

Lifestart Foundation Ltd

Northern Ireland · Charity number 100644

Details

Status	Received
Registered	2014-11-12
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	Life Start Foundation 5 Springrowth House Springtown Road Londonderry BT48 0gg BT48 0GG
Phone	028 71 365363
Email	headoffice@lifestartfoundation.org
Website	www.lifestartfoundation.org

Activities

Purposes: The Foundation is established to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn.

What the charity does: The prevention or relief of poverty, The advancement of education, The advancement of health or the saving of lives, The advancement of citizenship or community development

How the charity works: Advice/advocacy/information, Counselling/support, Education/training

Who the charity helps: Parents, Preschool (0-5 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£180,517	£178,738	£0	4
2024-03-31	£216,269	£225,391	£0	6

Trustees

Name	Role	Appointed
Dr Eileen Doherty		
Mairead Wrynn		
Maureen Heatherington		
Mr Patrick Durkan		
Pauline Mcclenaghan		
Ursula Birthistle		

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Accounts

Charity registration number NIC100644 (Northern Ireland)

Company registration number NI041705

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

LIFESTART FOUNDATION LIMITED

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 5
Independent examiner's report	6
Statement of financial activities	7 - 8
Balance sheet	9
Notes to the financial statements	10 - 22

LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Mairead Wrynn Dr Eileen Doherty Maureen Hetherington
Secretary	Dr Pauline McClenaghan
Charity number (Northern Ireland)	NIC100644
Company number	NI041705
Registered office	5 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP
Bankers	Bank of Ireland 27 Culmore Road Derry/Londonderry BT48 8JB
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and by supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- continue to deliver local parenting support services aimed at improving child development outcomes
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- Deliver the pilot group-based parenting programme Bump Baby and Beyond designed to meet the needs of parents and children affected by traumatic birth experiences
- ensure the sustainability and resilience of the Lifestart Foundation by completing the implementation of the organisation's Succession Plan
- acquire the resources needed to continue the Foundation's core work
- complete the review and update of the Growing Child Programme
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- work with other organisations to promote the important role of home visiting and home-base parenting support to improve outcomes for children
- continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

Significant activities and achievements against objectives

Over the last 12 months the Foundation has met its contractual obligations to the Western Health and Social Care Trust by delivering the home visiting service to families in Counties Derry/Londonderry, Fermanagh and Tyrone and its contractual obligations to the South-eastern Health and Social Care Trust, delivering the service to families on the Ards peninsula and in Newtownards, County Down. In total Foundation staff have delivered in excess of 1,130 home visits, as well as delivering Lifestart group-based programmes. The Foundation has also supported the work of other organisations in Northern Ireland and Ireland delivering Lifestart Services to more than 3,000 parents and children.

In the WHSCT area vulnerable families, those on the Child Protection Register, on the edge of child protection or where children are deemed at risk are referred to the home visiting service by social work teams and by health visitors. The nature of the referrals and the issues faced by parents and children, we have found, are changing, becoming in many instances more acute and putting more children at risk. The work has, therefore, become more demanding and the pressure on our staff is increasing. Staff report back to Trust professionals, attend family case conferences and review meetings, make regular presentations to professional staff teams on our work and host site visits by social work and health visiting students which helps to increase awareness of the service, the issues families and therefore our staff are facing as well as the service's beneficial impact on parents and children.

In Mid Ards the home visiting service is offered in partnership with SureStart. SureStart staff make referrals to Lifestart but the service is also open to all families with children under 4 living in this highly rural area and it is often the only support service accessible to local parents.

As well as individual support provided through the home visiting service, the Foundation completed a pilot project involving the delivery of the group-based Bump, Baby and Beyond (BBB) programme in the Western area. The pilot was funded by the Big Lottery Awards for All and the Foundation successfully applied to the Big Lottery People and Communities Grant programme to roll out the Bump, Baby and Beyond throughout Northern Ireland. In the course of the year we have begun delivering the new BBB programme and through this activity we have not only making the programme available to more parents but cemented good working relationships with the many organisations hosting the programme, including, for example, Eglinton Community Hall, HomeStart Ards, Oak Healthy Living, SureStart Cookstown, Curryneiran Community Centre, Oasis Antrim Community Hub, Strabane SureStart, SureStart Magheraelt, Omagh County Primary School, Shepherd's View, Support 2gether, Omagh Community House, Dry Arch SureStart, Newtownards SureStart, East Belfast SureStart, Colin Glen Library, Ballybeen Women's Centre, Rainbow Early Years Centre, LAST Sure Start, NCB, the Rural Community Network and the Rural Women's Community Network.

This year we completed the implementation of the Foundation's Succession Plan funded by Dormant Accounts NI. The plan was aimed at ensuring that the Lifestart Foundation has the leadership and governance structure and core product that will sustain and develop the organisation into the future. The Manager, whose post was funded under the plan, was tasked, among other things, with overseeing the expert review and updating of the Foundation's core programme, the Growing Child. The review has now been completed and the first three years of the Growing Child programme has been updated and printed and the last two years of the five-year programme will be going to print shortly. This has been a major achievement that will ensure that Lifestart parents are receiving the most up-to-date parenting information, based on the most recent research evidence available.

We are also currently planning to follow-up on the expert review of the Growing Child by seeking resources to undertake the full digitization of the programme, to make it amendable to different forms of delivery. This will be a major project that will involve the design of an entirely new range of Lifestart products.

The Succession Plan also involved the review of the Foundation's organizational structure which coincided with important developments in Ireland, where as a result of the activities of the Home Visiting Alliance, of which the Foundation is a founder member, the Irish government has begun a funding initiative which will support the expansion of home visiting services in Ireland. In the light of this the Board of Directors of the Foundation is looking at developing an organizational structure best suited to this changing environment and this will be a key focus of the Board activities in the coming year.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at a number of relevant on-line events.

The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Home Visiting Alliance, Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network

Financial review

Total income for the year was £180,517, of which £157,760 was generated from charitable activities, £8,926 from donations and legacies and £11,250 from other trading activities. The charity also received £2,578 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity.

Total expenditure by the charity was £178,738. £172,954 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £5,784. Other losses in the amount of £14 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling.

The balance on total funds at the year-end was £208,065, of which £102,488 were unrestricted, £53,233 were designated and £52,344 were restricted.

Reserves policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2024/25 expenditure (excluding depreciation) of £176,240 the target level of reserves is £44,000 to £88,000. Free reserves as at 31st March 2025 are £100,478. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

Plans for future periods

Our key priorities in the coming year are to:

- Review the Foundation' organisational structure and update our Strategic Plan
- Continue to deliver on our existing contracts and identify new potential contracts
- Deliver the Bump, Baby and Beyond Programme throughout Northern Ireland
- Acquire the resources to develop and design digital versions of Lifestart products
- Acquire the resources to ensure the continuance and sustainability of our work to support parents and children.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)

Ursula Birthistle

Maire McReynolds

(Resigned 28 June 2024)

Mairead Wrynn

Dr Eileen Doherty

Maureen Hetherington

Recruitment and appointment of trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisational structure

The Board of Trustees consists of six members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

The Trustees' report was approved by the Board of Trustees.



Patrick Durkan (Chairperson)

Trustee

31 March 2026

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

I report on the financial statements of the charity for the year ended 31 March 2025, which are set out on pages 7 to 22.

Respective responsibilities of charity Trustees and examiner

As the charity Trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, it is my responsibility to:

- examine the financial statements under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act (Northern Ireland) 2008; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

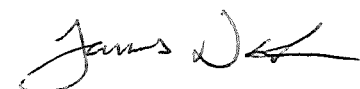
I have examined your charity financial statements as required under section 65 of the Charities Act (Northern Ireland) 2008 and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe that:

1. Accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. The financial statements do not accord with those accounting records; or
3. The financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102); or
4. There is further information needed for a proper understanding of the financial statements to be reached.

Independent examiner's statement

I have completed my examination and I have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



James Nash FCA
Moore (NI) LLP
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP
31 March 2026

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Current financial year		Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
	Notes					
Income and endowments from:						
Donations and legacies	3	-	-	8,926	8,926	12,605
Charitable activities	4	108,043	-	49,717	157,760	176,756
Investments	5	2,581	-	-	2,581	11,494
Other income	6	11,250	-	-	11,250	15,414
Total income		121,874	-	58,643	180,517	216,269
Expenditure on:						
Raising funds	7	5,784	-	-	5,784	14,798
Charitable activities	8	100,516	1,774	70,664	172,954	210,593
Total expenditure		106,300	1,774	70,664	178,738	225,391
Net income/(expenditure)		15,574	(1,774)	(12,021)	1,779	(9,122)
Other recognised gains and losses:						
Other losses	13	(14)	-	-	(14)	(1,807)
Net movement in funds	9	15,560	(1,774)	(12,021)	1,765	(10,929)
Reconciliation of funds:						
Fund balances at 1 April 2024		86,928	55,007	64,365	206,300	217,229
Fund balances at 31 March 2025		102,488	53,233	52,344	208,065	206,300

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Prior financial year		Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes				
Income and endowments from:					
Donations and legacies	3	105	-	12,500	12,605
Charitable activities	4	136,744	-	40,012	176,756
Investments	5	11,494	-	-	11,494
Other income	6	15,414	-	-	15,414
Total income		<u>163,757</u>	<u>-</u>	<u>52,512</u>	<u>216,269</u>
Expenditure on:					
Raising funds	7	14,798	-	-	14,798
Charitable activities	8	147,078	1,774	61,741	210,593
Total expenditure		<u>161,876</u>	<u>1,774</u>	<u>61,741</u>	<u>225,391</u>
Net income/(expenditure)		1,881	(1,774)	(9,229)	(9,122)
Other recognised gains and losses:					
Other losses	13	(1,807)	-	-	(1,807)
Net movement in funds	9	74	(1,774)	(9,229)	(10,929)
Reconciliation of funds:					
Fund balances at 1 April 2023		86,854	56,781	73,594	217,229
Fund balances at 31 March 2024		<u>86,928</u>	<u>55,007</u>	<u>64,365</u>	<u>206,300</u>

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	14		55,143		55,789
Investments	15		100		100
			<u>55,243</u>		<u>55,889</u>
Current assets					
Debtors	16	8,544		28,637	
Cash at bank and in hand		147,530		131,405	
		<u>156,074</u>		<u>160,042</u>	
Creditors: amounts falling due within one year	18	<u>(3,252)</u>		<u>(9,631)</u>	
Net current assets			<u>152,822</u>		<u>150,411</u>
Total assets less current liabilities			<u>208,065</u>		<u>206,300</u>
The funds of the charity					
Restricted income funds	20		52,344		64,365
Unrestricted funds - general	22		102,488		86,928
Unrestricted funds - designated	21		53,233		55,007
			<u>208,065</u>		<u>206,300</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The financial statements were approved by the Trustees on 31 March 2026



Patrick Durkan (Chairperson)
Trustee



Ursula Birthistle
Trustee

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 5 Springrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	-	8,926	8,926	105	12,500	12,605
Donations and gifts						
TBF & KL Thompson Trust	-	1,038	1,038	-	-	-
HDH Wills grant	-	1,000	1,000	-	-	-
St James' Place	-	2,500	2,500	-	-	-
Ulster Bank Staff fund	-	1,038	1,038	-	-	-
Danske Bank Charity	-	2,350	2,350	-	-	-
Ulster Garden Villages	-	-	-	-	5,000	5,000
Souter Charitable Trust	-	-	-	-	5,000	5,000
Enkalon	-	500	500	-	-	-
Other	-	500	500	105	2,500	2,605
	-	8,926	8,926	105	12,500	12,605

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable activities						
Services provided under contract	108,043	-	108,043	136,744	-	136,744
Performance related grants	-	49,717	49,717	-	40,012	40,012
	108,043	49,717	157,760	136,744	40,012	176,756

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities

(Continued)

Performance related grants analysis

	Charitable activities 2025 £	Charitable activities 2024 £
The National Lottery Community Fund - Dormant Accounts Fund	-	26,641
RTE/Community Foundation - Smile Baby project	-	13,371
Big Lottery Fund - Bump Baby Beyond	49,717	-
	<u>49,717</u>	<u>40,012</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income from unlisted investments	2,578	11,086
Interest receivable	3	408
	<u>2,581</u>	<u>11,494</u>

6 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Provision of administrative services	5,784	9,948
Rental income	5,466	5,466
	<u>11,250</u>	<u>15,414</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Trading costs		
Other trading activities	3,209	11,628
Staff costs	2,575	3,170
	<u>5,784</u>	<u>14,798</u>

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

8 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Staff costs	98,101	144,302
Depreciation and impairment	2,499	2,396
Conference and training costs	4,654	8,688
Rent and rates	2,490	2,927
Insurance	2,435	3,154
Heat, light and power	540	750
Repairs and maintenance	213	1,647
Printing, postage and stationery	757	814
Materials and resources	27,027	7,787
Advertising	552	1,617
Telephone	1,015	3,751
Software support	2,435	1,525
Travel and subsistence	9,462	10,546
Legal and professional fees	9,609	15,023
Accountancy fees	2,400	2,400
Other charitable expenditure	8,765	3,266
	<u>172,954</u>	<u>210,593</u>
Analysis by fund		
Unrestricted funds - general	100,516	147,078
Unrestricted funds - designated	1,774	1,774
Restricted funds	70,664	61,741
	<u>172,954</u>	<u>210,593</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

9	Net movement in funds	2025	2024
		£	£
	The net movement in funds is stated after charging/(crediting):		
	Fees payable for the independent examination of the charity's financial statements	2,400	2,400
	Depreciation of owned tangible fixed assets	2,499	2,396
		<u>2,400</u>	<u>2,396</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2024- no reimbursement of expenses or remuneration).

11 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	4	6
	<u>4</u>	<u>6</u>

Employment costs

	2025	2024
	£	£
Wages and salaries	91,546	134,257
Social security costs	7,194	11,369
Other pension costs	1,936	1,846
	<u>100,676</u>	<u>147,472</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Aggregate compensation	32,793	62,578
	<u>32,793</u>	<u>62,578</u>

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

13 Other gains and losses

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Gains/(losses) upon:		
Foreign exchange	14	1,807

14 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2024	88,718	64,826	153,544
Additions	-	1,854	1,854
At 31 March 2025	88,718	66,680	155,398
Depreciation and impairment			
At 1 April 2024	33,713	64,043	97,756
Depreciation charged in the year	1,774	725	2,499
At 31 March 2025	35,487	64,768	100,255
Carrying amount			
At 31 March 2025	53,231	1,912	55,143
At 31 March 2024	55,006	783	55,789

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

15 Fixed asset investments

	Other investments £
Cost or valuation	
At 1 April 2024 & 31 March 2025	100
Carrying amount	
At 31 March 2025	100
At 31 March 2024	100

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

15 Fixed asset investments		(Continued)	
	Notes	2025 £	2024 £
Other investments comprise:			
Investments in subsidiaries	27	100	100
		<u>100</u>	<u>100</u>
16 Debtors			
Amounts falling due within one year:		2025 £	2024 £
Amounts owed by subsidiary undertakings		8,544	10,134
Other debtors		-	17,753
Prepayments and accrued income		-	750
		<u>8,544</u>	<u>28,637</u>
17 Loans and overdrafts			
		2025 £	2024 £
Bank overdrafts		-	5,235
		<u>-</u>	<u>5,235</u>
Payable within one year		-	5,235
		<u>-</u>	<u>5,235</u>
18 Creditors: amounts falling due within one year			
	Notes	2025 £	2024 £
Bank overdrafts	17	-	5,235
Other taxation and social security		646	-
Trade creditors		56	982
Other creditors		11	1,014
Accruals and deferred income		2,539	2,400
		<u>3,252</u>	<u>9,631</u>
19 Retirement benefit schemes			
Defined contribution schemes		2025 £	2024 £
Charge to profit or loss in respect of defined contribution schemes		1,936	1,846
		<u>1,936</u>	<u>1,846</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

20 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
Other restricted grants	-	500	(500)	-
Big Lottery Fund - Bump Baby Beyond	-	49,717	(5,761)	43,956
The National Lottery Community Fund - Dormant Accounts Fund	57,474	-	(57,474)	-
St James' Place	-	2,500	(2,500)	-
Souter Charitable Trust	891	-	(891)	-
TBF & KL Thompson Trust	-	1,038	-	1,038
CB & HH Taylor	1,000	-	-	1,000
Ulster Bank Staff	-	1,038	(1,038)	-
Ulster Garden Villages	5,000	-	(2,500)	2,500
Danske Bank Charity	-	2,350	-	2,350
HDH Wills	-	1,000	-	1,000
Enkalon Foundation	-	500	-	500
	<u>64,365</u>	<u>58,643</u>	<u>(70,664)</u>	<u>52,344</u>
Previous year:	At 1 April 2023	Incoming resources	Resources expended	At 31 March 2024
	£	£	£	£
The National Lottery Community Fund - Dormant Accounts Fund	55,500	26,641	(24,667)	57,474
RTE/Community Foundation - Smile Baby project	18,094	13,371	(31,465)	-
Souter Charitable Trust	-	5,000	(4,109)	891
TBF & KL Thompson Trust	-	1,000	(1,000)	-
CB & HH Taylor	-	1,000	-	1,000
Ulster Garden Villages	-	5,000	-	5,000
Enkalon Foundation	-	500	(500)	-
	<u>73,594</u>	<u>52,512</u>	<u>(61,741)</u>	<u>64,365</u>

Nature of material restricted funds

Big Lottery Fund - Bump Baby Beyond

Funding for the delivery of the Bump, Baby and Beyond programme throughout Northern Ireland.

The National Lottery Community Fund - Dormant Accounts Fund

Funding to implement the Lifestart Foundation Succession Plan.

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

21 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 April 2024 £	Resources expended £	At 31 March 2025 £
Designated property assets fund	55,007	(1,774)	53,233
Previous year:	At 1 April 2023 £	Resources expended £	At 31 March 2024 £
Designated property assets fund	56,781	(1,774)	55,007

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 14. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

22 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2025 £
General funds	86,928	121,874	(106,300)	(14)	102,488
Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2024 £
General funds	86,854	163,757	(161,876)	(1,807)	86,928

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

23 Analysis of net assets between funds

	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:				
Tangible assets	1,910	53,233	-	55,143
Investments	100	-	-	100
Current assets/(liabilities)	100,478	-	52,344	152,822
	<u>102,488</u>	<u>53,233</u>	<u>52,344</u>	<u>208,065</u>

	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	782	55,007	-	55,789
Investments	100	-	-	100
Current assets/(liabilities)	86,046	-	64,365	150,411
	<u>86,928</u>	<u>55,007</u>	<u>64,365</u>	<u>206,300</u>

24 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

25 Events after the reporting date

There have been no significant events impacting the charity since the reporting date.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

26 Related party transactions

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £5,784 (2024: £9,948). Of this amount, £5,407 remains outstanding at the year end (2024: £6,419);
- Gift aid payment from Lifestart Resources in the amount of £2,578 (2024: £11,086);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springgrowth Developments Limited, an entity in which Patrick Durkan, member of the board of Trustees, has a minority shareholding. Rentals of £3,000 were paid in the year (2024: £4,500). Market rate for the premises is approximately £7,200 per annum. No amounts were outstanding at the year end.

27 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2025 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Accounts

Charity registration number NIC100644

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

LIFESTART FOUNDATION LIMITED

CONTENTS

	Page
Charity Information	1
Trustees' report	2 - 6
Independent examiner's report	7
Statement of financial activities	8 - 9
Balance sheet	10
Notes to the financial statements	11 - 23

LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Mairead Wrynn Dr Eileen Doherty Maureen Heatherington Dr Pauline McClenaghan	(Appointed 25 May 2023) (Appointed 28 July 2023) (Appointed 25 October 2023)
Secretary	Dr Pauline McClenaghan	(Appointed 25 October 2023)
Charity number	NIC100644	
Company number	NI041705	
Registered office	2 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG	
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF	

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- continue to deliver local parenting support services aimed at improving child development outcomes
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- Start to deliver the group Bump Baby and Beyond programme designed to meet the needs of parents and children affected by the traumatic birth experiences
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by implementing the organisation's Succession Plan
- acquire the resources needed to continue the Foundation's core work
- complete the review and update of the Growing Child Programme
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Over the last 12 months Lifestart Foundation staff have delivered 1,800 home visits and 26 group-based parenting programmes supporting in total just under 1,000 families in Northern Ireland. The Foundation has also supported the work of other organisations delivering Lifestart Services to a further 3,000 parents and children.

The Foundation has continued to meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, delivering the home visiting service to families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families on the Child Protection Register or on the edge of children protection. With the agreement of the Trust we continue to accept referrals for Level 2 families from health visitors as well as from social workers, and the number of referrals received throughout the year has increased. Our staff report back to Trust professionals, attend family case conferences and review meetings, make regular presentations to professional staff teams on our work and host site visits by social work and health visiting students which helps to increase awareness of the service and its beneficial impact on parents and children.

As well as individual support provided through the home visiting service, we delivered a further 20 group-based post-covid parenting programmes. The 'Smile Baby Programme' was funded by the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation which has agreed an extension to the project until March 2024. Parents who have participated in the Smile Baby Programme indicated their appreciation of the opportunity to meet in groups, to articulate and discuss their parenting issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme has been excellent and demand among parents continues to be high.

In the course of the year we completed our funding targets for the Big Lottery Awards for All for the Bump, Baby and Beyond Project aimed at training and equipping our staff to deliver 'Doula' informed services to new and expectant parents. We will continue to apply what we have learned through the Doula training in the delivery of Lifestart Programmes and Services

This past year we applied for and were successful in our application to Big Lottery People and Communities Grant Programme to deliver our newly developed Bump, Baby and Beyond group-based parenting programme.

Through the delivery of our group parenting programmes we have cemented good working relationships with the many organisations that have hosted our programmes, including Eglinton Community Hall, HomeStart Ards, Oak Healthy Living, SureStart Cookstown, Curryneiran Community Centre, Oasis Antrim Community Hub, Strabane SureStart, SureStart Magheraelt, Omagh County Primary School, Shepherd's View, Support 2gether, Omagh Community House, Dry Arch SureStart, Newtownards SureStart, East Belfast SureStart, Colin Glen Library, Ballybeen Women's Centre, Rainbow Early Years Centre, LAST Sure Start, NCB and the Rural Community Network.

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events.

The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network.

As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and the launch of a Feasibility Study of Home Visiting in Ireland. The Feasibility Study was officially launched at the PEIN (Prevention and Early Intervention Network) national conference in September. The Foundation is also providing evidence to a study being conducted by the UNITES Team at Maynooth University on home visiting in Ireland. This research has been commissioned by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) with the goal of developing standardised approaches to home visiting in Ireland.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

This year we have continued to implement, the Foundation's Succession Plan, through funding from Dormant Accounts NI. The plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future. To oversee the implementation of the plan we appointed an Interim Manager whose duties include: reviewing the statement of responsibilities of board members and office bearer roles, induction procedures and governance handbook; managing the Growing Child programme review process and overseeing the implementation of the recommendations of the Expert Review Panel; reviewing and updating the Foundation's website, social media presence, promotional materials and communications; working with the Board to draw up a marketing plan for the Growing Child materials and to source further funding.

Financial review

Total income for the year was £216,269, of which £176,756 was generated from charitable activities, £12,605 from donations and legacies and £15,414 from other trading activities. The charity also received £11,086 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity.

Total expenditure by the charity was £225,391. £210,593 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £14,798. Other losses in the amount of £1,807 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling.

The balance on total funds at the year-end was £206,300, of which £86,928 were unrestricted, £55,007 were designated and £64,365 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2023/24 expenditure (excluding depreciation) of £222,995 the target level of reserves is £55,000 to £110,000. Free reserves as at 31st March 2024 are £86,046. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

Plans for future periods

Our key priorities in the coming year are to:

- Fully implement our Succession Plan
- Review and update our Strategic Plan
- Draw up a Foundation Marketing Plan
- Continue to develop and deliver the Bump, Baby and Beyond Programme
- If successful in our Peace Plus Application start implementing the project
- Acquire the resources to ensure the continuance and sustainability of our work to support parents and children

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)

Ursula Birthistle

Maire McReynolds

(Resigned 28 June 2024)

Mary McGowan

(Resigned 25 May 2023)

Mairead Wrynn

Dr Eileen Doherty

(Appointed 25 May 2023)

Maureen Heatherington

(Appointed 28 July 2023)

Dr Pauline McClenaghan

(Appointed 25 October 2023)

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of six members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.



Patrick Durkan (Chairperson)

Trustee

18 December 2024

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

I report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 8 to 23.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

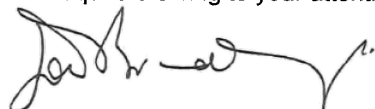
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

Since the 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 Chartered Accountants Ireland, which is one of the listed bodies.

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Mr John Bradley FCA
Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: 18 December 2024

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

Current financial year		Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
	Notes					
Income and endowments from:						
Donations and legacies	3	105	-	12,500	12,605	13,968
Charitable activities	4	136,744	-	40,012	176,756	192,833
Investments	5	11,494	-	-	11,494	18,546
Other income	6	15,414	-	-	15,414	16,218
Total income		163,757	-	52,512	216,269	241,565
Expenditure on:						
Raising funds	7	14,798	-	-	14,798	10,752
Charitable activities	8	147,078	1,774	61,741	210,593	216,091
Total expenditure		161,876	1,774	61,741	225,391	226,843
Net income/(expenditure)		1,881	(1,774)	(9,229)	(9,122)	14,722
Other recognised gains and losses:						
Other gains/(losses)	13	(1,807)	-	-	(1,807)	1,878
Net movement in funds	9	74	(1,774)	(9,229)	(10,929)	16,600
Reconciliation of funds:						
Fund balances at 1 April 2023		86,854	56,781	73,594	217,229	200,629
Fund balances at 31 March 2024		86,928	55,007	64,365	206,300	217,229

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

Prior financial year		Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	3	-	-	13,968	13,968
Charitable activities	4	114,965	-	77,868	192,833
Investments	5	18,546	-	-	18,546
Other income	6	16,218	-	-	16,218
Total income		<u>149,729</u>	<u>-</u>	<u>91,836</u>	<u>241,565</u>
Expenditure on:					
Raising funds	7	10,752	-	-	10,752
Charitable activities	8	140,774	1,774	73,543	216,091
Total expenditure		<u>151,526</u>	<u>1,774</u>	<u>73,543</u>	<u>226,843</u>
Net income/(expenditure)		(1,797)	(1,774)	18,293	14,722
Other recognised gains and losses:					
Other gains	13	1,878	-	-	1,878
Net movement in funds	9	81	(1,774)	18,293	16,600
Reconciliation of funds:					
Fund balances at 1 April 2022		86,773	58,555	55,301	200,629
Fund balances at 31 March 2023		<u>86,854</u>	<u>56,781</u>	<u>73,594</u>	<u>217,229</u>

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	14		55,789		58,185
Investments	15		100		100
			<u>55,889</u>		<u>58,285</u>
Current assets					
Debtors	16	28,637		44,245	
Cash at bank and in hand		131,405		118,887	
		<u>160,042</u>		<u>163,132</u>	
Creditors: amounts falling due within one year	17	(9,631)		(4,188)	
Net current assets			<u>150,411</u>		<u>158,944</u>
Net assets			<u>206,300</u>		<u>217,229</u>
The funds of the charity					
Restricted income funds	21	64,365		73,594	
Unrestricted funds - general		86,928		86,854	
Unrestricted funds - designated	20	55,007		56,781	
			<u>206,300</u>		<u>217,229</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2024



Patrick Durkan (Chairperson)
Trustee



Ursula Birthistle
Trustee

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	105	12,500	12,605	-	13,968	13,968
Donations and gifts						
NIE Electric	-	-	-	-	1,010	1,010
Halifax Foundation	-	-	-	-	6,000	6,000
St James' Place	-	-	-	-	2,458	2,458
Danske Bank Charity	-	-	-	-	3,000	3,000
Ulster Garden Villages	-	5,000	5,000	-	-	-
Souter Charitable Trust	-	5,000	5,000	-	-	-
Other	105	2,500	2,605	-	1,500	1,500
	105	12,500	12,605	-	13,968	13,968

4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Charitable activities						
Services provided under contract	136,744	-	136,744	114,965	-	114,965
Grant funding	-	40,012	40,012	-	77,868	77,868
	136,744	40,012	176,756	114,965	77,868	192,833

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Income from charitable activities

(Continued)

Analysis of grant funding

	Charitable activities 2024 £	Charitable activities 2023 £
The National Lottery Community Fund - Dormant Accounts Fund	26,641	69,868
RTE/Community Foundation - Smile Baby project	13,371	-
Community Fund	-	8,000
	<u>40,012</u>	<u>77,868</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Gift aid payment from subsidiary	11,086	18,446
Interest receivable	408	100
	<u>11,494</u>	<u>18,546</u>

6 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Provision of administrative services	9,948	10,752
Rental income	5,466	5,466
	<u>15,414</u>	<u>16,218</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Provision of administration services		
Office costs	11,628	7,152
Staff costs	3,170	3,600
	<u>14,798</u>	<u>10,752</u>

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

8 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Staff costs	144,302	131,415
Depreciation and impairment	2,396	2,452
Conference and training costs	8,688	14,217
Rent and rates	2,927	4,780
Insurance	3,154	3,276
Heat, light and power	750	4,702
Repairs and maintenance	1,647	677
Printing, postage and stationery	814	493
Materials and resources	7,787	9,112
Advertising	1,617	6,703
Telephone	3,751	2,819
Software support	1,525	4,432
Travel and subsistence	10,546	18,286
Legal and professional fees	15,023	5,814
Accountancy fees	2,400	2,400
Other charitable expenditure	3,266	4,513
	<u>210,593</u>	<u>216,091</u>
Analysis by fund		
Unrestricted funds - general	147,078	140,774
Unrestricted funds - designated	1,774	1,774
Restricted funds	61,741	73,543
	<u>210,593</u>	<u>216,091</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

9 Net movement in funds	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	<u>2,396</u>	<u>2,452</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2023- no reimbursement of expenses or remuneration).

11 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	<u>6</u>	<u>6</u>

Employment costs

	2024	2023
	£	£
Wages and salaries	134,257	122,628
Social security costs	11,369	10,953
Other pension costs	1,846	1,434
	<u>147,472</u>	<u>135,015</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024	2023
	£	£
Aggregate compensation	<u>62,578</u>	<u>62,203</u>

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

13 Other gains and losses

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Gains/(losses) upon:		
Foreign exchange	(1,807)	1,878

14 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2023	88,718	64,826	153,544
At 31 March 2024	88,718	64,826	153,544
Depreciation and impairment			
At 1 April 2023	31,938	63,421	95,359
Depreciation charged in the year	1,774	622	2,396
At 31 March 2024	33,712	64,043	97,755
Carrying amount			
At 31 March 2024	55,006	783	55,789
At 31 March 2023	56,780	1,405	58,185

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

15 Fixed asset investments

	Other investments £
Cost or valuation	
At 1 April 2023 & 31 March 2024	100
Carrying amount	
At 31 March 2024	100
At 31 March 2023	100

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Fixed asset investments		(Continued)	
	Notes	2024 £	2023 £
Other investments comprise:			
Investments in subsidiaries	27	100	100
		<u>100</u>	<u>100</u>
16 Debtors		2024	2023
Amounts falling due within one year:		£	£
Amounts owed by subsidiary undertakings		10,134	7,259
Other debtors		17,753	36,986
Prepayments		750	-
		<u>28,637</u>	<u>44,245</u>
17 Creditors: amounts falling due within one year		2024	2023
	Notes	£	£
Bank overdrafts	18	5,235	-
Accruals		4,396	4,188
		<u>9,631</u>	<u>4,188</u>
18 Loans and overdrafts		2024	2023
		£	£
Bank overdrafts		5,235	-
		<u>5,235</u>	<u>-</u>
Payable within one year		5,235	-
		<u>5,235</u>	<u>-</u>
19 Retirement benefit schemes		2024	2023
Defined contribution schemes		£	£
Charge to profit or loss in respect of defined contribution schemes		1,846	1,434
		<u>1,846</u>	<u>1,434</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

20 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 April 2023 £	Resources expended £	At 31 March 2024 £
Designated property assets fund	56,781	(1,774)	55,007
Previous year:	At 1 April 2022 £	Resources expended £	At 31 March 2023 £
Designated property assets fund	58,555	(1,774)	56,781

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 14. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

21 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
The National Lottery Community Fund - Dormant Accounts Fund	55,500	26,641	(24,667)	57,474
RTE/Community Foundation - Smile Baby project	18,094	13,371	(31,465)	-
Souter Charitable Trust	-	5,000	(4,109)	891
TBF & KL Thompson Trust	-	1,000	(1,000)	-
CB & HH Taylor	-	1,000	-	1,000
Ulster Garden Villages	-	5,000	-	5,000
Enkalon Foundation	-	500	(500)	-
	<u>73,594</u>	<u>52,512</u>	<u>(61,741)</u>	<u>64,365</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

21 Restricted funds

(Continued)

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	At 31 March 2023 £
The National Lottery Community Fund - Dormant Accounts Fund	-	69,868	(14,368)	55,500
St James' Place	-	2,458	(2,458)	-
RTE/Community Foundation - Smile Baby project	50,301	-	(32,207)	18,094
Halifax Foundation	-	6,000	(6,000)	-
Ulster Bank Staff	2,000	-	(2,000)	-
Esme Mitchell	2,500	-	(2,500)	-
WDH Willis	500	-	(500)	-
Community Fund	-	8,000	(8,000)	-
Danske Bank Charity	-	3,000	(3,000)	-
NIE Electric	-	1,010	(1,010)	-
Hedley	-	1,000	(1,000)	-
Enkalon Foundation	-	500	(500)	-
	55,301	91,836	(73,543)	73,594

Nature of material restricted funds

SEUPB - SOOC

Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and services, travel and accommodation and equipment.

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

The National Lottery Community Fund - Dormant Accounts Fund

Funding to implement the Lifestart Foundation Succession Plan.

Community Fund

Funding to provide training and resources to family visitors and to provide Doula services.

Halifax Foundation

Funding towards office rent and utilities costs.

Souter Charitable Trust

Funding towards the cost of printing Growing Child booklets.

CB & HH Taylor Trust

Funding towards family visitors

Ulster Garden Villages

Funding towards Growing Child programme materials.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

22 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2024 £
General funds	86,854	163,757	(161,876)	(1,807)	86,928
Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2023 £
General funds	86,773	149,729	(151,526)	1,878	86,854

23 Analysis of net assets between funds

	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	782	55,007	-	55,789
Investments	100	-	-	100
Current assets/(liabilities)	86,046	-	64,365	150,411
	<u>86,928</u>	<u>55,007</u>	<u>64,365</u>	<u>206,300</u>
	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:				
Tangible assets	1,404	56,781	-	58,185
Investments	100	-	-	100
Current assets/(liabilities)	85,350	-	73,594	158,944
	<u>86,854</u>	<u>56,781</u>	<u>73,594</u>	<u>217,229</u>

24 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

25 Events after the reporting date

There have been no significant events impacting the charity since the reporting date.

26 Related party transactions

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £9,948 (2023: £10,752). Of this amount, £6,419 remains outstanding at the year end (2023: £3,546);
- Gift aid payment from Lifestart Resources in the amount of £11,086 (2023: £18,446);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springrowth Developments Limited, an entity in which Patrick Durkan, member of the board of Trustees, has a minority shareholding. Rentals of £4,500 were paid in the year (2023: £6,000). Market rate for the premises is approximately £7,200 per annum. No amounts were outstanding at the year end.

27 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2024 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Accounts

Charity registration number NIC100644

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

LIFESTART FOUNDATION LIMITED

CONTENTS

	Page
Charity Information	1
Trustees' report	2 - 6
Independent examiner's report	7
Statement of financial activities	8 - 9
Balance sheet	10 - 11
Notes to the financial statements	12 - 27

LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Maire McReynolds Mairead Wrynn Dr Eileen Doherty Maureen Heatherington	(Appointed 25 May 2023) (Appointed 28 July 2023)
Secretary	Dr Pauline McClenaghan	(Appointed 25 October 2023)
Charity number	NIC100644	
Company number	NI041705	
Registered office	2 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG	
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF	

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- continue to deliver local parenting support services aimed at improving child development outcomes
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- continue to deliver the group Smile Baby programme designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by implementing the organisation's Succession Plan
- acquire the resources needed to continue the Foundation's core work
- review and update the Growing Child Programme
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Over the last 12 months Lifestart Foundation staff have delivered 1,800 home visits and 26 group-based parenting programmes supporting in total just under 1,000 families in Northern Ireland. The Foundation has also supported the work of other organisations delivering Lifestart Services to a further 3,000 parents and children.

The Foundation has continued to meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, delivering the home visiting service to families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families on the Child Protection Register or on the edge of children protection. With the agreement of the Trust we began this year to accept referrals for Level 2 families from health visitors as well as from social workers, and the number of referrals received throughout the year has increased. Our staff report back to Trust professionals, attend family case conferences and review meetings, make regular presentations to professional staff teams on our work and host site visits by social work and health visiting students which helps to increase awareness of the service and its beneficial impact on parents and children.

We also delivered the home visiting service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas funded through a tender with the EU funded Cross-border MACE Project. The MACE project ended in March 2023 and the Lifestart team was congratulated by representatives of both Trusts on their important contribution to the Project. An impact measure developed in collaboration with the South-eastern Trust was piloted with the MACE families and was subsequently adopted for use to measure the impact of the Lifestart programme with all families receiving the home visiting service. Results indicate that all parents receiving the home visiting service feel the service has helped them in their parenting role, 97% that it increased their awareness of key child development issues, 97% that it helped them to bond with their child, 100% that it improved parent/child communication, 97% that it enabled them to shape their child's behaviour and to promote child self-esteem and 92% that it helped them to promote child empathy.

As well as individual support provided through the home visiting service, we delivered a further 26 group-based post-covid parenting programmes. The 'Smile Baby Programme' is funded by the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation which has agreed an extension to the project until March 2024. Parents who have participated in the Smile Baby Programme indicated their appreciation of the opportunity to meet in groups, to articulate and discuss their parenting issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme has been excellent and demand among parents continues to be high.

In the course of the year we acquired funds from the Big Lottery Awards for All for the Bump, Baby and Beyond Project aimed at training and equipping our staff to deliver 'Doula' informed services to new and expectant parents. Our staff have applied what they have learned through the Doula training in the delivery of Lifestart Programmes and Services and will in the coming year be working to develop a new Bump, Baby and Beyond group-based parenting programme.

Through the delivery of our group parenting programmes we have cemented good working relationships with the many organisations that have hosted our programmes, including Eglinton Community Hall, HomeStart Ards, Oak Healthy Living, SureStart Cookstown, Curryneiran Community Centre, Oasis Antrim Community Hub, Strabane SureStart, SureStart Magheraelt, Omagh County Primary School, Shepherd's View, Support 2gether, Omagh Community House, Dry Arch SureStart, Newtownards SureStart, East Belfast SureStart, Colin Glen Library, Ballybeen Women's Centre, Rainbow Early Years Centre, LAST Sure Start, NCB and the Rural Community Network.

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events.

The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and commissioned a Feasibility Study of Home Visiting in Ireland. The Feasibility Study will be officially launched at the PEIN (Prevention and Early Intervention Network) national conference in September of this year. The Foundation is also providing evidence to a study being conducted by the UNITES Team at Maynooth University on home visiting in Ireland. This research has been commissioned by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) with the goal of developing standardised approaches to home visiting in Ireland.

Finally, this year we have begun to implement, through funding from Dormant Accounts NI, the Foundation's Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future. To oversee the implementation of the plan we appointed an Interim Manager whose duties include: reviewing the statement of responsibilities of board members and office bearer roles, induction procedures and governance handbook; managing the Growing Child programme review process and overseeing the implementation of the recommendations of the Expert Review Panel; reviewing and updating the Foundation's website, social media presence, promotional materials and communications; working with the Board to draw up a marketing plan for the Growing Child materials and to source further funding.

Financial review

Total income for the year was £241,565, of which £192,833 was generated from charitable activities, £13,968 from donations and legacies and £16,218 from other trading activities. The charity also received £18,546 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity.

Total expenditure by the charity was £226,843. £216,091 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,752. Other losses in the amount of £1,878 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling.

The balance on total funds at the year-end was £217,229, of which £86,854 were unrestricted, £56,781 were designated and £73,594 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2022/23 expenditure (excluding depreciation) of £224,391 the target level of reserves is £56,100 to £112,200. Free reserves as at 31st March 2023 are £85,350. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

Our key priorities in the coming year are to:

- Fully implement our Succession Plan
- Review and update our Strategic Plan
- Draw up a Foundation Marketing Plan
- Acquire the resources to develop and deliver the Bump, Baby and Beyond Programme
- Draw up and submit a successful Peace Plus Application
- Acquire the resources to ensure the continuance and sustainability of our work to support parents and children

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)

Ursula Birthistle

Maire McReynolds

Mary McGowan (Resigned 25 May 2023)

Mairead Wrynn

Dr Eileen Doherty (Appointed 25 May 2023)

Maureen Heatherington (Appointed 28 July 2023)

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of six members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.



Patrick Durkan (Chairperson)
Trustee

15 November 2023

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 8 to 27.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

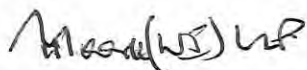
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

Since the 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 Chartered Accountants Ireland, which is one of the listed bodies.

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: 15 November 2023

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Income and endowments from:						
Donations and legacies	3	-	-	13,968	13,968	19,577
Charitable activities	4	114,965	-	77,868	192,833	267,652
Investments	5	18,546	-	-	18,546	25,242
Other income	6	16,218	-	-	16,218	15,564
Total income		149,729	-	91,836	241,565	328,035
Expenditure on:						
Raising funds	7	10,752	-	-	10,752	10,798
Charitable activities	8	140,774	1,774	73,543	216,091	266,073
Total expenditure		151,526	1,774	73,543	226,843	276,871
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(1,797)	(1,774)	18,293	14,722	51,164
Other recognised gains and losses						
Other gains or losses	12	1,878	-	-	1,878	(2,937)
Net movement in funds		81	(1,774)	18,293	16,600	48,227
Fund balances at 1 April 2022 as restated		86,773	58,555	55,301	200,629	152,402
Fund balances at 31 March 2023		86,854	56,781	73,594	217,229	200,629

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year		restated Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	restated Restricted funds 2022 £	Total 2022 £
	Notes				
<u>Income and endowments from:</u>					
Donations and legacies	3	477	-	19,100	19,577
Charitable activities	4	89,451	-	178,201	267,652
Investments	5	25,242	-	-	25,242
Other income	6	15,564	-	-	15,564
Total income		130,734	-	197,301	328,035
<u>Expenditure on:</u>					
Raising funds	7	10,798	-	-	10,798
Charitable activities	8	119,799	1,774	144,500	266,073
Total expenditure		130,597	1,774	144,500	276,871
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		137	(1,774)	52,801	51,164
<u>Other recognised gains and losses</u>					
Other gains or losses	12	(2,937)	-	-	(2,937)
Net movement in funds		(2,800)	(1,774)	52,801	48,227
Fund balances at 1 April 2021		89,573	60,329	2,500	152,402
Fund balances at 31 March 2022		86,773	58,555	55,301	200,629

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2023

		2023		2022 as restated	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	13		58,185		59,567
Investments	14		100		100
			<u>58,285</u>		<u>59,667</u>
Current assets					
Debtors	15	44,245		73,521	
Cash at bank and in hand		118,887		76,886	
		<u>163,132</u>		<u>150,407</u>	
Creditors: amounts falling due within one year	16	(4,188)		(9,445)	
Net current assets			<u>158,944</u>		<u>140,962</u>
Total assets less current liabilities			<u>217,229</u>		<u>200,629</u>
Income funds					
Restricted funds	19		73,594		55,301
<u>Unrestricted funds</u>					
Designated funds	20	56,781		58,555	
General unrestricted funds		86,854		86,773	
			<u>143,635</u>		<u>145,328</u>
			<u>217,229</u>		<u>200,629</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

LIFESTART FOUNDATION LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2023

The financial statements were approved by the Trustees on 15 November 2023



Patrick Durkan (Chairperson)
Trustee



Ursula Birthistle
Trustee

Company Registration No. NI041705

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	-	13,968	13,968	477	19,100	19,577
Donations and gifts						
NIE Electric	-	1,010	1,010	-	-	-
Halifax Foundation	-	6,000	6,000	-	5,000	5,000
St James' Place	-	2,458	2,458	-	-	-
Ulster Bank Staff	-	-	-	-	2,000	2,000
Danske Bank Charity	-	3,000	3,000	-	-	-
Esme Mitchell	-	-	-	-	2,500	2,500
Lifestart Resources	-	-	-	-	2,500	2,500
Souter Charitable Trust	-	-	-	-	5,000	5,000
The TBF and KL	-	-	-	-	-	-
Thompson Trust	-	-	-	-	1,000	1,000
WDH Willis	-	-	-	-	500	500
Other	-	1,500	1,500	477	600	1,077
	-	13,968	13,968	477	19,100	19,577

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	2023 £	restated 2022 £
Services provided under contract	114,965	89,451
Grant funding	77,868	178,201
	<u>192,833</u>	<u>267,652</u>
Analysis by fund		
Unrestricted funds - general	114,965	89,451
Restricted funds	77,868	178,201
	<u>192,833</u>	<u>267,652</u>
Analysis of grant funding		
The National Lottery Community Fund - Dormant Accounts Fund	69,868	-
Community Fund	8,000	-
SEUPB - SOOC	-	124,715
RTE/Community Foundation - Smile Baby project	-	53,486
	<u>77,868</u>	<u>178,201</u>

5 Investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Gift aid payment from subsidiary	18,446	25,242
Interest receivable	100	-
	<u>18,546</u>	<u>25,242</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Other income

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Provision of administrative services	10,752	10,798
Rental income	5,466	4,766
	16,218	15,564

7 Raising funds

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Provision of administration services		
Office costs	7,152	7,148
Staff costs	3,600	3,650
	10,752	10,798

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Charitable activities

	2023	restated 2022
	£	£
Staff costs	131,415	191,305
Depreciation and impairment	2,452	2,443
Conference and training costs	14,217	14,576
Rent and rates	4,780	4,500
Insurance	3,276	4,099
Heat, light and power	4,702	6,678
Repairs and maintenance	677	1,110
Printing, postage and stationery	493	2,447
Materials and resources	9,112	9,055
Advertising	6,703	1,366
Telephone	2,819	4,664
Software support	4,432	5,866
Travel and subsistence	18,286	7,270
Legal and professional fees	5,814	7,160
Accountancy fees	2,400	1,560
Other charitable expenditure	4,513	1,974
	<u>216,091</u>	<u>266,073</u>
Analysis by fund		
Unrestricted funds - general	140,774	119,799
Unrestricted funds - designated	1,774	1,774
Restricted funds	<u>73,543</u>	<u>144,500</u>
	<u>216,091</u>	<u>266,073</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2022- no reimbursement of expenses or remuneration).

10 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
6	7
<u>6</u>	<u>7</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees	(Continued)	
Employment costs	2023	2022
	£	£
Wages and salaries	122,628	177,745
Social security costs	10,953	14,780
Other pension costs	1,434	2,430
	<u>135,015</u>	<u>194,955</u>

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Other gains or losses

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Foreign exchange gains	<u>(1,878)</u>	<u>2,937</u>

13 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2022	88,718	63,756	152,474
Additions	-	1,070	1,070
At 31 March 2023	<u>88,718</u>	<u>64,826</u>	<u>153,544</u>
Depreciation and impairment			
At 1 April 2022	30,164	62,743	92,907
Depreciation charged in the year	1,774	678	2,452
At 31 March 2023	<u>31,938</u>	<u>63,421</u>	<u>95,359</u>
Carrying amount			
At 31 March 2023	<u>56,780</u>	<u>1,405</u>	<u>58,185</u>
At 31 March 2022	<u>58,554</u>	<u>1,013</u>	<u>59,567</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Tangible fixed assets

(Continued)

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

14 Fixed asset investments

Other investments

Cost or valuation

At 1 April 2022 & 31 March 2023

100

Carrying amount

At 31 March 2023

100

At 31 March 2022

100

	Notes	2023 £	2022 £
Other investments comprise:			
Investments in subsidiaries	24	100	100

15 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Amounts owed by subsidiary undertakings	7,259	1,937
Other debtors	36,986	71,584
	<u>44,245</u>	<u>73,521</u>

16 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Bank overdrafts	17	-	7,045
Accruals		4,188	2,400
		<u>4,188</u>	<u>9,445</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

17	Loans and overdrafts	2023 £	2022 £
	Bank overdrafts	-	7,045
		<u> </u>	<u> </u>
	Payable within one year	-	7,045
		<u> </u>	<u> </u>

18 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,434 (2022 - £2,430).

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and

	Movement in funds			Ba 1 A
	restated Balance at 1 April 2021 £	Incoming resources £	Resources expended £	
SEUPB - SOOC	-	124,715	(124,715)	
RTE/Community Foundation - Smile Baby project	-	53,486	(3,185)	
The National Lottery Community Fund - Dormant Accounts Fund	-	-	-	
Community Fund	-	-	-	
Big Lottery Fund (Tiny Life)	-	2,500	(2,500)	
St James' Place	2,500	-	(2,500)	
Halifax Foundation	-	5,000	(5,000)	
Souter Charitable Trust	-	5,000	(5,000)	
TBF & KL Thompson Trust	-	1,000	(1,000)	
Black Santa	-	600	(600)	
Ulster Bank Staff	-	2,000	-	
Esme Mitchell	-	2,500	-	
WDH Willis	-	500	-	
Danske Bank Charity	-	-	-	
NIE Electric	-	-	-	
Hedley	-	-	-	
Enkalon Foundation	-	-	-	
	<u>2,500</u>	<u>286,752</u>	<u>(211,910)</u>	=

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

19 Restricted funds

Nature of material restricted funds

SEUPB - SOOC

Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the fourth project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and service

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

The National Lottery Community Fund - Dormant Accounts Fund

Funding to implement the Lifestart Foundation Succession Plan.

Community Fund

Funding to provide training and resources to family visitors and to provide Doula services.

Halifax Foundation

Funding towards office rent and utilities costs.

Souter Charitable Trust

Funding towards the cost of printing Growing Child booklets.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2021 £	Resources expended £	Balance at 1 April 2022 £	Resources expended 31 March 2023 £	Balance at 31 March 2023 £
Designated property assets fund	60,329	(1,774)	58,555	(1,774)	56,781
	<u>60,329</u>	<u>(1,774)</u>	<u>58,555</u>	<u>(1,774)</u>	<u>56,781</u>

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 13. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

21 Analysis of net assets between funds

	Unrestricted funds - general	Unrestricted funds - designated	Restricted funds	Total Unrestricted funds	re: fi g
	2023	2023	2023	2023	
	£	£	£	£	
Fund balances at 31 March 2023 are represented by:					
Tangible assets	1,404	56,781	-	58,185	
Investments	100	-	-	100	
Current assets/(liabilities)	85,350	-	73,594	158,944	{
	<u>86,854</u>	<u>56,781</u>	<u>73,594</u>	<u>217,229</u>	{
	<u><u>86,854</u></u>	<u><u>56,781</u></u>	<u><u>73,594</u></u>	<u><u>217,229</u></u>	<u><u>=</u></u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

22 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

23 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023 £	2022 £
Aggregate compensation	<u>62,203</u>	<u>60,660</u>

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £10,752 (2022: £10,798). Of this amount, £3,546 remains outstanding at the year end (2022: £1,937);
- Gift aid payment from Lifestart Resources in the amount of £18,446 (2022: £25,242);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springrowth Developments Limited, an entity under the control of Patrick Durkan, member of the board of Trustees. Rentals of £6,000 were paid in the year (2022: £5,700). No amounts were outstanding at the year end.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

24 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2023 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

25 Funds received as an agent

Lifestart Foundation Limited is the lead partner in respect of SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life Project administered by the SEUPB. At the beginning of the year, the charity held no undistributed funds in respect of the SOOC project (restated). During the year, the charity received incoming resources on behalf of partner charitable organisations amounting to £13,910 (2022: £2,640) and distributed £11,747 (2022: £2,696) to these partners as instructed by SEUPB. At the balance sheet date, the charity held £2,163 (2022: £nil) in relation to undistributed funds.

The charity is legally bound to pay the funds over to third parties and has no responsibility for their ultimate application. Accordingly, these amounts have not been reflected in the financial statements for the year in accordance with the treatment recommended by the Statement of Recommended Practice "Accounting and Reporting by Charities". Therefore at the year end, the charity has £2,163 in cash and liabilities additional to the amounts disclosed in the financial statements.

26 Comparative figures

Comparative figures have been restated in respect of some items of income and expenditure originally reported within restricted funds, to reclassify these transactions within unrestricted general funds. This is to more accurately reflect the reporting of the transactions in accordance with their associated terms and conditions. There has been no change to previously reported net movement in funds or total charity funds as a result of these changes.

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Annual report

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- continue to deliver local parenting support services aimed at improving child development outcomes
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- continue to deliver the group Smile Baby programme designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by implementing the organisation's Succession Plan
- acquire the resources needed to continue the Foundation's core work
- review and update the Growing Child Programme
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Over the last 12 months Lifestart Foundation staff have delivered 1,800 home visits and 26 group-based parenting programmes supporting in total just under 1,000 families in Northern Ireland. The Foundation has also supported the work of other organisations delivering Lifestart Services to a further 3,000 parents and children.

The Foundation has continued to meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, delivering the home visiting service to families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families on the Child Protection Register or on the edge of children protection. With the agreement of the Trust we began this year to accept referrals for Level 2 families from health visitors as well as from social workers, and the number of referrals received throughout the year has increased. Our staff report back to Trust professionals, attend family case conferences and review meetings, make regular presentations to professional staff teams on our work and host site visits by social work and health visiting students which helps to increase awareness of the service and its beneficial impact on parents and children.

We also delivered the home visiting service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas funded through a tender with the EU funded Cross-border MACE Project. The MACE project ended in March 2023 and the Lifestart team was congratulated by representatives of both Trusts on their important contribution to the Project. An impact measure developed in collaboration with the South-eastern Trust was piloted with the MACE families and was subsequently adopted for use to measure the impact of the Lifestart programme with all families receiving the home visiting service. Results indicate that all parents receiving the home visiting service feel the service has helped them in their parenting role, 97% that it increased their awareness of key child development issues, 97% that it helped them to bond with their child, 100% that it improved parent/child communication, 97% that it enabled them to shape their child's behaviour and to promote child self-esteem and 92% that it helped them to promote child empathy.

As well as individual support provided through the home visiting service, we delivered a further 26 group-based post-covid parenting programmes. The 'Smile Baby Programme' is funded by the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation which has agreed an extension to the project until March 2024. Parents who have participated in the Smile Baby Programme indicated their appreciation of the opportunity to meet in groups, to articulate and discuss their parenting issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme has been excellent and demand among parents continues to be high.

In the course of the year we acquired funds from the Big Lottery Awards for All for the Bump, Baby and Beyond Project aimed at training and equipping our staff to deliver 'Doula' informed services to new and expectant parents. Our staff have applied what they have learned through the Doula training in the delivery of Lifestart Programmes and Services and will in the coming year be working to develop a new Bump, Baby and Beyond group-based parenting programme.

Through the delivery of our group parenting programmes we have cemented good working relationships with the many organisations that have hosted our programmes, including Eglinton Community Hall, HomeStart Ards, Oak Healthy Living, SureStart Cookstown, Curryneiran Community Centre, Oasis Antrim Community Hub, Strabane SureStart, SureStart Magheraelt, Omagh County Primary School, Shepherd's View, Support 2gether, Omagh Community House, Dry Arch SureStart, Newtownards SureStart, East Belfast SureStart, Colin Glen Library, Ballybeen Women's Centre, Rainbow Early Years Centre, LAST Sure Start, NCB and the Rural Community Network.

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events.

The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and commissioned a Feasibility Study of Home Visiting in Ireland. The Feasibility Study will be officially launched at the PEIN (Prevention and Early Intervention Network) national conference in September of this year. The Foundation is also providing evidence to a study being conducted by the UNITES Team at Maynooth University on home visiting in Ireland. This research has been commissioned by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) with the goal of developing standardised approaches to home visiting in Ireland.

Finally, this year we have begun to implement, through funding from Dormant Accounts NI, the Foundation's Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future. To oversee the implementation of the plan we appointed an Interim Manager whose duties include: reviewing the statement of responsibilities of board members and office bearer roles, induction procedures and governance handbook; managing the Growing Child programme review process and overseeing the implementation of the recommendations of the Expert Review Panel; reviewing and updating the Foundation's website, social media presence, promotional materials and communications; working with the Board to draw up a marketing plan for the Growing Child materials and to source further funding.

Financial review

Total income for the year was £241,565, of which £192,833 was generated from charitable activities, £13,968 from donations and legacies and £16,218 from other trading activities. The charity also received £18,546 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity.

Total expenditure by the charity was £226,843. £216,091 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,752. Other losses in the amount of £1,878 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling.

The balance on total funds at the year-end was £217,229, of which £86,854 were unrestricted, £56,781 were designated and £73,594 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2022/23 expenditure (excluding depreciation) of £224,391 the target level of reserves is £56,100 to £112,200. Free reserves as at 31st March 2023 are £85,350. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

Our key priorities in the coming year are to:

- Fully implement our Succession Plan
- Review and update our Strategic Plan
- Draw up a Foundation Marketing Plan
- Acquire the resources to develop and deliver the Bump, Baby and Beyond Programme
- Draw up and submit a successful Peace Plus Application
- Acquire the resources to ensure the continuance and sustainability of our work to support parents and children

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)

Ursula Birthistle

Maire McReynolds

Mary McGowan

(Resigned 25 May 2023)

Mairead Wrynn

Dr Eileen Doherty

(Appointed 25 May 2023)

Maureen Heatherington

(Appointed 28 July 2023)

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of six members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.

Patrick Durkan (Chairperson)

Trustee

15 November 2023

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Annual return

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages to 0.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

Since the 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 Chartered Accountants Ireland, which is one of the listed bodies.

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: 15 November 2023

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Accounts

Charity registration number NIC100644

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

LIFESTART FOUNDATION LIMITED

CONTENTS

	Page
Charity Information	1
Trustees' report	2 - 6
Independent examiner's report	7
Statement of financial activities	8 - 9
Balance sheet	10
Notes to the financial statements	11 - 26

LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Maire McReynolds Mary McGowan Mairead Wrynn
Secretary	John O'Callaghan
Charity number	NIC100644
Company number	NI041705
Registered office	2 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- work to extend the direct delivery of Lifestart services in Northern Ireland and work with existing and new franchises to expand service delivery in Northern Ireland and in other regions
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- complete the Shaping Ourselves and Our Children (SOOC) project and publicise project outcomes and impacts
- develop and deliver a specific programme response designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by acquiring the resources to develop and implement an organisational Succession Plan
- plan for a review and update of the Growing Child Programme
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- Continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

In spite of the pandemic the Lifestart Foundation and its Social Franchise Partners continued to support more than 4,000 parents and their children throughout the course of the year. While the home visiting service continued to be affected by the aftermath of the Covid-19 pandemic the Lifestart Foundation re-established the home visiting service as soon as it was deemed safe to do so and services have now returned to near normal. The Foundation has been able to continue to fully meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, reporting to the Trusts monthly on our work with families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families either on the Child Protection Register or on the edge of children protection. Through a tender with the EU funded Cross-border MACE Project we have also this year been delivering the Growing Child programme and home visiting service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas. The Foundation's Family Visitors have been involved over the year in a number of case conferences which have had very positive results for both parents and children.

As well as individual support provided through the home visiting service, we continued to deliver the SOOC programme until October 2021. An interim report on this highly successful project was prepared and presented at a conference, attended by key stake holders, family support practitioners and health and social care professionals, held in the City of Derry-Londonderry in September 2021. A full evaluation report on the project was completed in November 2021 and disseminated among all relevant networks in Ireland and NI and Children and Young People Now (CYPN), the professional publication for the children's sector in the UK conducted a case study of the SOOC programme disseminating information on the project and its outcomes throughout the rest of the UK. In all; 1,948 parents and more than 3,000 children benefited as a result of the SOOC programme over the duration of the project. We look forward to the launch of the EU Peace Plus fund to which we plan to submit an application to advance and further develop the very positive work begun on the SOOC project.

Very many families have continued to experience additional problems as a result of the Covid health crisis impacting, in particular, on children's social and emotional development and communication skills. In the course of the year the Foundation acquired funding from the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation to develop a post-pandemic group-based parenting programme, the 'Smile Baby Project' which we will be delivering until December 2022. To date we have delivered 13 Smile Baby Programmes, involving a total of 52 sessions delivered to 122 parents and 139 children. Five programmes were delivered in County Derry-Londonderry, four in Tyrone, two in Down, one in Antrim and one in Fermanagh. We have eleven more programmes scheduled over the coming weeks. Parent and children's organisations and community groups have been slowly opening up again after the Covid crisis so we have had to work hard to get organisations to host programmes. Many have only recently begun to bring parents and children back into premises and to offer face-to-face programmes and services. But the need for group-based parenting support is clearly there and is increasing given post-Covid inflationary conditions. Parents have really appreciated the opportunity to meet in groups, to articulate and discuss their issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme is excellent and demand among parents is high.

The report of the evaluation of the very successful 5 year partnership project between Lifestart and Tinylife - TinyStart – conducted by Queens University was launched in September 2021 and as a result of this collaborative project Tinylife, a NI based charity specialising in supporting the families of pre-term children, took out a Lifestart franchise agreement. Springboard Navan, an Ireland based family support organisation also this year took up a Lifestart franchise. We trained and equipped Tinylife staff in June 2021 and Springboard staff in September/October 2021. Both organisations are now delivering the Lifestart programme and service.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events. The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network. As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and key public sector and other stakeholders and we are collaborating with other member organisations to acquire the resources to continue to promote home visiting as a key children and family service and to provide additional training opportunities for our staff.

We have revised and updated our strategic plan and we are working on a Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future.

Financial review

Total income for the year was £328,035, of which £267,652 was generated from charitable activities, £19,577 from donations and legacies and £15,564 from other trading activities. The charity also received £25,242 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity. Total expenditure by the charity was £276,871. £266,073 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,798. Other losses in the amount of £2,937 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling. The charity also recorded net transfers between funds in the year totalling £17,297 from restricted funds to unrestricted funds in respect of administration charges for delivery of funded services. The balance on total funds at the year-end was £200,629, of which £79,135 were unrestricted, £58,555 were designated and £62,939 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2021/22 expenditure (excluding depreciation) of £274,428 the target level of reserves is £68,600 to £137,000. Free reserves as at 31st March 2022 are £83,023. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Plans for the future

Our key priorities in the coming year are to:

- review our governance structure and draw up a Governance Plan
- draw up a Leadership Succession Plan
- review and update the *Growing Child* programme in accordance with the latest research in child development and parenting
- review and refresh the Lifestart brand building on its reputation for trust and credibility
- review and update the Foundation's website and social media presence to promote better communications and brand awareness
- draw up and submit a successful Peace Plus application for the extension of the SOOC1 programme throughout NI and the Border Counties and the development and implementation of SOOC2 programme

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)
Ursula Birthistle
Maire McReynolds
Mary McGowan
Mairead Wrynn

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of five members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.

Patrick Durkan

Patrick Durkan (Chairperson)

Trustee 8/11/2022

Dated:

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

We report on the accounts of the charity for the year ended 31 March 2022, which are set out on pages 8 to 26.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- (i) examine the accounts under section 65 of the Charities Act
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.



Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: ... 8/11/2022

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

	Notes	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
<u>Income and endowments from:</u>						
Donations and legacies	3	477	-	19,100	19,577	21,122
Charitable activities	4	-	-	267,652	267,652	206,907
Investments	5	25,242	-	-	25,242	12,351
Other income	6	15,564	-	-	15,564	12,945
Total income		41,283	-	286,752	328,035	253,325
<u>Expenditure on:</u>						
Raising funds	7	10,798	-	-	10,798	8,179
Charitable activities	8	52,389	1,774	211,910	266,073	261,026
Total resources expended		63,187	1,774	211,910	276,871	269,205
Net (outgoing)/incoming resources before transfers		(21,904)	(1,774)	74,842	51,164	(15,880)
Gross transfers between funds		17,297	-	(17,297)	-	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(4,607)	(1,774)	57,545	51,164	(15,880)
<u>Other recognised gains and losses</u>						
Other gains or losses	11	(2,937)	-	-	(2,937)	(4,666)
Net movement in funds		(7,544)	(1,774)	57,545	48,227	(20,546)
Fund balances at 1 April 2021		86,679	60,329	5,394	152,402	172,948
Fund balances at 31 March 2022		79,135	58,555	62,939	200,629	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

	Notes	Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income and endowments from:</u>					
Donations and legacies	3	1,506	-	19,616	21,122
Charitable activities	4	-	-	206,907	206,907
Investments	5	12,351	-	-	12,351
Other income	6	12,945	-	-	12,945
Total income		26,802	-	226,523	253,325
<u>Expenditure on:</u>					
Raising funds	7	8,179	-	-	8,179
Charitable activities	8	50,873	1,774	208,379	261,026
Total resources expended		59,052	1,774	208,379	269,205
Net (outgoing)/incoming resources before transfers		(32,250)	(1,774)	18,144	(15,880)
Gross transfers between funds		14,849	-	(14,849)	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(17,401)	(1,774)	3,295	(15,880)
Other recognised gains and losses					
Other gains or losses	11	(4,666)	-	-	(4,666)
Net movement in funds		(22,067)	(1,774)	3,295	(20,546)
Fund balances at 1 April 2020		108,746	62,103	2,099	172,948
Fund balances at 31 March 2021		86,679	60,329	5,394	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	12		59,567		62,010
Investments	13		100		100
			<u>59,667</u>		<u>62,110</u>
Current assets					
Debtors	14	73,521		66,443	
Cash at bank and in hand		76,886		34,751	
		<u>150,407</u>		<u>101,194</u>	
Creditors: amounts falling due within one year	16	<u>(9,445)</u>		<u>(10,902)</u>	
Net current assets			<u>140,962</u>		<u>90,292</u>
Total assets less current liabilities			<u><u>200,629</u></u>		<u><u>152,402</u></u>
Income funds					
Restricted funds	18		62,939		5,394
<u>Unrestricted funds</u>					
Designated funds	19	58,555		60,329	
General unrestricted funds		79,135		86,679	
			<u>137,690</u>		<u>147,008</u>
			<u><u>200,629</u></u>		<u><u>152,402</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 8/11/22

Patrick Durkan

Patrick Durkan (Chairperson)
Trustee

Ursula Birthistle

Ursula Birthistle
Trustee

Company Registration No. NI041705

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springgrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £	Restricted funds 2021 £	Total 2021 £
Donations and gifts	<u>477</u>	<u>19,100</u>	<u>19,577</u>	<u>1,506</u>	<u>19,616</u>	<u>21,122</u>
Donations and gifts						
HMRC Coronavirus Job Retention Scheme	-	-	-	-	17,116	17,116
Halifax Foundation	-	5,000	5,000	-	-	-
St James' Place	-	-	-	-	2,500	2,500
Ulster Bank Staff	-	2,000	2,000	-	-	-
The Belfast Cathedral Sit Out	-	-	-	1,425	-	1,425
Esme Mitchell	-	2,500	2,500	-	-	-
Lifestart Resources	-	2,500	2,500	-	-	-
Souter Charitable Trust	-	5,000	5,000	-	-	-
The TBF and KL Thompson Trust	-	1,000	1,000	-	-	-
WDH Willis	-	500	500	-	-	-
Other	<u>477</u>	<u>600</u>	<u>1,077</u>	<u>81</u>	<u>-</u>	<u>81</u>
	<u>477</u>	<u>19,100</u>	<u>19,577</u>	<u>1,506</u>	<u>19,616</u>	<u>21,122</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022 £	2021 £
Grant funding	<u>267,652</u>	<u>206,907</u>
Analysis of grant funding		
Western Health & Social Care Trust	71,372	70,518
SEH&SCT (Sure Start Ards)	18,079	19,132
SEUPB - SOOC	124,715	117,257
RTE/Community Foundation - Smile Baby project	53,486	-
	<u>267,652</u>	<u>206,907</u>

5 Investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Gift aid payment from subsidiary	<u>25,242</u>	<u>12,351</u>

6 Other income

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administrative services	10,798	8,179
Rental income	4,766	4,766
	<u>15,564</u>	<u>12,945</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Raising funds

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administration services		
Office costs	7,148	4,579
Staff costs	3,650	3,600
	<u>10,798</u>	<u>8,179</u>

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

8 Charitable activities

	2022 £	2021 £
Staff costs	191,305	216,176
Depreciation and impairment	2,443	2,499
Conference and training costs	14,576	3,215
Rent and rates	4,500	4,283
Insurance	4,099	2,904
Heat, light and power	6,678	6,618
Repairs and maintenance	1,110	947
Printing, postage and stationery	2,447	2,899
Materials and resources	9,055	3,408
Advertising	1,366	488
Telephone	4,664	2,429
Software support	5,866	4,444
Travel and subsistence	7,270	2,889
Legal and professional fees	7,160	3,419
Accountancy fees	1,560	3,240
Other charitable expenditure	1,974	1,168
	<u>266,073</u>	<u>261,026</u>
Analysis by fund		
Unrestricted funds - general	52,389	50,873
Unrestricted funds - designated	1,774	1,774
Restricted funds	211,910	208,379
	<u>266,073</u>	<u>261,026</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2021- two of them were reimbursed travelling expenses totalling £44).

10 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	7	9
	<u>7</u>	<u>9</u>
Employment costs	2022	2021
	£	£
Wages and salaries	177,745	200,192
Social security costs	14,780	16,746
Other pension costs	2,430	2,838
	<u>194,955</u>	<u>219,776</u>

There were no employees whose annual remuneration was more than £60,000.

11 Other gains or losses

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Foreign exchange gains	<u>2,937</u>	<u>4,666</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2021	88,718	63,756	152,474
At 31 March 2022	88,718	63,756	152,474
Depreciation and impairment			
At 1 April 2021	28,390	62,074	90,464
Depreciation charged in the year	1,774	669	2,443
At 31 March 2022	30,164	62,743	92,907
Carrying amount			
At 31 March 2022	58,554	1,013	59,567
At 31 March 2021	60,328	1,682	62,010

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

13 Fixed asset investments

		2022 £	2021 £
Cost or valuation			
At 1 April 2021 & 31 March 2022			100
Carrying amount			
At 31 March 2022			100
At 31 March 2021			100
Other investments comprise:			
Investments in subsidiaries	Notes	100	100

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Debtors		2022	2021
		£	£
Amounts falling due within one year:			
Amounts owed by subsidiary undertakings		1,937	3,582
Other debtors		71,584	62,861
		<u>73,521</u>	<u>66,443</u>
15 Loans and overdrafts		2022	2021
		£	£
Bank overdrafts		7,045	7,662
		<u>7,045</u>	<u>7,662</u>
Payable within one year		7,045	7,662
		<u>7,045</u>	<u>7,662</u>
16 Creditors: amounts falling due within one year		2022	2021
	Notes	£	£
Bank overdrafts	15	7,045	7,662
Accruals		2,400	3,240
		<u>9,445</u>	<u>10,902</u>
17 Retirement benefit schemes			

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £2,430 (2021 - £2,838).

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020		Movement in funds		Movement in funds		Balance at 31 March 2022			
	£	£	Incoming resources	Resources expended	Transfers	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	£
SEUPB - SOOC	-	117,257	117,257	(117,257)	-	-	124,715	(124,715)	-	-
Western Health and Social Care Trust	-	70,518	70,518	(53,416)	(14,208)	2,894	71,372	(49,892)	(16,736)	7,638
SEH&SCT (Sure Start Ards)	-	19,132	19,132	(18,491)	(641)	-	18,079	(17,518)	(561)	-
Big Lottery Fund (Tiny Life)	2,099	-	-	(2,099)	-	-	2,500	(2,500)	-	-
HMRC Coronavirus Job Retention Scheme	-	17,116	17,116	(17,116)	-	-	-	-	-	-
St James' Place	-	2,500	2,500	-	-	2,500	-	(2,500)	-	-
RTE/Community Foundation - Smile Baby project	-	-	-	-	-	-	53,486	(3,185)	-	50,301
Halifax Foundation	-	-	-	-	-	-	5,000	(5,000)	-	-
Souter Charitable Trust	-	-	-	-	-	-	5,000	(5,000)	-	-
TBF & KL Thompson Trust	-	-	-	-	-	-	1,000	(1,000)	-	-
Black Santa	-	-	-	-	-	-	600	(600)	-	-
Ulster Bank Staff	-	-	-	-	-	-	2,000	-	-	2,000
Esme Mitchell	-	-	-	-	-	-	2,500	-	-	2,500
WDH Willis	-	-	-	-	-	-	500	-	-	500
	2,099	226,523	226,523	(208,379)	(14,849)	5,394	286,752	(211,910)	(17,297)	62,939

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

(Continued)

SEUPB - SOOC

Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and services, travel and accommodation and equipment.

Western Health and Social Care Trust

Funding for the provision of a home-based support programme.

SEH&SCT (Sure Start Ards)

Funding for the provision of "The Growing Child" programme and a home visitation service in the Mid Ards area.

Big Lottery Fund (Tiny Life)

Funding to provide a holistic programme of child development for babies and their families who have been born premature or sick and have spent time in a neo-natal unit.

HMRC COVID Job retention scheme

Funding from the government for retention of staff during the pandemic.

St. James' Place

Funding for a new telephone system. These funds will be spent during 2021/22.

Halifax Foundation

Funding towards office rent costs.

Souter Charitable Trust

Funding towards the cost of printing Growing Child booklets.

TBF and KL Thompson Trust

Funding towards the cost of website improvements.

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

Black Santa

Funding towards core costs.

Ulster Bank Staff

Funding towards programme materials, toys, books and other learning resources.

Esme Mitchell

Funding towards programme materials, toys, books and other learning resources.

WDH Willis

Funding towards programme materials, toys, books and other learning resources.

(Continued)

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

19 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020 £	Resources expended £	Balance at 1 April 2021 £	Resources expended £	Balance at 31 March 2022 £
Designated property assets fund	62,103	(1,774)	60,329	(1,774)	58,555
	<u>62,103</u>	<u>(1,774)</u>	<u>60,329</u>	<u>(1,774)</u>	<u>58,555</u>

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 12. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

LIFESTART FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

20 Analysis of net assets between funds

Fund balances at 31 March 2022 are represented by:

	Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total	
	2022	£	2022	£	2022	£	2022	£	2021	£	2021	£	2021	£
Tangible assets	1,012		58,555		-		59,567		1,681		60,329	-		62,010
Investments	100		-		-		100		100		-	-		100
Current assets/(liabilities)	78,023		-		62,939		140,962		84,898		-	5,394		90,292
	<u>79,135</u>		<u>58,555</u>		<u>62,939</u>		<u>200,629</u>		<u>86,679</u>		<u>60,329</u>	<u>5,394</u>		<u>152,402</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

21 Transfers between funds

During the year there were net transfers between funds totalling £17,297 (2021: £14,849) from restricted funds released and transferred to unrestricted funds representing administration charges for delivery of funded services allowed by funders.

22 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

23 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022	2021
	£	£
Aggregate compensation	<u>60,660</u>	<u>64,684</u>

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £10,798 (2021: £8,179). Of this amount, £1,937 remains outstanding at the year end (2021: £3,582);
- Gift aid payment from Lifestart Resources in the amount of £25,242 (2021: £12,351);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springrowth Developments Limited, an entity under the control of Patrick Durkan, member of the board of Trustees. Rentals of £5,700 were paid in the year (2021: £5,400). No amounts were outstanding at the year end.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

24 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2022 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

25 Funds received as an agent

Lifestart Foundation Limited is the lead partner in respect of SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life Project administered by the SEUPB. At the beginning of the year, the charity held undistributed funds in the amount of £7,805 in respect of the SOOC project. During the year, the charity received incoming resources on behalf of partner charitable organisations amounting to £2,640 (2021: £72,986) and distributed £2,696 (2021: £72,936) to these partners as instructed by SEUPB. At the balance sheet date, the charity held £7,749 (2021: £7,805) in relation to undistributed funds.

The charity is legally bound to pay the funds over to third parties and has no responsibility for their ultimate application. Accordingly, these amounts have not been reflected in the financial statements for the year in accordance with the treatment recommended by the Statement of Recommended Practice "Accounting and Reporting by Charities". Therefore at the year end, the charity has £7,749 in cash and liabilities additional to the amounts disclosed in the financial statements.

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Annual report

Lifestart Foundation Annual Report 2021-2022



Growing Child The Programme for Parents



The Lifestart Foundation Ltd, 2 Springrowth House, Ballinska Road, Springtown Industrial Estate,
Derry/Londonderry BT48 0GG Northern Ireland, Telephone: +44 (0)2871365363
Email: headoffice@lifestartfoundation.org Web address: www.lifestartfoundation.org

Lifestart Foundation Ltd is a Company Limited by Guarantee, registered in Northern Ireland (Company No NI 41705) and a registered NI Charity (Charity No NIC100644)

Chairperson's Foreword

This year's Report highlights the continued good work of the Lifestart Foundation. We are particularly pleased at the successful completion of the SOOC (Shaping Ourselves and Our Children) Programme and commend our Partners and participants for their enthusiastic involvement throughout.

Our core activity in the delivery of the Growing Child Material has largely recovered. We fully appreciate the input of our Franchisees, funders and employees in the attainment of our Mission. Parenting is now more challenging in these times of economic hardship and despondency. Lifestart gives precious provision to parents yielding better outcomes for children and community.

Lifestart's other project deliveries are aptly covered in our Report and illustrate the scope, versatility and professionalism of our team.

I wish to acknowledge the dedication of my fellow directors. We record our appreciation for the inestimable contribution made by Mary McGowan to the Foundation.

Patrick Durkan

Chairperson

Lifestart

Purpose and Objectives

The mission of the Lifestart Foundation is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice.

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. Our mission is implemented through the delivery of the *Growing Child*, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the *Growing Child*. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart Foundation fulfils the requirements of the Charities Commission and the Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The Lifestart Foundation delivers the *Growing Child* Programme and Home Visiting service in the Western, Southern and South-Eastern Health and Social Care Trust Areas of Northern Ireland and facilitates the delivery of the *Growing Child* programme elsewhere by making Social Franchise Agreements with other organisations; licensing them to deliver the *Growing Child* programme and Home Visiting Service. Foundation staff train, qualify and quality assure all Lifestart programme delivery staff wherever they work.

Current Social Franchisees are: the Dunluce Family Centre (Derry); Limavady Community Development Initiative; TinyLife (Northern Ireland); Lifestart Services Ltd (Donegal), Supporting Families Sligo, Leitrim and West Cavan; the National Children's Network (Monaghan and Cavan); Carlow and Kilkenny Parents' Support

Programme; Drogheda Lifestart; Meath Springboard Family Support Services; Fledglings An Cosan (Tallaght, Dublin); Lifestart Mazabuka, Zambia; and Lifestart Bitola, North Macedonia.

The Board of the Lifestart Foundation in collaboration with Foundation staff and with other licensed Lifestart providers review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year 2021-2022 have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart *Growing Child* Programme and Home Visiting Service
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- work to extend the direct delivery of Lifestart services in Northern Ireland and work with existing and new franchises to expand service delivery in Northern Ireland and in other regions
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- complete the Shaping Ourselves and Our Children (SOOC) project and publicise project outcomes and impacts
- develop and deliver a specific programme response designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by acquiring the resources to develop and implement an organisational Succession Plan
- plan for a review and update of the *Growing Child* Programme
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- Continue to strive to positively influence public policy in the interests of children and their families

Achievements and performance

In spite of the pandemic the Lifestart Foundation and its Social Franchise Partners continued to support more than 4,000 parents and their children throughout the course of the year.

While the home visiting service continued to be affected by the aftermath of the Covid-19 pandemic, the Lifestart Foundation re-established the home visiting service as soon as it was deemed safe to do so and services have now returned to near normal. The Foundation has been able to continue to fully meet its contractual obligations to the Western Health and Social Care Trust and to the South-Eastern Health and Social Care Trust, reporting to the Trusts monthly on our work with families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families either on the Child Protection Register or on the edge of children protection.

Through a tender with the EU funded Cross-border MACE Project we have also this year been delivering the *Growing Child* programme and Home Visiting Service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas.

The Foundation's Family Visitors have been involved over the year in a number of case conferences which have had very positive results for both parents and children.

Shaping Ourselves and Our Children (SOOC)

As well as individual support provided through the Home Visiting Service, we continued to deliver the SOOC programme until October 2021. *Shaping Ourselves and Our Children: Building the Foundations of good community relations in family life* (SOOC), was an innovative cross-border group-based parenting programme delivered from a good relations and cultural diversity perspective. The Programme was developed by the Lifestart Foundation in partnership with the Junction and

delivered through a partnership with four other organizations – the Dunluce Family Centre, SureStart Strabane (Barnardos), Lifestart Supporting Parents, Sligo, Leitrim and West Cavan and Lifestart Services CLG, Donegal.

The SOOC Programme was aimed at improving community relations by working with parents, whose values, actions and parenting practices provide the foundations for child development across all developmental domains - physical, cognitive, emotional and social, including the child's sense of self and identity, child self-esteem, empathy and a respect for 'different others'. Research shows that parenting powerfully influences the status of identity development and that early life experiences and relationships are foundational to the development of emotional intelligence and social cognition i.e. how we process, store and apply information about other people, social situations and social attitudes and behaviours. Children learn by modelling and imitating the behaviour and the language of those closest to them and what and how they learn, consciously and unconsciously, shapes their sense of self and others.

Evidence shows that prejudicial attitudes and behaviours can manifest in early life and a sense of personal identity based on negative perceptions of 'different others' or, in the case of minority or excluded populations, of 'self', are both socially divisive and damaging to children's social and emotional development, self-esteem and resiliency. Children need to be encouraged and supported to understand their feelings and the needs and feelings of others, to understand how their actions can affect others, to appreciate differences between people and to develop a respect for difference. Parents are often unaware of how their own early life experiences influence their parenting practices and how their behaviour in the home and the Home Learning Environment they create impacts upon their children and through their children on the wider community and society.

As a result of many years of practice, working in the homes of families living in Northern Ireland and in the Border Counties of Ireland, the Lifestart Foundation and its partners are acutely aware of the inter-generational transmission of conflict-related trauma and exclusionary and divisive patterns of social and cultural reproduction, often reflective of and exacerbated by social and economic deprivation

and marginalisation and the impact of these processes on the lives of parents and their children. We have long recognised the consequences of conflict, violence and trauma and social exclusion and prejudice, often rooted in the parents' past, for child outcomes and their impact on children in the present and in the future, unless this negative and developmentally damaging inter-generational cycle is broken. We recognised the need to develop a universal intervention specifically designed to address parenting and child development from a diversity perspective and to develop this intervention with the help of specialists in the field of community relations education and peace building.

Developing and delivering the SOOC programme profoundly benefited the 1770 parents who participated in it and the more than 3000 children affected by it. An additional 178 people also benefitted from stand-alone events over the course of the project bringing the total number of beneficiaries to 1948 adults (and their children). The evaluative evidence gathered during the course of the project clearly shows that it met its aim of raising parental knowledge of and respect for social and cultural diversity and supported parents to create Home Learning Environments conducive to the promotion in children of a healthy and positive sense of self and identity that is open to, respects and values difference and diversity.

The data also strongly suggests that the project met its objectives of enabling practitioners to work on a cross-border basis to improve parenting skills and Home Learning Environments and improved their knowledge and informed their practice in relation to social and cultural diversity and child development. In fact the evidence suggests that the impact of SOOC on parenting support practitioners (facilitators) was profound and much greater than expected. SOOC equipped them with the appropriate resources and tools to enable parents: to reflect on and explore the legacy of the conflict in Northern Ireland and existing cultural knowledge, values and parenting practices; to share cultural knowledge and experiences of home and community life and to value and create good Home Learning Environments.

SOOC raised parents' awareness of their role, values and practices in the creation of the Home Learning Environment and the impact of that environment on child

outcomes and on how children and young people self-regulate and view and interact with one another and the social world.

It facilitated and supported structured and focused interaction between parents from different social backgrounds leading to greater cultural knowledge, understanding and empathy; And supported parents to co-operate on a cross-community and cross-border basis to influence policies on parenting and on peace-building to include a greater recognition of the role of the family in shaping children's social attitudes and capacities to empathise with others and to deal with diversity and difference.

In meeting these objectives, the SOOC project had the expected impacts on parents/caregivers and practitioners; impacts that will produce better outcomes among the children of programme participants, thereby contributing towards a more peaceful and inclusive society.

An interim report on the SOOC project was prepared and presented at the end of Project Conference, attended by key stake holders, family support practitioners and health and social care professionals, held in the City of Derry-Londonderry in September 2021. Guest speakers included Ministers Gary Middleton and Declan Kearney from the Executive Office Northern Ireland, Dr Niall Muldoon, Ombudsman for Children, Ireland, Professor Siobhan O'Neill, Mental Health Sciences Ulster University, Northern Ireland and Gina McIntyre, CEO of the Special EU Programmes Body. Minister Humphreys from the Department of Community and Rural Development, Ireland provided her warmest congratulations through video link. Key achievements of the project and a documentary video were shared with delegates on the day.

Learning from SOOC was shared an international PINN Erasmus programme hosted by the Prevention and Early Intervention Network that showcased positive approaches to parenting. The Pregnancy and Early Childhood, Preparing for Parenting Event resulted in a video outlining the work by Lifestart and SOOC during the pandemic.

A full evaluation report on the project was completed in November 2021 and disseminated among all relevant networks in Ireland and NI and CYPN (Children and Young People Now) the professional publication for the children's sector in the UK conducted a case study of the SOOC programme disseminating information on the project and its outcomes throughout the rest of the UK.



We look forward to the launch of the EU Peace Plus fund to which we plan to submit an application to advance and further develop the very positive work begun on the SOOC project.

New Lifestart Franchisees

The report of the evaluation conducted by Queens University of the very successful 5 year partnership project between the Lifestart Foundation and Tinylife, a NI based charity specialising in supporting the families of pre-term children, was launched in September 2021. The TinyStart Project was funded by the Big Lottery to deliver Tinylife services and the Lifestart *Growing Child* programme and Home-Visiting Service to the parents of pre-term children in Northern Ireland. As a result of the project 66 families completed the Lifestart *Growing Child* programme and

participated in the range of services provided by Tynylife including General Information Sessions, Parent Support Groups, Home-based Volunteer Support, Baby Sensory Sessions, Baby Massage Courses and individual Family Support.

The project helped to alleviate parent anxiety, worries and concerns, provided much need re-assurance and support, guided parents on how best to support their child's development, promoted parent/child attachment and bonding and helped parents to create an effective Home Learning Environment; all factors which have been empirically proven to generate good child development outcomes. By delivering the *Growing Child* programme according to the child's developmental rather than chronological age, the project allowed for programme adaptation focused on the individual child's development needs and further reassured parents that what they were doing contributed their child's development. Parents really appreciated the support provided by the project at a critical time when faced with the task of nurturing a pre-mature and often sick child and were thrilled when children reached their developmental milestones, many in the first year and the majority by year two of the programme.

As a result of the TinyStart project Tynylife has now taken out a Lifestart Social Franchise Licence with the Foundation and in June 2021 Foundation staff trained and equipped Tynylife family support staff to deliver the *Growing Child* programme and Home Visiting Service. Tynylife also recently successfully acquired funding to employ specialised family visiting staff who will be trained by the Foundation in September/October of this year.

Meath Springboard Family Support Services, an Ireland based family support organisation providing a range of family support services and parenting programmes, also this year took up a Lifestart franchise and we trained and equipped Springboard staff in September/October 2021 to deliver the programme and service. Hence the Growing Child Programme and Home Visiting Service is now included in the menu of services the organisation offers parents and children.

Smile Baby Programme

Very many families have continued to experience additional problems as a result of the Covid health crisis impacting, in particular, on children's social and emotional development and communication skills. In the course of the year the Foundation acquired funding from the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation to develop a post-pandemic group-based parenting programme, the 'Smile Baby Project' which we will be delivering until December 2022. To date we have delivered 13 Smile Baby Programmes, involving a total of 52 sessions delivered to 122 parents and 139 children. Five programmes were delivered in County Derry-Londonderry, four in Tyrone, two in Down, one in Antrim and one in Fermanagh. We have eleven more programmes scheduled over the coming weeks. Parent and children's organisations and community groups have been slowly opening up again after the Covid crisis so we have had to work hard to get organisations to host programmes. Many have only recently begun to bring parents and children back into premises and to offer face-to-face programmes and services. But the need for group-based parenting support is clearly there and is increasing given post-Covid inflationary conditions. Parents have really appreciated the opportunity to meet in groups, to articulate and discuss their issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme is excellent and demand among parents is high.



Networking and Policy

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events. The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network.

The Home Visiting Alliance

The Lifestart Foundation is a founding member of the Home Visiting Alliance. The Alliance, established in November 2021 is a collaboration of five evidence-based early childhood home visiting programmes: Lifestart, Preparing for Life, ParentChild+, Community Mothers and Infant Mental Health. The Alliance, Chaired by Josephine Bleach, represents the collective national voice of home visiting. It is a space where representatives of each home visiting programme meet to pursue opportunities to inform policymakers, decision-makers, stakeholders, and the media about the positive impact of home visiting on children, parents and families.

While recognising that each programme has its own mechanisms and structures, the Alliance's focus is on promoting common messages about home visiting and addressing cross-programme issues in a systematic coherent and collaborative way.

Our aims are to:

- Promote home visiting as an essential early years vital service for children, parents and families
- Support member organisations, collectively and individually, to strengthen and broaden the impact of home visiting in Ireland

- Contribute to policy development and implementation in relation to home visiting and parenting support locally, nationally and internationally.
- Share our common learning at programme, approach, implementation and policy levels.

The Alliance this year acquired funding from the What Works Learning Together Fund that allowed it to run a series of information and training webinars for Alliance member organisations' staff and key public sector and other stakeholders and we are collaborating with other member organisations to acquire the resources to continue to promote home visiting as a key children and family service and to provide additional training opportunities for our staff.

We are currently working on setting up an Alliance website and are working with the What Works Project to gather information and feedback from member organisations to feed into government discussions on a national model for home visiting in Ireland.

Strategic Planning

Finally this year we have revised and updated our strategic plan and we are currently working on a Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future. We have successfully applied to NI Dormant Accounts for funding to implement the Succession Plan which will be a key feature of our activities in the coming year.

Plans for 2022-2023

Our key priorities in the coming year are to:

- review our governance structure and draw up a Governance Plan
- draw up a Leadership Succession Plan
- review and update the *Growing Child* programme in accordance with the latest research in child development and parenting

- review and refresh the Lifestart brand building on its reputation for trust and credibility
- review and update the Foundation's website and social media presence to promote better communications and brand awareness
- draw up and submit a successful Peace Plus application for the extension of the SOOC1 programme throughout NI and the Border Counties and the development and implementation of SOOC2 programme

Thanks

We thank all those who contributed to the Lifestart Mission and especially our funders, without whom Lifestart programmes and services would not be available to parents and their children. We thank the Western Health and Social Care Trust; the South Eastern Health and Social Care Trust (SureStart Ards); the Southern Health and Social Care Trust; the Big Lottery; Belfast Sit Out (St Anne's Cathedral); the Halifax Foundation; NIE Employees; the Souter Trust; TBF Thompson Trust; Ulster Bank Employees; HDH Willis; Enkalon; the Hedley Foundation; Esme Mitchell; Danske Bank Employees; Dormant Accounts NI; and the EU Peace IV Programme, managed by the Special EU Programmes Body, as well as the many other funders who support the work of Lifestart Franchisees.

We thank all those who work in the Lifestart family, in a paid or voluntary capacity, for their commitment, diligence and creativity in interpreting and implementing the Lifestart mission to improve outcomes for children and we thank our professional colleagues in the statutory sector with whom we work to achieve shared goals. We give a special thank you this year to the SOOC team and our partners on the project, who worked so hard to deliver this highly innovative and very successful programme and to the SEUPB team, especially Kenda Someville who supported us throughout the project.

We thank the parents and children who throughout the year participated in the *Growing Child* Programme, the SOOC Project and other Lifestart programmes and services and we wish you the very best for the future.

Appendix 1

Lifestart Council (Board of Management) Members

P. Durkan	Chairperson
U. Birthistle	Vice-chair
M. Wrynn	
M. McReynolds	

Non-voting Members

S. O' Callaghan	Company Secretary
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Lifestart Foundation Staff

Dr P. McClenaghan	Executive Director
E. Holmes	Administrator
P. Buchanan	Family Visitor
L. Wilson	Family Visitor
L. Patterson	Family Visitor
C. Ward	Family Visitor
M. Holmes	SOOC Project Coordinator
V. Keenan	SOOC Project Support Worker
S. Boyle	SOOC Recruitment Officer

Contact Details

2 Springrowth House
Balliniska Road
Springtown Industrial Estate
Londonderry/Derry
BT48 0GG

Tel: + 44 (0) 2871 365 363

Email: Headoffice@lifestartfoundation.org

Appendix II

Lifestart Franchise Holders

Barnardos: Strabane SureStart

Unit 21 Orchard Road Industrial Estate
Orchard Road
Strabane
BT82 9QR
Tel: + 44 (0)2871 885504

Carlow/Kilkenny Parents Support Programme Delivering Lifestart

161 First Floor
St.Canice's Hospital
Dublin Road
Kilkenny
Tel +353 (056) 7734866
Email helen.casey1@hse.ie

DTEN Community Employment Project Ltd

Lifestart Cherry Orchard

162 Cherry Orchard Avenue
Ballyfermot
Dublin 10
Tel: +353 (01) 6206943
Email: dtencep@eircom.net

Dunluce Family Centre

15 Shaw Court
Ballymagroarty
Derry BT48 0PA
Tel:+ 44 (0)2871 269833
Email: admin@dunlucefamilycentre.co.uk

Fledgings

An Cosán
Kiltalown Centre
Jobstown
Tallaght
Dublin 24
Tel: +353 (01) 462 8488

Lifestyle Development Group Ltd

Drogheda Lifestart

The Lifestyle Centre
Ballsgrove
Drogheda,
Co Louth
Tel: +353 (041) 9842078
Email: lifestart@lifedev.ie

Lifestart Limavady

Roe Valley Hospital
24d Benevenagh Drive
Limavady BT49 0AQ
Tel: +44 (0) 28 777 69160/65438
Email: lifestart@lcdi.co.uk

Lifestart Mazabuka

Bitola
North Macedonia
Email: lifestartmk@yahoo.com

Lifestart Services Limited (LSL)

Main Street
Newtowncunningham
Co Donegal
Tel: +353 (074) 9156644
Mobile: +353 (087) 6791898
Email: marylsl@lifestartfoundation.org

Meath Springboard Family Support Service

Family Service Centre
Mangan House
Clonmagadden Road
Navan
Co Meath
Tel: +353 (0) 469078220
Email: shay@springboardnavan.ie

National Children's Network

Unit 10
M:Tek Building
Knockaconney
Co Monaghan
Tel: +353 (047) 772469
Email: info@ncn.ie

Sligo Family Support Ltd**Lifestart Sligo**

The Lifestart Building
Pearse Road
Sligo
Tel: (071) 9146034
Email: lifestartsligo@eircom.net

TinyLife

Unit 5
17 Heron Road
Belfast BT3 9LE
Tel: 0289815050
Email: info@tinylife.org.uk

Zambia Lifestart Mazabuka Project
P.O. Box 670122
Mazabuka
Zambia
Tel: (260) 0978268412
Email: Lfcmazabuka@gmail.com

2

Lifestart Foundation Limited

Issue 32

More than a few parents have expressed their feelings about their child by saying:

"I wish I knew what to do about my child's behaviour."

It would be nice to have a simple solution - like a magic wand for parents to use when they feel frustrated by their child's behaviour!

Issue 30

Many people who study and work with young children agree that the period around two and a half years of age can be very exasperating. You are no doubt finding it also to be one of the funniest. Just hold on to your sense of humour and patience, and both you and your child will weather this stormy period successfully.

Contents

Dealing with Challenging Behaviour | Why Do Children Engage in Challenging Behaviour? | Needs and Wants | Dealing with New Experiences | Thinking of Teeth | Learning Everyday in Every Way

Contents

Unpredictable Behaviour | Music is Learning | Developing Concentration | Avoiding Dressing Hassles | I Had it First! | Hang On -- but don't get Hung Up!

Springrowth House
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Springtown Industrial Estate
Derry- Londonderry
Northern Ireland
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Email: headoffice@lifestartfoundation.org

www.lifestartfoundation.org

Lifestart Foundation Ltd

Northern Ireland - Charity number 100644

Annual return

Charity registration number NIC100644

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

LIFESTART FOUNDATION LIMITED

CONTENTS

	Page
Charity Information	1
Trustees' report	2 - 6
Independent examiner's report	7
Statement of financial activities	8 - 9
Balance sheet	10
Notes to the financial statements	11 - 26

LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Maire McReynolds Mary McGowan Mairead Wrynn
Secretary	John O'Callaghan
Charity number	NIC100644
Company number	NI041705
Registered office	2 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- work to extend the direct delivery of Lifestart services in Northern Ireland and work with existing and new franchises to expand service delivery in Northern Ireland and in other regions
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- complete the Shaping Ourselves and Our Children (SOOC) project and publicise project outcomes and impacts
- develop and deliver a specific programme response designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by acquiring the resources to develop and implement an organisational Succession Plan
- plan for a review and update of the Growing Child Programme
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- Continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

In spite of the pandemic the Lifestart Foundation and its Social Franchise Partners continued to support more than 4,000 parents and their children throughout the course of the year. While the home visiting service continued to be affected by the aftermath of the Covid-19 pandemic the Lifestart Foundation re-established the home visiting service as soon as it was deemed safe to do so and services have now returned to near normal. The Foundation has been able to continue to fully meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, reporting to the Trusts monthly on our work with families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families either on the Child Protection Register or on the edge of children protection. Through a tender with the EU funded Cross-border MACE Project we have also this year been delivering the Growing Child programme and home visiting service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas. The Foundation's Family Visitors have been involved over the year in a number of case conferences which have had very positive results for both parents and children.

As well as individual support provided through the home visiting service, we continued to deliver the SOOC programme until October 2021. An interim report on this highly successful project was prepared and presented at a conference, attended by key stake holders, family support practitioners and health and social care professionals, held in the City of Derry-Londonderry in September 2021. A full evaluation report on the project was completed in November 2021 and disseminated among all relevant networks in Ireland and NI and Children and Young People Now (CYPN), the professional publication for the children's sector in the UK conducted a case study of the SOOC programme disseminating information on the project and its outcomes throughout the rest of the UK. In all; 1,948 parents and more than 3,000 children benefited as a result of the SOOC programme over the duration of the project. We look forward to the launch of the EU Peace Plus fund to which we plan to submit an application to advance and further develop the very positive work begun on the SOOC project.

Very many families have continued to experience additional problems as a result of the Covid health crisis impacting, in particular, on children's social and emotional development and communication skills. In the course of the year the Foundation acquired funding from the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation to develop a post-pandemic group-based parenting programme, the 'Smile Baby Project' which we will be delivering until December 2022. To date we have delivered 13 Smile Baby Programmes, involving a total of 52 sessions delivered to 122 parents and 139 children. Five programmes were delivered in County Derry-Londonderry, four in Tyrone, two in Down, one in Antrim and one in Fermanagh. We have eleven more programmes scheduled over the coming weeks. Parent and children's organisations and community groups have been slowly opening up again after the Covid crisis so we have had to work hard to get organisations to host programmes. Many have only recently begun to bring parents and children back into premises and to offer face-to-face programmes and services. But the need for group-based parenting support is clearly there and is increasing given post-Covid inflationary conditions. Parents have really appreciated the opportunity to meet in groups, to articulate and discuss their issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme is excellent and demand among parents is high.

The report of the evaluation of the very successful 5 year partnership project between Lifestart and Tinylife - TinyStart – conducted by Queens University was launched in September 2021 and as a result of this collaborative project Tinylife, a NI based charity specialising in supporting the families of pre-term children, took out a Lifestart franchise agreement. Springboard Navan, an Ireland based family support organisation also this year took up a Lifestart franchise. We trained and equipped Tinylife staff in June 2021 and Springboard staff in September/October 2021. Both organisations are now delivering the Lifestart programme and service.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events. The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network. As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and key public sector and other stakeholders and we are collaborating with other member organisations to acquire the resources to continue to promote home visiting as a key children and family service and to provide additional training opportunities for our staff.

We have revised and updated our strategic plan and we are working on a Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future.

Financial review

Total income for the year was £328,035, of which £267,652 was generated from charitable activities, £19,577 from donations and legacies and £15,564 from other trading activities. The charity also received £25,242 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity. Total expenditure by the charity was £276,871. £266,073 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,798. Other losses in the amount of £2,937 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling. The charity also recorded net transfers between funds in the year totalling £17,297 from restricted funds to unrestricted funds in respect of administration charges for delivery of funded services. The balance on total funds at the year-end was £200,629, of which £79,135 were unrestricted, £58,555 were designated and £62,939 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2021/22 expenditure (excluding depreciation) of £274,428 the target level of reserves is £68,600 to £137,000. Free reserves as at 31st March 2022 are £83,023. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Plans for the future

Our key priorities in the coming year are to:

- review our governance structure and draw up a Governance Plan
- draw up a Leadership Succession Plan
- review and update the *Growing Child* programme in accordance with the latest research in child development and parenting
- review and refresh the Lifestart brand building on its reputation for trust and credibility
- review and update the Foundation's website and social media presence to promote better communications and brand awareness
- draw up and submit a successful Peace Plus application for the extension of the SOOC1 programme throughout NI and the Border Counties and the development and implementation of SOOC2 programme

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)
Ursula Birthistle
Maire McReynolds
Mary McGowan
Mairead Wrynn

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of five members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.

Patrick Durkan

.....
Patrick Durkan (Chairperson)

Trustee *8/11/2022*

Dated:

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

We report on the accounts of the charity for the year ended 31 March 2022, which are set out on pages 8 to 26.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- (i) examine the accounts under section 65 of the Charities Act
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.



Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: ... 8/11/2022

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

	Notes	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
<u>Income and endowments from:</u>						
Donations and legacies	3	477	-	19,100	19,577	21,122
Charitable activities	4	-	-	267,652	267,652	206,907
Investments	5	25,242	-	-	25,242	12,351
Other income	6	15,564	-	-	15,564	12,945
Total income		41,283	-	286,752	328,035	253,325
<u>Expenditure on:</u>						
Raising funds	7	10,798	-	-	10,798	8,179
Charitable activities	8	52,389	1,774	211,910	266,073	261,026
Total resources expended		63,187	1,774	211,910	276,871	269,205
Net (outgoing)/incoming resources before transfers		(21,904)	(1,774)	74,842	51,164	(15,880)
Gross transfers between funds		17,297	-	(17,297)	-	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(4,607)	(1,774)	57,545	51,164	(15,880)
<u>Other recognised gains and losses</u>						
Other gains or losses	11	(2,937)	-	-	(2,937)	(4,666)
Net movement in funds		(7,544)	(1,774)	57,545	48,227	(20,546)
Fund balances at 1 April 2021		86,679	60,329	5,394	152,402	172,948
Fund balances at 31 March 2022		79,135	58,555	62,939	200,629	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

	Notes	Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income and endowments from:</u>					
Donations and legacies	3	1,506	-	19,616	21,122
Charitable activities	4	-	-	206,907	206,907
Investments	5	12,351	-	-	12,351
Other income	6	12,945	-	-	12,945
Total income		26,802	-	226,523	253,325
<u>Expenditure on:</u>					
Raising funds	7	8,179	-	-	8,179
Charitable activities	8	50,873	1,774	208,379	261,026
Total resources expended		59,052	1,774	208,379	269,205
Net (outgoing)/incoming resources before transfers		(32,250)	(1,774)	18,144	(15,880)
Gross transfers between funds		14,849	-	(14,849)	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(17,401)	(1,774)	3,295	(15,880)
Other recognised gains and losses					
Other gains or losses	11	(4,666)	-	-	(4,666)
Net movement in funds		(22,067)	(1,774)	3,295	(20,546)
Fund balances at 1 April 2020		108,746	62,103	2,099	172,948
Fund balances at 31 March 2021		86,679	60,329	5,394	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	12		59,567		62,010
Investments	13		100		100
			<u>59,667</u>		<u>62,110</u>
Current assets					
Debtors	14	73,521		66,443	
Cash at bank and in hand		76,886		34,751	
		<u>150,407</u>		<u>101,194</u>	
Creditors: amounts falling due within one year	16	<u>(9,445)</u>		<u>(10,902)</u>	
Net current assets			<u>140,962</u>		<u>90,292</u>
Total assets less current liabilities			<u><u>200,629</u></u>		<u><u>152,402</u></u>
Income funds					
Restricted funds	18		62,939		5,394
<u>Unrestricted funds</u>					
Designated funds	19	58,555		60,329	
General unrestricted funds		79,135		86,679	
			<u>137,690</u>		<u>147,008</u>
			<u><u>200,629</u></u>		<u><u>152,402</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 8/11/22

Patrick Durkan

Patrick Durkan (Chairperson)
Trustee

Ursula Birthistle

Ursula Birthistle
Trustee

Company Registration No. NI041705

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springgrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £	Restricted funds 2021 £	Total 2021 £
Donations and gifts	<u>477</u>	<u>19,100</u>	<u>19,577</u>	<u>1,506</u>	<u>19,616</u>	<u>21,122</u>
Donations and gifts						
HMRC Coronavirus Job Retention Scheme	-	-	-	-	17,116	17,116
Halifax Foundation	-	5,000	5,000	-	-	-
St James' Place	-	-	-	-	2,500	2,500
Ulster Bank Staff	-	2,000	2,000	-	-	-
The Belfast Cathedral Sit Out	-	-	-	1,425	-	1,425
Esme Mitchell	-	2,500	2,500	-	-	-
Lifestart Resources	-	2,500	2,500	-	-	-
Souter Charitable Trust	-	5,000	5,000	-	-	-
The TBF and KL Thompson Trust	-	1,000	1,000	-	-	-
WDH Willis	-	500	500	-	-	-
Other	<u>477</u>	<u>600</u>	<u>1,077</u>	<u>81</u>	<u>-</u>	<u>81</u>
	<u>477</u>	<u>19,100</u>	<u>19,577</u>	<u>1,506</u>	<u>19,616</u>	<u>21,122</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022 £	2021 £
Grant funding	<u>267,652</u>	<u>206,907</u>
Analysis of grant funding		
Western Health & Social Care Trust	71,372	70,518
SEH&SCT (Sure Start Ards)	18,079	19,132
SEUPB - SOOC	124,715	117,257
RTE/Community Foundation - Smile Baby project	53,486	-
	<u>267,652</u>	<u>206,907</u>

5 Investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Gift aid payment from subsidiary	<u>25,242</u>	<u>12,351</u>

6 Other income

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administrative services	10,798	8,179
Rental income	4,766	4,766
	<u>15,564</u>	<u>12,945</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Raising funds

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administration services		
Office costs	7,148	4,579
Staff costs	3,650	3,600
	<u>10,798</u>	<u>8,179</u>

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

8 Charitable activities

	2022 £	2021 £
Staff costs	191,305	216,176
Depreciation and impairment	2,443	2,499
Conference and training costs	14,576	3,215
Rent and rates	4,500	4,283
Insurance	4,099	2,904
Heat, light and power	6,678	6,618
Repairs and maintenance	1,110	947
Printing, postage and stationery	2,447	2,899
Materials and resources	9,055	3,408
Advertising	1,366	488
Telephone	4,664	2,429
Software support	5,866	4,444
Travel and subsistence	7,270	2,889
Legal and professional fees	7,160	3,419
Accountancy fees	1,560	3,240
Other charitable expenditure	1,974	1,168
	<u>266,073</u>	<u>261,026</u>
Analysis by fund		
Unrestricted funds - general	52,389	50,873
Unrestricted funds - designated	1,774	1,774
Restricted funds	211,910	208,379
	<u>266,073</u>	<u>261,026</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2021- two of them were reimbursed travelling expenses totalling £44).

10 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	7	9
	<u>7</u>	<u>9</u>
Employment costs	2022	2021
	£	£
Wages and salaries	177,745	200,192
Social security costs	14,780	16,746
Other pension costs	2,430	2,838
	<u>194,955</u>	<u>219,776</u>

There were no employees whose annual remuneration was more than £60,000.

11 Other gains or losses

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Foreign exchange gains	<u>2,937</u>	<u>4,666</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2021	88,718	63,756	152,474
At 31 March 2022	88,718	63,756	152,474
Depreciation and impairment			
At 1 April 2021	28,390	62,074	90,464
Depreciation charged in the year	1,774	669	2,443
At 31 March 2022	30,164	62,743	92,907
Carrying amount			
At 31 March 2022	58,554	1,013	59,567
At 31 March 2021	60,328	1,682	62,010

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

13 Fixed asset investments

		2022 £	Other investments	2021 £
Cost or valuation				
At 1 April 2021 & 31 March 2022			100	
Carrying amount				
At 31 March 2022			100	
At 31 March 2021			100	
Other investments comprise:				
Investments in subsidiaries	Notes	100		100

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14	Debtors		2022	2021
	Amounts falling due within one year:		£	£
	Amounts owed by subsidiary undertakings		1,937	3,582
	Other debtors		71,584	62,861
			<u>73,521</u>	<u>66,443</u>
15	Loans and overdrafts		2022	2021
			£	£
	Bank overdrafts		7,045	7,662
			<u>7,045</u>	<u>7,662</u>
	Payable within one year		7,045	7,662
			<u>7,045</u>	<u>7,662</u>
16	Creditors: amounts falling due within one year		2022	2021
		Notes	£	£
	Bank overdrafts	15	7,045	7,662
	Accruals		2,400	3,240
			<u>9,445</u>	<u>10,902</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £2,430 (2021 - £2,838).

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020		Movement in funds			Movement in funds			Balance at 31 March 2022	
	£	£	Incoming resources	Resources expended	Transfers	Balance at 1 April 2021	Incoming resources	Resources expended		Transfers
SEUPB - SOOC	-	117,257	117,257	(117,257)	-	-	124,715	(124,715)	-	-
Western Health and Social Care Trust	-	70,518	70,518	(53,416)	(14,208)	2,894	71,372	(49,892)	(16,736)	7,638
SEH&SCT (Sure Start Ards)	-	19,132	19,132	(18,491)	(641)	-	18,079	(17,518)	(561)	-
Big Lottery Fund (Tiny Life)	2,099	-	-	(2,099)	-	-	2,500	(2,500)	-	-
HMRC Coronavirus Job Retention Scheme	-	17,116	17,116	(17,116)	-	-	-	-	-	-
St James' Place	-	2,500	2,500	-	-	2,500	-	(2,500)	-	-
RTE/Community Foundation - Smile Baby project	-	-	-	-	-	-	53,486	(3,185)	-	50,301
Halifax Foundation	-	-	-	-	-	-	5,000	(5,000)	-	-
Souter Charitable Trust	-	-	-	-	-	-	5,000	(5,000)	-	-
TBF & KL Thompson Trust	-	-	-	-	-	-	1,000	(1,000)	-	-
Black Santa	-	-	-	-	-	-	600	(600)	-	-
Ulster Bank Staff	-	-	-	-	-	-	2,000	-	-	2,000
Esme Mitchell	-	-	-	-	-	-	2,500	-	-	2,500
WDH Willis	-	-	-	-	-	-	500	-	-	500
	2,099	226,523	226,523	(208,379)	(14,849)	5,394	286,752	(211,910)	(17,297)	62,939

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

(Continued)

SEUPB - SOOC

Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and services, travel and accommodation and equipment.

Western Health and Social Care Trust

Funding for the provision of a home-based support programme.

SEH&SCT (Sure Start Ards)

Funding for the provision of "The Growing Child" programme and a home visitation service in the Mid Ards area.

Big Lottery Fund (Tiny Life)

Funding to provide a holistic programme of child development for babies and their families who have been born premature or sick and have spent time in a neo-natal unit.

HMRC COVID Job retention scheme

Funding from the government for retention of staff during the pandemic.

St. James' Place

Funding for a new telephone system. These funds will be spent during 2021/22.

Halifax Foundation

Funding towards office rent costs.

Souter Charitable Trust

Funding towards the cost of printing Growing Child booklets.

TBF and KL Thompson Trust

Funding towards the cost of website improvements.

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

Black Santa

Funding towards core costs.

Ulster Bank Staff

Funding towards programme materials, toys, books and other learning resources.

Esme Mitchell

Funding towards programme materials, toys, books and other learning resources.

WDH Willis

Funding towards programme materials, toys, books and other learning resources.

(Continued)

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

19 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020 £	Resources expended £	Balance at 1 April 2021 £	Resources expended £	Balance at 31 March 2022 £
Designated property assets fund	62,103	(1,774)	60,329	(1,774)	58,555
	<u>62,103</u>	<u>(1,774)</u>	<u>60,329</u>	<u>(1,774)</u>	<u>58,555</u>

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 12. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

LIFESTART FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

20 Analysis of net assets between funds

Fund balances at 31 March 2022 are represented by:

	Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total	
	2022	£	2022	£	2022	£	2022	£	2021	£	2021	£	2021	£
Tangible assets	1,012		58,555		-		59,567		1,681		60,329	-		62,010
Investments	100		-		-		100		100		-	-		100
Current assets/(liabilities)	78,023		-		62,939		140,962		84,898		-	5,394		90,292
	<u>79,135</u>		<u>58,555</u>		<u>62,939</u>		<u>200,629</u>		<u>86,679</u>		<u>60,329</u>	<u>5,394</u>		<u>152,402</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

21 Transfers between funds

During the year there were net transfers between funds totalling £17,297 (2021: £14,849) from restricted funds released and transferred to unrestricted funds representing administration charges for delivery of funded services allowed by funders.

22 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

23 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022	2021
	£	£
Aggregate compensation	<u>60,660</u>	<u>64,684</u>

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £10,798 (2021: £8,179). Of this amount, £1,937 remains outstanding at the year end (2021: £3,582);
- Gift aid payment from Lifestart Resources in the amount of £25,242 (2021: £12,351);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springrowth Developments Limited, an entity under the control of Patrick Durkan, member of the board of Trustees. Rentals of £5,700 were paid in the year (2021: £5,400). No amounts were outstanding at the year end.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

24 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2022 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

25 Funds received as an agent

Lifestart Foundation Limited is the lead partner in respect of SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life Project administered by the SEUPB. At the beginning of the year, the charity held undistributed funds in the amount of £7,805 in respect of the SOOC project. During the year, the charity received incoming resources on behalf of partner charitable organisations amounting to £2,640 (2021: £72,986) and distributed £2,696 (2021: £72,936) to these partners as instructed by SEUPB. At the balance sheet date, the charity held £7,749 (2021: £7,805) in relation to undistributed funds.

The charity is legally bound to pay the funds over to third parties and has no responsibility for their ultimate application. Accordingly, these amounts have not been reflected in the financial statements for the year in accordance with the treatment recommended by the Statement of Recommended Practice "Accounting and Reporting by Charities". Therefore at the year end, the charity has £7,749 in cash and liabilities additional to the amounts disclosed in the financial statements.