



(A Company Limited by Guarantee)

Registered Charity Number: 1147615

Company Number: 7672809

Report and Financial Statements

For the year ended 31st March 2023

FINANCIAL STATEMENTS

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LEGAL AND ADMINISTRATIVE DETAILS

Legal Structure

The Charity is a company limited by guarantee incorporated in England and Wales.

Patron: Roger Osborne

Trustees / Directors

M Ledger
C Bate (Resigned 18/05/2023)
G Yates (Resigned 31/8/2022)
R Scott (Chairman)
D Billson
Clare Lucas (appointed 23/03/2023)
Kerry Overton (appointed 16/02/2023)
Louise Kenlock (appointed 16/02/2023)
Michelle James (resigned 04/08/22)
Paul Bruce (resigned 16/06/22)

Chief Executive

J Stokes

Company Number: 7672809

Registered Charity Number: 1147615

Registered Office

Brightspace
160 Hadleigh Road
Ipswich
Suffolk
England
IP2 0HH

Bankers

National Westminster Bank Plc
2 Tavern Street
Ipswich
Suffolk
IP1 3BD

THE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The Board presents its report and financial statements for the year ended 31 March 2023.

In setting objectives, developing strategies and undertaking activities, the Trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The information on page 2 forms part of this report.

The objectives of the charity

Our Objectives:

To promote and maintain the physical and mental health of individuals, families, carers and communities through the provision of support services, activities, health promotion, respite, education, training and practical advice, particularly focusing in areas of deprivation and on people mainly aged 45 years and over.

Chair of Trustees report – Rachael Scott

Hello Everyone,

What a busy year we have had at ActivLives, it has been a year packed full of activity and exciting developments.

Over this last year, we have been able to operate with more normality than the last few years and this has allowed us to add to our services in order to reach more people within our local communities.

This has included adding sessions such as the Men's Breakfast Hub, ActivHearts Ladies Hub and offering more locations for our Step-by-Step Programme and New Age Kurling groups.

Thank you to our members for continuing to access all that ActivLives has to offer and thank you to our hard-working staff and loyal volunteers for ensuring that these sessions are engaging and fun and keep you all coming back! A big hello to our newer members – we are glad to have you with us.

Over the last year, the board of Trustees has continued to focus on ensuring the sustainability of ActivLives and looking at how we can maintain our position in an ever-changing environment and ensure we are staffed and resourced for future growth and development.

We have taken time to review our workforce strategy and make short and longer-term plans for expanding our workforce capacity to ensure the future sustainability of the organisation. This has included identifying any further skills and capacity we need to add to our staffing structures and trustee board in order to continue to fulfil our organisational objectives; this includes skills such as income generation, PR and Marketing, Fundraising and Operation Management.

We have also taken time to look into our processes and those we can tweak to improve efficiency and effectiveness such as our banking processes, data collection tools, updating our policies and implementing new office software.

Over the next year, we will continue with the implementation of our workforce plan and fulfilling the organisations strategy that we updated and shared with you last year.

In this last year we have said goodbye to some of our wonderful trustees who supported the organisation during the pandemic, helping to navigate the changing environment and provide help and support to our staff, this included longstanding trustees Michele James and Charlotte Bate and both Glenn Yates and Paul Bruce – thank you to each and everyone one of you for your time, skill and expertise!

We have recently welcomed three new trustees to ActivLives – Kerry Overton, Clare Lucas and Louise Kenlock – welcome on board!

I want to finish by saying thank you once again to everyone that helps make ActivLives what it is to so many people each day and ask you to join with me in celebrating all that everyone has achieved and all that ActivLives means to so many!

Chief Executive Officers Report – Julie Stokes

This year's Annual Report and AGM highlight the benefits that people can achieve from participating in all sorts of community activities and ActivLives certainly delivers a wide range, from our Community Gardens, specialist Hubs, Lunch Club, singing groups, inclusive sport to our fall's prevention sessions.

At the beginning of the year, although we felt that we were through the worst of the Covid-19 pandemic and lockdowns, our members, volunteers and staff were still feeling and seeing the impact of the previous two years. Slowly, slowly we started to return to the 'new norm' and our members and volunteers started to return and new referrals started to trickle in.

This was also a year of building new partnerships with organisations, such as, Everyone Active who run Stowmarket Leisure Centre. The Manager, Anslem Gurney, was very supportive of the ActivAble Project and worked with us to establish the new Boccia session in their centre. This project was funded by another partner Active Suffolk and their Sport England Together Fund. We have also been working with the Norfolk & Suffolk NHS Foundation Trust (NSFT), to develop a new partnership project, supporting older adults with severe mental health needs, to access and participate in a range of community activities. This has led to us now working with NSFT on a new 1-year project called 'ActivCommunities', developing the model to enable us to reach and support more people across Central and East Suffolk.

In July 2022, Councillor Mary Rudd, East Coast District Council and Cabinet member for Health & Communities visited ActivLives to spend some time with our members, volunteers and staff. She visited both Community Gardens in Ipswich, an exercise session, the lunch club and ActivSinging Ipswich group and was very impressed with all of them. She said, "When I spoke to the members, they all agreed it was really great for them to see other people and have a chat, as lockdown had left several of them very lonely. At the singing group, it was quite unbelievable how they all seemed to come to life when they were singing. Sometimes, it is the small things, which make a huge difference."

In February 2023 Councillor Nadia Cenci surprised both myself and Susannah Robirosa with a County Councillor Award. Nadia thanked us for our hard work and commitment to community development, inspiring others and making a real difference to people's lives, through the work of ActivLives. We were very grateful and honoured to receive this award, and for the recognition for all of our hard work in developing ActivLives and ActivGardens over the last 17 years.

In the same month we also celebrated Pauline Harris's 100th birthday at the St Mary at Stoke Lunch Club. Pauline was overwhelmed with her presents and special birthday lunch. Pauline has attended both the Better Balance session and the Lunch Club for many years, and couldn't miss her exercise session before her birthday celebrations. She is an inspiration to all of us.

Funding is a challenge for most Charities and ActivLives is no exception. Although, we generate some income, we rely on donations and grants, to ensure that we are able to continue to deliver the wide range of ActivLives services and projects each year. These activities help improve people's physical, mental and emotional health and well-being; improve people's quality of life; reduce loneliness and social isolation and give people confidence, skills and opportunities, and in some case finding employment.

Each year we need to raise over £400,000 and so again, I must thank Susannah Robirosa, Cynthia Glinos and Alison Pearson for their hard work and determination in helping me to raise the amazing sum of £252,000, towards the 2022- 2023 budget. This involves writing funding applications and letters, looking at ways to generate income, linking with the Corporate and Business Sector, local Borough, District and County Councils and Councillors and working closely with our health and social care colleagues to try and secure local, regional and national funding for ActivLives.

Other members of staff and volunteers generate income in different ways, for example by delivering our activities to other organisations, Care Homes, local groups etc and selling produce / plants and our lovely honey. All of which, help to promote and publicise our services, improve access, develop skills and engage more people in fun and social activity. I thank these staff and volunteers as well.

A big thank you goes out to our funders, supporters, members and their families who generously donate and invest in ActivLives, and help us support over 1500 people each year. These include Suffolk Community Foundation, the National Lottery and Suffolk Family Carers for their on-going support, £617 from Manny Mantel's memorial concert; £666 from Waitrose (Ipswich); £700 from ASDA Foundation (online green token voting); £500 from Waitrose (Sudbury); £200 from family of a Friday Friends member; £1500 from Murphy-Neumann Charity Company Ltd; £500 from Perrywood (additional donation and fundraising) and £1500 from Pennington (property lettings and sales company) and Thompson & Morgan for their donation of plants and seeds.

I would also like to thank the North West Ipswich Big Local Trust (NWIBLT) and the loyal and dedicated team of volunteers for supporting Friday Friends Dementia Cafe over the last 5 years. This Hub was established in partnership with the NWIBLT, to provide stimulating and social activity for people living with Dementia and their Carers in North West Ipswich, as well as giving advice and information and providing a hot two course meal cooked by the lovely Pat Prior and her team of volunteers. The Hub is now moving into a new phase of development and from April 2023 the Hub will be funded by Ipswich Borough Council's Cash Grants and will be re-launched as 'ActivFriends', welcoming people from across Ipswich and surrounding villages.

During the year we welcomed Jemma Prentice and Laura Lopez to the Step by Step Programme and Frazier Seager to the new ActivAgeing Project. We had to say goodbye to Haidee Stevens, Project Co-ordinator in Sudbury and Ralph Kinsey, ActivSheds Co-ordinator at ActivSheds, but welcomed John Bettinson to the ActivGardens team, leading the sessions at ActivSheds on a Thursday and Friday. We wish them every success in their future ventures or adventures.

We also welcomed GB Paralympic Boccia Player Evie Edwards to the ActivLives team, working with Mike McCarthy, ActivSport Development Officer, to establish the new ActivAble – Boccia Group in Stowmarket.

Each year has its challenges, but I am very lucky to have such a positive and supportive team around me. So, thank you to all the staff, freelance staff, volunteers and Trustees for your dedication, enthusiasm, passion and commitment to ActivLives and as ever, not forgetting the main office team Cynthia, Ben and Jean.

Our action plan for this year is to:

- **Continue to work with partners, funders and Corporate Business to develop our Strategy and Business Plan, to ensure that ActivLives can continue to expand and provide value for money and high-quality services to people living in Ipswich and across Suffolk**
- **Secure funding, commissions and to generate income, to ensure the organisation becomes sustainable, is financially sound and we are able to sustain the 6-month reserves required by the Charity Commission**
- **Continue to develop our preventative and inclusive services to reach and engage more people to help them improve their health and well-being, reduce loneliness and social isolation, remain independent and build stronger more resilient communities**

Julie Stokes
CEO

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 16th June 2011 and registered as a charity on 8th June 2012. The company was established under a Memorandum of Association, which sets out the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up, members are required to contribute an amount as may be required, not exceeding £10.00.

Recruitment and Appointment of Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Trustees.

The charity is working to ensure that a wide range of business skills are represented on the board.

Trustee induction and training

All new Trustees complete an application form and provide two references. Where appropriate, prospective Trustees are interviewed by representatives of the Trustee Board and the Chief Executive Officer (CEO) regarding their experience and what skills they can bring to the organisation. Trustees receive information about their roles and are inducted into

the organisation by the CEO and Office Manager. All Trustees are DBS checked and undergo mandatory training such as Safeguarding Children and Young People / Vulnerable Adults.

Away days are held as required to review the development of the organisation and agree its Business Plan and Strategies. Trustees are invited to take the lead for certain areas of development such as Finance & Fundraising, Marketing & Communication, Operations and Services.

Organisation

The management of the charity is vested in the Board of Trustees ("the Board") consisting of a minimum of 4 members with no maximum number. The Board meets at least 6 times per year to determine the policy and organisational structure and to review and monitor the management of the charity.

Julie Stokes, CEO, is appointed by the Trustees to manage the day to day operations of the charity. To facilitate effective operations, the CEO, has delegated authority, within the terms of delegation approved by the Trustees, for operational matters including finance and employment.

The ActivLives staff team consists of one full time member of staff, and 11 part time employees, and is the key resource of the charity.

Risk Management

The Board has, where appropriate, established systems and procedures to mitigate the risks the charity faces. Funding levels are under continual review to ensure the ongoing operation of the charity. Procedures are in place to ensure compliance with statutory health and safety obligations in respect of staff, volunteers, clients, and visitors.

Relationships with other groups, charities, and individuals

ActivLives works in partnership with many different individuals, groups and other organisations to bring expertise, knowledge and funding to meet the aims of the organisation, to support and promote other local initiatives, share best practice and reduce duplication of services.

Reserves Policy

The Trustees policy is that unrestricted funds held by the company should exceed 3 months budgeted expenditure. In the longer term the intention would be to increase reserves and lengthen this period but given current economic conditions and competition for funding the current policy is considered sensible and achievable, and is regularly reviewed.

Investment Policy

At the present time the company's available cash is required to be available to meet its working capital requirements and there are no funds available for longer term investment. The company's funds are therefore held in instant access or short notice bank accounts. This policy is regularly reviewed by the Trustees, considering budgeted income and expenditure and available funds.

Treasurer's Financial Review – Mark Ledger

This year has seen a return to more normal activities following the last two years of Covid restrictions. We have enjoyed healthy engagement in all our activities by the members across the various activities we have put on.

We still have relatively healthy reserves being carried over from Covid support grants. We incurred a small deficit in the year of £31,387 on our core funding which means we now carry forward £181,786 of unrestricted funding so are still in a strong position taking us into 2023-24.

Funders for 2022-23

We are continuously grateful to our funders in supporting the valuable work we do. The organisations that helped provide this key funding in the current year were;

- ✓ Ipswich Borough Council
- ✓ Suffolk County Council
- ✓ East Suffolk Council
- ✓ Babergh District Council
- ✓ Felixstowe Town Council
- ✓ NHS Suffolk and North East Essex ICB
- ✓ National Lottery Community Fund
- ✓ Norfolk & Suffolk Foundation Trust
- ✓ North West Ipswich Big Local Trust
- ✓ Suffolk Community Foundation – Realising Ambitions East; Pargiter Trust Fund; Port Community Fund; Suffolk Sports Fund; Birketts Fund;; Men's Mental Health Fund; Co-op Community Fund; High Sherriff's Award; Maurken Fund; Mens Hub; Fonnereau Road Health Fund; Coop Community Fund; Equity in Mind; Joy Abbott Fund.
- ✓ Suffolk Family Carers
- ✓ Mrs L D Rope Third Charitable Trust
- ✓ Lift Community Grant
- ✓ East Coast College
- ✓ Sport England
- ✓ Heart Research UK
- ✓ ASDA Foundation

In addition to this there has been hard work from all the staff within the organisation, looking after the gardens and promoting the cause of ActivLives, for which all the Trustees are very appreciative.

Going Concern

The charity is in a strong position and considers there to be no going concern issues.

THE REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees are responsible for preparing the Trustees Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of ActivLives and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that year. In preparing those financial statements, Trustees are required to:

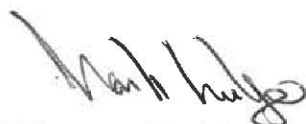
- Select suitable accounting policies and then apply them consistently,
- Observe the methods and principles in the Charities SORP,
- Make judgements and estimates that are reasonable and prudent, and
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of ActivLives and which enable them to ensure 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.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (issued in March 2005) and in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small entities.

In preparing this report the Trustees have reviewed the financial position of the Charity which is identified in pages 8 & 9 in relation to the Reserves Policy and Going Concern statement.

Approved by the Board of Trustees on 7th December 2023 and signed on its behalf by



NAME: Mark Ledger
Trustee



NAME: Rachael Scott
Trustee

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ACTIVLIVES CHARITY NO: 1147615

Independent Examiner's Report to the Trustees of ACTIVLIVES Ltd

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2023 which are set out on pages 12 to 18

Responsibilities and basis of report

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

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

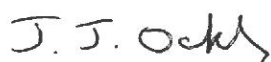
Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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



J. J. Oakley F. C. A.
Beatons Limited
Chartered Accounts
7 Three Rivers Business Park
Felixstowe Road
Foxhall, Ipswich
IP10 0BF

7 December 2023

FINANCIAL STATEMENTS

Statement of Financial Activities including Income and Expenditure account for the year ended 31 March 2023

	Note	Unrestricted Funds	Restricted Covid Recovery Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
Incoming Resources						
Grants & Donations	2	£13,842	-	£252,058	£265,900	£298,644
From Covid Restricted Funds		-			-	£64,464
Generated Income	2 & 3	£103,838	-	-	£103,838	£66,614
Investment Income	6	£633	-	-	£633	£8
Total Incoming Resources		£118,313	-	£252,058	£370,371	£429,730
Resources Expended						
Expenditure on charitable activities	4	(£82,447)	-	(£262,476)	(£344,923)	(£377,997)
Cost of raising funds		(£55,034)			(£55,034)	(£16,615)
Governance Costs		(£1,800)			(£1,800)	-
Total Resources Expended		(£139,281)	-	(£262,476)	(£401,757)	(£394,612)
Net Incoming / (Outgoing) Resources		(£20,968)	-	(£10,418)	(£31,386)	£35,118
Net Movement of Funds in Year		(£20,968)	-	(£10,418)	(£31,386)	£35,118
Reconciliation of Funds						
Total Funds brought forward		£202,755	-	£132,811	£335,566	£300,448
Total Funds carried forward		£181,787	-	£122,393	£304,180	£335,566

The statement of financial activities includes all gains & losses recognised in the year. All incoming resources & resources expended derive from continuing activities.

The notes on pages 14 to 18 form part of these accounts

Balance Sheet
As at 31st March 2023

	Note	2023	2022
FIXED ASSETS			
Tangible Assets	9	£6,938	£9,251
CURRENT ASSETS			
Debtors	10	£2,159	£2,648
Cash at Bank and in hand		<u>£296,583</u>	<u>£323,667</u>
		<u>£298,742</u>	<u>£326,315</u>
CREDITORS: Amounts falling due within one year	11	£1,500	-
NET CURRENT ASSETS		<u>£297,242</u>	<u>£326,315</u>
NET ASSETS		<u><u>£304,180</u></u>	<u><u>£335,566</u></u>
CAPITAL & RESERVES			
Restricted Funds	2	£122,393	£132,811
Restricted Covid Recovery Fund	2	-	-
Total Restricted Funds		<u>£122,393</u>	<u>£132,811</u>
Unrestricted Funds	2	£181,787	£202,755
TOTAL CHARITY FUNDS	2	<u><u>£304,180</u></u>	<u><u>£335,566</u></u>

For the financial year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- 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 trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and their preparation of financial statements.

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

These financial statements were approved by the Directors and Management Board on 7th December 2023 and are signed on their behalf by:



Rachael Scott
Director
Company registration Number: 07672809

The notes on pages 14 to 18 form part of these accounts

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

Basis of Accounting

The Charity is a Company limited by guarantee and has no share capital. The Charity is incorporated in England and Wales. The address of the registered office is Brightspace 160 Hadleigh Road Ipswich Suffolk IP2 0HH. The company number is 07672809.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, Companies Act 2006 and UK Generally Accepted Accounting Practice.

The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show and true and fair view.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistency applied to all years presented unless otherwise stated.

Fund Accounting

General funds are unrestricted funds available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Donated service and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.
- Incoming resources from charitable activities are accounted for when earned.
- Incoming resources from grants which are related to performance and specific deliverables are accounted for in the year the charity receives the grant but are then deferred until the period the charity earns the right to consideration by its performance.
- Incoming resources from trading activities are accounted for when earned.

Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs incurred in generating voluntary income and fundraising generating costs.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those cost of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, eg estimated usage as set out in Note 4.

Fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation has been provided for at 25% per annum on all assets, designed to write off the assets over their expected useful life, which in all cases is estimated as 4 years.

Pension Costs

The company operated a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against profits in the year they are payable.

Cash and cash equivalents

Cash and cash equivalents are basic financial assets and included cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

2. MOVEMENTS IN FUNDS

Restricted Funds

Ipswich Borough Council

- Cash Grants	-	£10,500	£10,500	£10,500	-
- Area Committees	-	£2,500	£2,500	£2,500	-
- Community Resilience Funding	-	£1,470	£1,470	£1,470	-

Suffolk County Council

- Councillors Locality Funding	-	£4,192	£4,192	£4,192	-
- Covid Memorialisation Fund	-	£3,400	£1,400	£1,400	£2,000
- Physical Activity Strand	-	£21,280	£4,600	£4,600	£16,680
- Engaged Communities	-	£9,220	£3,000	£3,000	£6,220

East Suffolk Council

- Boost Grant	-	£2,427	£2,427	£2,427	-
- Community Chest Fund	-	£4,446	-	-	£4,446

Babergh District Council

- Annual Agreement	-	£5,950	£5,950	£5,950	-
- Minor Grants	-	£1,000	£1,000	£1,000	-

Felixstowe Town Council

	-	£960	£960	£960	-
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NHS Suffolk & North East Essex ICB £45,000 £27,500 £45,000 £45,000 £27,500

National Lottery Community Fund £27,500 £50,000 £52,500 £52,500 £25,000

Norfolk & Suffolk Foundation Trust - £9,820 £9,820 £9,820 -

North West Ipswich Big Local Trust - £8,190 £8,190 £8,190 -

Suffolk Community Foundation £49,311 £35,999 £67,810 £67,810 £17,500

Suffolk Family Carers - £10,000 £10,000 £10,000 -

Mrs L D Rope Third Charitable Settlement £11,000 £16,567 £11,000 £11,000 £16,567

Lift Community Grant - £6,747 £6,747 £6,747 -

East Coast College - £2,547 £2,547 £2,547 -

Sport England - £7,493 £5,033 £5,033 £2,460

Heart Research UK - £7,920 £3,900 £3,900 £4,020

ASDA Foundation - £1,930 £1,930 £1,930 -

Total Restricted Funds £132,811 £252,058 £262,476 £262,476 £122,393

Allocated to Restricted Funds

£252,058

Allocated to Restricted Covid Recovery Funds

-

£252,058

Unrestricted Funds

Grants & Donations £13,842 £82,489

Generated Income £103,838 £56,793

Allocated from Restricted Covid Recovery Funds -

Investment Income £633 -

Unrestricted Funds £202,755 £118,313 - £139,282 £181,787

Total Funds £335,566 £370,371 £262,476 £401,758 £304,180

3. INCOMING RESOURCES - ACTIVITIES FOR GENERATING FUNDS

	Unrestricted	Restricted	2023	Total 2022
Produce & Plant Sales	£10,277		£10,277	£7,198
Placement & Training Services	£12,405		£12,405	£7,375
ActivHub Sessions	£76,446		£76,446	£48,748
Other	£4,710		£4,710	£3,293
Total	£103,838	-	£103,838	£66,614

4. TOTAL RESOURCING EXPENDED

	CHARITABLE ACTIVITIES	GOVERNANCE COSTS	TOTAL 2023	TOTAL 2022
Costs directly allocated to activities				
Staff Costs	£136,156		£136,156	£180,902
Freelance costs	£40,697		£40,697	£34,124
Staff Travel & Expenses	£7,106		£7,106	£5,093
Volunteer Expenses	£1,629		£1,629	£1,153
Project Expenses	£43,703		£43,703	£23,140
Venue Costs & Expense	£29,907		£29,907	£19,446
Support Costs allocated to activities				
Staff Costs	£46,378		£46,378	£82,304
Office Expenses	£34,701		£34,701	£26,341
Travel				-
Communications	£2,333		£2,333	£2,409
Depreciation	£2,313		£2,313	£3,085
Total Resources Expended	£344,923	-	£344,923	£377,997

5. NET (OUTGOING) / INCOMING RESOURCES

	Total 2023	Total 2022
This is stated after charging:		
Depreciation	£2,313	£3,085
Pension contributions	£7,595	£6,916

6. INVESTMENT INCOME

	Total 2023	Total 2022
Interest receivable	£632	£8

7. STAFF COSTS AND NUMBERS

	Total 2023	Total 2022
Gross Salaries	£217,116	£197,074
Employer's National Insurance	£12,858	£11,103
Pension Contributions	£7,595	£6,916
	£237,569	£215,093

Number of full time employees or full time equivalents "FTE":

The average number of FTE, excluding trustees & directors =	7.5	6.8
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There were no fees or other remuneration paid to any trustee.

There were no employees with emoluments over £60,000 per annum.

8. TAXATION

As a charity, ActivLives is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or

9. TANGIBLE FIXED ASSETS

	CABIN	POLYTUNNEL	EQUIPMENT	Total
COST				
At 31 March 2022	£14,422	£2,650	£25,716	£42,788
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2023	£14,422	£2,650	£25,716	£42,788
DEPRECIATION				
At 31 March 2022	£12,783	£2,650	£18,104	£33,537
Charge for the year	£410	-	£1,903	£2,313
Disposals	-	-	-	-
At 31 March 2023	£13,193	£2,650	£20,007	£35,850
NET BOOK VALUE				
At 31 March 2023	£1,229	-	£5,709	£6,938
At 31 March 2022	£1,639	-	£7,612	£9,251

10. DEBTORS

	Total 2023	Total 2022
Trade Debtors	£2,159	£2,648

11. CREDITORS

	Total 2023	Total 2022
Accruals	£1,500	-

12. INDEPENDENT EXAMINERS REMUNERATION

	2023 £	2022 £
The independent examiners remuneration amounts to an independent examination fee of	£1,620	£300

13. RELATED PARTY TRANSACTIONS

	2023 £	2022 £
The remuneration of key management personnel is as follows:	£72,829	£68,620

There are no related party transactions during the year Nil (2022: Nil)

