



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day	Month	Year	To	Day	Month	Year
	11	1	2019		31	07	2019

Section A

Reference and administration details

Charity name

The Active Life Foundation

Other names charity is known by

Registered charity number (if any) 1181532

Charity's principal address

31 Brunel Street

Ferryhill

Co. Durham

Postcode

DL17 8NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution (2019)

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Active Life Foundation has in place the following policies and procedures-: Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding vulnerable adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.

Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.

The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.

The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together CVS organisations sharing best practice. The Active Life Foundation is a member of SPORTED specific body which supports and aids the development of CVS. The Active Life Foundation is also involved in networks with Street Games, Tees Valley Sport and County Durham Sport.

The Active Life Foundation's has a risk register and 'near misses' document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

Summary of the objects of the charity set out in its governing document

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

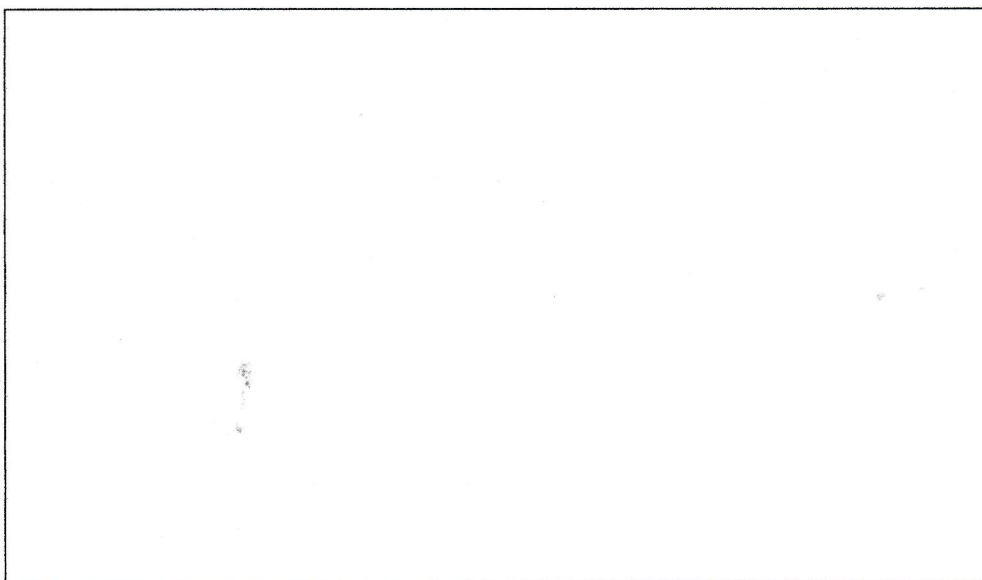
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton and running groups. The majority of our sessions are provided free of charge with a few at £1.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Step Out Project

In partnership with a large Employment Charity The Active Life Foundation secured funding to deliver the Step Out project. Providing a range of activities in various locations including Sports Halls, Community Centres, Church Halls and outdoor venues e.g. parks, nature reserves. Aiming to engage over 300 individuals who are currently unemployed and not physically active; into regular physical activities. The physical activity sessions are based around fun and enjoyment and focus on emphasising social interaction and spending time with / meeting new friends. The activities are based on the needs of the group and a varied programme is offered promoting the benefits of physical activity. There has been good engagement not only from participants and from wider service providers who refer into the project. There has been both qualitative and quantitative evidence of how not only physical and mental health has improved; but how individual development of the participants has increased with both self-esteem and self-efficacy growing throughout the project. In addition through this project and using the vehicle of physical activity, this has engaged very hard to reach groups and enabled signposting to wider provisions and services including educational training providers, credit unions' and foodbanks.

Inclusion

Utilising a community asset based approach The Active Life Foundation has partnered with three organisations who provide services and provision for people with disabilities. The Active Life Foundation has provided modified and adapted physical activities using specialised equipment to over 60 individuals. The community asset based approach has worked well enabling physical activity opportunities to be accessible and raising the importance of physical activity on the agenda of partner organisations.

Outreach

The Active Life Foundation has delivered taster sessions in three different venues bring physical activities to people's 'door steps'. Encouraging discussion and information sharing to families and individuals about the importance of physical activities and healthy lifestyle choices.

Events

The Active Life Foundation has supported numerous events including three Family Fun Days, which collectively over 700 people attended. The Active Life Foundation provided physical activity opportunities as an introduction to a variety of fitness and sports based activities and highlighting the services and provision that can be accessed.

Secured funding from CDCF Community Safety Fund

The Active Life Foundation has recently secured funding from the CDCF Community Safety Fund to deliver an anti-social behaviour project. Working across three highly deprived wards, in which crime and the anti-social behaviour occurrence is greater than the national average. Partnering with the Police, Local Authority Anti-Social Behaviour team and Youth Services; Physical Activity will be utilised to engage young people and create opportunities for workshops focusing on Crime, staying safe online, Alcohol and Drug Misuse and Safeguarding.

Section E

Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

Jonathan Brian Thompson

Secretary

11.05.20



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181532

Receipts and payments accounts

CC16a

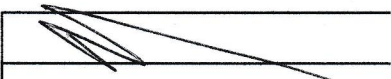
For the period from	Period start date 11/01/2019	To	Period end date 31/07/2019
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Step Out Project	-	12,263	-	12,263	-
Donations	900	-	-	900	-
Coaching	30	-	-	30	-
CDCF Community Safety Fund	-	7,400	-	7,400	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	930	19,663	-	20,593	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	930	19,663	-	20,593	-
A3 Payments					
DBS & Safeguarding Training	135	-	-	135	-
Insurance	271	-	-	271	-
Equipment	-	387	-	387	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	406	387	-	793	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	406	387	-	793	-
Net of receipts/(payments)	524	19,276	-	19,800	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	524	19,276	-	19,800	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		J. Thompson	11.05.20