Dare to Live Report 2025

Objectives of Dare to Live Trust

"The objects of the CIO are to promote and improve the health and wellbeing of individuals suffering from depression, anxiety or the emotional and psychological effects of trauma by providing them with education, training and support", May 2014.

Overview of 2025

Since broadening the remint for those who can be funded for 1:1 treatment, Dare to Live Trust has funded 6 young men, all with complex trauma presentations, some very severe. One young man completed treatment September 2025 having successfully enrolled at University on a Philosophy degree course.

All young men were referrals from The Boys Clubhouse and this working relationship has grown significantly. Currently it is Sun primarily providing the treatment service, along with Grace Lawson Baker as back up therapist and Clinical Supervisor. One of IFEEL Method Qualification's level 6 graduates works at The Boy's Clubhouse as an Equine Therapist and Sun is his clinical supervisor.

As reported in 2024, Sun's continued health issues did improve and she was able to deliver 1:1 clinical therapy sessions, but still a lack of accessible equine herd, meant no workshop programmes took place in 2025.

Dare to Live Research Project

All research work is still suspended until Sun is well enough to re-engage.

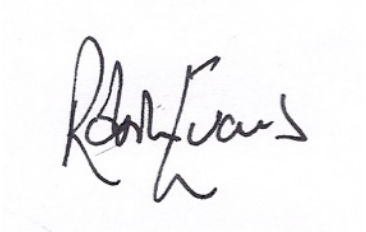
Dare to Live Trust funding applications - updates

2. National Lottery Awards for All application to be made for 1:1 trauma therapy.

2025 Funding

1. The principal income came from the Annabel Lucas estate with a donation of £20K
2. The Legal & General 'Pennies from Heaven' scheme donations ceased at the end of 2024, the Trustees are very grateful for the donations received over the last 3 years.
3. Additional funding came in through personal and organisation donations.

Signed on behalf of the Trustees



Summary of 2025 Financial Information and

Statement of Financial Activities and Balance Sheet

prepared using the Charity Commission cc39a template for

The Dare to Live Trust

Registered Charity No. 1157442

31st December 2025

Independent examiner's report to the trustees of The Dare to Live Trust

I report on the accounts of the Trust for the year ended 31 December 2025, which are set out on pages 1 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

1) which gives me reasonable cause to believe that in any material respect the requirements:
   - to keep accounting records in accordance with section 130 of the 2011 Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

   have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed	
Name:	Peter Morris
Relevant professional qualification or body:	Actuary
Address:	16 Michael Fields, Forest Row, East Sussex RH18 5BH
Date:	27 September 2026

As at:	31-Dec-25			As at:	31-Dec-24		
Income		**Expenditure**		**Income**		**Expenditure**	
Donations	24,870.03	Delivery	21,150.00	Donations	3,516.48	Delivery	2,700.00
Grant	-	Research	-	Grant	-	Research	-
Service provision	-	Acceditation	-	Service provision	-3,073.08	Acceditation	-
Other	1,506.94	Development	-	Other	150.47	Development	-
		Marketing	-			Marketing	-
		Administration	616.38			Administration	616.38
		Facility Rental	-			Facility Rental	-
		Facilities	-			Facilities	-
		Wages	-			Wages	-
		Travel & Accom	-			Travel & Accom	-
		Bank	6.80			Bank	4.70
	26,376.97	Total	21,773.18		593.87	Total	3,321.08
Surplus/(Deficit)	4,603.79			Surplus/(Deficit)	(2,727.21)		
Cash	55,275.89			Cash	50,672.10		
Debtors		Creditors		Debtors		Creditors	
of which:		of which:		of which:		of which:	

The financial summary and CC39a accounts were prepared by Mr Robin Evans, trustee of the Dare to Live Trust.

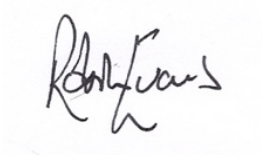
	The Dare to Live Trust		Charity No.	1157442	CC39a
	Annual accounts for the period				
Period start date	01-Jan-25	To	Period end date	31-Dec-25	

Section A Statement of financial activities

Descriptions by natural category	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
Incoming resources (Note 3)		F01	F02	F03	F04	F05
Donations, legacies and Grants		24,870	-	-	24,870	3,516
Fundraising events			-	-	-	-
Interest and dividends		1,507	-	-	1,507	150
Grants for services		-	-	-	-	- 3,073
		-	-	-	-	-
Total incoming resources	S01	26,377	-	-	26,377	594
Resources expended (Notes 4-7)						
Programme Delivery		21,150	-	-	21,150	2,700
Wages, salaries, pensions and NI		-	-	-	-	-
Accreditation		-	-	-	-	-
Facilities Rental		-	-	-	-	-
Facilities Management		-	-	-	-	-
Research		-	-	-	-	-
Programme Development		-	-	-	-	-
Marketing materials & printing		-	-	-	-	-
Administration		616	-	-	616	616
Travel & Accommodation		-	-	-	-	-
Bank charges and interest		7	-	-	7	5
		-	-	-	-	-
Total resources expended	S02	21,773	-	-	21,773	3,321
Net incoming/(outgoing) resources before transfers	S03	4,604	-	-	4,604	- 2,727
Gross transfers between funds	S04	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)	S05	4,604	-	-	4,604	- 2,727
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use	S06	-	-	-	-	-
Gains and losses on investment assets	S07	-	-	-	-	-
Net movement in funds	S08	4,604	-	-	4,604	- 2,727
Total funds brought forward	S09	50,672	-	-	50,672	53,399
Total funds carried forward	S10	55,276	-	-	55,276	53,399

Section B Balance sheet

		Note	Total this year £	Total last year £
Fixed assets			F01	F02
Tangible assets	(Note 8)	B01	-	-
		B02	-	-
Investments	(Note 9)	B03	-	-
	Total fixed assets	B04	-	-
Current assets				
Stock and work in progress		B05	-	-
Debtors	(Note 10)	B06	-	-
(Short term) investments		B07	-	-
Cash at bank and in hand		B08	55,276	50,672
	Total current assets	B09	55,276	50,672
Creditors: amounts falling due within one year (Note 11)		B10	-	-
	Net current assets/(liabilities)	B11	55,276	50,672
	Total assets less current liabilities	B12	55,276	50,672
Creditors: amounts falling due after one year (Note 11)		B13	-	-
Provisions for liabilities and charges		B14	-	-
	Net assets	B15	55,276	50,672
Funds of the Charity				
Unrestricted funds		B16	55,276	53,399
Designated funds		B17	-	-
Total unrestricted funds			55,276	53,399
Restricted income funds (Note 12)		B18	-	-
Endowment funds (Note 12)		B19	-	-
	Total funds	B20	55,276	53,399



27 Sept. 2026

Notes to the pro-forma accounts where relevant entries have been made:

1.1 Basis of Preparation

These accounts have been prepared on the basis of historic cost (except where investments are shown at market value) in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005) and with Financial Reporting Standards for Smaller Enterprises (FRSSE).

1.2 Change in basis of accounting

This is the first year for which accounts have been produced.

1.3 Changes to previous accounts

This is the first year for which accounts have been produced.

Section C **Notes to the accounts** **(cont)**

Note 2 **Accounting policies**

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: 〈 the charity becomes entitled to the resources; 〈 the trustees are virtually certain they will receive the resources; and 〈 the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
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.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE	None

3. NA
4. NA
5. NA

Section C **Notes to the accounts** **(cont)**

Note 6 **Paid employees**

Please complete this note if the charity has any employees.

6.1 Staff Costs

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
	-	-
Total staff costs	-	-

6.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work	-	-
	-	-
	-	-
	-	-
Total	-	-

6.3 Defined contribution pension scheme

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme: None

	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

7. NA
8. NA
9. NA

Section C	Notes to the accounts	(cont)

Note 10 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 11 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

11.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
Total	-	-	-	-

11.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

None

12. NA

Note 13 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 5) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

13.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or related party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
IFEEL (Emma Meyer's business; partner of Trustee Robin Evans)		21,150	2,700
Total		21,150	2,700

13.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or related party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			-	-
Due from trustees and related parties			-	
Total			-	-

13.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
Total			-	-

14. NA

END.

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Signed	
Name:	Peter Morris
Relevant professional qualification or body:	Actuary
Address:	16 Michael Fields, Forest Row, East Sussex RH18 5BH
Date:	27 September 2026