

Spirited CIO

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

Charity Number 1172515
10 Claerwen Drive, Cyncoed, Cardiff, CF23 6LS

SPIRITED

REFERENCE & ADMINISTRATIVE INFORMATION

Registered Charity Number	1172515
Principal Address	10 Claerwen Drive Cyncoed Cardiff CF23 6LS
Trustees	Miss Sarah Jones Miss Vicki Sutton
Bookkeepers	Your Business Hub Services Ltd 62 High Street Merthyr Tydfil CF47 8DE
Bankers	Santander UK Bridle Road Bootle Merseyside L30 4GB

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2019

The trustees present their report and the financial statements of the charity for the year ended 31 March 2019

CONSTITUTION & LEGAL STATUS

Spirited is a Charitable Incorporated Organisation (CIO).

The CIO was registered with the Charity Commission on 10 April 2017 and the Charity Registration Number is 1172515.

OBJECTS OF THE CHARITY

The Trustees of Spirited work to provide a wide range of opportunities for individuals to positively impact their own wellbeing and live an enriched life where they maintain their independence for as long as possible.

Spirited centres around 5 principles of wellbeing and many of our projects are underpinned by more than 1 of these principles.

The 5 principles are: physical, mental, social, financial and nutritional.

Each year the charity's trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity's Commission's general guidance on public benefit.

For the public benefit to promote the relief of elderly people resident in south wales in any manner which now or hereafter may be deemed by law to be charitable and in particular by the provision of activities, services or facilities designed to relieve the needs of such persons, promote independent living and reduce reliance on social care.

TRUSTEES

The method of appointment of trustees is set out in the Governing Document dated 10 April 2017. No trustees are remunerated.

The need for new trustees is reviewed regularly and when appropriate possible names are presented at a trustee meeting for consideration. The existing trustees make any new appointments, for an indefinite period. New trustees are given copies of the governing documents, appropriate Charity Commission information and recent trustee minutes.

During the year ended 31 March 2019 the following people acted as trustees:

Miss Sarah Jones

Miss Vicki Sutton

RISK REVIEW

The management committee regularly reviews the major risks to which the charity is exposed and systems are established to mitigate these risks. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

RESERVES POLICY

The trustees decided to maintain a small financial reserve, approximately equivalent to the normal, predictable outgoings in one month.

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FINANCIAL REVIEW

Net incoming resources for the year amounted to £0 (2018: £5,000).

ACHIEVEMENTS & PERFORMANCE

Secured funds and partnerships to be able to carry out our objects in the coming year

RESPONSIBILITIES OF THE TRUSTEES

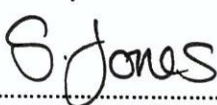
Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Trust as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure for the financial year.

In preparing those financial statements the trustees should follow best practice and

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose at any time the financial position of the charity and to enable them to ensure that the financial statements comply with charity legislation. The trustees 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.

Approved by the trustees on 22 December 2019 and signed on their behalf



Miss Sarah Jones
Trustee



Miss Vicki Sutton
Trustee

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

I report on the accounts of Spirited for the year ended 31 March 2019 set out on pages 3 to 9.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

As the charity's trustees you are responsible for the preparation of the accounts, you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep proper accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



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Mr Paul Burnell
C Management Services Ltd
Independent Examiner
69 Velindre Road
Cardiff
CF14 2TF

Date: 16th December 2019

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2019

	Notes	Unrestricted Funds	Restricted Funds	2018-19 Total	2017-18 Total
		£	£	£	£
Incoming resources					
Voluntary Income		0	0	0	0
Grants		0	0	0	5,000
Activities for Generating Funds		0	0	0	0
Total incoming resources		<u>0</u>	<u>0</u>	<u>0</u>	<u>5,000</u>
Resources expended					
Charitable Activities		0	0	0	0
Staff Costs		0	0	0	0
Governance Costs	1	213	0	213	0
Total resources expended		<u>213</u>	<u>0</u>	<u>213</u>	<u>0</u>
Net incoming/(outgoing) resources before transfers		(213)	0	(213)	5,000
Transfer between funds		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net incoming/(outgoing) resources for the year		(213)	0	(213)	5,000
Total funds brought forward		5,000	0	5,000	0
Total funds carried forward		<u>4,787</u>	<u>0</u>	<u>4,787</u>	<u>5,000</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.

All the above amounts relate to continuing services

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BALANCE SHEET AS AT 31 MARCH 2019

	Notes	31 March 19 £	31 March 18 £
Current Assets			
Cash at bank and in hand		4,787	5,000
Debtors		0	0
Total Current Assets		4,787	5,000
Current Liabilities			
Creditor amounts falling due within one year		0	0
Net Current Assets		4,787	5,000
Fixed Assets			
Tangible Assets		0	0
Total Assets less Current Liabilities		4,787	5,000
Non-Current Liabilities			
Creditor amounts falling due after more than one year		0	0
Net assets		4,787	5,000
Funds			
Restricted Funds	2	0	0
Unrestricted Funds	3	4,787	5,000
Total funds		4,787	5,000

Notes in pages 8 and 9 form part of these accounts

Approved by the Trustees on 22 December 2019 and signed on their behalf



Miss Sarah Jones
Trustee



Miss Vicki Sutton
Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

1. Accounting Policies

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

1.1. Basis of Preparation

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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102); and the Charities Act 2011.

The accounts have been prepared on a cash basis.

1.2. Cashflow

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.3. Fund Accounting

Funds held by the charity are either:

1. **Unrestricted Funds** - these are funds which can be used in accordance with the charity's objectives, at the discretion of the trustees.
2. **Designated Funds** - these are funds set aside by the trustees out of unrestricted general funds for a specific future purpose or projects
3. **Restricted Funds** - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.4. 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:

1. Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable.
2. Donated services 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.
3. Grants where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Other grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.
4. Legacies are included when the charity is advised by the personal representative of an estate that payment will be made or property transferred and the amount involved can be quantified

1.5. Resources expended

Expenditure is recognised on a cash basis when the liability is paid. 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 associated with attracting voluntary income.

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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 costs of an indirect nature necessary to support them.

Governance costs include those associated with meeting the constitutional and statutory requirements of the charity and include accountancy fees, costs relating to the strategic development of the charity, management of assets and organisational administration.

2. Governance Costs

	Unrestricted Funds	Restricted Funds	2018-19 Total	2017-18 Total
	£	£	£	£
Professional - Accountancy Fees	213	0	213	0
Other Governance Costs	0	0	0	0
Total	213	0	213	0

3. Restricted Funds

	At 1st April 2018	Incoming resources	Outgoing resources	Transfers	At 31st March 2019
	£	£	£	£	£
Restricted Funds	0	0	0	0	0
Total	0	0	0	0	0

4. Unrestricted Funds

	At 1st April 2018	Incoming resources	Outgoing resources	Transfers	At 31st March 2019
	£	£	£	£	£
Unrestricted Funds	5,000	0	(213)	(213)	4,787
Total	5,000	0	(213)	(213)	4,787

5. Transactions with Trustees

There were no transactions with the Trustees during the year