

A Positive Life

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 31 March 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 31 March 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by 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).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of A Positive Life present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2023.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Objectives

The objectives of the charity are to promote good health and well being and relieve sickness and stress among those inhabitants of the UK and Republic of Ireland who are living with or affected by HIV or a related medical condition and their families, by providing advice, support, therapies, counselling, independent advocacy and a confidential helpline. To advance public education by raising awareness about all matters associated with the causes and prevention of HIV and to commission and promote research into all matters relating to HIV and to disseminate the useful results of such research.

The charity has a general aim of seeking to prevent the spread of HIV through information, education, raising awareness and working to remove the stigma surrounding HIV whilst upholding the principles of dignity, equality and respect for individuals affected by HIV.

The strategies employed to achieve the Charity's objectives are to;

- Provide a telephone helpline service offering confidential information and advice on any aspect of HIV and sexual health.
- Offering volunteering opportunities
- Encourage people living with HIV to participate in the Charity's work as well as taking responsibility for their own lives
- Present a range of education and prevention programmes
- Make available, in a variety of locations, support services which include complimentary therapies, one to one and group support sessions, counselling, healthy living seminars, home support and access to information services.

The principal activities of the Charity are to raise awareness and challenge negative perceptions of HIV across NI, and to support and promote positive living for anyone living with or affected by HIV.

Public Benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. They meet the public benefit test by providing education and awareness to both the general public, those living with HIV and their families with regard to obtaining a better understanding of the condition. They also advise on preventative measures which can be taken.

Financial Review

The Charity's income for the year ended 31 March 2023 was £426,277 with expenditure of £416,485 resulting in a net surplus of £9,792 - (2022 - net surplus 46,159). The principal funding sources in the year ended 31 March 2023 are detailed in the notes to the financial statements.

Financial Results

At the end of the financial year the charity has assets of £395,618 (2022 - £373,105) and liabilities of £46,411 (2022 - £33,689). The net assets of the charity have increased by £9,791.

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Reserves Position and Policy

Reserves Policy

The trustees recognise that it is necessary to hold reserves in order to offset the effects of fluctuations in incoming resources and thereby secure the continued viability of the Charity beyond the immediate future. In keeping with good accountancy practice, it is the aim of the trustees to hold free reserves which equate to three months operating costs. At 31st March 2023 the free reserves amounted to £349,207.

As the organisation commences a new Strategic Planning period, the work to increase its focus to raise awareness of HIV and related sexual health matters in Northern Ireland through a suite of modernised accredited education and prevention programmes continues. This has involved the continued development of The NI Buyers club and also includes the recently launched workplace education programme 'Positive about HIV'.

While the funding environment remains challenging and support services programme continues to evolve to meet the ever-changing needs of people affected by HIV in Northern Ireland, options are continually explored in order to support the organisations sustainability.

The commitment to de-stigmatise HIV and the aspiration to achieve zero new diagnosis by 2030 will be underpinned in our public affairs and community engagement work in the continued focus to raise awareness around the impact of HIV and the work of Positive Life.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Ms. Dawn Purvis
Mr. Declan McAllister
Ms. Emer Hinphey
Mr. David Hawkins
Ms. Alice O'Kane
Ms. Kathryn Torney

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Ms. Jacquie Richardson

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. A Positive Life subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 31ST AUGUST 2023 and signed on its behalf by:



Ms. Dawn Purvis
Trustee



Ms. Alice O'Kane
Trustee