Company number 03341420
Charity number 1064848



OPTIONS FOR LIFE

(A Company limited by Guarantee)

Financial Statements

Year ended 31 March 2026

OPTIONS FOR LIFE

INDEX

Charity Information	**1**
Directors' and Trustees' Report	**2**
Report of the Auditors	**9**
Statement of Financial Activities	**12**
Balance Sheet	**13**
Cash Flow Statement	**14**
Notes to the Financial Statements	**15**

OPTIONS FOR LIFE

CHARITY INFORMATION

Directors

Amrit Virk – Chair
Cesar Alvarez
Anthony Downes
Beverley Simmonds – appointed 27/10/25
Rosina Singleton – resigned 27/4/25
Matthew Small – resigned 29/4/25
Ariecho Gros – resigned 18/9/25

Charity Number

1064848

Company Number

03341420

Charity correspondence address

Oak Green Lodge
Oak Green Way
Oldbury
West Midlands
B68 8LR

Auditors

Feltons
Chartered Accountants & Business Advisers
8 Sovereign Court
8 Graham Street
Birmingham
B1 3JR

Bankers

Lloyds Bank plc
125 High Street
Harborne
Birmingham
B17 9NP

Chief Executive Officer

Nicola Thomson

The Directors present their report and financial statements for the year ended 31 March 2026.

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 27 March 1997 and registered as a charity on 13 October 1997. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up the members are required to contribute an amount not exceeding £1.

Directors and Trustees

The Board of Trustees is the governing body of the charity. The Board of Directors is the governing body of the company. Selection of Trustees is by application to the Board of Trustees and is managed by the Chair and brought to Board of Trustees Meetings for approval. Selection of Directors is by a vote of the trustees. The policy is to recruit people to be Trustees with knowledge, skills and experience relevant to the aims and objectives of the charity. Documents detailing the legal structure, organisation, finances and management of the company, which are regularly reviewed, are provided to all Board of Trustee members to facilitate effective governance of the charity. In addition, they are provided with training support and practical experience of the day-to-day running of the charity.

The Board of Trustees meets on a regular basis to manage the affairs of the charity and formulate policy. The Chief Executive manages the day-to-day running of the charity assisted by full time and part time employees.

No trustee receives any payment for carrying out their duties and none of the trustees have any beneficial interest in the company.

The directors / trustees who have served during all or part of 2025/26 are listed on page 1 and 7.

Risk Management

The Board of Trustees meet regularly to assess financial planning matters and review measures to control risk. A comprehensive risk register is completed annually and reviewed at least quarterly during the year.

External risks, which primarily concern funding, are continually addressed by closely managing the quality and cost effectiveness of all our contracts, identifying areas for new grant applications and ensuring adequate cash reserves are constantly maintained.

An on-going review of key operational and financial processes and procedures combined to mitigate against any potential internal control weaknesses.

Mission and Vision Statement

Our Mission is to provide high quality and coordinated services to all participants which is responsive, flexible and sensitive to their changing needs, enabling them to play an active part in their local community.

Our Vision is to give people with Learning Disabilities and/or Autism choice and control over their lives.

Objectives of the Charity

Options for Life exists to enhance the independence, wellbeing, and inclusion of adults with learning disabilities and/or autism by delivering high-quality, person-centred support that enables individuals to have genuine choice, control, and opportunity in their lives.

Our services are designed to be flexible, coordinated, and responsive to individual need, with a strong emphasis on outcomes-based support and personalised goal setting. This is achieved through meaningful, structured activities such as aquafit, art, cooking, football, and community-based learning, all of which are tailored to promote independence, communication, confidence, and life skills development.

A core element of our approach is community inclusion. We actively support participants to access a wide range of local environments, services, and opportunities, working in partnership with schools, colleges, and community organisations to strengthen transitions, reduce isolation, and promote meaningful participation in society. Our

delivery also celebrates cultural diversity through inclusive activities and events that reflect the communities we support.

Continuous improvement underpins all aspects of our work. We maintain strong governance and quality assurance systems, supported by regular internal audits, outcome monitoring, and robust risk management processes. Staff are provided with ongoing training and development to ensure safe, skilled, and consistent delivery across all services. In addition, we have strengthened co-production through our participant-led advisory group, ensuring that the voices and experiences of the people we support directly influence service design and improvement.

We are committed to sustainability and long-term organisational resilience. This includes exploring and developing diverse income streams through digital fundraising, community engagement, and social enterprise opportunities such as a potential café and retail-based initiatives. Alongside this, we continue to increase the involvement of volunteers to enhance community connection and capacity.

At the heart of all our work are the principles of inclusion, wellbeing, dignity, and innovation. These values ensure that our support is not only effective in meeting individual needs, but also enriching, empowering, and focused on enabling people to live meaningful lives with opportunity and independence.

Review of Activities for 2025 – 2026

During 2025–2026, Options for Life delivered substantial levels of support across all service areas:

Acorn Lodge: 32,963 support hours delivered
Outreach Services: 55,225 support hours delivered
Referrals received: 29
New starters: 16
Current waiting list: 10 (with 13 not carried forward)

These figures reflect sustained demand for our services and demonstrate the continued confidence placed in Options for Life by commissioners, families, and individuals.

Achievements of the Year

Service Development and Outcomes
Across all services, there has been a continued focus on improving outcomes and supporting individuals to build independence, communication, and confidence. Structured, person-centred approaches have been embedded across daily practice, with measurable progress recorded in areas such as daily living skills, social engagement, and emotional wellbeing.

Acorn Lodge Service Delivery
Acorn Lodge has delivered a wide-ranging and meaningful programme of sensory, creative, and community-based activities throughout the year. Participants have engaged in seasonal celebrations including Eid, Pride, Caribbean Day, Easter, Halloween, St George's Day, St Patrick's Day, and Remembrance Day. These experiences have supported sensory engagement, cultural awareness, communication, and social interaction.

A strong emphasis has been placed on music, arts, and sensory exploration, alongside structured activities such as baking, switch-adapted sessions, themed discos, and accessible learning opportunities. These activities have supported independence, choice-making, and engagement with the environment.

Community access has remained a core feature of delivery, with regular visits to locations including Sandwell Valley, Cannon Hill Park, Lightwoods Park, and a range of national and cultural venues such as RAF Cosford, Cadbury World, the Black Country Living Museum, Birmingham Botanical Gardens, and National Trust sites. These experiences have supported life skills development, sensory exploration, and meaningful community inclusion.

Across all activities, staff have consistently delivered highly person-centred support, ensuring engagement is tailored to individual needs, interests, and abilities, while promoting wellbeing, communication, and social connection.

Outreach Services
Outreach services have continued to provide a highly varied and person-centred programme of community-based activities, promoting independence, wellbeing, and social participation.

Participants have accessed a wide range of cultural, creative, and educational experiences, including visits across the West Midlands and surrounding areas such as Stratford-upon-Avon, Worcester, Telford, Ironbridge Gorge, Birmingham Cathedral, and multiple heritage and National Trust sites. Educational visits to venues including Thinktank, RAF Cosford, and the Black Country Living Museum have provided immersive learning experiences.

Creative programmes have included cultural music sessions, global instrument exploration, and themed arts projects such as Mandala work and the "Communities in Sync – Take Time for You" project. These activities have strengthened engagement, cultural understanding, and self-expression.

Physical wellbeing has also been a key focus, with participants engaging in inclusive cycling, walking football, fitness circuits, and outdoor activities across local parks and green spaces. Wider community participation has included volunteering, fundraising, allotment work, and engagement with local services and events.

Across all outreach delivery, staff have prioritised independence, inclusion, and meaningful participation within the community.

Workforce Development and Quality Improvement
The Business Development Plan 2025–2026 has driven continued improvements across service quality, workforce development, and partnership working.

Staff have received enhanced training and support, contributing to improved consistency and quality of delivery. Quality assurance processes have been strengthened, ensuring continuous monitoring of outcomes and responsive service improvements. Feedback from participants has been increasingly embedded into service development and planning.

Partnership working has also strengthened, with closer collaboration with local providers, schools, and community organisations, supporting improved access to resources and wider inclusion opportunities.

Looking Ahead
As we reflect on 2025–2026, Options for Life remains focused on continuous improvement, innovation, and sustainability. We will continue to build on the progress made this year by further strengthening community inclusion, expanding opportunities for participation, and embedding person-centred practice across all areas of service delivery.

Future priorities include continued workforce development, further expansion of community-based opportunities, and ongoing investment in quality and outcomes to ensure individuals are supported to achieve their personal goals and live as independently as possible.

Public Benefit

In planning and delivering our activities, the Trustees and management team continue to uphold the Charity Commission's guidance on public benefit. We remain deeply committed to inclusivity and actively welcome participants regardless of their background, personal circumstances, faith, gender, or economic status. This inclusive ethos not only reflects our values but also fosters a diverse and vibrant community where varied experiences, skills and perspectives are respected and shared.

Our central purpose is to support adults with learning disabilities and/or autism through personalised services that promote independence, wellbeing and meaningful engagement in the community. The individuals we support often face significant barriers in accessing healthcare, education and employment barriers that were amplified during the COVID-19 pandemic and continue to affect outcomes today.

We work to address these inequalities by offering high-quality, consistent and tailored support that focuses on building confidence, life skills and connections. As life expectancy increases for adults with learning disabilities and/or autism, we recognise the growing need to adapt services to meet more complex health and care requirements associated with ageing. Our flexible approach ensures that participants continue to receive the right level of support at every stage of life.

Our impact extends beyond individuals to their families and support networks. By providing reliable, structured care, we enable families to experience greater stability and relief from the demands of full-time caregiving. This

contributes positively to the wider community by reducing pressure on statutory services and strengthening family resilience.

In summary, the public benefit of Options for Life is far-reaching. We enrich lives by promoting health, independence and inclusion for adults with learning disabilities and/or autism, while also supporting families and enhancing community wellbeing. This commitment remains at the heart of everything we do.

Review of financial position

The income of the charity for 2025/26 was £2,464,141 (2024/25: £2,205,191) and expenditure was £2,353,504 (2024/25: £2,007,631). This resulted in a net income surplus of £110,637 reducing to £97,729 if the restricted funds surplus of £12,908 is excluded (2024/25 net surplus £189,715). The charity balance sheet reflects an increase in funds due to the 2025/26 surplus.

The main reason for the reduction in the surplus in 25/26 was the reduction in fee rates imposed on the Charity by Sandwell Council from April 2025. Sandwell Council is the largest commissioner of services for the Charity and the fee changes had a profound financial impact on the Charity. The charity budgeted for a net balanced budget for 25/26 so the outturn was better than expected but it was helped by an unexpected one-off bequest of £75,000 received late in the financial year.

The Charity is expecting another challenging financial year for 26/27 and the Board has approved another net zero balanced budget. The Charity is facing rising employee, fuel, energy, repair maintenance and food costs. Both the Board and the Senior Management Team will continue to monitor closely the financial position during 26/27.

Reserves policy

It is the policy of the charity to establish designated reserve funds to manage any potential financial risks to the viability of the organization. The level of reserves links to our financial assessment of risks that the organisation faces over the medium term within a 5 year period.

The level of designated reserve is reviewed annually by the Board of Trustees and they agreed in April 2026 to increase the designated reserve to £520,000.

As part of the review, the Board assessed the potential risks that the charity may face such as the impacts of future national minimum wage increases, potential fee reviews and other cost pressures. It will also include funds set aside for planned capital improvements at our centres. There is an additional provision for statutory redundancy costs of employees if the charity were to close.

The Charity will have free balances available at April 2026 of approximately £570,000 to support new projects and initiatives if opportunities to grow the business become available.

Future Developments

As Options for Life enters its 2025–2027 strategic cycle, we remain committed to delivering high-quality, responsive services that enable adults with learning disabilities and/or autism to live with greater independence, choice, and inclusion within their communities.

This strategy has been developed through meaningful engagement with participants, families, staff, commissioners, and wider stakeholders, ensuring it reflects both the lived experience of those we support and the evolving demands of the adult social care sector. In particular, it responds to increasing complexity of need, rising expectations around outcomes-based support, and the continued pressures facing providers across health and social care.

Over the coming period, our focus will be on further strengthening person-centred practice and embedding measurable outcomes across all services. This includes building on our established strengths in outreach and building-based provision, while continuing to develop innovative, flexible approaches that support independence, communication, and wellbeing.

We will continue to invest in workforce development, ensuring staff are equipped with the skills, training, and confidence needed to deliver high-quality, consistent support. Alongside this, we will further strengthen quality assurance systems and digital recording processes to improve evidence of impact, enhance consistency, and support continuous improvement.

A key priority will also be expanding opportunities for community inclusion, ensuring participants have access to meaningful activities, relationships, and experiences that reflect their goals and interests. Co-production will remain central to this work, with continued development of participant voice mechanisms, including the Participant Advisory Group, to ensure people we support directly influence service design and delivery.

Environmental sustainability and responsible operational practice will continue to be embedded across all services, building on recent improvements in waste management and organisational awareness.

Finally, we will continue to strengthen partnership working with families, commissioners, schools, and community organisations, ensuring services remain joined-up, responsive, and sustainable. Through this approach, Options for Life will continue to evolve while remaining firmly focused on its core purpose: enabling people to live meaningful lives with dignity, independence, and opportunity.

Alignment of Operational Plans to Strategic Priorities 2025–2027

Options for Life's Operational Plans for Acorn Lodge/Ocker Hill and Outreach/Building-Based Services directly deliver against the organisation's 2025–2027 Strategic Priorities. Both service areas translate strategic intent into practical, measurable activity, ensuring that long-term objectives are embedded into day-to-day delivery and participant outcomes.

Goal 1: Enhance Participant Independence and Empowerment

Acorn Lodge / Ocker Hill

The Ocker Hill development directly supports independence through the creation of a purpose-designed PMLD environment that enables alternative positioning, sensory regulation, and communication development. The introduction of assistive technologies such as eye gaze systems, switches, and sensory equipment promotes greater autonomy and engagement for individuals with complex needs.

Structured sensory, communication, and activity-based sessions are designed to support emotional regulation, cognitive stimulation, and physical wellbeing, ensuring participants are actively supported to make choices and engage meaningfully.

Outreach / Building-Based Services

The life skills programme directly aligns with this priority through structured support in cooking, budgeting, travel training, communication, and personal care. Participants are supported to develop practical independence in real-world environments, including community settings such as shops, transport systems, and public services.

The accessible goal-setting system and "Record of Achievement" further strengthen empowerment by ensuring individuals can track progress, celebrate success, and actively participate in their own development planning.

Goal 2: Expand Service Flexibility and Responsiveness

Acorn Lodge / Ocker Hill

The separation and planned transition of hubs, alongside structured staffing and transport planning, ensures services remain responsive to participant needs while maintaining continuity of care. Participant allocation based on compatibility, geography, and support needs demonstrates a personalised, flexible approach to service delivery.

The phased implementation of the Ocker Hill environment also ensures adaptability, allowing services to evolve in response to engagement and operational feedback.

Outreach / Building-Based Services

Outreach services are inherently flexible, delivering support across a wide range of community venues, times, and formats. The operational plan strengthens this by embedding co-planning with participants, enabling services to be shaped around individual preferences, energy levels, and interests.

Routine wellbeing check-ins and consistent staffing patterns further ensure responsiveness to changing emotional and support needs.

Goal 3: Strengthen Community Connections and Inclusion

Acorn Lodge / Ocker Hill

Community engagement is delivered through structured access to parks, cultural venues, museums, and leisure facilities. These experiences promote inclusion, sensory exploration, and social participation, ensuring individuals are supported to engage meaningfully with their local environment.

Outreach / Building-Based Services

Community inclusion is a core strength of outreach delivery. Participants access a broad range of locations including heritage sites, cities, cultural landmarks, cafés, libraries, and leisure facilities.

Volunteering, fundraising, and community participation activities further enhance social inclusion and contribute to reducing isolation. Creative projects and group-based sessions also strengthen peer relationships and belonging.

Goal 4: Ensure High-Quality Services and Continuous Improvement

Acorn Lodge / Ocker Hill

The Ocker Hill development includes structured evaluation and monitoring of impact, ensuring that the service model is reviewed following implementation. Risk assessments, environmental design, and staffing structures all contribute to maintaining safe, high-quality provision.

Outreach / Building-Based Services

Quality improvement is embedded through participant survey analysis, outcome tracking, and structured evaluation processes. Feedback from 75 participants has directly shaped the operational plan, ensuring services are evidence-led and responsive.

Staff training, consistency of delivery, and improved communication tools contribute to enhanced service quality and improved participant outcomes.

The introduction of accessible goal-setting systems and structured reviews ensures continuous monitoring of progress at both individual and service level.

Goal 5: Diversify Funding and Resource Opportunities

Acorn Lodge / Ocker Hill

Investment in the refurbishment and equipment of Ocker Hill reflects a longer-term commitment to service sustainability and enhanced PMLD provision. The development of a specialist hub model strengthens the organisation's position within commissioned services and supports future service differentiation.

Outreach / Building-Based Services

The expansion of structured programmes, community engagement, and measurable outcomes strengthens the organisation's ability to evidence impact to commissioners and funders.

Improved data collection, outcome tracking, and participant feedback systems provide stronger evidence for funding applications, commissioning discussions, and service development opportunities.

Employees and Remuneration

The charity operates policies based on a range of issues including those to ensure that no discrimination is made against any employee or participant based on their disabilities, age, gender or ethnicity.

The majority of staff for 2025/26 received a pay rise of 6.7% since their salary grades were linked to the National Minimum Wage which rose by this percentage in April 2025. The remaining staff received a general pay award of 2%.

Directors / Trustees

The directors, who served during the period, are shown below and all are trustees.

Amrit Virk – Chair
Cesar Alvarez
Anthony Downes
Beverley Simmonds – appointed 27/10/25
Rosina Singleton – resigned 27/4/25
Matthew Small – resigned 29/4/25
Ariecho Gros – resigned 18/9/25

Indemnity provision for Directors

Indemnity insurance cover has been taken out for all Directors and Trustees for any potential claim risk to value of £2 Million (2025 £2,000,000).

Responsibilities of Directors / Trustees

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

UK company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for the system of internal control, safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 of the financial statements and comply with the charity's Memorandum and Articles of Association, applicable law and the requirements of the Statement of Recommended Practice (FRS102), "Accounting and Reporting by Charities" (effective October 2019).

In accordance with company law, as the company directors, we certify that:

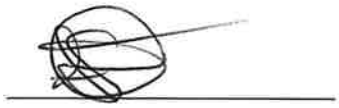
- so far as we are aware, there is no relevant audit information of which the company's auditor is unaware: and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Auditor

Feltons have been the direct audit support and auditor of the company accounts since 2022/23. Feltons were re-appointed by the Board in October 2025 to continue as auditors for 2025/26 and they operate in accordance with the Companies Act 2006 section 487(2).

In preparing this report, the Directors have taken advantage of the small companies exemption provided by section 415A of the Companies Act 2006.

Approved by the Board on 26 October 2026 and signed on its behalf by



Amrit Virk
Chair of the Board of Trustees



Nicola Thomson
Chief Executive Officer

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF OPTIONS FOR LIFE

Opinion

We have audited the financial statements of Options For Life (the 'charitable company') for the year ended 31 March 2026 which comprise the Statement of Financial Activities, Balance Sheet, Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2026, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Directors' and Trustees' Report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Directors' and Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' and Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' and Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the Directors' and Trustees' Report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 8 the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the charitable company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the charitable company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)

For and on behalf of Feltons, Statutory Auditor

8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

10/11/2026

OPTIONS FOR LIFE

STATEMENT OF FINANCIAL ACTIVITIES (incorporating Income and Expenditure Account)
For the year ended 31 March 2026

	Notes	Restricted funds £	Designated funds £	Unrestricted funds £	Total funds 2026 £	Total funds 2025 £
Income from:						
Donations & legacies		-	-	**76,699**	**76,699**	2,742
Charitable activities	2	**44,833**	-	**2,290,402**	**2,335,235**	2,152,905
Other trading activities	2	-	-	**24,498**	**24,498**	23,897
Investments		-	-	**27,709**	**27,709**	25,647
		44,833	**0**	**2,419,308**	**2,464,141**	2,205,191
Expenditure on:						
Charitable activities	3, 11	**31,925**	-	**2,321,579**	**2,353,504**	2,007,631
		31,925	**0**	**2,321,579**	**2,353,504**	2,007,631
Net income / (expenditure)		**12,908**	**0**	**97,729**	**110,637**	197,560
Transfer between funds	12	-	**120,000**	**(120,000)**	-	-
Net movement in funds		**12,908**	**120,000**	**(22,271)**	**110,637**	197,560
Reconciliation of funds:						
Total funds brought forward		**46,392**	**400,000**	**1,769,605**	**2,215,997**	2,018,437
Total funds carried forward		**59,300**	**520,000**	**1,747,334**	**2,326,634**	2,215,997

The notes on pages 15 to 25 form part of these financial statements.

There were no recognised gains or losses other than those in the Statement of Financial Activities.

All surpluses are a result of continuing activities as one-off activities are structured to produce no surplus or deficit.

OPTIONS FOR LIFE

BALANCE SHEET
As at 31 March 2026

Company No. 03341420

	Notes	2026		2025	
		£	£	£	£
Fixed assets					
Tangible assets	6		**1,173,993**		1,147,729
Current assets					
Debtors	7	**262,752**		242,036	
Investments	8	**725,132**		528,000	
Cash at bank and in hand	9	**229,448**		350,199	
		1,217,332		1,120,235	
Liabilities					
Creditors: Amounts falling due in less than one year	10	**(64,691)**		(51,967)	
Net current assets			**1,152,641**		1,068,268
Total assets			**2,326,634**		2,215,997
The Funds of the charity					
Restricted funds	11		**59,300**		46,392
Unrestricted funds					
Designated funds	12		**520,000**		400,000
Unrestricted funds	12		**1,747,334**		1,769,605
			2,326,634		2,215,997

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved and authorised for issue by the Board on 26 October 2026
and signed on their behalf by:

Amrit Virk
Chair of the Board of Trustees.

Nicola Thomson
Chief Executive Officer.

The notes on pages 15 to 25 form part of these financial statements.

OPTIONS FOR LIFE

CASH FLOW STATEMENT
As at 31 March 2026

Company No. 03341420

	2026	2025
	£	£
Cash flows from operating activities:		
Net cash used in operating activities	129,422	144,385
Cash flows from investing activities:		
Dividends, interest and rent from investments	27,709	25,647
Proceeds from the sale of investments	453,693	85,900
Purchase of investments	(650,825)	(358,000)
Purchase of property, plant and equipment	(80,750)	(43,961)
Net cash provided by investing activities	(250,173)	(290,414)
Reconciliation of net cash flow to movement in funds		
Change in cash and cash equivalents in the year	(120,751)	(146,029)
Cash and cash equivalents at 1 April	350,199	496,228
Cash and cash equivalents at 31 March	229,448	350,199
Reconciliation of next movement in funds to net cash outflow from operating activities		
Net movement in funds for the year ended 31 March 2026	110,637	197,560
Adjustments for:		
Depreciation	54,486	61,885
Dividends, interest and rent from investments	(27,709)	(25,647)
Decrease / (Increase) in debtors	(20,716)	(101,475)
Increase / (Decrease) in other creditors	12,724	12,062
Net cash used in operating activities	129,422	144,385
Analysis of cash and cash equivalents		
Notice deposits (up to 3 months)	0	51,477
Cash in hand	229,448	298,722
Cash and cash equivalents	229,448	350,199

1 **Accounting policies**

Options for Life in incorporated as a company limited by guarantee, registered in England and Wales (No. 3341420)

Basis of Accounting

The financial statements are prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities; the Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019) – (Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Income

Income is predominantly service contracts for participants with some income from external grants and meal sales and donations. This income is recognised in the Statement of Financial Activities when received or on completion of the delivery of the specified terms of the Service Level Agreement.

Expenditure

All expenditure is accounted for on an accruals basis and is recognised where there is a legal or constructive obligation to pay. Expenditure has been classified under headings that aggregate all costs related to that category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and includes both the direct and support costs relating to these activities.

Support costs consist of central administration and property costs. These are disclosed in more detail in Note 4.

Governance

Governance costs of the charity include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management of the charitable company. Details on governance costs are shown in Note 4.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in the furtherance of the objectives of the Charity unless the funds have been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes or to meet potential financial risks or pressures that the charity may face.

Restricted funds are subject to specific terms and conditions by donors as to how they may be used.

Grants and donations

Grants and donations are only included in the Statement of Financial Activities when the charity has unconditional entitlement to the resources.

Legacies

A legacy refers to a gift left to the charity by an individual in their will. Income from legacies is only recognised in the Statement of Financial Activities when certain criteria has been met. There must be an unconditional entitlement to the funds, a probability the charity will receive the income and the amount due can be reliably measured. Once the criteria has been met, income from a legacy can be recognised.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Judgments in applying accounting policies and key sources of estimation uncertainty

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The trustees confirm there are no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

1. **Accounting policies (continued)**

Value Added Tax

VAT has been treated as irrecoverable by the Charity, due to the scale and type of activities being regarded as exempt. To ensure the charity compiles with HMRC's regulatory requirements both the sources of income and the aggregate amounts that could constitute vatable supplies, are frequently reviewed.

Tangible fixed assets and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Since April 2019 individual items costing less than £5,000 are written off in the Statement of the Financial Activities.

Depreciation is provided at rates calculated to write off the cost less estimated residual value, over their expected useful lives.

Office equipment	- 25% on a straight line basis
Motor vehicles	- 25% on a straight line basis
Building – Leasehold	- 10% on a straight line basis
Building – Freehold	- 2% on a straight line basis

Freehold land is not depreciated

Pension costs

The charity fulfilled its legal obligation in adopting the Governments Workplace Pension Scheme Auto-Enrolment in October 2014 integrating this with the defined contributions pension scheme that was already part of the remuneration policy. Those employees who have opted for the minimum contribution of 5% of pensionable salary under auto-enrolment rules enjoy an employer's contribution of 4%, this increases to 5% after 10 years service.

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 has committed to terminate the employment of an employee or to provide termination benefits.

Going concern

At the time of preparing the financial statements, the trustees have a reasonable expectation that the Charity has adequate resources to continue its operational existence for the foreseeable future. There are no other material uncertainties that may cast a significant doubt about the Charity's ability to continue as a going concern. Therefore, the accounts have continued to be prepared on the going concern basis of accounting.

There will be continuing future challenges to be faced by the Charity. The Board are reviewing the strategic direction of the Charity and the agreed business plan and model will look to deliver both continuing but new and flexible ways of service delivery.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Operating leases

Rental costs under operating leases are charged to the income and expenditure account in equal annual amounts over the period of the lease.

Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

2 Income

Restricted income	2026 £	2025 £
Charitable activities		
National Lottery Community Fund	**15,312**	-
Bailey Thomas Charitable Trust	**2,335**	-
Creative Black Country	**980**	-
Gardening with Disabilities Trust	**400**	-
Morrisons Foundation	**3,802**	-
Grimmitt Trust	**1,200**	-
Active Black Country	**1,200**	-
W Dunn Charitable Trust	**500**	-
Sport England	**1,443**	-
Geoff Hill Charitable Trust	**250**	-
Sandwell Council	**1,455**	15,727
Roger and Douglas Turner Charitable Trust	-	3,000
Barclays Community Football Fund	-	1,000
Npower Business Solutions Foundation	-	7,538
Edward Cadbury Charitable Trust	**4,000**	3,000
Heart of England Community Foundation	-	31,515
The Saintbury Trust	-	5,000
Eveson Charitable Trust	**11,956**	7,500
Arnold Clark Community Fund	-	500
Finnis Scott Foundation	-	1,000
Total restricted income from charitable activities	**44,833**	75,780

Unrestricted income		
Charitable activities		
Adult social care – Sandwell MBC	**1,509,793**	1,594,544
Direct payments	**564,463**	301,747
NHS Black Country ICB	**206,877**	171,408
One to One Support – Sandwell MBC	**9,269**	9,426
Total unrestricted income from charitable activities	**2,290,402**	2,077,125
Total income from charitable activities	**2,335,235**	2,152,905
Other trading activities income		
Activities and fund raising	**10,173**	3,153
Food and drink sales	**14,325**	14,044
Room hire charges	**0**	5,560
Sales on disposal of assets	**0**	1,140
	24,498	23,897

3 Expenditure	2026	2025
	£	£
Charitable Service Operational Costs		
Direct staffing costs	**1,646,455**	1,316,534
Severance costs	**3,967**	0
Indirect staff related costs	**6,890**	8,639
Premises, repairs and running costs	**44,966**	29,394
Cleaning, personal protective equipment and waste disposal	**19,654**	20,968
Vehicle and transport costs	**71,045**	64,057
Activities and materials	**80,927**	74,282
IT and office costs	**14,453**	15,016
Depreciation costs	**34,571**	37,715
Bad debts write off	**9,221**	0
Total charitable operational costs	**1,932,149**	1,566,605
Management and Support Costs	**375,926**	358,257
Governance costs	**13,504**	14,834
Total charitable expenditure	**2,321,579**	1,939,696

4 Expenditure – Charitable activities

	2026	2025
	£	£
Management support costs		
Salaries	**255,719**	248,803
Staff recruitment, training, travel, other	**5,025**	4,126
Office costs	**28,010**	28,772
External professional support	**56,569**	49,032
Equipment depreciation	**3,741**	2,363
Vehicle costs	**0**	571
Premises related costs	**26,862**	24,590
	375,926	358,257

Governance costs

	2026	2025
	£	£
Audit	**9,630**	9,180
Other insurance costs	**1,882**	1,726
Bank charges	**1,261**	1,400
Professional & consultancy fees	**0**	1,002
Trustee expenses and associated costs	**731**	1,526
	13,504	14,834

5 Staff costs

	2026	2025
	£	£
Wages & salaries	**1,674,167**	1,411,250
Social security costs	**176,613**	97,961
Pension costs	**51,394**	38,947
	1,902,174	1,548,158

	Number	Number
The average monthly number of staff employed by the charity during the year was as follows:		
Management and administrative	**10**	8
Project based	**66**	59
	76	67

Employer benefits to Senior Management Team Members

During the year to 31 March 2026 payments to key members of the management team in the form of salary and pensions amounted to £164,208. This compares with £155,742 for the prior year.

There was one employee whose annual emoluments were in the band £70,000 to £80,000.

Termination Payments

In 2025/2026 there were termination payments of £3,967 relating to former employees. There had been no termination payments in 2024/25.

Payments to Directors/Trustees

The trustees neither received nor waived any emoluments during the year (2025: £nil).

In 2025/26 there were total expenses re-imbursements of £251 to one trustee. In 2024/25 there had been payments of £346 to two trustees.

6 Tangible fixed assets for use by the charity

	Freehold properties	Leasehold Improvements	Office equipment / fixtures & fittings	Vehicles	Total
	£	£	£	£	£
Cost					
As at 1 April 2025	1,585,963	12,781	219,481	58,379	**1,876,604**
Additions	-	-	55,828	24,922	**80,750**
Disposals	-	-	-	-	**0**
As at 31 March 2026	1,585,963	12,781	275,309	83,301	**1,957,354**
Depreciation					
As at 1 April 2025	496,300	10,083	197,402	25,090	**728,875**
Charge for the year	27,521	1,278	14,967	10,720	**54,486**
As at 31 March 2026	523,821	11,361	212,369	35,810	**783,361**
Net Book Value					
As at 31 March 2026	1,062,142	1,420	62,940	47,491	**1,173,993**
As at 31 March 2025	1,089,663	2,698	22,079	33,289	1,147,729

Land at cost carried forward £210,000 is not depreciated (2025 - £210,000).

7 Debtors

	2026	2025
	£	£
Trade debtors	**204,151**	201,976
Prepayments & sundry debtors	**58,601**	40,060
	262,752	242,036

8 Investments

	2026	2025
	£	£
Market value brought forward	**528,000**	255,900
Additions to investments at cost	**650,825**	358,000
Disposals at carrying value	**(453,693)**	(85,900)
Market value as at 31 March	**725,132**	528,000
Comprised:		
Investments at fair value comprised		
Cash on deposit	**725,132**	528,000

9 Bank and cash

	2026	2025
	£	£
Bank accounts	224,509	344,577
Procurement cards and petty cash	4,939	5,622
	229,448	350,199

10 Creditors: Amounts falling due in less than one year

	2026	2025
	£	£
Trade creditors	**5,796**	5,141
Accrued expenses	**14,382**	13,800
Tax and social security	**34,880**	24,515
Pensions	**9,633**	8,511
	64,691	51,967

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2026

11 Restrictive Funds

External Grants	1 April 2025	Income	Expenditure	31 March 2026
	£	£	£	£
Sandwell Council	1,002	1,455	2,457	**0**
N-Power Foundation	5,034	0	5,034	**0**
Eveson Trust	7,292	11,956	4,493	**14,755**
Heart of England Foundation	24,950	0	7,879	**17,071**
Saintbury Trust	3,958	0	1,250	**2,708**
Arnold Clark Community Fund	400	0	400	**0**
Finnis Scott Foundation	756	0	249	**507**
Turner Trust Foundation	3,000	0	0	**3,000**
The National Lottery Community Fund	0	15,312	2,552	**12,760**
Bailey Thomas Charitable Fund	0	2,335	1,943	**392**
Creative Black Country	0	980	980	**0**
Gardening Disabilities Trust	0	400	0	**400**
Morrisons Foundation	0	3,802	1,868	**1,934**
Edward Cadbury Trust	0	4,000	0	**4,000**
Grimmitt Trust	0	1,200	487	**713**
Active Black Country	0	1,200	1,200	**0**
W E Dunn Charitable Trust	0	500	500	**0**
Sport England	0	1,443	633	**810**
Geoff Hill Charitable Trust	0	250	0	**250**
Total restricted funds	**46,392**	**44,833**	**(31,925)**	**59,300**

Further information on all funds held during 2025/26:

Sandwell Council	Grants to fund cycle training and fitness as well as sessions to enhance mental health and well-being.
N-Power Foundation	This is funding to install new play equipment and renovation of the sensory garden at Acorn Lodge
Eveson Trust	Grant towards installation of air conditioning units at Oak Green Lodge
Heart of England Foundation	Prior year purchase of new electric car – now depreciation costs
Saintbury Trust	Towards additional air conditioning units at Acorn Lodge
Arnold Clark Community Fund	To fund therapeutic art sessions at Acorn Lodge
Finnis Scott Foundation and Gardening Disabilities Trust	To fund tools. clothing and seeds for a local allotment plot
Turner Trust Foundation	Will be used towards the extension of parking bays at Acorn
Morrisons Foundation and Edward Cadbury Trust	Secret Garden improvements at Oak Green Lodge
Grimmitt Trust	Eat Well Project – cooking lessons for participants
Active Black Country	Aqua fit sessions for participants
W E Dunn Charitable Trust	Towards Xmas meal costs for participants
Sport England	Football sessions for participants
Geoff Hill Charitable Trust	Sports Day event

12 Unrestricted funds

	2026	2025
	£	£
Unrestricted capital funds brought forward	**1,769,605**	1,579,890
Movement for the year	**97,729**	189,715
Transfer to Designated Funds	**(120,000)**	0
Unrestricted funds carried forward	**1,747,334**	1,769,605

12 Designated funds

	2026	2025
	£	£
Designated funds brought forward	**400,000**	**400,000**
Movement in the year	**120,000**	**0**
Total designated funds carried forward	**520,000**	400,000
Total unrestricted funds	**2,267,334**	2,169,605

13 Analysis of net assets between funds

	Tangible fixed assets	Other net assets/ liabilities	Total
	£	£	£
Restricted	-	59,300	**59,300**
Unrestricted funds			
Designated funds	-	520,000	**520,000**
Unrestricted funds	1,173,993	573,341	**1,747,334**
	1,173,993	1,152,641	**2,326,634**

14 Commitments under operating leases

At 31 March 2026 the Company had commitments under non-cancellable leases in respect of minibus vehicles and photocopiers:

	2026	2025
	£	£
Within one year	**32,908**	33,893
Within two to five years	**80,415**	90,976
	113,323	124,869

15 Related party transactions

There were no transactions in 2025/26 involving payments to a business with connections to either the trustees or other senior charity employees. In 2024/25 there were no related party payments.

16 Post balance sheet events

There are no other events that occurred after 31 March 2026 that are likely to significantly change what is presented in the financial statements or have an impact upon the status of the organisation as a going concern.

17 Pension Commitments

The Charity operates a defined contribution scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amounted to £51,394 (2025 £38,947). At 31 March 2026 there were total staff and employer contributions of £9,633 outstanding to be paid relating to 2025/26.

18 Statement of financial activities 2025

	Notes	Restricted funds £	Designated funds £	Unrestricted funds £	**Total funds 2025 £**
Income from:					
Donations & legacies		-	-	2,742	**2,742**
Charitable activities	2	75,780	-	2,077,125	**2,152,905**
Other trading activities	2	-	-	23,897	**23,897**
Investments		-	-	25,647	**25,647**
		75,780	0	2,129,411	**2,205,191**
Expenditure on:					
Charitable activities	3	67,935	-	1,939,696	**2,007,631**
Net (expenditure) / income		7,845	-	189,715	**197,560**
Transfer between funds	12	-	0	0	-
Net movement in funds		7,845	0	189,715	**197,560**
Reconciliation of funds:					
Total funds brought forward		38,547	400,000	1,579,890	**2,018,437**
Total funds carried forward		46,392	400,000	1,769,605	**2,215,997**