REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

FUTURE LIVING HERTFORD

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FUTURE LIVING HERTFORD

CHAIR'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

As Chair of Future Living Hertford, I am pleased to present our Annual Accounts for the year ending 31 December 2025.

This has been a year of continued growth, resilience, and deepened impact. Against a backdrop of sustained demand and ongoing financial pressures across the charity sector, we have remained firmly committed to our mission: supporting survivors of domestic abuse with compassion, dignity, and a pathway to recovery. I am proud to report a healthy surplus this year, reflecting both strong financial stewardship and the unwavering dedication of our team.

Throughout 2025, our core programmes-Monica and Wise Guys-have continued to deliver powerful outcomes, supporting more individuals across Hertfordshire to rebuild their lives. Alongside this, our counselling services and work with children and young people have expanded significantly, ensuring more people can access timely, trauma-informed support. The impact data and client voices within this report highlight the real and lasting difference this work is making.

We have also strengthened our organisational foundations. Income has grown significantly, and careful management of expenditure has enabled us to increase our reserves, improving our resilience and ability to plan for the future. While we recognise the ongoing risks associated with reliance on grant funding, the Board continues to prioritise income diversification through commissioned services, partnerships, and community fundraising.
I would like to extend my sincere thanks to our CEO, Emma Fleming, for her leadership during this period of growth and transition, and to our dedicated staff team and exceptional volunteers, whose commitment makes this work possible every day. I also thank our funders, partners, and fellow trustees for their continued support and belief in our mission.

Looking ahead, we remain focused on delivering our 2025-2030 strategy-expanding access to our services, strengthening partnerships, and ensuring survivor voices remain at the heart of everything we do. With strong foundations in place and a clear vision for the future, we are confident in our ability to continue breaking the cycle of abuse and building a safer, more hopeful future for our community.

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of 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 2019).

Vision Statement

Our vision is a future where domestic abuse is a thing of the past, until then we will support survivors to heal, lead change in their community and ensure that safe and healthy relationships are embedded in every generation.

Mission statement

To break the cycle of domestic abuse by providing trauma-informed therapeutic services, peer-led support and prevention-focused education for adults and children affected by domestic abuse. We will empower survivors whilst using their lived experience to inform our work and ultimately drive improvements in services, systems and communities.

Our guiding principle s

Our guiding principles define who we are and how we work with each other, partners and clients.

- Lived experience matters - we honour the voices of those with lived experience, ensure their insights shape our services, policies and advocacy efforts
- Person-centred approach - We respect that everyone's unique journey, providing tailored support that values autonomy, dignity and personal choice.
- Trauma-informed care - We recognise the deep and lasting impact of trauma and ensure our approach is compassionate, responsive and designed to promote healing and empowerment
- Safe & inclusive spaces - We create welcoming, confidential and judgement-free environments where everyone can feel secure, heard and supported.

OBJECTIVES AND ACTIVITIES
Charitable objectives
Future Living Hertford exists to support individuals and families affected by domestic abuse, trauma, and addiction. Our objective is to break the cycle of abuse and empower clients-children, young people, and adults alike-to lead healthier, independent, and flourishing lives.

We provide trauma-informed, therapeutic programmes that focus on long-term recovery. Our services include free and accessible counselling, empowerment programmes, support groups, physical and creative therapies, and outreach in schools. We also deliver education and training for professionals and employers, supporting early intervention and improved recognition of domestic abuse in the workplace and community.

OBJECTIVES AND ACTIVITIES

Key activities and achievements

In 2025, we delivered impactful support through our core programmes:

- The Monica Programme: Supported more women than ever before through group-based recovery, providing space to rebuild self-esteem, develop healthy boundaries, and reduce psychological distress.

- Wise Guys: Our male peer support and education programme provided a lifeline for men who had previously lacked any safe space to process abuse.

- Counselling Services: Over 30 volunteer and placement counsellors delivered therapeutic sessions for adults and young people, free at point of access, significantly improving mental health outcomes.

- Specialist counselling for children and young people: We have supported more young people than ever before, helping them to access timely, age-appropriate emotional support, build resilience, and improve their wellbeing when they needed it most.

- Young Herts: Delivered in schools, this early intervention initiative helped children build resilience and understand healthy relationships.

- Practical support: We supported service users with legal advice, parenting techniques, creative therapies, and social reconnection.

Public benefit

The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit. All our services are delivered with the goal of increasing personal safety, emotional wellbeing, and social inclusion for survivors of abuse and trauma. Our volunteer-led model strengthens community ties and offers skill development and pathways into employment for those involved.

Looking ahead, our strategic objectives (2025-2030) are centred on expanding access, raising awareness, embedding survivor leadership, and building organizational resilience. We are committed to delivering high-quality, person-centred services that meet the evolving needs of our community.

Volunteers

Future Living Hertford continues to benefit from the dedication and expertise of a large and diverse volunteer base, which plays a vital role in the delivery of our services. This includes placement counsellors, peer mentors, and a range of specialist volunteers who provide professional advice and targeted support across areas such as wellbeing, legal guidance, and therapeutic activities. Their contribution enables us to extend our reach, maintain high-quality provision, and offer a breadth of support that would not otherwise be possible. The commitment of our volunteers not only strengthens our capacity but also reflects the strong community engagement that underpins our work.

ACHIEVEMENTS AND PERFORMANCE

In 2025, Future Living Hertford continued to provide life-changing support for individuals and families affected by domestic abuse. We strengthened our core programmes, expanded our reach, and improved our financial position-delivering impact where it matters most.

Programme impact and key metrics

Programme/Service	Output/Reach	Outcomes/Impact
Monica Programme (Women)	89 Women Completed Programme	89% reported improved emotional wellbeing and increased confidence
Wise Guys (Men)	16 Men Supported	86% reported reduced isolation and better understanding of abuse
Counselling Services	1,513 Sessions Delivered	96% of clients showed improvement on mental health scoring tools
Children & Young People	74 Children and Teens Received Therapy	100% of schools reported improved emotional expression in pupils
Young Hearts (Schools)	5 Schools Partnered	210 students reached with resilience and healthy relationship lessons
Practical Support	2 new programmes launched,Brighter Days and Moments Resilience	24 clients attended the new programmes, deepening the support offered by Future Living

Client Stories and Testimonials

Client feedback continues to highlight the effectiveness of our trauma-informed approach. Clients demonstrate significant improvements in self-esteem, boundary-setting, and parenting confidence. Many have gone on to volunteer with us or join peer support groups, reflecting sustainable recovery

.

"The benefit of sharing your experience with other women that have also been through trauma is invaluable and the support we give each other is amazing."- **Monica participant**

"The Monica programme has really helped me to feel validated and less ashamed. It has helped me to deal with my past and understand life in a different way." - **Monica Participant**

"Thank you for making the Monica programme accessible to me. I am so grateful I was able to attend online and complete my counselling online, as it would have been too far for me to travel. It has also been beneficial to me as I have ASD and participating online was far easier for me." **- Monica Online participant**

"I thought I could never even think of being in another relationship again. Through Wise Guys I have learned about rebuilding trust and intimacy and what this looks like for me. Although I have a long way to go, I believe there is hope." **-Wise Guys participant**

"When [name] began working with you, he was in a very difficult place, and it has been truly amazing to see the changes in him over time. I've noticed such a positive difference in his confidence and overall happiness, and it's been incredibly reassuring to watch him begin to overcome and manage the struggles he once found so overwhelming. His quality of life has significantly improved, and I'm incredibly grateful for the work you've done with him to make this happen." - **Parent of child therapy client**

Organisational Progress

In 2025, Future Living Hertford has continued to strengthen its organisational foundations, building on the progress made in the previous year. Governance, systems, and leadership were further embedded, while the organisation sustained and stabilised its volunteer workforce, with over 30 volunteers contributing thousands of hours of specialist support. Income grew significantly to over £280,000, reflecting successful fundraising, grant income, and increased earned income, while careful financial management ensured a continued surplus and further growth in unrestricted reserves, strengthening overall resilience. At the same time, the charity expanded partnerships with funders, local authorities, and community organisations, enhancing both reach and long-term sustainability. Investment in staff, systems, and programme delivery has increased internal capacity, and the organisation's improved financial position, building on the recovery achieved in 2024, provides a more stable and confident platform for future growth.

Financial Highlight s

In 2025, Future Living Hertford continued to strengthen its financial position, with total income rising to £281,120, building on the significant growth achieved in the previous year. This increase reflects continued success in securing grant funding, developing partnerships, and growing earned income streams. Expenditure also increased to £261,972 as the organisation expanded its services and responded to rising demand, while remaining carefully managed to ensure sustainability. As a result, the charity reported a surplus of £19,148, reinforcing its financial stability. Unrestricted reserves increased further to £71,521, providing a stronger foundation for future planning and enhancing the organisation's resilience in an uncertain funding environment.

Our Commitment

We remain committed to providing trauma-informed, inclusive, and holistic support to all who need it. Our plans are ambitious yet grounded in evidence, client feedback, and organisational reflection. With continued support from funders, volunteers, and the community, we are confident in our ability to grow our impact and be a source of healing, hope, and empowerment in Hertfordshire.

FINANCIAL REVIEW

Financial position

Future Living Hertford ended the financial year 2025 in a strengthened position, reporting a surplus of £19,148 and increasing total funds to £106,993 (up from £87,845 in 2024). Income increased to £281,120, reflecting continued growth in grant funding, commissioned work, and earned income from counselling services. Expenditure rose to £261,972 in line with the expansion of services and increased demand, while remaining carefully managed to ensure sustainability. Unrestricted reserves increased to £71,521, representing continued progress towards the trustees' target of holding between three and six months' operating costs. With stronger reserves, a more diversified income base, and ongoing financial oversight, the charity is well-positioned to sustain and further develop its services in 2026 and beyond.

Reserves policy

Future Living Hertford is committed to maintaining a prudent level of unrestricted reserves to ensure the sustainability and continuity of its services. The trustees have set a target to hold reserves equivalent to a minimum of three months' and a maximum of six months' operating costs, in line with Charity Commission guidance. This approach enables the charity to manage financial risks, respond to unforeseen challenges, and plan for long-term growth with confidence. At the end of 2025, unrestricted reserves stood at £71,521, representing continued progress towards this target. The Board continues to actively monitor reserve levels and priorities income diversification to further strengthen financial resilience.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations and feel that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available.

LOOKING AHEAD

As we look ahead to 2026 and beyond, Future Living Hertford remains focused on sustainable growth, increased impact, and long-term resilience. Guided by our 2025-2030 strategy, we are committed to delivering accessible, high-quality, and survivor-led services to break the cycle of domestic abuse.

Our strategic priorities include expanding delivery of our core programmes, Monica and Wise Guys, across Hertfordshire, alongside improving accessibility through flexible and community-based provision. We will continue to strengthen our integrated support offer, including counselling, mentoring, and peer support.

Supporting children and young people remains a key objective, with plans to grow dedicated counselling provision, expand school-based programmes, and develop support for families. We will also increase awareness and extend our reach through strengthened partnerships, communications, and advocacy, improving referral pathways and engagement with statutory services.

The organisation is committed to embedding survivor voice and investing in volunteers through training, co-production, and peer-led initiatives. In parallel, we will priorities financial sustainability by diversifying income, growing unrestricted reserves, and increasing organisational capacity.

These priorities will ensure the charity is well-positioned to deliver its objectives and respond effectively to increasing demand.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE and Order of St John, as our Patron attends the majority of our public events and is a really positive link with our community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board is made up of senior representatives from business, legal, academic and judicial fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity. All trustees are provided with a job description matching our expectations as a trustee of the charity and its workings, together with an induction programme and identified responsibility within the board. Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees

Staff

Future Living Hertford is supported by a dedicated team comprising three full-time staff and two part-time team members. We also work with four specialist contractors who contribute expertise in counselling, education, and programme delivery. Crucially, the organisation benefits from the commitment of over 25 volunteers, including placement counsellors, therapists, administrative supporters, and group facilitators, who together contribute thousands of hours each year. This combined team effort is essential to delivering our trauma-informed, person-centred services and ensures we can continue meeting the needs of our community with compassion, professionalism, and care.

Staff Training

We offer a bespoke training and development plan for each team member in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients the safe pair of hands and environment in which to recover and flourish. All team members including the Trustees undertake a DBS check and training that includes a full induction, domestic abuse awareness, mental health awareness, addiction awareness and the counselling process itself.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1155145

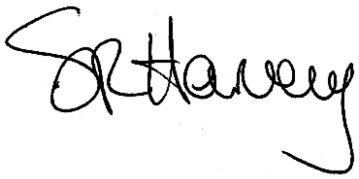
Principal address
Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

Trustees
Mrs S Harvey - Chair
Ms A Brewster - Vice Chair
Mr J Deamer - Treasurer
Mr S Barfoot
Ms J Hamby (resigned 25.7.25)
Mrs A Hardy
Ms V Wood (appointed 15.1.25)
Mr J Dean (appointed 11.6.25)

Independent Examiner
Colin Wilkinson
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Approved by order of the board of trustees on 10 July 2026 and signed on its behalf by:

Mrs S Harvey - Chair - Trustee



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford
I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2025.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Colin Wilkinson
The Association of Chartered Certified Accountants

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

10 July 2026

FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted fund	Restricted funds	2025 Total funds	2024 Total funds as restated
		£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	68,599	1	68,600	46,989
Charitable activities	5				
Core Funding		78,646	127,158	205,804	219,737
Other trading activities	3	4,961	-	4,961	-
Investment income	4	1,755	-	1,755	1,889
Other income		-	-	-	1,800
Total		153,961	127,159	281,120	270,415
EXPENDITURE ON					
Charitable activities	6				
Core Funding		142,079	119,893	261,972	234,305
Other		-	-	-	4,607
Total		142,079	119,893	261,972	238,912
NET INCOME		11,882	7,266	19,148	31,503
RECONCILIATION OF FUNDS					
Total funds brought forward		59,638	28,207	87,845	56,342
TOTAL FUNDS CARRIED FORWARD		71,520	35,473	106,993	87,845

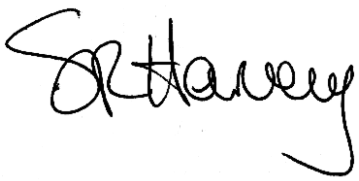
The notes form part of these financial statements

FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2025

	Notes	Unrestricted fund	Restricted funds	2025 Total funds	2024 Total funds as restated
		£	£	£	£
CURRENT ASSETS					
Debtors	13	8,175	-	8,175	7,500
Cash at bank		67,080	37,026	104,106	83,041
		75,255	37,026	112,281	90,541
CREDITORS					
Amounts falling due within one year	14	(3,734)	(1,554)	(5,288)	(2,696)
NET CURRENT ASSETS		71,521	35,472	106,993	87,845
TOTAL ASSETS LESS CURRENT LIABILITIES		71,521	35,472	106,993	87,845
NET ASSETS		71,521	35,472	106,993	87,845
FUNDS	15				
Unrestricted funds				71,521	59,638
Restricted funds				35,472	28,207
TOTAL FUNDS				106,993	87,845

The financial statements were approved by the Board of Trustees and authorised for issue on 10 July 2026 and were signed on its behalf by:



Mrs S Harvey - Chair - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	-	25% on cost
Fixtures and fittings	-	25% on cost

Where a tangible fixed asset is funded through an appeal or by way of a grant or donation, the accounting treatment of the asset acquired is dependant on the circumstances of each case. In deciding whether the asset is categorised as restricted or unrestricted, the trustees consider whether the terms of the gift:

- require the charity to hold the tangible fixed asset acquired on an on-going basis for a specific purpose; or
- are met once the specified asset is acquired, so allowing the charity to use the asset acquired on an unrestricted basis for any charitable purpose.

Where such tangible assets are treated as unrestricted then the income is recognised in full as restricted and the value of tangible fixed assets purchased is shown as a transfer from restricted to unrestricted funds.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds 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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. DONATIONS AND LEGACIES

	2025	2024 as restated
	£	£
Counselling & therapy donations	40,413	30,354
Donations	19,661	9,941
Gift aid	8,522	6,695
Grants	4	(1)
	68,600	46,989

Grants received, included in the above, are as follows:

	2025	2024 as restated
	£	£
Other grants	4	(1)

3. OTHER TRADING ACTIVITIES

	2025	2024 as restated
	£	£
Other income	4,961	-

4. INVESTMENT INCOME

	2025	2024 as restated
	£	£
Deposit account interest	1,755	1,889

5. INCOME FROM CHARITABLE ACTIVITIES

		2025	2024 as restated
	Activity	£	£
Grants	Core Funding	182,155	156,877
Contract income	Core Funding	23,649	62,860
		205,804	219,737

Grants received, included in the above, are as follows:

	2025	2024 as restated
	£	£
Hertfordshire Community Foundation - Monica Programme	10,750	10,000
Lloyds Bank Foundation	25,000	25,000
Department for Digital, Cultural, Media and Sport	-	15,682
Hertfordshire Community Foundation - Wise Guys	23,884	23,884
Hertford Town Council - Roof Repairs & Redecoration	8,460	-
Hertfordshire County Council	-	4,895
Archer Trust	-	2,500
Carried forward	68,094	81,961

continued...

5. INCOME FROM CHARITABLE ACTIVITIES - continued

	2025	2024 as restated
	£	£
Brought forward	68,094	81,961
Peoples Postcode Places Trust	-	25,000
The National Lottery Community Fund	-	19,950
Hertfordshire Community Fund - Warmer Spaces	-	(1,994)
The Henry Smith Foundation	22,060	20,600
Hertfordshire Community Fund - Workforce Development	1,295	-
Sport England	-	5,192
East Herts District Council	-	1,668
Souter Trust	2,000	2,000
Westfield Health	-	2,500
Global Make Some Noise	34,000	-
Ware Town Council	500	-
The Swire Charitable Trust	16,584	-
Apax Foundation	10,000	-
Marsh Charitable Trust	450	-
Co-Op Community Fund	1,704	-
Enid Slater Charitable Trust	500	-
RS Brownless Trust	200	-
Forrester Family Trust	10,000	-
7 Stars Foundation	2,500	-
Hertfordshire Community Foundation	5,143	-
Ashworth Family Trust	3,000	-
Shanly Foundation	2,000	-
Tesco Stronger Starts Fund	2,125	-
	182,155	156,877

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Core Funding	259,479	2,493	261,972

7. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	594	1,899	2,493

continued...

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

9. STAFF COSTS

	2025	2024 as restated
	£	£
Wages and salaries	127,304	141,036
Social security costs	3,926	8,413
Other pension costs	2,124	1,288
	133,354	150,737

The average monthly number of employees during the year was as follows:

	2025	2024 as restated
CEO	1	1
Support Workers	3	5
Administration Support	1	-
	5	6

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds as restated
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	46,989	-	46,989
Charitable activities			
Core Funding	119,860	99,877	219,737
Investment income	1,889	-	1,889
Other income	1,800	-	1,800
Total	170,538	99,877	270,415
EXPENDITURE ON			
Charitable activities			
Core Funding	135,665	98,640	234,305
Other	4,607	-	4,607
Total	140,272	98,640	238,912

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Restricted funds	Total funds as restated
	£	£	£
NET INCOME	30,266	1,237	31,503
Transfers between funds	(3)	3	-
Net movement in funds	30,263	1,240	31,503
RECONCILIATION OF FUNDS			
Total funds brought forward	29,376	26,966	56,342
TOTAL FUNDS CARRIED FORWARD	59,639	28,206	87,845

11. PRIOR YEAR ADJUSTMENT

In previous years Counselling and Therapy income has been disclosed within the Statement of Financial Activities (SOFA) as trading activities. On review the Trustees have concluded that as this income relates to donations for counselling received and Gift Aid has been claimed for these donations then this income should be disclosed within Donations and Legacies..

In previous years Counselling and Therapy expenditure has been disclosed within the SOFA as other trading activities. in line with the review above the Trustees have concluded that this cost should be disclosed within Donations and Legacies.

The prior year figures have been adjusted in these accounts in-line with the above review and the restatement within the SOFA for the prior year is as follows:

SOFA Line	Restated	Previously Disclosed	Restatement
INCOME AND ENDOWMENTS FROM			
Donations and legacies	46,989	16,635	30,354
Other Trading Activities	-	30,354	(30,354)
EXPENDITURE ON			
Raising Funds	-	12,015	(12,,015)
Core Funding	234,305	222,290	12,015

There is no restatement to the prior year balance sheet nor fund balances.

continued...

12. TANGIBLE FIXED ASSETS

	Plant and machinery	Fixtures and fittings	Totals
	£	£	£
COST			
At 1 January 2025 and 31 December 2025	9,994	1,978	11,972
DEPRECIATION			
At 1 January 2025 and 31 December 2025	9,994	1,978	11,972
NET BOOK VALUE			
At 31 December 2025	-	-	-
At 31 December 2024	-	-	-

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade debtors	675	-
Prepayments and accrued income	7,500	7,500
	8,175	7,500

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade creditors	1,345	673
Other creditors	3,943	2,023
	5,288	2,696

continued...

15. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	59,638	11,883	71,521
Restricted funds			
Hertfordshire Community Foundation - Wise Guys Programme	7,857	3,778	11,635
Hertfordshire Community Foundation - Monica programme	5,032	(2,865)	2,167
Workforce Development	394	(949)	(555)
The Henry Smith Foundation	10,300	-	10,300
National Lottery Community Fund - Life Changes	2,572	(2,572)	-
Sport England	2,052	(2,052)	-
Global Make Some Noise	-	10,057	10,057
Ware Town Concil - Yoga	-	178	178
The Swire Charitable Trust	-	896	896
Tesco Stronger Starts Fund	-	794	794
	28,207	7,265	35,472
TOTAL FUNDS	87,845	19,148	106,993

continued...

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	153,961	(142,078)	11,883
Restricted funds			
Hertfordshire Community Foundation - Wise Guys Programme	23,883	(20,105)	3,778
Hertfordshire Community Foundation - Monica programme	10,751	(13,616)	(2,865)
Workforce Development	1,295	(2,244)	(949)
The Henry Smith Foundation	22,060	(22,060)	-
National Lottery Community Fund - Life Changes	-	(2,572)	(2,572)
Sport England	-	(2,052)	(2,052)
Global Make Some Noise	34,001	(23,944)	10,057
Ware Town Concil - Yoga	500	(322)	178
The Swire Charitable Trust	16,584	(15,688)	896
Hertford Town Council - Roof Repairs & Redecoration	8,460	(8,460)	-
Ashworth Charitable Trust	3,000	(3,000)	-
Shanly Foundation	2,000	(2,000)	-
7 Stars Foundation	2,500	(2,500)	-
Tesco Stronger Starts Fund	2,125	(1,331)	794
	127,159	(119,894)	7,265
TOTAL FUNDS	281,120	(261,972)	19,148

continued...

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.24	Net movement in funds	Transfers between funds	At 31.12.24
	£	£	£	£
Unrestricted fund	29,376	30,265	(3)	59,638
Restricted funds				
Hertfordshire Community Foundation - Wise Guys Programme	-	7,857	-	7,857
Hertfordshire Community Foundation - Monica programme	-	5,032	-	5,032
Workforce Development	1,110	(716)	-	394
Ware Town Council	393	(393)	-	-
Hertford Town Council	1,200	(1,200)	-	-
The Benefact Trust	9,200	(9,146)	(54)	-
HCC Activity Grant	1,732	(1,789)	57	-
Henry Smith Foundation - Cost of Living Uplift	1,037	(1,037)	-	-
The Henry Smith Foundation	10,300	-	-	10,300
Warmer Spaces	1,994	(1,994)	-	-
National Lottery Community Fund - Life Changes	-	2,572	-	2,572
Sport England	-	2,052	-	2,052
	26,966	1,238	3	28,207
TOTAL FUNDS	56,342	31,503	-	87,845

continued...

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted fund	170,538	(140,273)	30,265
Restricted funds			
Hertfordshire Community Foundation - Wise Guys Programme	23,886	(16,029)	7,857
Hertfordshire Community Foundation - Monica programme	10,249	(5,217)	5,032
Workforce Development	-	(716)	(716)
Ware Town Council	-	(393)	(393)
Hertford Town Council	-	(1,200)	(1,200)
The Benefact Trust	-	(9,146)	(9,146)
HCC Activity Grant	4,645	(6,434)	(1,789)
Henry Smith Foundation - Cost of Living Uplift	15,681	(16,718)	(1,037)
The Henry Smith Foundation	20,601	(20,601)	-
Warmer Spaces	(1,994)	-	(1,994)
National Lottery Community Fund - Life Changes	19,950	(17,378)	2,572
Sport England	5,192	(3,140)	2,052
East Herts District Council	1,667	(1,667)	-
	99,877	(98,639)	1,238
TOTAL FUNDS	270,415	(238,912)	31,503

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24	Net movement in funds	Transfers between funds	At 31.12.25
	£	£	£	£
Unrestricted fund	29,376	42,148	(3)	71,521
Restricted funds				
Hertfordshire Community Foundation - Wise Guys Programme	-	11,635	-	11,635
Hertfordshire Community Foundation - Monica programme	-	2,167	-	2,167
Workforce Development	1,110	(1,665)	-	(555)
Ware Town Council	393	(393)	-	-
Hertford Town Council	1,200	(1,200)	-	-
The Benefact Trust	9,200	(9,146)	(54)	-
HCC Activity Grant	1,732	(1,789)	57	-
Henry Smith Foundation - Cost of Living Uplift	1,037	(1,037)	-	-
The Henry Smith Foundation	10,300	-	-	10,300
Warmer Spaces	1,994	(1,994)	-	-
Global Make Some Noise	-	10,057	-	10,057
Ware Town Concil - Yoga	-	178	-	178
The Swire Charitable Trust	-	896	-	896
Tesco Stronger Starts Fund	-	794	-	794
	26,966	8,503	3	35,472
TOTAL FUNDS	56,342	50,651	-	106,993

continued...

15. MOVEMENT IN FUNDS - continued

Net movement in funds included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted fund	324,499	(282,351)	42,148
Restricted funds			
Hertfordshire Community Foundation - Wise Guys Programme	47,769	(36,134)	11,635
Hertfordshire Community Foundation - Monica programme	21,000	(18,833)	2,167
Workforce Development	1,295	(2,960)	(1,665)
Ware Town Council	-	(393)	(393)
Hertford Town Council	-	(1,200)	(1,200)
The Benefact Trust	-	(9,146)	(9,146)
HCC Activity Grant	4,645	(6,434)	(1,789)
Henry Smith Foundation - Cost of Living Uplift	15,681	(16,718)	(1,037)
The Henry Smith Foundation	42,661	(42,661)	-
Warmer Spaces	(1,994)	-	(1,994)
National Lottery Community Fund - Life Changes	19,950	(19,950)	-
Sport England	5,192	(5,192)	-
East Herts District Council	1,667	(1,667)	-
Global Make Some Noise	34,001	(23,944)	10,057
Ware Town Concil - Yoga	500	(322)	178
The Swire Charitable Trust	16,584	(15,688)	896
Hertford Town Council - Roof Repairs & Redecoration	8,460	(8,460)	-
Ashworth Charitable Trust	3,000	(3,000)	-
Shanly Foundation	2,000	(2,000)	-
7 Stars Foundation	2,500	(2,500)	-
Tesco Stronger Starts Fund	2,125	(1,331)	794
	227,036	(218,533)	8,503
TOTAL FUNDS	551,535	(500,884)	50,651

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

RESTRICTED FUNDS

Other restricted funds

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the financial period ended 31st December 2020 the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

continued...

15. MOVEMENT IN FUNDS - continued

The balance brought forward in financial period ended 31st December 2020 was transferred to the general fund as the Trustees believe that all restricted funds received had been spent.

CURRENT FUNDS

Hertfordshire Community Foundation - Wise Guys Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide multiple Wise Guys domestic abuse empowerment programmes for male victims of domestic abuse.
The surplus funds will be expended in the coming period for this purpose.

Hertfordshire Community Foundation - Monica Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide multiple Monica domestic abuse empowerment programmes for female victims of domestic abuse.

The surplus funds will be expended in the coming period for this purpose.

Tesco Stronger Starts Fund

Workforce Development

Grants received from Hertfordshire Community Foundation are restricted for continued professional development of staff at the charity.

There is an overspend on the fund of £555 which relates to 30% of overall funding that has been approved but is contingent on the Charity providing satisfactory evidence to the funding organisation that the training course have been provided in line with the grant conditions.

Henry Smith Foundation

Grants have been awarded by The Henry Smith Charity "Improving Lives" totalling £61,800 to cover expenditure for running costs of our organsiation providing counselling and holistic support for individuals and families affected by domestic abuse in Hertfordshire and are for a 3 year period commencing December 2023.

The surplus funds will be expended in the coming period for this purpose.

National Lottery Community Fund - Life Changes

Grants received from the National Lottery Community Fund for the project Life Changes are restricted to providing group and individual therapy support to victims of domestic abuse.

All funds have been expended for this purpose.

Sport England

The grant received from Sport England is restricted to the provision of Boxing sessions for female survivors of domestic abuse and the surplus funds will be used in the coming period for this purpose.

All funds have been expended for this purpose.

Global Make Some Noise

The 2 year grant from Global Make Some Noise is restricted to the delivery of Monica and Wise Guys programmes for adult survivors of domestic abuse.

continued...

15. MOVEMENT IN FUNDS - continued

The surplus funds will be expended in the coming period for this purpose.

Ware Town Council - Yoga

The grant from Ware Town Council was for the provision of trauma-sensitive yoga course for residents of Ware Town.

The surplus funds will be expended in the coming period for this purpose.

The Swire Charitable Trust

The grant from Swire Charitable Trust was for the provision of specialist counselling for children and young people.

The surplus funds will be expended in the coming period for this purpose.

Hertford Town Council - Roof Repair & Redecoration

The grant from Hertford Town Council was for essential roof repairs and redecoration of our group room needed as a result of water damage from the roof.

All funds have been expended for this purpose.

Ashworth Charitable Trust

The grant from the Ashworth Charitable Trust was restricted to the delivery of the Monica programme

All funds have been expended for this purpose.

Shanly Foundation

The grant from the Shanly foundation was towards support for survivors of domestic abuse

All funds have been expended for this purpose.

7Stars Foundation

The grant from the 7 Stars Foundation was restricted to support for specialist therapeutic support for children and young people.

All funds have been expended for this purpose.

continued...

16. RELATED PARTY DISCLOSURES

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £41,072 (2024 - £33,884) and returned £Nil (2024 - £1,994) of funding. Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation when applications are made by Future Living Hertford to the foundation.

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025	2024 as restated
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Counselling & therapy donations	40,413	30,354
Donations	19,661	9,941
Gift aid	8,522	6,695
Grants	4	(1)
	68,600	46,989
Other trading activities		
Other income	4,961	-
Investment income		
Deposit account interest	1,755	1,889
Charitable activities		
Grants	182,155	156,877
Contract income	23,649	62,860
	205,804	219,737
Other income		
Gain on sale of tangible fixed assets	-	1,800
Total incoming resources	281,120	270,415
EXPENDITURE		
Charitable activities		
Wages	127,304	141,036
Social security	3,926	8,413
Pensions	2,124	1,288
Rent	30,000	30,000
Rates and water	1,045	255
Insurance	3,922	2,487
Light and heat	7,542	6,663
Telephone	1,651	3,683
Postage and stationery	135	131
Advertising	3,994	1,018
Sundries	3,207	2,909
Travel & subsistence	700	1,072
Volunteer costs	-	299
Reference material	-	29
Project materials	1,893	3,164
Computer costs	3,536	3,956
Repairs & renewals	11,089	3,377
Training	3,733	1,400
Carried forward	205,801	211,180

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025	2024 as restated
	£	£
Charitable activities		
Brought forward	205,801	211,180
Subscriptions	3,402	3,317
Equipment purchases	-	998
Hardship support	82	1,311
Hall hire	1,924	874
Outside support	48,270	12,015
	259,479	229,695
Other		
Plant and machinery	-	4,607
Support costs		
Finance		
Bank charges	594	494
Governance costs		
Accountancy and legal fees	1,899	4,116
Total resources expended	261,972	238,912
Net income	19,148	31,503