LESS CURRENT LIABILITIES		150,118	110,863	59,798	320,779	330,580
NET ASSETS		<u>150,118</u>	<u>110,863</u>	<u>59,798</u>	<u>320,779</u>	<u>330,580</u>
FUNDS						
Unrestricted funds	12				260,981	253,013
Restricted funds					59,798	77,567
TOTAL FUNDS					<u>320,779</u>	<u>330,580</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

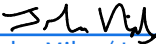
- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BALANCE SHEET - continued
31 MARCH 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 01/13/2026
and were signed on its behalf by:


John Miles (Jan 13, 2026 17:05:16 GMT)
J Miles - Trustee


Andrew tunks (Jan 13, 2026 17:10:27 GMT)
A Tunks - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 MARCH 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025**

1. ACCOUNTING POLICIES - continued

Taxation

The charity is exempt from corporation tax on its charitable activities.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by MRS Independent Living continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025**

2. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	<u>6,653</u>	<u>2,430</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	4,242	5,657
Independent examiners fees	<u>2,640</u>	<u>2,995</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £62,509 (2024: £51,515). This figure comprises gross pay £55,105, employer's NI £5,200 and employer's pension £2,204.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
All staff	<u>9</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2	-	-	2
Charitable activities				
Independent Living Services	207,302	-	210,235	417,537
Investment income	<u>2,430</u>	-	-	<u>2,430</u>
Total	<u>209,734</u>	-	<u>210,235</u>	<u>419,969</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
EXPENDITURE ON				
Charitable activities				
Independent Living Services	224,276	-	180,135	404,411
NET INCOME/(EXPENDITURE)	(14,542)	-	30,100	15,558
Transfers between funds	(20,633)	18,000	2,633	-
Net movement in funds	(35,175)	18,000	32,733	15,558
RECONCILIATION OF FUNDS				
Total funds brought forward	174,838	95,350	44,834	315,022
TOTAL FUNDS CARRIED FORWARD	<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>

7. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2024	18,395	10,457	35,716	64,568
Additions	-	218	-	218
At 31 March 2025	<u>18,395</u>	<u>10,675</u>	<u>35,716</u>	<u>64,786</u>
DEPRECIATION				
At 1 April 2024	18,389	8,559	20,648	47,596
Charge for year	1	474	3,767	4,242
At 31 March 2025	<u>18,390</u>	<u>9,033</u>	<u>24,415</u>	<u>51,838</u>
NET BOOK VALUE				
At 31 March 2025	<u>5</u>	<u>1,642</u>	<u>11,301</u>	<u>12,948</u>
At 31 March 2024	<u>6</u>	<u>1,898</u>	<u>15,068</u>	<u>16,972</u>

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025**

8. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
Additions	20,091
NET BOOK VALUE	
At 31 March 2025	<u>20,091</u>
At 31 March 2024	<u>-</u>

There were no investment assets outside the UK.

9. STOCKS

	31.3.25 £	31.3.24 £
Stocks	6,396	4,751
	<u>6,396</u>	<u>4,751</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Accounts receivable	29,637	51,596
VAT	-	15,503
Prepayments and accrued income	2,123	1,538
	<u>31,760</u>	<u>68,637</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Trade creditors	5,997	3,056
Social security and other taxes	14,112	11,110
Accrued expenses	2,641	2,994
	<u>22,750</u>	<u>17,160</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025

12. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Free Reserves	139,663	11,101	(646)	150,118
Innovation Fund (formally Access to technology)	38,350	(2,487)	-	35,863
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	65,000	-	-	65,000
	<u>253,013</u>	<u>8,614</u>	<u>(646)</u>	<u>260,981</u>
Restricted funds				
Side by Side	15,951	5,809	-	21,760
Digital Inclusion	14,409	3,557	-	17,966
Otago (Staying Steady)	2,783	-	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	9,033	(1,616)	-	7,417
Grants for individuals	919	(1,565)	646	-
Making Room	33,000	(33,000)	-	-
Keeping Sharp	-	8,400	-	8,400
	<u>77,567</u>	<u>(18,415)</u>	<u>646</u>	<u>59,798</u>
TOTAL FUNDS	<u>330,580</u>	<u>(9,801)</u>	<u>-</u>	<u>320,779</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	235,024	(223,923)	11,101
Innovation Fund (formally Access to technology)	-	(2,487)	(2,487)
	<u>235,024</u>	<u>(226,410)</u>	<u>8,614</u>
Restricted funds			
Side by Side	111,773	(105,964)	5,809
Digital Inclusion	37,275	(33,718)	3,557
Hackney Dudes Fund	70,684	(72,300)	(1,616)
Grants for individuals	1,500	(3,065)	(1,565)
Making Room	-	(33,000)	(33,000)
Keeping Sharp	10,100	(1,700)	8,400
Core Grants	11,663	(11,663)	-
	<u>242,995</u>	<u>(261,410)</u>	<u>(18,415)</u>
TOTAL FUNDS	<u>478,019</u>	<u>(487,820)</u>	<u>(9,801)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Free Reserves	174,838	(14,542)	(20,633)	139,663
Innovation Fund (formally Access to technology)	38,350	-	-	38,350
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	47,000	-	18,000	65,000
	<u>270,188</u>	<u>(14,542)</u>	<u>(2,633)</u>	<u>253,013</u>
Restricted funds				
Side by Side	10,623	5,328	-	15,951
Digital Inclusion	21,171	(6,762)	-	14,409
Otago (Staying Steady)	2,783	-	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	8,945	-	9,033
Floating Advice and Support	8,550	(11,183)	2,633	-
Grants for individuals	147	772	-	919
Making Room	-	33,000	-	33,000
	<u>44,834</u>	<u>30,100</u>	<u>2,633</u>	<u>77,567</u>
TOTAL FUNDS	<u>315,022</u>	<u>15,558</u>	<u>-</u>	<u>330,580</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	209,734	(224,276)	(14,542)
Restricted funds			
Side by Side	66,736	(61,408)	5,328
Digital Inclusion	22,250	(29,012)	(6,762)
Hackney Dudes Fund	66,499	(57,554)	8,945
Floating Advice and Support	20,000	(31,183)	(11,183)
Grants for individuals	1,750	(978)	772
Making Room	33,000	-	33,000
	<u>210,235</u>	<u>(180,135)</u>	<u>30,100</u>
TOTAL FUNDS	<u>419,969</u>	<u>(404,411)</u>	<u>15,558</u>

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025**

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Free Reserves	174,838	(3,441)	(21,279)	150,118
Innovation Fund (formally Access to technology)	38,350	(2,487)	-	35,863
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	47,000	-	18,000	65,000
	<u>270,188</u>	<u>(5,928)</u>	<u>(3,279)</u>	<u>260,981</u>
Restricted funds				
Side by Side	10,623	11,137	-	21,760
Digital Inclusion	21,171	(3,205)	-	17,966
Otago (Staying Steady)	2,783	-	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	7,329	-	7,417
Floating Advice and Support	8,550	(11,183)	2,633	-
Grants for individuals	147	(793)	646	-
Keeping Sharp	-	8,400	-	8,400
	<u>44,834</u>	<u>11,685</u>	<u>3,279</u>	<u>59,798</u>
TOTAL FUNDS	<u><u>315,022</u></u>	<u><u>5,757</u></u>	<u><u>-</u></u>	<u><u>320,779</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	444,758	(448,199)	(3,441)
Innovation Fund (formally Access to technology)	-	(2,487)	(2,487)
	<u>444,758</u>	<u>(450,686)</u>	<u>(5,928)</u>
Restricted funds			
Side by Side	178,509	(167,372)	11,137
Digital Inclusion	59,525	(62,730)	(3,205)
Hackney Dudes Fund	137,183	(129,854)	7,329
Floating Advice and Support	20,000	(31,183)	(11,183)
Grants for individuals	3,250	(4,043)	(793)
Making Room	33,000	(33,000)	-
Keeping Sharp	10,100	(1,700)	8,400
Core Grants	11,663	(11,663)	-
	<u>453,230</u>	<u>(441,545)</u>	<u>11,685</u>
TOTAL FUNDS	<u>897,988</u>	<u>(892,231)</u>	<u>5,757</u>

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy from the estate of the former Vice Chair, Ken Bodden. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies for the provision of redundancy payments and to cover staff notice periods and for other costs should the organisation find it necessary to close operations in the future.

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2025**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

14. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.

MRS INDEPENDENT LIVING LTD**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 MARCH 2025**

	31.3.25 £	31.3.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	548	-
Grants	(1)	2
	<hr/> 547	<hr/> 2
Investment income		
Deposit account interest	6,653	2,430
Charitable activities		
Grants	248,834	210,435
Contracts	101,000	113,183
Fee income	120,985	93,919
	<hr/> 470,819	<hr/> 417,537
Total incoming resources	478,019	419,969
EXPENDITURE		
Charitable activities		
Wages	297,778	239,162
Social security	15,207	11,075
Pensions	8,274	6,829
Rent and rates	14,141	6,561
Insurance	4,184	3,905
Telephone	1,371	1,301
Postage and stationery	1,297	1,280
Publicity	1,489	1,383
Sundries	2,246	1,095
Motor and travel	6,806	5,663
Training	2,655	677
Repairs and renewals	116	753
Subscriptions	-	227
Computer costs	4,824	3,169
Sub-contracted services	54,146	40,938
Materials for minor adaptations	19,435	20,976
Partnership Expenses	-	5,427
Venue Hire	35,725	37,948
Plant & machinery depreciation	2	2
Fixtures & fittings depreciation	475	633
Motor vehicles depreciation	3,767	5,023
Carried forward	473,938	394,027

This page does not form part of the statutory financial statements

MRS INDEPENDENT LIVING LTD

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 MARCH 2025**

	31.3.25 £	31.3.24 £
Charitable activities		
Brought forward	473,938	394,027
Bank interest	144	-
Grants to individuals	9,714	5,128
	<u>483,796</u>	<u>399,155</u>
Support costs		
Finance		
Bank charges	-	91
Governance costs		
Accountancy and legal fees	4,024	5,165
	<u>487,820</u>	<u>404,411</u>
Total resources expended		
	<u>(9,801)</u>	<u>15,558</u>
Net (expenditure)/income		

This page does not form part of the statutory financial statements












MRS Independent Living Ltd Y.e 31.03.25

Final Audit Report

2026-01-14

Created:	2026-01-13
By:	Maurice Brindley (MWB@brindleyjacob.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAkj1f08l3o6V0xw6EkVr_IkyaOfF77RS1

"MRS Independent Living Ltd Y.e 31.03.25" History

-  Document created by Maurice Brindley (MWB@brindleyjacob.co.uk)
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-  Document emailed to jm.opaal@gmail.com for signature
2026-01-13 - 15:23:47 GMT
-  Email viewed by jm.opaal@gmail.com
2026-01-13 - 17:03:23 GMT- IP address: 104.28.40.143
-  Signer jm.opaal@gmail.com entered name at signing as John Miles
2026-01-13 - 17:05:14 GMT- IP address: 31.94.64.128
-  Document e-signed by John Miles (jm.opaal@gmail.com)
Signature Date: 2026-01-13 - 17:05:16 GMT - Time Source: server- IP address: 31.94.64.128
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2026-01-13 - 17:09:41 GMT- IP address: 109.153.183.133
-  Signer ajtunks@btinternet.com entered name at signing as Andrew tunks
2026-01-13 - 17:10:25 GMT- IP address: 109.153.183.133
-  Document e-signed by Andrew tunks (ajtunks@btinternet.com)
Signature Date: 2026-01-13 - 17:10:27 GMT - Time Source: server- IP address: 109.153.183.133
-  Document emailed to Maurice Brindley (MWB@brindleyjacob.co.uk) for signature
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Signature Date: 2026-01-14 - 10:38:49 GMT - Time Source: server- IP address: 31.113.180.146

 Agreement completed.

2026-01-14 - 10:38:49 GMT

MRS Independent Living

England & Wales - Charity number 801419

Accounts

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
MRS INDEPENDENT LIVING LTD**

MRS INDEPENDENT LIVING LTD

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for the Year Ended 31 MARCH 2024**

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MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

We achieve this by providing a range of services and projects to support independent living, focusing on minor home adaptations, falls prevention, digital confidence, social isolation, therapeutic decluttering and advice, advocacy and casework.

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as hol istically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost :** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goa ls.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

OBJECTIVES AND ACTIVITIES

The Year in Review

In the last year MRS has become more financially secure, more representative of the communities we serve and better able to respond in depth to the challenges our service users face. The board has expanded significantly, becoming more diverse and with a deepening capability to advise and steer. Our small but settled management team has been able to increase our administrative capacity and maintain a highly productive fundraising programme. A 'people committee' has been established and our slowly developing work to revise staff contracts and conditions is nearing completion. A process of experiment has also been underway to balance the requirements for working from home, maintaining an office space and providing space for our activities.

Work within strategic, commissioning and service delivery structures has acquired greater range this year, and academic partnerships enrich our advice work and support services for hoarders. With hoarding, we have been able in the last year to help structure a new dialogue about service planning in Hackney, and are receiving more and more approaches for advice and support from public bodies outside our immediate area. We are close to restoring a limited handyperson service in Hackney, a development which highlights the wisdom of maintaining our spot purchase arrangements for aids and adaptations with the Islington occupational therapy service. Nevertheless, with austerity, there are still areas of service delivery where we have had to question the assumptions of commissioners and providers and pursue the case for more secure and reliable, better-informed provision. We encounter a growing number of people who require help to cope, manage and thrive. Our dialogue with service users and efforts to widen social support to them is increasingly shaped by these pressures and seems likely to dominate the agenda as we move forward.

John Miles and Bekka Henderson (Co-Chairs)

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

ACHIEVEMENT AND PERFORMANCE OUR ACTIVITIES AND ACHIEVEMENTS IN 2023/24

In 2023-24, we provided a range of projects and services to support older people, people with disabilities and people facing mental health challenges in North East London:

- **Staying Steady:** We helped older people improve their strength and balance and avoid falls with community-based exercise classes.
- **Otago:** We delivered personalised falls prevention exercise programmes for frail older adults in their home environment.
- **Islington Trusted Assessor and Home Adaptations service:** We continued to partner with occupational therapists in Islington to create safer living spaces for people with mobility issues and disabilities.
- **Hackney Dudes:** We fostered friendships and camaraderie through a social club for isolated older men.
- **Fifty Plus Digital:** We empowered older adults to become more digitally connected and socially included.
- **Making Room:** We provided expert decluttering support for individuals whose hoarding behaviour has become problematic.
- **Side by Side:** We offered community-based advice and support to people from marginalised and excluded communities.

With support from our funders, commissioners and partners, our work has this year helped over 1,000 people stay independent, active and connected to their communities.

Falls prevention

As we age, maintaining muscle strength and balance becomes increasingly important. These two essential components can significantly reduce the risk of falls and associated injuries. We help older adults stay active and independent through two falls prevention programmes in City and Hackney.

Staying Steady

Our Staying Steady programme, funded by City and Hackney Public Health, offers a comprehensive 6-month exercise programme designed specifically for individuals over 55 who have experienced falls or fear falling. Led by experienced instructors, these classes focus on strengthening muscles and improving balance, helping participants regain confidence and stability. We run eight classes across the two boroughs.

During 23/24, 110 individuals successfully completed a Staying Steady course.

- Over 80% experienced improvements in strength and balance, as measured by at least one recognised functional mobility test.
- More than 80% reported improved or maintained mobility levels, and these benefits persisted for at least three months.
- Nearly half felt significantly less anxious about falling.
- About a third of individuals experienced fewer falls following the programme, reducing pressure on the NHS.

Two-thirds of participants told us they had continued to stay active and exercise 3 months after completing their course.

VB is a vibrant 84-year-old Caribbean woman who has benefitted hugely from Staying Steady. Living alone and following the loss of her sister, she had been feeling increasingly isolated and unsteady in her own home. With a history of falls, a fear of falling and several medical conditions that put her at high risk, she was losing her confidence and had hardly left the house in 12 months. A social prescriber referred her to Staying Steady, hoping to help her regain her independence.

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

At the start of her journey, VB struggled to climb stairs or even walk around her own house. Her fear of falling was palpable, and her mood was understandably low. With the support of our team and the convenience of Dial-a-Ride transportation, she was able to leave her home using newly-gained Dial-a-Ride membership and join a supportive community of peers at our class in a local community centre where she discovered a newfound sense of strength and stability.

As VB progressed through the programme, she went from being hesitant about leaving her home to eagerly attending our sessions. Her balance improved dramatically, and her fear of falling diminished significantly. Most importantly, VB's mood brightened, and she rediscovered her zest for life.

Otago home exercise

Otago is an evidence-based approach to reducing falls risk in frail older adults. By providing personalised, home-based exercise tuition, we address the unique needs of individuals who are unable to access community-based classes due to mobility limitations.

In 23/24, 54 participants completed the Otago programme, with 76% seeing improvement in their strength and balance. This translates to a significant reduction in falls risk: the number of falls fell for 30 participants (56%), whilst there was no deterioration for a further 19 (35%); a positive outcome considering the age and frailty of this cohort. As well as physical improvements, participants reported improved mental health and improved quality of life, because they are now able to do things they had previously lost the ability to do.

Islington Trusted Assessor and home adaptations service

In 23/24 our Trusted Assessors worked alongside occupational therapists in London Borough of Islington to help 339 people stay safe and independent in their own homes (a 44% increase on 22/23). We provided vital disability aids and minor home adaptations, ensuring that individuals with diverse needs could live with dignity and confidence.

This significant increase in demand has lengthened our waiting list considerably and in early 2024 we started recruitment to permanently increase capacity within the Adaptations team.

Hackney Dudes

Our Hackney Dudes project has continued to provide a thriving social club and vital lifeline for older men in our community. Over the past year, over 80 local men have actively participated in our diverse range of activities, thanks to generous support from the National Lottery and City Bridge Trust.

Our five-day-a-week programme offers a weekly social drop-in and art classes at the Dalston Curve Garden, music sessions with the Dudes band, fortnightly outings, and virtual gatherings via Zoom.

The Curve Garden drop-in remains the cornerstone of the project, attracting an average of 30 older men each week. Throughout the year, half of our members attended at least one activity per month, demonstrating the project's appeal and effectiveness in engaging with a group typically reluctant to join community activities.

The positive impact of the Dudes project is evident in the enhanced mental health and wellbeing of our members. Over 90% of participants have reported improvements in their mental health, while three-quarters feel more connected to their community. Additionally, approximately half of the Dudes have benefited from practical and emotional support provided by our project lead and advice worker.

"There's something everyday if I want. Groups like this are really good for anyone who is kind of isolated and not meeting people day to day. It's pretty unique and it would be nice if other boroughs could replicate it."

Fifty Plus Digital

Fifty Plus Digital is more than just learning new skills - it's about building a community of confidence for older adults in the digital world. This year, over 120 people embraced technology through our two-pronged approach: the weekly drop-in and the Learning Together programme.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

Weekly Digital Drop-in: This vibrant community hub at Mildmay Community Centre in Islington offers one-on-one support from dedicated volunteers. This year, the drop-in has seen a remarkable turnout, with an average of 27 older adults attending each week, with some weeks reaching nearly 40! Many participants find the social atmosphere just as valuable as the technical assistance, fostering a sense of belonging and connection.

Learning Together: This dynamic programme offers a diverse range of short courses, workshops, and creative learning opportunities. This past year, highlights included "Creative Together," a series of sessions exploring digital tools for artistic expression (documented on the blog: <https://blog.50pd.uk/>). Other workshops leveraged the Learn My Way platform as a springboard for guided digital exploration.

The impact of Fifty Plus Digital is undeniable. In February 2024, a staggering 76% of participants reported feeling a lot more confident as a result of the program, with a further 24% experiencing some improvement. One participant declared, "I can help people now! If they think being on a computer is scary, I can tell them you'll be alright!" Another shared, "Absolutely [more confident now]! Before, I couldn't do anything." These testimonials speak volumes about the project's ability to empower individuals and unlock new possibilities.

Making Room

Our decluttering practitioners offer a unique blend of therapeutic and practical support to individuals with hoarding behaviour. By helping them to understand their triggers for hoarding and providing tailored assistance, we empower people to reclaim their living spaces and achieve lasting change.

In the past year, Making Room received referrals from 51 individuals, a number consistent with the previous year. However, due to factors such as lack of engagement from service users, funding constraints, and insufficient follow-up, we were only able to support around 40% of these individuals. Despite the long-term benefits of our approach and our status as the sole specialist service based in North East London, Making Room remains a non-commissioned service, relying on a precarious mix of grants and spot purchases.

In light of these challenges, we conducted a review of the operational and financial risks facing the service. The findings led our Trustees to conclude that the continued operation of the service is unsustainable unless the funding situation significantly improves.

Fortunately, in November 23 we were successful in applying for a grant from the City and Hackney Population Health Hub's Mental Health Inequalities Fund. This funding is part-funding service delivery whilst also supporting us to embark on an ambitious initiative to transform the hoarding support system in City and Hackney.

As part of this endeavour, we initiated extensive stakeholder engagement efforts, beginning with a well-attended event in December 24. Our aim is to achieve our vision of a more joined-up system offering timely, appropriate and effective support for people who hoard, and in doing so, raise the profile of Making Room and highlight the value of holistic decluttering support for people who are willing to engage.

Side by Side

Throughout 23/24, our community advice service continued to be a lifeline for the marginalised and excluded community of people who congregate at Gillett Square in Hackney, thanks to generous funding from Trust for London and London Borough of Hackney. Our dedicated advice workers provided regular outreach and one-to-one support, helping over 100 people navigate complex systems like benefits and housing and claim their entitlements.

Over 80% of service users were people from Black and global majority communities, and a significant portion of those we helped were refugees. Feedback from service users at an event held in Gillett Square in September 23 in collaboration with a team of researchers at King's College London highlighted how the service has become a trusted source of support for the community in the Square:

"The path I was on wasn't a good one and then my friend told me about [Side by Side] and what [they] do, and since working with Side by Side, the road my life is now on has all green lights. I am so happy that [they] were there, not just to help me but to help other people, because we never had anyone else or anywhere else to go."

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REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

One area where we've seen particular success is in helping people with Personal Independence Payment (PIP) applications. Our approach of using people's own words has led to fewer mandatory considerations and appeals, demonstrating the power of personalised support.

While the demand for our services has grown to the extent we are struggling to meet it, we've remained committed to providing the kind and compassionate approach that is so valued by service users. Feedback from service users confirmed our approach:

"They don't just tell me what to do and send me away... Other agencies rush you and I can't remember anything."

"They are very transparent and honest, and they are not sloppy, they don't leave your glass half full; they make sure that whatever your problems are, they get you the help you need, and they then fight your corner with you."

Our outreach-based approach and trust-building efforts have successfully connected with a community that traditionally avoids mainstream services. The Community Infrastructure grant we received from Hackney Council has enabled us to engage to a certain extent with relevant teams and policy-makers in the Council, with the aim of using service users' experiences to influence service and system change. We will continue this important work in 2024-25.

Other work and related activities

Advice and practical support

Our in-house floating advice worker provided essential advice and practical support to 33 people across our projects and services, often helping individuals address multiple issues. This invaluable service resulted in significant benefits, including additional income, sizable back-payments and other valuable outcomes like the installation of a wet room. By assisting service users in claiming their entitlements and navigating complex processes, we were able to avoid unnecessary external referrals.

Emergency grants

Thanks to a second grant from London Catalyst's Samaritans Fund, we continued to offer vital support to service users facing emergency or crisis situations. Small grants for essential items such as food, personal care products, clothing, travel expenses, and other necessities provided much-needed relief.

New handy person service

In 2023-24, Trustees approved plans to launch a new handy person service, drawing on our previous experience of delivering similar services in Islington and Hackney up to 2017. To ensure the service meets the specific needs of our service users, we conducted a focus group in March 2024 to gather valuable insights. As planning and recruitment progress, we anticipate launching the new service in late 2024.

Engaging with the wider sector

We remained actively involved in sector forums for mental health and long-term conditions, participating in strategic events and initiatives for the voluntary and community sector, including the City and Hackney Health and Wellbeing Board's work on social connections.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

ACHIEVEMENT AND PERFORMANCE DIVERSITY, EQUALITY AND INCLUSION

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion (EDI) work as recommended in the Charity Governance Code.

The Management Committee has agreed a target for itself and our staff group of at least 30% representation from communities reflecting the ethnic diversity of North East London by the end of 2025. At the end of this period:

- The diversity of our Management Committee had reduced slightly with the recruitment of a new Trustee, with one out of eight (12.5%) from a Black or global majority community. We are seeking to address this by proactively approaching service users from diverse communities who may be interested in becoming a Trustee.

- The diversity of our staff group had improved with the recruitment of new staff, with two out of 14 (14%) from a Black or global majority community. As our staff turnover is very low, our main opportunity for increasing diversity is through new roles. We have new roles in the recruitment pipeline for 24/25, and we will also be reviewing the EDI action plan with staff to ensure we have everything in place to make sure we are a fully inclusive organisation.

FINANCIAL REVIEW

Financial position

In 23/24, we saw overall income rise 25% to £419,969. Of this, approximately £75,000 refers to income received for services to be delivered in 24/25. Restricted income as a proportion of all income rose to 50%. Costs also increased with the recruitment of new staff in our Making Room service. Total expenditure increased by 31% to £404,411, slightly higher than the corresponding increase in income. The accounts show an overall surplus of £15,558 at year-end, although unrestricted funds are in deficit by £35,175.

Reserves policy

Our reserves policy commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs and wind-up costs.

This equates to a target holding for free reserves of between £120,233 and £240,466 in 24/25 (based on total budgeted expenditure). At 31 March 2024, the free reserves were £139,663.

We expect calls on reserves in 24/25 from the Making Room service which we are continuing to run at a deficit whilst we undertake system transformation work, and to cover other likely funding gaps, particularly in core costs as a result of increasing management and administrative capacity to support expanded service delivery.

Designated Funds

There has been no expenditure from designated funds in 23/24. The Wind-Up Fund has been increased to cover increased staff redundancy and notice liabilities in the event of a closure.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

FINANCIAL REVIEW

Thank you

Overall we are pleased that MRS has maintained financial stability during the year and has still been able to generate significant external funding towards its services and projects, despite the challenging funding environment. This includes grants generously donated by:

- City Bridge Trust
- National Lottery
- Trust for London
- London Borough of Hackney
- Hackney Giving
- Cripplegate Foundation
- Independent Age
- NHS North East London Integrated Care Board
- City and Hackney Population Health Hub
- Good Things Foundation
- King's College London
- London Catalyst

We are extremely grateful to all of our funders, commissioners and partners for their support in 2023/24.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and two Assistant Directors.
- The Management Committee meets at least quarterly to review work and discuss future plans.
- The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

Governing document

MRS Independent Living Ltd is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership

At the start of the year MRS had eight members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit

Primarily London boroughs in North East London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit

In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

MRS INDEPENDENT LIVING LTD

**REPORT OF THE TRUSTEES
for the Year Ended 31 MARCH 2024**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
02086284 (England and Wales)

Registered Charity number
801419

Registered office
The Adiaha Antigha Centre
Dalston Lane
London
E8 3AZ

Trustees
J Miles Co-chair
S Steppens
J Tilston (Resigned as Treasurer on 20/03/2023)
R Henderson Co-chair
D Hardiman
O A Oyebode
A Tunks (Appointed as Treasurer on 20.03.23)
Ms M Cornes Trustee (appointed 22.2.24)
Ms T M Lawal (appointed 25.7.24)

Company Secretary
N J Pink

Approved by order of the board of trustees on **12/09/2024** and signed on its behalf by:

John Miles
John Miles (Dec 9, 2024 12:59 GMT)
.....
J Miles - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MRS INDEPENDENT LIVING LTD**

Independent examiner's report to the trustees of MRS Independent Living Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Maurice Brindley
Maurice Brindley (Dec 10, 2024 14:36 GMT)

Maurice Brindley BSc FCA

12/10/2024

Date:

MRS INDEPENDENT LIVING LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 MARCH 2024**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		2	-	-	2	-
Charitable activities						
Independent Living Services		207,302	-	210,235	417,537	335,067
Investment income	2	2,430	-	-	2,430	-
Total		<u>209,734</u>	<u>-</u>	<u>210,235</u>	<u>419,969</u>	<u>335,067</u>
EXPENDITURE ON						
Charitable activities						
Independent Living Services		224,276	-	180,135	404,411	307,978
NET						
INCOME/(EXPENDITURE)		(14,542)	-	30,100	15,558	27,089
Transfers between funds	11	<u>(20,633)</u>	<u>18,000</u>	<u>2,633</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>(35,175)</u>	<u>18,000</u>	<u>32,733</u>	<u>15,558</u>	<u>27,089</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		174,838	95,350	44,834	315,022	287,933
TOTAL FUNDS CARRIED FORWARD		<u><u>139,663</u></u>	<u><u>113,350</u></u>	<u><u>77,567</u></u>	<u><u>330,580</u></u>	<u><u>315,022</u></u>

The notes form part of these financial statements

MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)**BALANCE SHEET
31 MARCH 2024**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS						
Tangible assets	7	16,972	-	-	16,972	22,629
CURRENT ASSETS						
Stocks	8	4,751	-	-	4,751	5,574
Debtors	9	68,637	-	-	68,637	39,174
Cash at bank and in hand		66,463	113,350	77,567	257,380	260,752
		<u>139,851</u>	<u>113,350</u>	<u>77,567</u>	<u>330,768</u>	<u>305,500</u>
CREDITORS						
Amounts falling due within one year	10	(17,160)	-	-	(17,160)	(13,107)
		<u>122,691</u>	<u>113,350</u>	<u>77,567</u>	<u>313,608</u>	<u>292,393</u>
NET CURRENT ASSETS						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
TOTAL ASSETS LESS CURRENT LIABILITIES						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
NET ASSETS						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
FUNDS						
Unrestricted funds	11				253,013	270,188
Restricted funds					77,567	44,834
					<u>330,580</u>	<u>315,022</u>
TOTAL FUNDS						

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)

BALANCE SHEET - continued
31 MARCH 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 12/09/2024..... and were signed on its behalf by:

John Miles
John Miles (Dec 9, 2024 12:59 GMT)
.....
J Miles - Trustee

Andrew Tunks
Andrew Tunks (Dec 9, 2024 22:04 GMT)
.....
A Tunks - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 MARCH 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024**

1. ACCOUNTING POLICIES - continued

Taxation

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by MRS Independent Living continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	2,430	-
	<u> </u>	<u> </u>

MRS INDEPENDENT LIVING LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024**

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	5,657	7,544
Independent examiners fees	<u>2,995</u>	<u>2,995</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £51,515.79 (2023: £51,741). This figure comprises gross pay £45,390.20, employer's NI £4,092.44 and employer's pension £2,033.15..

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
All staff	<u>8</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	-	-	-	-
Charitable activities				
Independent Living Services	<u>216,437</u>	-	<u>118,630</u>	<u>335,067</u>
Total	<u>216,437</u>	-	<u>118,630</u>	<u>335,067</u>
EXPENDITURE ON				
Charitable activities				
Independent Living Services	<u>168,464</u>	<u>25,493</u>	<u>114,021</u>	<u>307,978</u>
NET INCOME/(EXPENDITURE)	47,973	(25,493)	4,609	27,089
Transfers between funds	<u>(22,403)</u>	<u>22,403</u>	-	-
Net movement in funds	25,570	(3,090)	4,609	27,089
RECONCILIATION OF FUNDS				
Total funds brought forward	149,268	98,440	40,225	287,933

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	174,838	95,350	44,834	315,022

7. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2023 and 31 March 2024	18,395	10,457	35,716	64,568
DEPRECIATION				
At 1 April 2023	18,387	7,926	15,626	41,939
Charge for year	2	633	5,022	5,657
At 31 March 2024	18,389	8,559	20,648	47,596
NET BOOK VALUE				
At 31 March 2024	6	1,898	15,068	16,972
At 31 March 2023	8	2,531	20,090	22,629

8. STOCKS

	31.3.24	31.3.23
	£	£
Stocks	4,751	5,574

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Accounts receivable	51,596	29,091
VAT	15,503	7,961
Prepayments and accrued income	1,538	2,122
	68,637	39,174

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	3,056	2,258
Social security and other taxes	11,110	7,854
Accrued expenses	2,994	2,995
	<u>17,160</u>	<u>13,107</u>

11. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
Unrestricted funds				
Free Reserves	174,838	(14,542)	(20,633)	139,663
Innovation Fund (formally Access to technology)	38,350	-	-	38,350
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	47,000	-	18,000	65,000
	<u>270,188</u>	<u>(14,542)</u>	<u>(2,633)</u>	<u>253,013</u>
Restricted funds				
Side by Side	10,623	5,328	-	15,951
Digital Inclusion	21,171	(6,762)	-	14,409
Otago (Staying Steady)	2,783	-	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	8,945	-	9,033
Floating Advice and Support	8,550	(11,183)	2,633	-
Grants for individuals	147	772	-	919
Making Room	-	33,000	-	33,000
	<u>44,834</u>	<u>30,100</u>	<u>2,633</u>	<u>77,567</u>
TOTAL FUNDS	<u>315,022</u>	<u>15,558</u>	<u>-</u>	<u>330,580</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Free Reserves	209,734	(224,276)	(14,542)
Restricted funds			
Side by Side	66,736	(61,408)	5,328
Digital Inclusion	22,250	(29,012)	(6,762)
Hackney Dudes Fund	66,499	(57,554)	8,945
Floating Advice and Support	20,000	(31,183)	(11,183)
Grants for individuals	1,750	(978)	772
Making Room	33,000	-	33,000
	<u>210,235</u>	<u>(180,135)</u>	<u>30,100</u>
TOTAL FUNDS	<u>419,969</u>	<u>(404,411)</u>	<u>15,558</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Free Reserves	149,268	47,973	(22,403)	174,838
Innovation Fund (formally Access to technology)	40,000	(1,650)	-	38,350
Environment Sustainability Fund	8,440	(10,449)	2,009	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	40,000	-	7,000	47,000
	<u>247,708</u>	<u>22,480</u>	<u>-</u>	<u>270,188</u>
Restricted funds				
Side by Side	711	9,912	-	10,623
Digital Inclusion	19,724	1,447	-	21,171
Otago (Staying Steady)	18,230	(15,447)	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	-	-	88
Floating Advice and Support	-	8,550	-	8,550
Grants for individuals	-	147	-	147
	<u>40,225</u>	<u>4,609</u>	<u>-</u>	<u>44,834</u>
TOTAL FUNDS	<u>287,933</u>	<u>27,089</u>	<u>-</u>	<u>315,022</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	216,437	(168,464)	47,973
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>216,437</u>	<u>(193,957)</u>	<u>22,480</u>
Restricted funds			
Side by Side	58,250	(48,338)	9,912
Digital Inclusion	22,000	(20,553)	1,447
Otago (Staying Steady)	10,930	(26,377)	(15,447)
Hackney Dudes Fund	5,500	(5,500)	-
Floating Advice and Support	20,000	(11,450)	8,550
Grants for individuals	1,950	(1,803)	147
	<u>118,630</u>	<u>(114,021)</u>	<u>4,609</u>
TOTAL FUNDS	<u>335,067</u>	<u>(307,978)</u>	<u>27,089</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 MARCH 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Free Reserves	149,268	33,431	(43,036)	139,663
Innovation Fund (formally Access to technology)	40,000	(1,650)	-	38,350
Environment Sustainability Fund	8,440	(10,449)	2,009	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	40,000	-	25,000	65,000
	<u>247,708</u>	<u>7,938</u>	<u>(2,633)</u>	<u>253,013</u>
Restricted funds				
Side by Side	711	15,240	-	15,951
Digital Inclusion	19,724	(5,315)	-	14,409
Otago (Staying Steady)	18,230	(15,447)	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	8,945	-	9,033
Floating Advice and Support	-	(2,633)	2,633	-
Grants for individuals	-	919	-	919
Making Room	-	33,000	-	33,000
	<u>40,225</u>	<u>34,709</u>	<u>2,633</u>	<u>77,567</u>
TOTAL FUNDS	<u>287,933</u>	<u>42,647</u>	<u>-</u>	<u>330,580</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	426,171	(392,740)	33,431
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>426,171</u>	<u>(418,233)</u>	<u>7,938</u>
Restricted funds			
Side by Side	124,986	(109,746)	15,240
Digital Inclusion	44,250	(49,565)	(5,315)
Otago (Staying Steady)	10,930	(26,377)	(15,447)
Hackney Dudes Fund	71,999	(63,054)	8,945
Floating Advice and Support	40,000	(42,633)	(2,633)
Grants for individuals	3,700	(2,781)	919
Making Room	33,000	-	33,000
	<u>328,865</u>	<u>(294,156)</u>	<u>34,709</u>
TOTAL FUNDS	<u>755,036</u>	<u>(712,389)</u>	<u>42,647</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MARCH 2024

11. MOVEMENT IN FUNDS - continued

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy from the estate of the former Vice Chair, Ken Bodden. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies for the provision of redundancy payments and to cover staff notice periods and for other costs should the organisation find it necessary to close operations in the future.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

13. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.

MRS INDEPENDENT LIVING LTD**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 MARCH 2024**

	31.3.24 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	(1)
Grants	2	1
	<u>2</u>	<u>-</u>
Investment income		
Deposit account interest	2,430	-
Charitable activities		
Grants	210,435	107,700
Contracts	113,183	122,205
Fee income	93,919	105,162
	<u>417,537</u>	<u>335,067</u>
Total incoming resources	419,969	335,067
EXPENDITURE		
Charitable activities		
Wages	239,162	181,777
Social security	11,075	6,130
Pensions	6,829	4,621
Rent and rates	6,561	6,903
Insurance	3,905	2,246
Telephone	1,301	1,210
Postage and stationery	1,280	925
Publicity	1,383	2,308
Sundries	1,095	1,906
Motor and travel	5,663	6,281
Training	677	90
Repairs and renewals	753	1,534
Protective clothing	-	53
Subscriptions	227	336
Computer costs	3,169	-
Sub-contracted services	40,938	41,381
Materials for minor adaptations	20,976	16,492
Partnership Expenses	5,427	4,430
Venue Hire	37,948	16,216
Plant & machinery depreciation	2	3
Fixtures & fittings depreciation	633	844
Motor vehicles depreciation	5,023	6,697
Bank interest	-	65
Hire purchase	-	832
Grants to individuals	5,128	1,803
	<u>399,155</u>	<u>305,083</u>

This page does not form part of the statutory financial statements

MRS INDEPENDENT LIVING LTD

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 MARCH 2024**

	31.3.24 £	31.3.23 £
Support costs		
Finance		
Bank charges	91	-
Governance costs		
Accountancy and legal fees	5,165	2,895
Total resources expended	<u>404,411</u>	<u>307,978</u>
Net income	<u>15,558</u>	<u>27,089</u>

This page does not form part of the statutory financial statements

MRS Independent Living

England & Wales - Charity number 801419

Accounts

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
MRS INDEPENDENT LIVING LTD

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

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for the Year Ended 31 March 2023

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

We achieve this by providing a range of services and projects to support independent living, focusing on minor home adaptations, falls prevention, digital confidence, social isolation, therapeutic decluttering and advice, advocacy and casework.

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as holistically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost:** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goals.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

OBJECTIVES AND ACTIVITIES

The Year in Review

This has at last been a year of significant growth for MRS. The management team have been successful in a series of funding bids which now underpins much of our wide-ranging portfolio of services. Difficulties persist in bringing the stability we would like to see in some areas but it has become possible to address these more systematically. A major transition has been underway with the closure of our office in Woodberry Down with staff achieving a balance between working from home and the use of rented office and meeting spaces.

A new Board recruitment initiative was agreed in the summer of 2022. A year on from welcoming new committee member Tade Oyebode, we were fortunate to recruit as Treasurer Andrew Tunks, who has brought an informed, experienced and urgent approach to the oversight of our finances. Jane Tilston is thanked for her long-standing contributions in that role. An expanded board has given a solid platform from which to renew our commitment to diversification and community engagement in the year ahead.

Co-chair Bekka Henderson took part alongside the Director in a diversity training initiative run by Get on Board. During the year Board members have also become more directly engaged with the organisation's work, through Stephen Steppens on the health and safety sub-committee and by Jane, Tade and Andrew participating in community events and consultations. The Trustees have paid close attention to a range of issues during the year from the purchase of an electric vehicle, salary increases for staff, the reconfiguration of reserves and the planning of a new People Committee with staff appointees.

The year has been noteworthy for broadening the scope of our advice and casework services, expanding the scope of Side by Side and introducing advice support for service users across all services with successful new appointments. A settled team has again been established at Making Room, and a difficult realignment of the service targets agreed for the Staying Steady contract, which required patient work by the management team.

Our partnership with the Health and Social Care Workforce Research Unit at King's College London has been maintained, and we hope in the year ahead to see further working developments through our user engagement initiatives. At the time of reporting, the number of hours worked by members of the management team has been reconfigured following the Director's return from her second maternity leave and a substantial review of staffing structure, contracts and salary levels is now underway.

John Miles, Co-Chair
Bekka Henderson, Co-Chair

ACHIEVEMENT AND PERFORMANCE
OUR ACTIVITIES AND ACHIEVEMENTS IN 2021/22

In 22/23, our services and projects included:

- Falls prevention services (Staying Steady community-based classes and Otago home-based exercise)
- Hackney Dudes
- 50 Plus Digital
- Making Room
- Side by Side and Floating Support
- Islington Home Adaptations

Falls prevention services

We are contracted by London Borough of Hackney to provide Staying Steady: community-based strength and balance exercise classes for people at risk of falls. We also provide the Otago home-based exercise programme for NHS North East London for home-bound people unable to access community classes.

During 22/23 229 older people accessed Staying Steady, of whom about 60% had completed or were still active on the 24-week programme at year-end. The service was reviewed at the 3-year mark as per schedule. As a result, Home Safety Checks were stopped due to lack of referrals, and budget considerations and key performance indicators were adjusted.

Data for the final quarter of 22/23 showed that for people who completed the programme:

- Over 90% had fewer falls, or the level of falls did not get worse.
- 100% improved their strength and balance.
- At 3 months post-completion, 100% were continuing to exercise and almost 90% reported increased mobility and independence.

We continue to engage with health and care services at a strategic level on the local falls pathway, and also held several community outreach events during the year, particularly during Falls Prevention Week in September. Developing links with the City and Hackney Proactive Care team has increased the proportion of people accessing the service who have not previously had a fall, furthering the preventative aims of the service.

The Otago home-based exercise service has continued to run throughout 22/23, with 109 people with frailty being referred and 49 people completing the 6-month programme. Over 80% of participants improved or maintained their balance, a success given the frailty and limited mobility of the cohort.

Otago was incorporated into the local NHS Anticipatory (now Proactive) Care pilot when that programme started, hoping to support older people with mild frailty and deconditioning from the pandemic to improve their strength and balance at home before joining a community class. We have supported the introduction of Care Coordinators for this project by inviting them to attend Staying Steady classes, informing them about local falls prevention provision, and introducing them to our instructors. Most of the referrals from the Proactive Care team have been more suitable for a community class than a home exercise programme, highlighting the increase in confidence that people have in returning to a normalised life following the pandemic. Accessing recurrent funding remains an issue for sustainability of the service, and we continue to work constructively with NHS North East London to explore potential longer-term funding avenues.

Hackney Dudes

The Hackney Dudes project for older men at risk of isolation was supported from reserves during a prolonged funding gap in 22/23, whilst we awaited the outcomes of multi-year funding bids. We still offered a wide range of activities, with the Friday drop-in at Dalston Curve Garden (DCG) remaining at the heart of the project. Attendance at the weekly drop-in averaged 24 older men during the year, with the highest attendance being 34 at the Christmas lunch. Despite the lack of funding, DCG continued to provide a free lunch and refreshments for drop-in participants, and we thank them wholeheartedly for their generosity and continued support of the project during this time.

We have worked towards creating a 5-day-a-week offering for the Dudes through relationships with other organisations such as Chippy and Chips, and encouraging self-facilitated activities such as the Dudes band, who have continued weekly meet-ups and rehearsals, kindly hosted by Newington Green Meeting House. The weekly Zoom call also continued for Dudes who find it harder to leave the house. Several Dudes shared their skills and interests by leading workshops, e.g. on cooking, and others have taken on informal volunteer roles within the project.

The Dudes went on outings to destinations including the Sky Garden, Wellcome Collection, Horniman Museum and Kenwood House, as well as more locally to Hackney's Posh Club, Museum of the Home and Dream Machine. Activities are co-produced with the Dudes sharing their ideas and the Project Lead facilitating access, supervising and coordinating logistics.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

In October 2022 we recruited a floating advice and support worker to work alongside the Project Lead in providing the Dudes with individual support relating to benefits, housing issues, access to food, services and many other things. This practical, holistic and open-ended support from a consistent individual is proving invaluable in helping Dudes address issues and claim entitlements without having to refer them outside of the project. It also demonstrates how the provision of advice, advocacy and casework is becoming increasingly integral within MRS' services.

For further insight into the Hackney Dudes project, please see their YouTube channel where they share videos of many of their activities

50 Plus Digital

The 50 Plus Digital project has continued to grow; average attendance at the weekly digital drop-in increased over the year from about 10 to about 30 older people, with more than 100 beneficiaries engaging with the project. We also consolidated our existing volunteer team and increased core team size from three to six regular volunteers.

More important than the numbers - the service users have established the weekly drop-in as an innovative social hub for older people in a community centre that was already very busy. Although we don't have a partnership arrangement with Mildmay Community Centre, our activities have become fully integrated with everything else that happens there. The project is now becoming a presence with strong hyper-local connections across two London boroughs (Hackney and Islington).

Structured group work (e.g. workshops and courses) took place at Whitmore Community Centre and then moved to Mildmay when space became available. Activities have included role-playing interns at a creative social enterprise, learning how to use collaborative workplace software, workshops on using Whatsapp, email, and how to stay safe online.

We received a grant from Good Things Foundation which enabled us to double the number of refurbished training laptops and smartphones. This ensures we can always meet demand at Mildmay, allowing more service users to think of the service as a community hub, and attracting more attention from potential volunteers and referrers.

Making Room

Making Room works in a therapeutic and practical way with people with mild to severe hoarding behaviour, helping them to declutter and achieve their goals. Much of 22/23 was occupied with the delivery of a pilot on early intervention in hoarding, for which we were commissioned by London Borough of Hackney (LBH). Despite challenging timescales and staffing issues, we were able to complete the objectives of the pilot and support 15 individuals to declutter, providing outcomes data for an evaluation report to inform potential future commissioning. Unfortunately delivering the pilot under these pressures meant other service delivery was delayed temporarily. This included completion of the ELFT Winter Pressures grant which is still ongoing.

Working with LBH highlighted both the extent of unmet need in the borough (an estimated 30,000 households affected by hoarding) and the value that Making Room offers services and service users, being both cheaper and more effective than the traditional 'blitz' clean approach. We have been able to use these insights in promotional and outreach activities.

In January 2023 we welcomed a new Senior Decluttering Practitioner with a background in mental health and homelessness services. This appointment has enhanced the positioning of Making Room as a specialised service and has also prompted a review of operations and financial arrangements, due to report to Trustees in December 2023.

Referrals to the service were slightly down on the previous year (54 compared with 61 in 21/22), although the Hackney pilot may have impacted this as no outreach was happening during this time. There continues to be a high proportion of referrals (roughly half) that do not progress to funded cases, primarily due to inability to access funding, lack of follow up by the referrer, or lack of engagement from the service user. Transforming this situation and working with partners and stakeholders to create a support system that is joined-up, responsive and properly resourced remains our vision.

Side by Side and Floating Support

We have continued to provide a regular advice and outreach service at Gillett Square, funded by Trust for London and Hackney Council's Community Infrastructure Fund and delivered in partnership with Hackney Cooperative Developments.

Demand for the service remains very high, with an increasing workload of people who are destitute, and increasingly challenging needs of Square users, some of whom fall into crisis and require emergency support which can be ongoing. In 22/23, we worked with over 90 people who required more than 3 hours of support.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

The profile of Square users has changed somewhat, and we have seen a slow but steady increase of Eritrean refugees using the Square and referring their friends. Currently we are working with nine people who have refugee status. Square users are increasingly referring their family and friends which means there is an increase in the number of women we are seeing, from eight at the beginning of the year to 20 at the end.

Issues we support people with on Side by Side are varied, but they include, for example, accessing Pension Credit, Personal Independence Payment, and homelessness services. Applications for and difficulties with accessing benefits continue to be high and now make up about a fifth of our work. Results of applications are very slow at the moment, taking, in some cases, more than six months.

We successfully attended two court hearings for tenants in social housing about to be evicted because of rent arrears, and have also been successful in assisting several people who were homeless to be offered short-life housing in Hackney. Support offered as part of Hackney Council's Community Infrastructure Fund means we have benefitted from a relational lead who has facilitated direct contact with the single homeless service, and hence a more open and effective relationship for single homeless people. We have also developed a closer relationship with The Greenhouse and are now better able to assist homeless men, although it remains a challenge.

In autumn 2022, we recruited a new community advice worker for Side by Side, and expanded further with the addition of a 'floating' advice worker, made possible by funding from Independent Age. The floating advice service enables older people from across MRS services and community projects to benefit from advice and practical support, and helps to meet the growing need which is exacerbated by the cost of living crisis.

We have also continued our collaboration with King's College London (KCL) on their research project on adult safeguarding and self-neglect. With funding from KCL, we held several service user engagement events in Gillett Square, the focus of our Side by Side project, which brought together researchers, professionals and service users.

Islington Home Adaptations

We continued to provide our Trusted Assessor service for London Borough of Islington's Occupational Therapy team. This service is delivered on a spot purchase basis.

During the year, 235 Trusted Assessor jobs were completed, an average of about 20 per month. Consistent with last year, the trend towards bigger and longer jobs is continuing, but income remains stable. Capacity was again impacted by staff sickness issues

DIVERSITY, EQUALITY AND INCLUSION

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion work as recommended in the Charity Governance Code.

The Management Committee has agreed a target for itself and our staff group of at least 30% representation from communities reflecting the racial diversity of North East London by the end of 2025. At the end of this period:

- The diversity of our Management Committee had reduced slightly with the appointment of a new Treasurer, with one out of seven (14%) from a racially diverse background.
- The diversity of our staff group also declined with the recruitment of new staff, with one out of 15 (6%) from a racially diverse background.

Work on diversity was largely paused during the Director's maternity leave, aside from continued participation in Getting on Board's Transform programme and various webinars and events around workforce diversity and anti-racism. Following the Director's return, priorities include implementing the diversity action plan, restarting open trustee recruitment and work on strengthening user voices in management and governance.

FINANCIAL REVIEW

Financial position

In 22/23, we saw overall income rise 11% to £335,069. Of this, approximately £24,000 refers to income received for services to be delivered in 23/24. Restricted income remained constant at just over one-third of total income. As expected with the expansion and development of our advice work and the wider economic context of inflationary pressures, costs rose in 22/23. Total expenditure increased by approximately 10% to £313,553. The accounts show an unrestricted surplus of £19,997 at year-end although the pro rata picture is different - once the figures are adjusted to take account of restricted income received in 22/23 for services to be delivered in 23/24, we ended the year with a roughly balanced budget.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

FINANCIAL REVIEW

Reserves policy

Our reserves policy commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs, wind-up costs and environmental sustainability initiatives.

This equates to a target holding for free reserves of between £101,936 and £203,871 in 23/24 (based on total planned expenditure). At 31 March 2023, the free reserves were £146,636.

In 23/24 we expect calls on reserves in 23/24 from services currently running at a deficit (Making Room) and to cover likely funding gaps.

Designated Funds

Expenditure from designated funds this year included the final payment instalment for a new electric van to meet ULEZ standard. Following this payment, the Environmental Sustainability Fund has delivered its purpose and been spent down, with a slight overspend due to higher than anticipated costs for secondhand electric vehicles.

We used the Innovation Fund to front the first few months of salary costs for the new Floating Advice and Support Worker post to support service users through the cost of living crisis.

The Contingency Fund covered additional costs incurred as a result of the Director's maternity leave.

The Wind-Up Fund has increased to cover increased staff redundancy and notice liabilities in the event of a closure.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

Thank you

Overall we are pleased that MRS has maintained financial stability during the year and has still been able to generate significant external funding towards its services and projects, despite the challenging funding environment. This includes grants generously donated by:

- Trust for London
- Mercers Company
- Stagecoach
- London Borough of Hackney
- West Hackney Parochial Charity
- Independent Age
- North East London Integrated Care Board
- Good Things Foundation

We are extremely grateful to all of our funders, commissioners and partners for their support in 22/23.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and Assistant Director.
- The Management Committee meets at least quarterly to review work and discuss future plans.
- The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

Governing document: MRS Independent Living Ltd is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership: At the start of the year MRS had six members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit: Primarily London boroughs in North East London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit: In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02086284 (England and Wales)

Registered Charity number

801419

Registered office

The Adiaha Antigha Centre
Dalston Lane
London
E8 3AZ

Trustees

J Miles Co-chair
S Steppens
J Tilston (Resigned as Treasurer on 20/03/2023)
R Henderson Co-chair
D Hardiman
O A Oyebode
A Tunks (Appointed as Treasurer on 20.03.23) (appointed 20.3.23)

Company Secretary

N J Pink

Independent Examiner

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

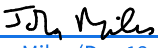
REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

Cooperative Bank
1 Islington High Street
London
N16 8JN

12/12/2023

Approved by order of the board of trustees on and signed on its behalf by:


.....
[John Miles \(Dec 12, 2023 13:44 GMT\)](#)
.....
J Miles - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MRS INDEPENDENT LIVING LTD

Independent examiner's report to the trustees of MRS Independent Living Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Maurice Brindley
Maurice Brindley (Dec 19, 2023 14:21 GMT)

Maurice Brindley BSc FCA

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

Date: 12/19/2023

MRS INDEPENDENT LIVING LTD

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		-	-	-	-	-
Charitable activities						
Independent Living Services		216,437	-	118,630	335,067	288,029
Other income		-	-	-	-	12,874
Total		<u>216,437</u>	<u>-</u>	<u>118,630</u>	<u>335,067</u>	<u>300,903</u>
EXPENDITURE ON						
Charitable activities						
Independent Living Services		<u>168,464</u>	<u>25,493</u>	<u>114,021</u>	<u>307,978</u>	<u>286,148</u>
NET INCOME/(EXPENDITURE)						
Transfers between funds	12	47,973 (22,403)	(25,493) 22,403	4,609 -	27,089 -	14,755 -
Net movement in funds		<u>25,570</u>	<u>(3,090)</u>	<u>4,609</u>	<u>27,089</u>	<u>14,755</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>149,268</u>	<u>98,440</u>	<u>40,225</u>	<u>287,933</u>	<u>273,178</u>
TOTAL FUNDS CARRIED FORWARD						
		<u><u>174,838</u></u>	<u><u>95,350</u></u>	<u><u>44,834</u></u>	<u><u>315,022</u></u>	<u><u>287,933</u></u>

The notes form part of these financial statements

BALANCE SHEET31 March 2023

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS						
Tangible assets	6	22,629	-	-	22,629	28,664
CURRENT ASSETS						
Stocks	7	5,574	-	-	5,574	4,018
Debtors	8	39,174	-	-	39,174	70,579
Cash at bank and in hand		120,568	95,350	44,834	260,752	210,619
		<u>165,316</u>	<u>95,350</u>	<u>44,834</u>	<u>305,500</u>	<u>285,216</u>
CREDITORS						
Amounts falling due within one year	9	(13,107)	-	-	(13,107)	(18,627)
NET CURRENT ASSETS		<u>152,209</u>	<u>95,350</u>	<u>44,834</u>	<u>292,393</u>	<u>266,589</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		174,838	95,350	44,834	315,022	295,253
CREDITORS						
Amounts falling due after more than one year	10	-	-	-	-	(7,320)
NET ASSETS		<u>174,838</u>	<u>95,350</u>	<u>44,834</u>	<u>315,022</u>	<u>287,933</u>
FUNDS						
Unrestricted funds	12				270,188	247,708
Restricted funds					<u>44,834</u>	<u>40,225</u>
TOTAL FUNDS					<u>315,022</u>	<u>287,933</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for


- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.


BALANCE SHEET - continued
31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

12/12/2023

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:


John Miles (Dec 12, 2023 13:44 GMT)
.....
J Miles - Trustee


Andrew Tunks (Dec 12, 2023 16:34 GMT)
.....
A Tunks - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimated and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by MRS Independent Living continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	7,544	9,555
Surplus on disposal of fixed assets	-	(6,928)
Independent examiners fees	2,995	2,995
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £51,741 (2022: £51,854). This figure comprises gross pay £45,348, employer's NI £4,311 and employer's pension £2,082.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
All staff	6	6
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	-	-	-	-
Charitable activities				
Independent Living Services	183,540	-	104,489	288,029
Other income	12,874	-	-	12,874
Total	<u>196,414</u>	<u>-</u>	<u>104,489</u>	<u>300,903</u>
EXPENDITURE ON				
Charitable activities				
Independent Living Services	198,716	-	87,432	286,148
NET INCOME/(EXPENDITURE)				
Transfers between funds	<u>7,560</u>	<u>(7,560)</u>	<u>-</u>	<u>-</u>
Net movement in funds	5,258	(7,560)	17,057	14,755
RECONCILIATION OF FUNDS				
Total funds brought forward	144,010	106,000	23,168	273,178
TOTAL FUNDS CARRIED FORWARD	<u><u>149,268</u></u>	<u><u>98,440</u></u>	<u><u>40,225</u></u>	<u><u>287,933</u></u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2022	18,395	8,948	35,716	63,059
Additions	-	1,509	-	1,509
At 31 March 2023	<u>18,395</u>	<u>10,457</u>	<u>35,716</u>	<u>64,568</u>
DEPRECIATION				
At 1 April 2022	18,384	7,082	8,929	34,395
Charge for year	3	844	6,697	7,544
At 31 March 2023	<u>18,387</u>	<u>7,926</u>	<u>15,626</u>	<u>41,939</u>
NET BOOK VALUE				
At 31 March 2023	<u>8</u>	<u>2,531</u>	<u>20,090</u>	<u>22,629</u>
At 31 March 2022	<u>11</u>	<u>1,866</u>	<u>26,787</u>	<u>28,664</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

7. STOCKS	31.3.23	31.3.22
	£	£
Stocks	5,574	4,018
	<u> </u>	<u> </u>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.3.23	31.3.22
	£	£
Accounts receivable	29,091	46,453
VAT	7,961	21,863
Prepayments and accrued income	2,122	2,263
	<u> </u>	<u> </u>
	<u>39,174</u>	<u>70,579</u>
9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.3.23	31.3.22
	£	£
Hire purchase (see note 11)	-	2,299
Trade creditors	2,258	6,798
Social security and other taxes	7,854	6,536
Accrued expenses	2,995	2,994
	<u> </u>	<u> </u>
	<u>13,107</u>	<u>18,627</u>
10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR	31.3.23	31.3.22
	£	£
Hire purchase (see note 11)	-	7,320
	<u> </u>	<u> </u>
11. LEASING AGREEMENTS		
Minimum lease payments under hire purchase fall due as follows:		
	31.3.23	31.3.22
	£	£
Net obligations repayable:		
Within one year	-	2,299
Between one and five years	-	7,320
	<u> </u>	<u> </u>
	<u>-</u>	<u>9,619</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Free Reserves	149,268	47,973	(22,403)	174,838
Innovation Fund (formally Access to technology)	40,000	(1,650)	-	38,350
Environment Sustainability Fund	8,440	(10,449)	2,009	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	40,000	-	7,000	47,000
	<u>247,708</u>	<u>22,480</u>	<u>-</u>	<u>270,188</u>
Restricted funds				
Side by Side	711	9,912	-	10,623
Digital Inclusion	19,724	1,447	-	21,171
Otago (Staying Steady)	18,230	(15,447)	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	-	-	88
Floating Advice and Support	-	8,550	-	8,550
Grants for individuals	-	147	-	147
	<u>40,225</u>	<u>4,609</u>	<u>-</u>	<u>44,834</u>
TOTAL FUNDS	<u>287,933</u>	<u>27,089</u>	<u>-</u>	<u>315,022</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	216,437	(168,464)	47,973
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>216,437</u>	<u>(193,957)</u>	<u>22,480</u>
Restricted funds			
Side by Side	58,250	(48,338)	9,912
Digital Inclusion	22,000	(20,553)	1,447
Otago (Staying Steady)	10,930	(26,377)	(15,447)
Hackney Dudes Fund	5,500	(5,500)	-
Floating Advice and Support	20,000	(11,450)	8,550
Grants for individuals	1,950	(1,803)	147
	<u>118,630</u>	<u>(114,021)</u>	<u>4,609</u>
TOTAL FUNDS	<u>335,067</u>	<u>(307,978)</u>	<u>27,089</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Free Reserves	144,010	(2,302)	7,560	149,268
Innovation Fund (formally Access to technology)	50,000	-	(10,000)	40,000
Environment Sustainability Fund	25,000	-	(16,560)	8,440
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	21,000	-	19,000	40,000
	<u>250,010</u>	<u>(2,302)</u>	<u>-</u>	<u>247,708</u>
Restricted funds				
Side by Side	711	-	-	711
Digital Inclusion	3,408	16,316	-	19,724
Otago (Staying Steady)	12,580	5,650	-	18,230
Coronavirus Fund	6,381	(4,909)	-	1,472
Hackney Dudes Fund	88	-	-	88
	<u>23,168</u>	<u>17,057</u>	<u>-</u>	<u>40,225</u>
TOTAL FUNDS	<u>273,178</u>	<u>14,755</u>	<u>-</u>	<u>287,933</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	196,414	(198,716)	(2,302)
Restricted funds			
Side by Side	9,996	(9,996)	-
Digital Inclusion	38,284	(21,968)	16,316
Otago (Staying Steady)	28,001	(22,351)	5,650
Coronavirus Fund	1,980	(6,889)	(4,909)
Hackney Dudes Fund	24,228	(24,228)	-
Albert Hunt Trust	2,000	(2,000)	-
	<u>104,489</u>	<u>(87,432)</u>	<u>17,057</u>
TOTAL FUNDS	<u>300,903</u>	<u>(286,148)</u>	<u>14,755</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Free Reserves	144,010	45,671	(14,843)	174,838
Innovation Fund (formally Access to technology)	50,000	(1,650)	(10,000)	38,350
Environment Sustainability Fund	25,000	(10,449)	(14,551)	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	21,000	-	26,000	47,000
	<u>250,010</u>	<u>20,178</u>	<u>-</u>	<u>270,188</u>
Restricted funds				
Side by Side	711	9,912	-	10,623
Digital Inclusion	3,408	17,763	-	21,171
Otago (Staying Steady)	12,580	(9,797)	-	2,783
Coronavirus Fund	6,381	(4,909)	-	1,472
Hackney Dudes Fund	88	-	-	88
Floating Advice and Support	-	8,550	-	8,550
Grants for individuals	-	147	-	147
	<u>23,168</u>	<u>21,666</u>	<u>-</u>	<u>44,834</u>
TOTAL FUNDS	<u>273,178</u>	<u>41,844</u>	<u>-</u>	<u>315,022</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	412,851	(367,180)	45,671
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>412,851</u>	<u>(392,673)</u>	<u>20,178</u>
Restricted funds			
Side by Side	68,246	(58,334)	9,912
Digital Inclusion	60,284	(42,521)	17,763
Otago (Staying Steady)	38,931	(48,728)	(9,797)
Coronavirus Fund	1,980	(6,889)	(4,909)
Hackney Dudes Fund	29,728	(29,728)	-
Albert Hunt Trust	2,000	(2,000)	-
Floating Advice and Support	20,000	(11,450)	8,550
Grants for individuals	1,950	(1,803)	147
	<u>223,119</u>	<u>(201,453)</u>	<u>21,666</u>
TOTAL FUNDS	<u>635,970</u>	<u>(594,126)</u>	<u>41,844</u>

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy from the estate of the former Vice Chair, Ken Bodden. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

12. MOVEMENT IN FUNDS - continued

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies for the provision of redundancy payments and to cover staff notice periods and for other costs should the organisation find it necessary to close operations in the future.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

14. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.

MRS INDEPENDENT LIVING LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 March 2023

	31.3.23	31.3.22
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	107,700	74,508
Contracts	122,205	94,036
Fee income	105,162	119,485
	<u>335,067</u>	<u>288,029</u>
Other income		
Gain on sale of intangible fixed assets	-	6,928
Job Retention Scheme	-	5,946
	<u>-</u>	<u>12,874</u>
Total incoming resources	335,067	300,903
EXPENDITURE		
Charitable activities		
Wages	181,777	169,497
Social security	6,130	5,648
Pensions	4,621	3,474
Rent and rates	6,903	25,707
Insurance	2,246	2,221
Telephone	1,210	2,095
Postage and stationery	925	2,581
Publicity	2,308	1,331
Sundries	1,906	1,770
Motor and travel	6,281	6,508
Training	90	1,019
Repairs and renewals	1,534	3,473
Protective clothing	53	-
Subscriptions	336	-
Sub-contracted services	41,381	33,211
Materials for minor adaptations	16,492	14,722
Partnership Expenses	4,430	-
Venue Hire	16,216	-
Plant & machinery depreciation	3	4
Fixtures & fittings depreciation	844	622
Motor vehicles depreciation	6,697	8,929
Bank interest	65	329
Hire purchase	832	50
Grants to individuals	1,803	-
	<u>305,083</u>	<u>283,191</u>
Support costs		
Governance costs		
Accountancy and legal fees	2,895	2,957
Total resources expended	307,978	286,148
Net income	27,089	14,755

This page does not form part of the statutory financial statements

MRS Independent Living

England & Wales - Charity number 801419

Accounts

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022
FOR
MRS INDEPENDENT LIVING LTD

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

MRS INDEPENDENT LIVING LTD

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for the Year Ended 31 March 2022

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MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

We achieve this by providing a range of services and projects to support independent living, focusing on minor home adaptations, falls prevention, digital confidence, social isolation, therapeutic decluttering and advice and informal advocacy

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as holistically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost:** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goals.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

The Year in Review

This has been a year of intensive activity for MRS during which, with the easing of Covid restrictions in July 2021, we have worked to re-establish our services and projects in their fullest sense and pick up development work paused during the pandemic.

In March, the Management Committee welcomed the successful appointment of our new Trustee, Tade Oyebode. Recruitment took place entirely on line, the first step in increasing the diversity of board members and deepening the expertise and range of interests we have available. Throughout the year Trustees have taken part in educational and training programmes with a view to diversifying our staff, volunteers and Management Committee, and to reviewing the board's decision-making and scrutiny. These evolving processes extend to service user involvement where regular meetings have been established from which it's evident that further preparation will be needed to deliver genuine and effective participation in governance.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

OBJECTIVES AND ACTIVITIES

When the Director returned from parental leave in Spring 2021, she built on her colleagues' careful preparation to implement a flurry of important new policies and policy updates. In the course of the year she has overseen further developments in remote working so that MRS has dispensed with underused office premises, and adopted a hot-desking arrangement at a shared facility in Dalston. Work is in hand to further refine the new staff contract and this has allowed useful consultation and the exploration of some outstanding and even undisclosed concerns. In September 2021 we established a Health and Safety Committee which provides oversight on behalf of the Management Committee and demonstrates our commitment to health and safety as an organisation. One Trustee with a trade union background and a sensory disability attends the Health & Safety Committee as a Trustee Champion. This approach of greater direct involvement is one that we hope to expand in future.

The dominant feature of the year, however, and one considerably exceeding our expectations, has been the successful pursuit of funding. This has been particularly significant for our community advice service (Side by Side), for work with people who hoard, and in enabling the restoration of a fuller range of falls prevention exercise support. The continuous review of our diverse portfolio is a core responsibility of the Trustees. A considerable boost to organisational confidence was achieved when we were able to bring the Side by Side community advice work within the remit of a National Institute of Health Research-funded study into safeguarding and neglect carried out by King's College London. Their subsequent report was an endorsement of an extremely committed and purposeful approach which has helped establish advice-led interventions alongside the hoarding support work as a new pillar of our work at MRS, helping to reshape our identity and direction.

Financially, although we continue as policy to spend down reserves, the acquisition of new funding has enabled a more confident approach to contract negotiation. We're grateful to all our fellow trustees and as ever want to thank the staff for their initiative, resilience and inventiveness in all areas of the organisation's work.

ACHIEVEMENT AND PERFORMANCE **OUR ACTIVITIES AND ACHIEVEMENTS IN 2021/22**

Home adaptations

In 21/22 we continued to provide our Trusted Assessor service for London Borough of Islington's Occupational Therapy team. This service is delivered on a spot purchase basis, outside of a formal contract arrangement. During the year:

- 306 Trusted Assessor jobs were completed; an average of 26 per month. Compared with the 19/20 financial year (the last 'normal' year before the pandemic) this represents a 25% reduction, but reflects an evolution in the type of work being requested, as jobs tend to be bigger and take longer.
- Service capacity was significantly impacted in the first quarter of the year by long-term staff sickness, but we were able to mitigate this to some extent by subcontracting some (mostly external concreting) work to trusted partners working under supervision.
- A pricing review has helped to increase income slightly, with a 5.4% increase for the year compared with 19/20, enabling us to continue providing a full service without the need for cuts.
- We purchased two new vans for the service - one Euro 6 and one electric - that are more environmentally 'friendly' and compliant with London Ultra Low Emissions Zone criteria, allowing charges to be avoided.
- The TCES prescription-based service was phased out as this was not cost-effective to deliver.
- Overall, the Islington Adaptations service drew a deficit of around £4,000 in 21/22 (excluding capital expenditure on the vans and including income from the flexible furlough scheme).

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

Falls prevention

Staying Steady

We also continued to deliver the falls prevention service (known as Staying Steady) in City and Hackney, commissioned by London Borough of Hackney's Public Health team. With activity in the first quarter of 21/22 still impacted by the Covid-19 pandemic, our focus for most of the year has been on re-establishing the programme of community-based exercise classes across the boroughs, including finding new venues and partners, and processing the waiting list of referrals. During the year:

- 168 people at risk of falls started a 24-week strength and balance exercise programme delivered through a community class.
- Sixty-seven completed their exercise programme.
- Across the year, an average of 74% of participants experienced a reduction in falls.
- On average, 83% were assessed as improving their strength and balance, as measured by a recognised test.
- Ninety per cent of participants were still exercising 3 months after completing their exercise course.
- Over three-quarters reported increased mobility and independence 3 months after completion.

Unfortunately our efforts to collaborate with housing providers to host exercise classes have not been particularly successful due to low referrals and retention. We will pursue other avenues to ensure social housing residents and other groups are informed about Staying Steady and able to conveniently access classes locally.

Alongside the main falls prevention contract, we also ran two strength and balance exercise programmes for women from the Orthodox Jewish community, with funding from the Springfield Neighbourhood and London Borough of Hackney's Community Chest. These specialist courses enabled a group that is often excluded from mainstream provision to experience the benefits of group exercise.

Home safety checks were also significantly impacted by the Covid-19 pandemic in the early part of 21/22. Whilst overall referrals have been and remain low (14 in total), we have taken on some complex referrals that have required in-depth and time-intensive work for individuals facing serious safety challenges at home.

Otago home-based exercise

The Otago home-based exercise programme is commissioned by City and Hackney Clinical Commissioning Group (CCG), now the North East London Integrated Care Board. In 21/22, due to ongoing restrictions caused by the Covid-19 pandemic, the CCG commissioned a second pilot of Otago which aimed to trial whether a hybrid approach that reduced the number of in-person visits by an exercise instructor but replaced them with virtual support, was successful in reducing falls amongst a cohort of participants mostly over 75 who are generally unable to access community-based exercise provision due to frailty.

Fifty frail older people at high risk of falls were referred to the pilot. Before the pilot was due to conclude, all Covid-19 restrictions were relaxed in the UK, so the pilot reverted to the standard evidence-based format for Otago delivery. Early indications had shown that participants faced substantial barriers in the ability and willingness to engage with digital technology.

Towards the end of 2021/22, exploratory conversations began with the team leading a local pilot of anticipatory care to see whether this may provide an avenue for future long-term funding of the Otago programme.

Side by Side

Side by Side provides targeted place-based advice and advocacy for people from marginalised and excluded communities who congregate in Gillett Square in Dalston, in partnership with Hackney Cooperative Developments. During the year we worked with academic researchers from King's College London (KCL) who volunteered with the service and produced a case study focusing on Side by Side as part of their research into adult safeguarding in cases of homelessness and self-neglect, which was submitted for publication to the Journal of Adult Protection. This relationship with KCL continues into 22/23. In the period:

- Seventy people received support with welfare issues. This included 47 cases involving benefits, 11 appeals, 29 concerned with housing issues, seven with homelessness, eight addressing debt issues and 10 with immigration challenges. Eight cases had a safeguarding element. Service users often present with multiple issues and the service works with them at their own pace to deal with these challenges in the round.
- Approximately two-thirds of service users were from the Black Caribbean community and one-fifth were from the Black African community. Forty-seven were male and 23 were female, and about half were over 60. Many are living with disability, mental health challenges and/or drug and alcohol misuse.
- New referrals to the service come through outreach on Gillett Square, or increasingly via word-of-mouth from people who use the service to their friends, family and networks. This approach enables us to reach deep into a highly disadvantaged community. The service does not accept referrals from professionals.
- On 17 August we hosted an event called Let's Talk about Welfare Rights for the Gillett Square community and other community advice workers.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

- In January 2022, we were pleased to have confirmation that the Trust for London had awarded 2-year funding for Side by Side, providing security and sustainability for a unique service that MRS has funded significantly from reserves whilst longer-term funding has been sought.

Our work with G shows how the flexible, holistic and long-term approach of Side by Side can lead to successful engagement with vulnerable individuals who do not use mainstream services. When Community Advice Worker Terry first met G on Gillett Square after a stay in hospital, he had no heating or hot water, no furniture, bed or bedding, and his flat was covered in mould. Although under the care of mental health services, he did not attend appointments. Terry helped G with various housing issues and soon he started arriving every week for support. He has been able to get a new lock for his flat, a bed and mattress through an emergency payment, and the landlord is going to replace the gas system. Work continues but these improvements to his living situation will aid G's recovery.

Digital Confidence

Thanks to funding from Wave 5 of the London Community Response Fund, in 21/22 we were able to continue to develop our programme of group and peer learning opportunities for older people wanting to build their confidence using digital technology and the internet. This included:

- Digital and social support at Dalston Curve Garden, which benefitted 78 older people through 12 3-hour sessions.
- Community hub support at Dalston Curve Garden: including informal smartphone workshops in the garden - up to 20 people attended each week.
- Three workshops for older digital beginners, learning the basics of mobile devices, which were attended by 12 learners.
- Mobile phone learning walks: Two walks took place in Woodberry Down, three in Hackney Wick. 15 older people participated in total.
- Four structured courses for older digital beginners:
 - 'Exploring the internet with smartphones': 13 learners
 - 'How to be safe on the internet': 9 learners
 - 'Touchscreen skills for beginners': 6 learners
 - 'Smartphones for beginners': 13 learners
- Drop-in digital support at Whitmore Community Centre: 18 2-hour sessions were delivered, benefitting 48 older people.
- We also spent significant time on phone calls and email to individuals.

Most participants had become socially isolated since the first Covid lockdown, and also digitally isolated because they had no online access after lockdown restrictions forced our drop-in service to close along with libraries and other supported access services. Sadly we have heard many stories of depression and helplessness from participants, but the fact that we heard them is evidence that we are reaching people and that the project has made a difference.

Helping service users rebuild their personal networks and the sense of community that is the key to continual engagement and therefore effective learning. For dozens of individual users, we have helped to remove at least one worrying digital problem. They all know they can come back with the next problem - and they know where to find us.

Hackney Dudes

Wave 5 of the London Community Response Fund also supported the continued delivery of our Hackney Dudes project, which helps older men in Hackney overcome social isolation and loneliness. During the year, we organised and hosted a great many social activities for older men at risk of social isolation and loneliness, which included:

- Forty-seven weekly in-person Friday drop-ins at the Dalston Eastern Curve Garden, attracting up to 26 older men per session.
- Seventeen Wednesday Movie Group sessions at the U7 Lounge.
- Twenty Hackney Dudes Band music group sessions (now self-facilitated by the members of the group)
- Twenty-two outings and trips, including to the Wellcome Collection, Maritime Museum, John Soane's Museum, Hackney City Farm, Science Museum, V&A Museum, Imperial War Museum, Natural History Museum, Museum of London, London Zoo, Camden Brewery and a picnic at Haggerston Park.
- Several 'quiz walks' around Hackney during lockdown, which combined a fun and competitive activity with exercise in the fresh air.

We also hosted 52 weekly meet-ups on Zoom, for those who could not join the in-person activities easily or felt anxious about joining.

At the core of our activity planning has always been the Dudes sharing their interests, knowledge and information with each other. In following the interests of participants, along the way other participants will inevitably experience something new. The outcomes we have achieved in 21/22 include:

- Fifty-four older men participating in the range of activities and events hosted by Hackney Dudes, with over 40 men taking part in peer-led creative workshops including cookery, digital skills, guitar lessons and art workshops.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

- Three Dudes shared their digital know-how with 16 others in the group, leading to increased digital confidence using smartphones/laptops and tablets and tools such as Zoom, and increased access to online services.
- Twenty-six men have been assisted in accessing, or supported through advocacy to access services and support including for example food bank vouchers, energy discount schemes, Blue Badge, Taxicard and Freedom Pass applications, liaising with healthcare services.
- Seventeen men have been referred or signposted to other local community services such as the Shoreditch Trust, Adult Social Care, Hackney Carers, Posh Club, Food Bank network, Public Health Community Champions network.

Making Room

Making Room provides therapeutic decluttering support for people with mild to severe hoarding behaviour. During 21/22, the service has continued to grow with more and more referrals coming from a wider variety of sources, indicating that outreach and network-building efforts, focusing on key professionals, are proving successful. In the period:

- We received 61 referrals, compared to 32 in 20/21 (although this was a year significantly impacted by the pandemic). Of these, 23 referrals progressed into active cases, of which 7 cases were completed and closed.
- A total of 52 decluttering sessions were delivered to 10 clients, resulting in clearing over 250 bags of waste, including 100 bags for recycling and 38 bags for donation to charity.
- We successfully applied for a grant from East London Foundation Trust to fund approximately 100 decluttering sessions for 10 individuals.
- We also used a small grant from Edward Gostling Foundation to subsidise work with 8 self-funding clients who were ineligible for statutory support and on low incomes.
- We undertook a pricing review to reflect increased staffing and overhead costs and identified our 'break-even' point.
- We have developed a relationship with the Link Work team at Hackney Council, which has promisingly led to exploration of future funding opportunities.
- There continues to be a high number of referrals that do not progress beyond the initial contact with the referrer, despite there being a clear need in some cases. We try to work closely with referrers to support them in identifying and requesting funding in order to maximise the chance of success, but this is not always taken up.

A couple of case studies illustrate the impact of Making Room:

M has severe physical health issues and has been sleeping on her sofa due to the clutter in her flat. Clearing the bedroom and bathroom was the highest priority when we started working with her. We managed to give M access to her bathroom again after just a few sessions. While we're now focusing on her bedroom, we've seen the motivation and mood of M change session after session and very soon, she will be able to sleep in her bed again.

A has struggled with severe depression since her mum passed away. Her hoarding issues made it really difficult to let go of her mum's things. We assisted A with the process of decision making and A now feels comfortable that she doesn't have to keep all of her mum's possessions to remember the good times with her.

DIVERSITY, EQUALITY AND INCLUSION

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion work as recommended in the Charity Governance Code. Our work this year has focused on:

- Updating our recruitment practices to enhance our chances of attracting and recruiting people from diverse communities, e.g. moving away from CVs and covering letters to standardised application forms; including questions on equality, diversity and inclusion as part of interview schedule for both staff and trustees; making commitment to EDI explicit within job/role descriptions and person specifications; offering paid trial sessions alongside interviews; introducing positive action in favour of diverse employees with otherwise equal scoring.
- Developing two Trustee roles with an EDI focus and diversity requirement.
- Exploring EDI training options (still in progress)
- Director involvement in relevant local, sector-level forums such as the Racial Equality Working Group convened by Hackney CVS.
- Refreshing and updating our EDI policy and associated grievance procedure.

The Management Committee has agreed a target for itself and our staff group of at least 30% representation from communities reflecting the racial diversity of North East London by the end of 2025. At the end of this period, the diversity of our Management Committee was improved with one Trustee out of six (17%) from a racially diverse background. The diversity of our staff group was also improved with 17% representation from diverse communities.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2022**

FINANCIAL REVIEW

Financial position

2021/22 has seen our income rise significantly from the previous year (£225,554) to over £300,900. Expenditure also rose substantially, from £263,900 in 20/21 to over £286,000. We have ended the year with a surplus of almost £15,000, despite approving a deficit budget at the start of the period in line with our ambition to spend down free reserves to within policy level.

Some reasons for the higher expenditure include the purchases of new vans for the Adaptations service, upfront expenditure on storage and additional costs due to the change in office and working arrangements, and a cost of living pay increase for staff. Income for some services and projects has fallen within the financial year 21/22 despite most expenditure being incurred within 22/23.

Overall we are pleased that MRS has maintained financial stability during the year and has still been able to generate significant external funding towards its services and projects, despite the challenging funding environment. This includes grants generously donated by:

- London Borough of Hackney
- London Community Response Fund
- Springfield Neighbourhood Fund
- Arnold Clark Community Fund
- Trust for London
- Mercers Company
- Edward Gosling Foundation
- Hackney Giving
- Clarion Housing
- West Hackney Parochial Charity
- East London Foundation Trust
- City & Hackney Clinical Commissioning Group

We are extremely grateful to all of our funders and partners for their support in 2021/22.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

Reserves policy

In June 2020 Trustees agreed a reserves policy that commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs, wind-up costs and environmental sustainability initiatives.

To achieve policy level, the Trustees agreed a deficit budget for 21/22 and approved a plan to continue subsidising services that currently run at a deficit and covering funding gaps and shortfalls for community projects where they occurred. We spent £4,869 from the contingency designated fund in the course of our emergency response to the pandemic.

The policy level for free reserves equates to a target holding of between £75,601 and £151,202 in 22/23 (based on total planned expenditure, including capital expenditure on the two vans). At 31 March 2022, the free reserves are £xxxxxxx.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and Assistant Director.
- The Management Committee meets at least quarterly to review work and discuss future plans.
- The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2022

Governing document: MRS Independent Living Ltd is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership: At the start of the year MRS had five members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit: Primarily London boroughs in North East London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit: In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02086284 (England and Wales)

Registered Charity number

801419

Registered office

The Adiaha Antigha Centre
Dalston Lane
London
E8 3AZ

Trustees

J Miles Co-chair
S Steppens
J Tilston Treasurer
R Henderson Co-chair
D Hardiman
O A Oyebode (appointed 21.3.22)

Company Secretary

N J Pink

Independent Examiner

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

Bankers

Cooperative Bank
1 Islington High Street
London
N16 8JN

Mar 30, 2023

Approved by order of the board of trustees on and signed on its behalf by:



[J. Tilston \(Mar 27, 2023 14:59 GMT+1\)](#)

J Tilston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MRS INDEPENDENT LIVING LTD**

Independent examiner's report to the trustees of MRS Independent Living Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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


[mwbrindley \(Mar 30, 2023 12:34 GMT+1\)](#)

Maurice Brindley BSc FCA
Institute of Chartered Accountants in England and Wales
Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

Mar 30, 2023

Date:

MRS INDEPENDENT LIVING LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 March 2022**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		-	-	-	-	-
Charitable activities						
Independent Living Services		183,540	-	104,489	288,029	213,734
Other income		12,874	-	-	12,874	11,820
Total		<u>196,414</u>	<u>-</u>	<u>104,489</u>	<u>300,903</u>	<u>225,554</u>
EXPENDITURE ON						
Charitable activities						
Independent Living Services		198,716	-	87,432	286,148	262,906
NET INCOME/(EXPENDITURE)		<u>(2,302)</u>	<u>-</u>	<u>17,057</u>	<u>14,755</u>	<u>(37,352)</u>
Transfers between funds	12	<u>7,560</u>	<u>(7,560)</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>5,258</u>	<u>(7,560)</u>	<u>17,057</u>	<u>14,755</u>	<u>(37,352)</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>144,010</u>	<u>106,000</u>	<u>23,168</u>	<u>273,178</u>	<u>310,530</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>149,268</u></u>	<u><u>98,440</u></u>	<u><u>40,225</u></u>	<u><u>287,933</u></u>	<u><u>273,178</u></u>

The notes form part of these financial statements

MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)

BALANCE SHEET

31 March 2022

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS						
Tangible assets	6	28,664	-	-	28,664	1,384
CURRENT ASSETS						
Stocks	7	4,018	-	-	4,018	3,531
Debtors	8	70,579	-	-	70,579	59,520
Cash at bank and in hand		71,954	98,440	40,225	210,619	222,763
		<u>146,551</u>	<u>98,440</u>	<u>40,225</u>	<u>285,216</u>	<u>285,814</u>
CREDITORS						
Amounts falling due within one year	9	(18,627)	-	-	(18,627)	(14,020)
NET CURRENT ASSETS		<u>127,924</u>	<u>98,440</u>	<u>40,225</u>	<u>266,589</u>	<u>271,794</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		156,588	98,440	40,225	295,253	273,178
CREDITORS						
Amounts falling due after more than one year	10	(7,320)	-	-	(7,320)	-
NET ASSETS		<u>149,268</u>	<u>98,440</u>	<u>40,225</u>	<u>287,933</u>	<u>273,178</u>
FUNDS	12					
Unrestricted funds					247,708	250,010
Restricted funds					<u>40,225</u>	<u>23,168</u>
TOTAL FUNDS					<u>287,933</u>	<u>273,178</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BALANCE SHEET - continued

31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on Mar 30, 2023 and were signed on its behalf by:

J. Tilston

J. Tilston (Mar 27, 2023 14:59 GMT+1)

J Tilston - Trustee



J Miles - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by Mobile Repair Services Ltd continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	9,555	462
Surplus on disposal of fixed assets	(6,928)	-
Independent examiners fees	2,995	2,995
	<u>2,995</u>	<u>2,995</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £51,854 (2021: £61,656). This figure comprises gross pay £46,370, employer's NI £3,981 and employer's pension £1,504.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

All staff	31.3.22	31.3.21
	<u>6</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Charitable activities				
Independent Living Services	155,866	-	57,868	213,734
Other income	<u>11,820</u>	<u>-</u>	<u>-</u>	<u>11,820</u>
Total	<u>167,686</u>	<u>-</u>	<u>57,868</u>	<u>225,554</u>
EXPENDITURE ON				
Charitable activities				
Independent Living Services	201,889	4,870	56,147	262,906
NET INCOME/(EXPENDITURE)	<u>(34,203)</u>	<u>(4,870)</u>	<u>1,721</u>	<u>(37,352)</u>
Transfers between funds	<u>(4,870)</u>	<u>4,870</u>	<u>-</u>	<u>-</u>
Net movement in funds	<u>(39,073)</u>	<u>-</u>	<u>1,721</u>	<u>(37,352)</u>
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>183,083</u>	<u>106,000</u>	<u>21,447</u>	<u>310,530</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>144,010</u></u>	<u><u>106,000</u></u>	<u><u>23,168</u></u>	<u><u>273,178</u></u>

MRS INDEPENDENT LIVING LTD**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022****6. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2021	18,395	7,757	4,008	30,160
Additions	-	1,191	35,716	36,907
Disposals	-	-	(4,008)	(4,008)
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2022	18,395	8,948	35,716	63,059
	<hr/>	<hr/>	<hr/>	<hr/>
DEPRECIATION				
At 1 April 2021	18,380	6,460	3,936	28,776
Charge for year	4	622	8,929	9,555
Eliminated on disposal	-	-	(3,936)	(3,936)
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2022	18,384	7,082	8,929	34,395
	<hr/>	<hr/>	<hr/>	<hr/>
NET BOOK VALUE				
At 31 March 2022	11	1,866	26,787	28,664
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 March 2021	15	1,297	72	1,384
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

7. STOCKS

		31.3.22	31.3.21
		£	£
Stocks		4,018	3,531
		<hr/>	<hr/>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

		31.3.22	31.3.21
		£	£
Accounts receivable		46,453	25,222
Refundable deposits		-	9,142
VAT		21,863	23,618
Prepayments and accrued income		2,263	1,538
		<hr/>	<hr/>
		70,579	59,520
		<hr/> <hr/>	<hr/> <hr/>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Hire purchase (see note 11)	2,299	-
Trade creditors	6,798	1,489
Social security and other taxes	6,536	9,537
Accrued expenses	2,994	2,994
	<u>18,627</u>	<u>14,020</u>

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.22	31.3.21
	£	£
Hire purchase (see note 11)	<u>7,320</u>	<u>-</u>

11. LEASING AGREEMENTS

Minimum lease payments under hire purchase fall due as follows:

	31.3.22	31.3.21
	£	£
Net obligations repayable:		
Within one year	2,299	-
Between one and five years	7,320	-
	<u>9,619</u>	<u>-</u>

12. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
Free Reserves	144,010	(2,302)	7,560	149,268
Innovation Fund (formally Access to technology)	50,000	-	(10,000)	40,000
Environment Sustainability Fund	25,000	-	(16,560)	8,440
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	21,000	-	19,000	40,000
	<u>250,010</u>	<u>(2,302)</u>	<u>-</u>	<u>247,708</u>
Restricted funds				
Side by Side	711	-	-	711
Digital Inclusion	3,408	16,316	-	19,724
Otago (Staying Steady)	12,580	5,650	-	18,230
Coronavirus Fund	6,381	(4,909)	-	1,472
Hackney Dudes Fund	88	-	-	88
	<u>23,168</u>	<u>17,057</u>	<u>-</u>	<u>40,225</u>
TOTAL FUNDS	<u>273,178</u>	<u>14,755</u>	<u>-</u>	<u>287,933</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	196,414	(198,716)	(2,302)
Restricted funds			
Side by Side	9,996	(9,996)	-
Digital Inclusion	38,284	(21,968)	16,316
Otago (Staying Steady)	28,001	(22,351)	5,650
Coronavirus Fund	1,980	(6,889)	(4,909)
Hackney Dudes Fund	24,228	(24,228)	-
Albert Hunt Trust	2,000	(2,000)	-
	<u>104,489</u>	<u>(87,432)</u>	<u>17,057</u>
TOTAL FUNDS	<u>300,903</u>	<u>(286,148)</u>	<u>14,755</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Free Reserves	183,083	(34,203)	(4,870)	144,010
Innovation Fund (formally Access to technology)	50,000	-	-	50,000
Environment Sustainability Fund	25,000	-	-	25,000
Contingency Fund	10,000	(4,870)	4,870	10,000
Wind-up Fund (formally Designated fund)	21,000	-	-	21,000
	<u>289,083</u>	<u>(39,073)</u>	<u>-</u>	<u>250,010</u>
Restricted funds				
Side by Side	7,362	(6,651)	-	711
Digital Inclusion	2,582	826	-	3,408
Otago (Staying Steady)	11,503	1,077	-	12,580
Coronavirus Fund	-	6,381	-	6,381
Hackney Dudes Fund	-	88	-	88
	<u>21,447</u>	<u>1,721</u>	<u>-</u>	<u>23,168</u>
TOTAL FUNDS	<u>310,530</u>	<u>(37,352)</u>	<u>-</u>	<u>273,178</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	167,686	(201,889)	(34,203)
Contingency Fund	-	(4,870)	(4,870)
	<u>167,686</u>	<u>(206,759)</u>	<u>(39,073)</u>
Restricted funds			
Side by Side	15,678	(22,329)	(6,651)
Digital Inclusion	8,074	(7,248)	826
Otago (Staying Steady)	6,999	(5,922)	1,077
Coronavirus Fund	12,896	(6,515)	6,381
Hackney Dudes Fund	13,221	(13,133)	88
Core Costs Fund	1,000	(1,000)	-
	<u>57,868</u>	<u>(56,147)</u>	<u>1,721</u>
TOTAL FUNDS	<u><u>225,554</u></u>	<u><u>(262,906)</u></u>	<u><u>(37,352)</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Free Reserves	183,083	(36,505)	2,690	149,268
Innovation Fund (formally Access to technology)	50,000	-	(10,000)	40,000
Environment Sustainability Fund	25,000	-	(16,560)	8,440
Contingency Fund	10,000	(4,870)	4,870	10,000
Wind-up Fund (formally Designated fund)	21,000	-	19,000	40,000
	<u>289,083</u>	<u>(41,375)</u>	<u>-</u>	<u>247,708</u>
Restricted funds				
Side by Side	7,362	(6,651)	-	711
Digital Inclusion	2,582	17,142	-	19,724
Otago (Staying Steady)	11,503	6,727	-	18,230
Coronavirus Fund	-	1,472	-	1,472
Hackney Dudes Fund	-	88	-	88
	<u>21,447</u>	<u>18,778</u>	<u>-</u>	<u>40,225</u>
TOTAL FUNDS	<u><u>310,530</u></u>	<u><u>(22,597)</u></u>	<u><u>-</u></u>	<u><u>287,933</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	364,100	(400,605)	(36,505)
Contingency Fund	-	(4,870)	(4,870)
	<hr/>	<hr/>	<hr/>
	364,100	(405,475)	(41,375)
Restricted funds			
Side by Side	25,674	(32,325)	(6,651)
Digital Inclusion	46,358	(29,216)	17,142
Otago (Staying Steady)	35,000	(28,273)	6,727
Coronavirus Fund	14,876	(13,404)	1,472
Hackney Dudes Fund	37,449	(37,361)	88
Core Costs Fund	1,000	(1,000)	-
Albert Hunt Trust	2,000	(2,000)	-
	<hr/>	<hr/>	<hr/>
	162,357	(143,579)	18,778
TOTAL FUNDS	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	526,457	(549,054)	(22,597)

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy from the estate of the former Vice Chair, Ken Boddin. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies for the provision of redundancy payments and to cover staff notice periods and for other costs should the organisation find it necessary to close operations in the future.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

14. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.

MRS INDEPENDENT LIVING LTD**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	74,508	52,947
Contracts	94,036	71,999
Fee income	119,485	87,251
Other services income	-	1,537
	<hr/>	<hr/>
	288,029	213,734
Other income		
Gain on sale of intangible fixed assets	6,928	-
Job Retention Scheme	5,946	11,820
	<hr/>	<hr/>
	12,874	11,820
Total incoming resources	<hr/>	<hr/>
	300,903	225,554
EXPENDITURE		
Charitable activities		
Wages	169,497	167,808
Social security	5,648	5,566
Pensions	3,474	3,008
Rent and rates	25,707	10,498
Insurance	2,221	2,010
Telephone	2,095	3,533
Postage and stationery	2,581	1,960
Publicity	1,331	270
Sundries	1,770	782
Motor and travel	6,508	4,538
Training	1,019	1,545
Repairs and renewals	3,473	4,593
Sub-contracted services	33,211	30,910
Materials for minor adaptations	14,722	18,275
Plant & machinery depreciation	4	5
Fixtures & fittings depreciation	622	432
Motor vehicles depreciation	8,929	24
Bank interest	329	850
Hire purchase	50	-
	<hr/>	<hr/>
	283,191	256,607
Support costs		
Governance costs		
Accountancy and legal fees	2,957	6,299
	<hr/>	<hr/>
Total resources expended	286,148	262,906
	<hr/>	<hr/>
Net income/(expenditure)	<hr/> <hr/>	<hr/> <hr/>
	14,755	(37,352)

This page does not form part of the statutory financial statements

MRS Independent Living

England & Wales - Charity number 801419

Accounts

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021
FOR
MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

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for the Year Ended 31 March 2021

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MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

We achieve this by providing a range of services and projects to support independent living, focusing on minor home adaptations, falls prevention, digital confidence, social isolation, therapeutic decluttering and advice and informal advocacy

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as holistically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost:** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goals.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

OBJECTIVES AND ACTIVITIES

The Year in Review

It is good to report that our confidence last year that MRS was on a sustainable track has been amply vindicated. The staff team, with Julie Bromwich acting as director while Natalie Pink took maternity leave, responded magnificently during the coronavirus pandemic. Despite the need to constantly revise arrangements for working from home, furlough and part-time working, we were able to keep all our programmes in operation after the initial lockdown and with some aspects sustained on an emergency basis throughout the year. Towards the end of the financial year, it became evident that new solutions, which involved meeting in the open air or the adoption of quite radical screening techniques, were being tried out and these have subsequently gone on to become established as safe practice. We're proud that with most of our services fully restored some aspects of these innovations look likely to influence development and delivery in the longer term.

Having overseen the director's reorganisation of finance and staffing arrangements, we as trustees agreed in the autumn of 2020 to focus our attention on diversity, policy review and the make-up of the board. The work of our community advice service in Dalston in bringing attention to questions of good practice regarding the safeguarding of vulnerable people has been particularly important and reflects our priorities for diversity and our anti-racist approach. Much work to review and update our policies in relation to safety and diversity has been completed and more is ongoing. As regards our own role as trustees, we have begun to address the need to update the constitution of MRS, revise our understanding and expectations of members and to strengthen the board. With able and well-researched input from the management team we look forward to new colleagues joining us in the year ahead and to the more active and substantive engagement of service users in the year ahead.

Some highlights of 2020/21:

- Our staff working above and beyond, demonstrating adaptability, flexibility and strong commitment to maintaining all of our services and projects in 2020/21, despite the substantial challenges presented by the coronavirus pandemic and lockdown restrictions imposed since March 2020.
- Finding creative and safe ways to enable face-to-face activities to take place when many other organisations moved online, given the value placed on in-person interactions by our service users.
- Engaging with many more local volunteers (mostly new to MRS) as part of our 'buddying' service which offered help with shopping for people who were shielding or self-isolating.
- Introducing a new organisational newsletter (at first monthly, then quarterly) to provide a valuable source of information, advice and solidarity to service users during lockdown.
- Welcoming Fiona Berry to the team as Project Manager during the Director's maternity leave and benefiting from Julie Bromwich stepping up as Acting Director.
- Completing the original Otago pilot and transitioning to a new funded pilot trialling a greater element of remote delivery.

Looking ahead

- The coronavirus pandemic is ongoing and still having an impact on our work, despite the lifting of most restrictions by the Government in August 2021. Other services are only now coming back on-stream, which has impacted referrals for some of our activities.
- We have developed a volunteer policy and process which will form the foundation to engage more volunteers in our work. Whilst this stepped up during the pandemic, with many more volunteers involved in supporting service users, the changing nature of our activities and pandemic response means that numbers have not increased long-term.
- We are professionalising our website, branding and communication materials, formalising and improving health and safety management, and working to strengthen the voice of service users in the management of MRS.
- We have commenced a programme of work with the objective of improving diversity, equality and inclusion within our Management Committee, staff, volunteers and service user base, outlined in a comprehensive action plan with targets.

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE
OUR ACTIVITIES AND ACHIEVEMENTS IN 2020/21

Below is a summary of our activities and achievements in 2020/21, during which our services and projects were severely impacted by the pandemic, lockdown restrictions, and fast-changing advice and regulations.

Alongside providing our regular activities, once it became clear that lockdown restrictions would severely affect many of our service users' ability to carry out simple day-to-day tasks like food shopping and picking up medicines, we quickly set about devising an emergency response. This focused on supporting our current service users, assessing their needs, and 'buddying' service users with local volunteers where requested to provide support with tasks like shopping, cooking meals etc. We also loaned out digital devices and supplied means of connecting to the internet, and started a monthly newsletter sent out by email and post to keep service users updated with the latest pandemic advice and legislation and engender a feeling of connectedness during a period of physical and social distancing.

To facilitate this new approach, we updated our systems to, for example, take payments over the phone, and re-allocated staff to new tasks where capacity arose due to disruption in other areas of our work. Staff roles also developed to include more signposting, referring and in some cases advocating for service users. This flexible approach meant we made minimal use of the Government furlough scheme and were able to keep our services and projects operational during a period of greatly heightened need.

Home adaptations

Our adaptations work is carried out in Islington and Hackney and in 2019, the year before the pandemic, we carried out around 500 jobs. The work includes the fitting of internal and external rails, ramps and steps, the provision and fitting of aids within the home to improve home safety, the securing of carpets and other types of flooring to prevent trips, and improvement of lighting.

With the commencement of lockdown in March 2020, we stopped all internal work except for emergency work where there was a real and urgent risk of a fall (in order to prevent hospital admission), where a client would not be able to manage without adaptations (e.g. amputees), other serious risks to life (e.g. where a child is concerned) or where the client was due to be discharged from hospital and needed adaptations to enable this. We continued with external work such as rails, ramps and steps. Strict precautionary measures, including use of PPE, was put in place for this work to be carried out. As a result of these restrictions and the measures we took to safeguard both clients and our staff (which included furloughing some staff members), our waiting list for adaptations work grew during this time. But with a plan to deal with this backlog, we were able to see more than 450 people and started the new year with the waiting list almost cleared.

Falls prevention

Staying Steady

We undertook the second year of delivering Staying Steady, the falls prevention service commissioned by London Borough of Hackney and City of London. Staying Steady comprises a programme of community-based strength and balance exercise classes following the Falls Management Exercise (FaME) model, home safety checks with provision of minor adaptations and/or referral to Hackney Occupational Therapy Team, supported by education and outreach. We also deliver a walking programme in Clissold Park in partnership with Fit 4 Health.

On 13 March 2020, we closed the Staying Steady class for stroke victims and frailer elders, which was run in partnership with the Stroke Association and had the most clinically vulnerable participants. The remainder of classes were closed the following week, just prior to lockdown measures being imposed on 23 March 2020. Before this, we had been working in partnership with Age UK on a project to set older people up with technology that would have allowed live streaming through their television set and would also have allowed Skype-type calls, although the numbers of participants we had managed to see before lockdown were very small and uptake of the service even smaller. Visits to users' homes for safety checks were also cancelled, both because the government required all non-essential contact to stop and to protect vulnerable members of staff who were then furloughed.

We looked at a number of ways to support participants and to continue to offer a falls prevention service, given the reduction in physical activity and deconditioning likely to result from lockdown. Our first priority was to make contact with all users to check on their welfare. We made sure that their basic needs could be met through family, friends or carers or additional services MRS set up as an emergency response. Our second priority was to motivate people to stay active but safe through exercise in the home. By using telephone support and in some cases (though not many) online support, it was possible to continue some exercise instruction in this way. However, for some Staying Steady participants this was not a safe option as they were too frail or unsteady.

Although we tried different ways of trying to improve the service we had on offer, the obstacles were many. Amongst our participants very few had IT skills, equipment or a sufficient level of broadband or data packages for us to offer online exercise classes. Some people had smartphones, but even among those who did, many did not use their phones beyond making calls or texting. In some cases, we tried loaning equipment, but without access to 1-to-1 or group support on using the equipment, this did not prove successful.

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

As some government restrictions were lifted later in 2020, we set up small exercise classes outdoors, and people were able to come outside for exercise on a one-to-one basis or in small groups and walk in Hackney's parks and green spaces. It was this interaction with others that was valued the most.

Otago home-based exercise

Otago is a strength and balance exercise programme for frail older people that is delivered in the home on a one-to-one basis by a trained instructor over a 6-month period. We were commissioned by City and Hackney Clinical Commissioning Group in 2019 to deliver a pilot which was still in progress by April 2020. Over 150 people were referred to this pilot.

Lockdown restrictions meant all home visits to Otago participants were stopped in March 2020, especially as those who were enrolled on the programme would nearly all have been considered extremely clinically vulnerable. The pandemic also meant that no new referrals could be accepted onto the programme. Instead, participants were contacted by phone to check on welfare, access to food and medicines and what support they might need. We also encouraged movement and activity in the home, whilst discussing safety, as the need to prevent any further falls during this time, when there was huge pressure on local hospitals, was of paramount importance. For selected individuals, some exercise instruction continued. For this to take place the home circumstances, available support from family and the general level of health, independence, mobility and frailty were all considered, in addition to the progress they had made on the programme. In one case we were able to offer online exercises via Zoom, because of the support of a family member. For many people, the calls made by the instructors was their only social contact during lockdown.

Covid-19 had a negative effect on the programme, especially in relation to progression which is a key element. Due to safety concerns, many of the exercises were not made progressively harder and in some cases were made less challenging or focussed only on seated exercises. Participants also largely stopped walking outside. These factors will have had a significant impact on the benefit it was possible to derive from Otago. Despite these challenges, over 40 people successfully completed the Otago programme, and we were able to demonstrate that approximately two-thirds of participants experienced a reduction in falls.

Positive feedback from participants includes:

"It was wonderful, it helped me a lot, I'm still mobile, I'm not so dependent, not so bedridden."

"My mood is better; I feel more alive especially when I speak to people afterwards."

"I'm enjoying it, walking with more ease around the flat."

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

Digital Confidence

The advent of the first lockdown in March 2020 necessitated the suspension of the Finsbury Park 50+ digital drop-in and the cancellation of a planned Learning Together project at Dalston Library. We were losing contact with service users already because so many depend on reading email at libraries or other community venues that had closed. Email communications with service users, previously weekly, became less frequent then stopped as the number of people able to read email declined. We have since concentrated on communication that is effective rather than cheap or quick. Our primary medium now is bulk SMS text, usually with tappable links to web pages for further information, especially COVID-related.

In April we trialled new ideas to transfer the previous service online - with varying degrees of success. This included a:

- Virtual 'drop-in from home' - low attendance as most service users had no functioning access or inadequate skills.
- Virtual Learning Together Club - attendance better, but by this time it was clear that the previous digital support service could not be transferred online because it had lost relevance - not just because of the access and skills gap
- Virtual Cafe in partnership with Zoom-specialists More Human - unsuccessful due to problems accessing Zoom. We realised that promoters of workplace meeting apps were shifting a new divide in the wrong direction along the digital inclusion spectrum.
- Phone-in to a virtual meeting (using Google Meet) - not much interest as it was more complicated than a standard phone call and works only for people who are already familiar with virtual meetings.

In May we began a Stamped Addressed Envelope campaign - letters to 425 contacts containing our contact details, information about pandemic support, and an SAE with a suggestion that they use it to tell us what was going on in their lives (about 40 did provide useful insights). The campaign was largely funded by donation of stamps from law firm Ashurst. We also started using Whereby Pro as the only virtual meeting platform accessible to first-time users - but not for focussed delivery of services. Apart from one weekly support event in a room named HelpSpace, the platform was available to service users to use as they wished.

Mid-May, we started distribution of tablets and Chromebooks to users whom we thought would benefit from them. Most of the tablet recipients did not have home internet, so we also provided mobile 3G receivers with monthly data plans. This was wholly unsuccessful, as the 3G SIM cards were too slow to be of any use. Most recipients had enough digital background to use them, but still needed occasional support by phone or email. Those who were absolute digital beginners did not engage with the devices.

In June, when restrictions allowed, we began weekly socially distanced drop-ins outdoors at St Mary's Secret Garden. This was primarily to help break social isolation, but soon became a meeting place for direct digital support, and a place to arrange support by phone and email. Normal attendance was three non-mingling groups. This was the first time during the pandemic that we had been able to organise facilitated groups anywhere. One self-organised group that emerged from the Secret Garden sessions is a music group led by two local women. Unfortunately, weather and emergence of the second wave caused these sessions to end.

In September, weekly drop-ins - Digital Together - started at the Dalston Curve Garden to continue to meet the overwhelming need for older people to get out of their homes and share their experiences with others. Attendance gradually increased to about 30. Usually about half were there for digital reasons - all were there for social reasons. Support continued though the second lockdown in the form of digital support groups up to 3 days a week to accommodate demand.

With the third lockdown, all outdoor activities were suspended. We decided to offer a virtual activity as a route back to real world activity as soon as possible. The Virtual Curve Garden (VCG) was an immediate success because we had already prepared the support groups for it - with the assurance that it would be temporary, and its main purpose would be to abolish itself. The VCG (on the Whereby platform) was open 24/7, with a regular well-attended Tuesday meeting at exactly the same time as the suspended real garden meetings. We later added a second meeting (named Hackney Hothouse) on Thursday afternoons. The purpose was a weekly meeting with the Curve Garden artist in residence to plan the creative activities that would be available for older people at the post-pandemic Curve Garden. In March 2021 we returned to the real Curve Garden and digital support resumed. The Tuesday attendance now is usually at least 50, and a few weeks ago reached 100+. It has become a community hub led by older people. The VCG is still open 24/7.

Side by Side

We continued to work in partnership with Hackney Co-operative Developments (HCD) to deliver the Side by Side service in Dalston, which provides general advice and non-statutory advocacy for people from a variety of backgrounds who are experiencing social exclusion through poverty, the consequences of educational exclusion, discrimination, homelessness, drug and alcohol addiction, mental health issues, immigration status and exclusion from the benefits system and social welfare safety nets. Primarily Side by Side serves single people (predominantly men over 50), people with disabilities who are currently in short life housing, and people who frequent Gillett Square in Hackney. One of the key features of Side by Side is that we do not refer or signpost people to other services, but rather inform people of the services available and encourage and support people to self-refer. We recognise the importance of support networks and so we also work with the friends and family of our service users.

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

People's lives are often complicated, and these complications can exclude people from accessing mainstream advice provision. Many people we work with have either experienced exclusion from services or believe they will be excluded. Applications for benefits have been rejected or are expected to be rejected. This is particularly the case for people who have erratic behaviours. Digital exclusion means people are unable to access services through the internet and fail to have a functioning phone to take calls, leading to sanctions and loss of income. Access to services is further restricted because many people lack an understanding of how welfare benefits and homelessness services actually work, and so are restricted in their ability to present their eligibility and successfully appeal against decisions which they believe are unjust.

Side by Side was already established before the pandemic with a growing caseload. Initially we tried to work by telephone, but this proved increasingly difficult. People often had only basic mobile phones, and conversations were frequently interrupted by batteries losing charge. In November 2020, we decided to resume a socially distanced, face-to-face service in the open air for people who were prepared to wear masks. We saw an increase in contact from people who had been discharged from mental health hospital provision and from prison. Virtually all statutory and most voluntary sector services were only being offered remotely, and this was particularly difficult for those with erratic behaviours.

Hackney Dudes

Prior to the pandemic the Hackney Dudes hosted a weekly drop-in and alternate week outings. In-person service was suspended on 13 March 2020, just before the national lockdown. All current (and where possible former) participants were contacted, and their support needs assessed. A pool of local volunteers was recruited to provide responsive local support including shopping, cooking, collecting prescriptions, doorstep and phone befriending. Staff made referrals as needed for health and social care services, benefits assessments, safeguarding, other community service (e.g., free meal provision).

In April 2020 we started twice weekly virtual drop-ins. These communications provided an opportunity to gain an understanding of how the men were feeling about lockdown and their sense of social isolation. The overwhelming priority for the men was to have an opportunity to meet-up in person, in a Covid-safe environment. So work began to identify outdoor hospitality businesses who might be able to provide space. Dalston Curve Garden and the U7 Lounge indicated they were keen to support the Hackney Dudes and since June 2020 the group have met-up once or twice a week (with the exception of January to mid-March 2021). A total of 56 different men have regularly attended the 78 outdoor drop-ins and trips throughout this period.

Post-lockdown, the Dudes have visited the V&A Museum, Imperial War Museum, British Museum, Natural History Museum, Museum of London, Hackney City Farm, Newington Green Meeting House, and had a picnic in Haggerston Park.

Comments from two of the Dudes include:

"While most of Hackney seemed to be closed, I had the Hackney Dudes. We get to talk, joke and be with each other, so we know we are not alone. We have even made new friends along the way. Coming here stopped the world from being a lonely place for us."

"With the Hackney Dudes we have a chance to meet up and chat together and forget our worries and woes. It has been wonderful to do that during these strange times. I thoroughly enjoy it."

Making Room

We had to pause the delivery of decluttering sessions in March 2020, due to lockdown restrictions, as visits take place in the people's homes. Instead of face-to-face sessions, we stayed in touch with service users via telephone calls, and in some cases video calls. Through this contact we aimed to motivate service users to see the value of continuing to declutter, which has varying degrees of success; some of them kept decluttering on their own, while others reduced the number of things they would usually bring into their home. For some of our service users, lockdown and the confrontation with being indoors all the time resulted in a realisation about their poor living conditions and made them ready for making positive changes. We learned how checking in with people can make a big change, and how challenging it is for people with already fragile mental health to be restricted in what they can or cannot do.

Disruption to other services meant that referrals to Making Room were low during lockdown, so we made use of the Government furlough scheme for both staff members. We were able to recommence some face-to-face visits in July 2020.

DIVERSITY, EQUALITY AND INCLUSION

In May 2020, the death of George Floyd in police custody in the United States sparked a global protest against systemic racism. The Black Lives Matter (BLM) movement in the UK has challenged organisations and institutions to examine their practices, structures and cultures, and identify changes that need to happen to bring about racial equality.

In recent years, in part due to the loss of the previous handyperson and home adaptations contracts, MRS has lost the diversity it once had amongst staff and Trustees, although diversity amongst our service users and volunteers remains relatively high. The focus on BLM has reinforced the urgency of ensuring that our staff, volunteers and Management Committee reflect the diversity of the communities we serve. To this end, the Trustees have agreed a comprehensive action plan with clear leadership and targets that is now being implemented and will be publicly reported against in future annual reports.

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

FINANCIAL REVIEW

Financial position

In 2020/21, income decreased from the previous year to £225,554 (2019/20: £247,332) and expenditure increased marginally to £262,609 (2019/20: £258,639), creating a deficit of £37,352 in the year. This is in line with the deficit budget agreed by Trustees at the start of the year, in recognition that reserves are currently higher than policy level.

We are pleased that MRS has maintained financial stability during the year and has still been able to generate significant external funding towards its services and projects, despite the challenging funding environment. This includes:

- A grant from City and Hackney Clinical Commissioning Group for the delivery of a new pilot of the Otago Exercise Programme incorporating elements of remote delivery.
- Grants to support our emergency response to the coronavirus pandemic from Cripplegate Foundation, City Bridge Trust and Hackney Giving.
- A core costs grant from the Albert Hunt Trust.
- We also received £10,000 from London Borough of Hackney as part of their support for local businesses during the pandemic.

We are extremely grateful to all of our funders and partners for their support in 2020/21.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

Reserves policy

In June 2020 the Trustees agreed a reserves policy that commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs, wind-up costs and environmental sustainability initiatives.

To achieve policy level, the Trustees agreed a deficit budget for 2020/21 and approved a plan to continue subsidising services that currently run at a deficit and covering funding gaps and shortfalls for community projects where they occurred. We spent £4,869 from the contingency designated fund in the course of our emergency response to the pandemic.

The policy level for free reserves equates to a target holding of between £65,925 and £131,850 in 2020/21. On 31 March 2021, the free reserves amounted to £144,010.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The Trustees have considered major risks to which the charity is exposed, and the strategies designed to mitigate them. In 2020/21, the main risks included responding to the coronavirus pandemic which emerged at the start of 2020 and has had a considerable impact on operations and finances. We are also continuing work to establish a coherent strategic plan and sustainable financial footing for the organisation.

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and Assistant Director.
- The Management Committee meets at least quarterly to review work and discuss future plans. The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

Governing document: MRS Independent Living is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership: At the start of the year MRS had five members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit: Primarily London boroughs in Northeast London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit: In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
02086284 (England and Wales)

Registered Charity number
801419

Registered office
Unit W9, 8 Woodberry Down
London
N4 2TG

Trustees
J Miles Co-chair
S Steppens
J Tilston Treasurer
R Henderson Co-chair
D Hardiman

Company Secretary
N J Pink

Independent Examiner
Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

Cooperative Bank
1 Islington High Street
London
N16 8JN

Approved by order of the board of trustees on Dec 22, 2021 and signed on its behalf by:

J. Tilston

[Jane Tilston \(Dec 22, 2021 15:26 GMT\)](#)

.....
J Tilston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MOBILE REPAIR SERVICE**

Independent examiner's report to the trustees of Mobile Repair Service ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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


[mwbrindley \(Dec 23, 2021 10:35 GMT\)](#)

Maurice Brindley BSc FCA
Institute of Chartered Accountants in England and Wales
Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

Date: Dec 23, 2021

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 March 2021

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		-	-	-	-	1
Charitable activities						
Independent Living Services		155,866	-	57,868	213,734	247,331
Other income		11,820	-	-	11,820	-
Total		167,686	-	57,868	225,554	247,332
EXPENDITURE ON Charitable activities						
Independent Living Services		201,889	4,870	56,147	262,906	258,639
NET INCOME/(EXPENDITURE)						
		(34,203)	(4,870)	1,721	(37,352)	(11,307)
Transfers between funds	10	(4,870)	4,870	-	-	-
Net movement in funds		(39,073)	-	1,721	(37,352)	(11,307)
RECONCILIATION OF FUNDS						
Total funds brought forward		183,083	106,000	21,447	310,530	321,837
TOTAL FUNDS CARRIED FORWARD		144,010	106,000	23,168	273,178	310,530

MOBILE REPAIR SERVICE (REGISTERED NUMBER: 02086284)
TRADING AS MRS INDEPENDENT LIVING

BALANCE SHEET
31 March 2021

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS						
Tangible assets	6	1,384	-	-	1,384	1,846
CURRENT ASSETS						
Stocks	7	3,531	-	-	3,531	2,736
Debtors	8	59,520	-	-	59,520	52,491
Cash at bank and in hand		93,595	106,000	23,168	222,763	264,383
		<u>156,646</u>	<u>106,000</u>	<u>23,168</u>	<u>285,814</u>	<u>319,610</u>
CREDITORS						
Amounts falling due within one year	9	(14,020)	-	-	(14,020)	(10,926)
NET CURRENT ASSETS		<u>142,626</u>	<u>106,000</u>	<u>23,168</u>	<u>271,794</u>	<u>308,684</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>144,010</u>	<u>106,000</u>	<u>23,168</u>	<u>273,178</u>	<u>310,530</u>
NET ASSETS		<u>144,010</u>	<u>106,000</u>	<u>23,168</u>	<u>273,178</u>	<u>310,530</u>
FUNDS						
Unrestricted funds	10				250,010	289,083
Restricted funds					23,168	21,447
TOTAL FUNDS					<u>273,178</u>	<u>310,530</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

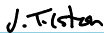
- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

MOBILE REPAIR SERVICE (REGISTERED NUMBER: 02086284)
TRADING AS MRS INDEPENDENT LIVING

BALANCE SHEET - continued
31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on Dec 22, 2021 and were signed on its behalf by:


.....
Jane Tilston (Dec 22, 2021 15:26 GMT)
.....
J Tilston - Trustee


.....
John Miles (Dec 22, 2021 21:26 GMT)
.....
J Miles - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by Mobile Repair Services Ltd continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	462	677
Independent examiners fees	2,995	2,995
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £61,656 (2020: £38,116). This figure comprises gross pay £54,712, employer's NI £5,126 and employer's pension £1,819.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
All staff	6	5
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	1	-	-	1
Charitable activities				
Independent Living Services	158,275	-	89,056	247,331
Total	<u>158,276</u>	<u>-</u>	<u>89,056</u>	<u>247,332</u>
EXPENDITURE ON				
Charitable activities				
Independent Living Services	194,904	793	62,942	258,639
NET INCOME/(EXPENDITURE)	<u>(36,628)</u>	<u>(793)</u>	<u>26,114</u>	<u>(11,307)</u>
Transfers between funds	<u>(63,485)</u>	<u>69,506</u>	<u>(6,021)</u>	<u>-</u>
Net movement in funds	<u>(100,113)</u>	<u>68,713</u>	<u>20,093</u>	<u>(11,307)</u>
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>283,196</u>	<u>37,287</u>	<u>1,354</u>	<u>321,837</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>183,083</u></u>	<u><u>106,000</u></u>	<u><u>21,447</u></u>	<u><u>310,530</u></u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2020 and 31 March 2021	<u>18,395</u>	<u>7,757</u>	<u>4,008</u>	<u>30,160</u>
DEPRECIATION				
At 1 April 2020	18,375	6,027	3,912	28,314
Charge for year	5	433	24	462
At 31 March 2021	<u>18,380</u>	<u>6,460</u>	<u>3,936</u>	<u>28,776</u>
NET BOOK VALUE				
At 31 March 2021	<u>15</u>	<u>1,297</u>	<u>72</u>	<u>1,384</u>
At 31 March 2020	<u>20</u>	<u>1,730</u>	<u>96</u>	<u>1,846</u>

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

7. STOCKS				
			31.3.21	31.3.20
			£	£
Stocks			3,531	2,736
			<u> </u>	<u> </u>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			31.3.21	31.3.20
			£	£
Accounts receivable			25,222	30,309
Refundable deposits			9,142	-
VAT			23,618	17,826
Prepayments and accrued income			1,538	4,356
			<u> </u>	<u> </u>
			59,520	52,491
			<u> </u>	<u> </u>
9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			31.3.21	31.3.20
			£	£
Trade creditors			1,489	-
Social security and other taxes			9,537	5,990
Accrued expenses			2,994	4,936
			<u> </u>	<u> </u>
			14,020	10,926
			<u> </u>	<u> </u>
10. MOVEMENT IN FUNDS				
	At 1.4.20	Net movement	Transfers	At
	£	in funds	between	31.3.21
		£	funds	£
			£	
Unrestricted funds				
Free Reserves	183,083	(34,203)	(4,870)	144,010
Innovation Fund (formally Access to technology)	50,000	-	-	50,000
Environment Sustainability Fund	25,000	-	-	25,000
Contingency Fund	10,000	(4,870)	4,870	10,000
Wind-up Fund (formally Designated fund)	21,000	-	-	21,000
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	289,083	(39,073)	-	250,010
Restricted funds				
Side by Side	7,362	(6,651)	-	711
Digital Inclusion	2,582	826	-	3,408
Otago (Staying Steady)	11,503	1,077	-	12,580
Coronavirus Fund	-	6,381	-	6,381
Hackney Dudes Fund	-	88	-	88
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	21,447	1,721	-	23,168
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	310,530	(37,352)	-	273,178
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	167,686	(201,889)	(34,203)
Contingency Fund	-	(4,870)	(4,870)
	<u>167,686</u>	<u>(206,759)</u>	<u>(39,073)</u>
Restricted funds			
Side by Side	15,678	(22,329)	(6,651)
Digital Inclusion	8,074	(7,248)	826
Otago (Staying Steady)	6,999	(5,922)	1,077
Coronavirus Fund	12,896	(6,515)	6,381
Hackney Dudes Fund	13,221	(13,133)	88
Core Costs Fund	1,000	(1,000)	-
	<u>57,868</u>	<u>(56,147)</u>	<u>1,721</u>
TOTAL FUNDS	<u>225,554</u>	<u>(262,906)</u>	<u>(37,352)</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
Free Reserves	283,196	(36,628)	(63,485)	183,083
Innovation Fund (formally Access to technology)	10,287	(793)	40,506	50,000
Environment Sustainability Fund	-	-	25,000	25,000
Contingency Fund	-	-	10,000	10,000
Wind-up Fund (formally Designated fund)	27,000	-	(6,000)	21,000
	<u>320,483</u>	<u>(37,421)</u>	<u>6,021</u>	<u>289,083</u>
Restricted funds				
Peer Support	1,354	2,264	(3,618)	-
Side by Side	-	7,362	-	7,362
Digital Inclusion	-	4,985	(2,403)	2,582
Otago (Staying Steady)	-	11,503	-	11,503
	<u>1,354</u>	<u>26,114</u>	<u>(6,021)</u>	<u>21,447</u>
TOTAL FUNDS	<u>321,837</u>	<u>(11,307)</u>	<u>-</u>	<u>310,530</u>

MOBILE REPAIR SERVICE
TRADING AS MRS INDEPENDENT LIVING

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	158,276	(194,904)	(36,628)
Innovation Fund (formally Access to technology)	-	(793)	(793)
	<u>158,276</u>	<u>(195,697)</u>	<u>(37,421)</u>
Restricted funds			
Peer Support	20,183	(17,919)	2,264
Side by Side	9,994	(2,632)	7,362
Digital Inclusion	16,941	(11,956)	4,985
Otago (Staying Steady)	41,938	(30,435)	11,503
	<u>89,056</u>	<u>(62,942)</u>	<u>26,114</u>
TOTAL FUNDS	<u><u>247,332</u></u>	<u><u>(258,639)</u></u>	<u><u>(11,307)</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Free Reserves	283,196	(70,831)	(68,355)	144,010
Innovation Fund (formally Access to technology)	10,287	(793)	40,506	50,000
Environment Sustainability Fund	-	-	25,000	25,000
Contingency Fund	-	(4,870)	14,870	10,000
Wind-up Fund (formally Designated fund)	27,000	-	(6,000)	21,000
	<u>320,483</u>	<u>(76,494)</u>	<u>6,021</u>	<u>250,010</u>
Restricted funds				
Peer Support	1,354	2,264	(3,618)	-
Side by Side	-	711	-	711
Digital Inclusion	-	5,811	(2,403)	3,408
Otago (Staying Steady)	-	12,580	-	12,580
Coronavirus Fund	-	6,381	-	6,381
Hackney Dudes Fund	-	88	-	88
	<u>1,354</u>	<u>27,835</u>	<u>(6,021)</u>	<u>23,168</u>
TOTAL FUNDS	<u><u>321,837</u></u>	<u><u>(48,659)</u></u>	<u><u>-</u></u>	<u><u>273,178</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	325,962	(396,793)	(70,831)
Innovation Fund (formally Access to technology)	-	(793)	(793)
Contingency Fund	-	(4,870)	(4,870)
	<u>325,962</u>	<u>(402,456)</u>	<u>(76,494)</u>
Restricted funds			
Peer Support	20,183	(17,919)	2,264
Side by Side	25,672	(24,961)	711
Digital Inclusion	25,015	(19,204)	5,811
Otago (Staying Steady)	48,937	(36,357)	12,580
Coronavirus Fund	12,896	(6,515)	6,381
Hackney Dudes Fund	13,221	(13,133)	88
Core Costs Fund	1,000	(1,000)	-
	<u>146,924</u>	<u>(119,089)</u>	<u>27,835</u>
TOTAL FUNDS	<u><u>472,886</u></u>	<u><u>(521,545)</u></u>	<u><u>(48,659)</u></u>

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy of £10,287 from the estate of the former Vice Chair, Ken Bodden. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was increased to £50,000 and redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies; £19,000 for the provision of redundancy payments and to cover staff notice periods and £2,000 for other costs should the organisation find it necessary to close operations in the future.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

12. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.