FLOURISHING LIVES

REGISTERED CHARITY NUMBER: 1195193



FLOURISHING LIVES
REPORT OF THE TRUSTEES
AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2026


FLOURISHING
LIVES
“Flourishing Lives is an essential source of best practice for organisations working with older adults. It drives positive change that impacts not only participants and service users but staff and organisations as well.”

FLOURISHING LIVES

CONTENTS OF THE REPORT OF THE TRUSTEES
AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2026

	Page
Report of the Trustees	4 to 16
Independent Examiner's Report	17
Receipts and Payments Accounts	18
Statement of Assets & Liabilities	19
Notes to the Accounts	20

FLOURISHING LIVES

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2026

Legal and Administrative Information

Name of charity
Flourishing Lives

Charitable Incorporated Organisation number
1195193

Principal and registered office
Claremont Building, 24-27 White Lion Street, London N1 9PD

Trustees
Stuart Cox
Maurizio Fiaschetti, Treasurer
Maggy Pigott CBE FRSA, Age Activist Trustee
Emma Rodwell, Interim Chair

Banker
CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

Independent examiner
Andrew Moore
Blaenpentre, Swyddffynnon, Ystrad Meurig, Ceredigion, SY25 6AW

Report of the Trustees

The trustees are pleased to present their report and the financial statements of Flourishing Lives for the year ended 31 March 2026.

The financial statements have been prepared in accordance with CC15d Charity Reporting and Accounting: The essentials, the Charities (Accounts and Reports) Regulations 2008 and the Charity Commission's Receipts and Payments Accounts guidance (CC16), applicable to small charities under the audit threshold preparing their accounts on a Receipts and Payments basis.

Structure, Governance and Management

Flourishing Lives is a registered Charitable Incorporated Organisation (CIO) with a Board of Trustees that is responsible for deciding strategy, setting policies, appointing staff, setting, approving and reviewing the annual budget and accounts, and overseeing fundraising. Trustees are appointed through an open recruitment process and are appointed or reappointed at Trustee meetings.

Flourishing Lives has two members of staff: a full-time Programme Director, David McDonagh, and part-time Head of Engagement, Nichola Charalambou.

A steering group of Flourishing Lives' coalition partners, The Flourishing Lives Advisory Group (FLAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Best Practice programme.

A steering group of Flourishing Lives' coalition partners, The Anti-Racist Action Group (ARAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Inclusive Practice programme.

Risk management

The trustees convene Board meetings every two months to review Flourishing Lives' activities and identify the risks to which it is exposed, in operations, finances and the external environment.

Objects and activities for Public Benefit

The objects for which the CIO is established are:

For the public benefit, the relief of those in need by reason of old age, for people living in Greater London and the surrounding area, in particular, but not exclusively by:

- Providing training and support for projects that promote engagement with, and participation in, the arts by elderly people.
- Providing recreational facilities in the interest of social welfare with the object of improving the conditions of life for elderly people.
- Raising standards and encouraging best practice in the provision of participatory arts projects for elderly people.
- Raising awareness of the issues affecting elderly people.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Flourishing Lives is a London-wide coalition of arts, health and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. **We combat social isolation amongst older people by promoting community, expression and engagement through the arts.** We believe that building quality relationships is the heart of our work - genuinely engaging with older people as unique individuals and forming close bonds with the dedicated staff and volunteers who work alongside them.

We connect older people's groups, creative practitioners, day centres, arts organisations, health initiatives, social justice groups, grassroots community champions and international thought-leaders so that knowledge, research and resources can be shared. We deliver a variety of workshops, training, showcase arts events, support groups and inclusion programmes to help galvanise organisational collaboration, communication and resilience across the arts and wellbeing sector, for the benefit of older people.

We strengthen and support our coalition members to flourish so that they can deliver vital support and progressive services for older people.

Our Strategic Plan for 2025-29 offers a bold and ambitious vision for the sector that will place Older People Leaders at the centre of older people's arts and wellbeing provision over the next 5 years. Learning is at the heart of our new strategy, emphasising the vital role that older people can play as educators and leaders in their own services – experts by lived experience – and also the integral role that lifelong learning and aspirational activity can play in healthy ageing.

We will catalyse a step change across the sector, shifting perceptions away from older people as 'elders' or 'service users', and fostering a culture that recognises, values, and promotes the centrality, dynamism, and impact of older people as educators and leaders across our communities. We are ideally-positioned within the sector to achieve this, and will galvanise our close relationships with grassroots champions, advocacy groups, policy-makers and funders into meaningful transformation.

Flourishing Lives' Achievements and Performance 2025-26

Our activity in 2025-26 has built upon our thriving, innovative and influential coalition framework of support and development for the older people's wellbeing and arts sector, catalysing our bold and ambitious new strategic vision for 2025-29 that will place Older People Leaders and Intersectional Lived Experience at the centre of older people's wellbeing and arts provision.

The lived experience-led communities of practice, interest, learning and advocacy that we have cultivated around intersectional ageing, older people's leadership, inclusive practice, service innovation, professional development, and age activism are already laying the foundations for a step change that we will help to catalyse across the sector over the next five years, ensuring that older people can flourish, socially-connect, and access aspirational services – and that they are celebrated as valued assets, educators and leaders in our communities.

Key achievements in 2025-26 include:

- We achieved CPD-accredited status from the CPD Standards Office (CPDSO) for our training programme in development, 'Experts by Experience – Developing Older People's Leadership & Co-Production in Arts and Wellbeing Services for Older People'. Each year, a new module of the training will be developed in partnership with an Older Expert by Experience, delivering free CPD-accredited training for wellbeing and arts organisations on how to develop and empower older people's leadership in their services. The 2025 module, 'An ABC of Creative Dementia Interventions: Agency, Best Practice & Co-Creation' was awarded CPD-accredited status and was delivered in September 2025, in partnership with Seiwa Cunningham, an older person activist, artist, carer and Dementia advocate.

- We also partnered with Seiwa Cunningham and Royal Hospital Chelsea on an Older People's Leadership catalyst project that brought together older people and people living with dementia from Royal Hospital Chelsea and residents from Ellesmere House, a local care home, to co-create activities and programming. This innovative co-production project took place across 6 sessions, from July to September 2025, and the key learnings from the older people-led project directly informed the development of the CPD-accredited training and e-resources for wider learning, dissemination and catalyst impact across the sector.

- We successfully launched our Communities of Practice Forum: 'Exploring Older Men's Participation in arts & wellbeing Services'. Addressing a stark need across the sector for organisations to access a sustained forum of support and development around engaging socially-isolated older men in their services, the forum sessions successfully achieved buy-in and support from national organisations including Historic England, The Local Trust, and Men's Sheds UK. The forum will continue to meet twice a year over the next five years, offering a sustained network to connect, collaborate, and share best practice and learning in support of socially-isolated older men.

- We worked in partnership with Intergenerational England (IE) on the national 'Access All Ages' conference at Bridgewater Hall in Manchester, in May 2025. The event was a nationwide intergenerational gathering, showcasing the profound impact of intergenerational connections in addressing ageism and tackling societal challenges. Successfully engaging a 2000-capacity audience, the free open access event was delivered by Intergenerational England with collaborative support from Flourishing Lives as part of our Intergenerational catalyst programme, facilitating outreach to communities experiencing social isolation and catalysing community access and engagement, connecting intergenerational groups from across Greater London with this landmark national celebration of intergenerational practice.

- Our continued collaboration with SAACY (The Sciences of Ageing and the Culture of Youth) - a research project at The Policy Institute, King's College London – resulted in Stephen Bush, an advocate of lifelong learning, representing Flourishing Lives and speaking as an Expert by Experience at the House of Lords launch of the 'Shifting Representations of Ageing in Advertising, the Media, and the Creative Industries' Report on 13th May 2025. We also consulted with SAACY on the older people-led co-design of promotional material for their positive ageing exhibition, 'Lifelines: Rethinking Ageing Across Generations', which ran at the Science Gallery from May to August 2025.

- To mark Age Without Limits Day on 11th June 2025, our Age Activist Trustee Maggy Pigott CBE represented Flourishing Lives alongside the Creative Ageing Network and CADA England, taking part in the lived experience-led co-creation of a 'Warm Welcome Manifesto' short film and

resource, launching a ‘recipe for change’ manifesto, including a list of ‘Warm Welcome’ messages for people who run creative ageing groups to use when welcoming new members.

- Our Age Activist Trustee also served on Age UK London’s new Advisory Group, representing Flourishing Lives and taking part in Advisory Group panel meetings to support the development of Age UK London’s new 2026 campaign that aims to tackle ageism and support a better understanding of the intersectionality of ageism.
- Our monthly newsletters continue to be a vital resource for the sector. We delivered 12 newsletters, growing our subscriber base from 1105 to 1234.

Working alongside our community

“A great community to be part of. Thank you.”

Our unwavering commitment to centring intersectional lived experience, amplifying diverse older people’s voices, and actively involving members of our community in everything we do remains the driving force behind all our work, from governance and strategy to project design and delivery. Our ongoing needs analysis meetings, steering group consultations, and direct engagement with older people, service providers, funders, and policymakers ensure that we are continuously expanding our network and deepening our collective knowledge base for the benefit of older people and the sector that serves them.

In 2025-26, we:

- expanded the Flourishing Lives coalition to 876 partner organisations, forging links with 110 new coalition partners, including Historic England, Rainbow Communities, UK Dementia Research Institute, Royal College of Art, Care UK, and Arts Council England - Creative Ageing Network.
- met directly with 252 older people and older people’s providers to discuss the challenges affecting older people and older people’s services, and identify where support is needed.
- held 4 Flourishing Lives Advisory Group (FLAG) steering meetings, exploring topics and concerns affecting older people, and devising and planning best practice workshops to address these issues.
- held 4 Anti-Racist Action Group (ARAG) steering meetings, identifying intersectional issues affecting older people from racial minority communities and outlining plans for inclusive practice workshops and transformation projects.
- held 3 Intergenerational Forum meetings, fostering a community of practice to catalyse projects and collaborations across the sector, and help inform our ongoing intergenerational programme.
- held 2 practitioner care forum meetings, fostering a community of interest to advocate for wellbeing support for creative health providers, and help inform our ongoing reflective practice programme.
- participated in 2 Reimagining Dementia meetings, co-designing workshops and campaign strategies alongside people living with dementia, to counter the ‘tragedy narrative’ often associated with dementia.

- participated in 2 Intergenerational England meetings, sharing research and learning with Intergenerational England partners, and supporting intergenerational advocacy, connection and collaboration across the arts and health sectors.
- held 27 consultations with community/lived experience representatives to monitor the impact of our inclusive practice, sector support, and older people-led advocacy work, and help shape future programming.
- provided 7 consultations for organisations seeking advice and access to our collective knowledge base on service transformation in provision for older people.
- grew our @EverydayAgeism twitter/X followers to 2148.

Empowering Older People's Leadership and Sharing Best Practice

"Am so grateful for this new framing of something so crucial and will be thinking about it and using it in my practice moving forward from this."

We have increased leadership and lived experience-led tutelage by older people across Greater London in their own wellbeing and arts services and activities through our Older People's Leadership CPD-accredited training, Older People's Leadership catalyst project, Reimagining Dementia Gatherings, Flourishing Lives Advisory Group (FLAG) meetings, Best Practice workshops, and Best Practice e-learning toolkits and resources: amplifying older people's needs and aspirations, promoting positive ageing, catalysing Older People's Leadership, and supporting 1041 e-learners and 449 wellbeing and arts organisations across London and the South East to develop services that are more educated, informed and led by older people:

- We partnered with Older Expert by Experience and Dementia Advocate Seiwa Cunningham to design and deliver a free online 'ABC of Creative Dementia Interventions: Agency, Best Practice & Co-creation (Part 1)' Older People's Leadership workshop. 79 delegates engaged with the workshop – including representatives from Royal Albert Hall, Civic Trust, and NAPA - sharing ideas and approaches to empower greater opportunities for agency and co-creation at the heart of Creative Dementia interventions.
- We were successfully awarded CPD-accredited status from the CPD Standards Office (CPDSO) for our training programme in development, 'Experts by Experience – Developing Older People's Leadership & Co-Production in Arts and Wellbeing Services for Older People'. For the 2025-26 module, we partnered with our FLAG advisory group and Seiwa Cunningham to develop 'An ABC of Creative Dementia Interventions: Agency, Best Practice and Co-creation (Part 2)' as a CPD-accredited training. 73 delegates engaged with the training and accessed the e-learning resources – including representatives from Historic Royal Palaces, Toynbee Hall, and NHS - offering wellbeing and arts organisations free CPD-accredited training in empowering Older People's Leadership and catalysing Co-production in their services.
- Resources shared: An ABC of Creative Dementia Interventions: Agency, Best Practice and Co-creation (Parts 1 & 2) – full session notes; 'Useful Signposts to Creative Health' document; 'An ABC of Creative Dementia Interventions: Agency, Best Practice & Co-creation' – infographics toolkit and video, sharing models of practice for supporting and developing older people's co-creation in services.

- Feedback: 100% of respondents said that they ‘feel encouraged to support more opportunities for co-creation and agency in Creative Dementia Interventions in [their] own work settings or practice’ following the training.
- “I am currently reviewing our DF offer and this has been very insightful and a window to other projects and sector practice.” “[T]his was a very important and insightful and practical session - and you're sharing an amazing collection of links, highly appreciated!”
- CPD Accreditation feedback: “Great speaker, practical, inspiring & motivating session and great to get CPD certificate too. Many thanks!” “I am delighted to receive this and to be able to add it to my training list. It is a rather (!) long time since I completed my academic studies and therefore it feels really nice, more recently to be able to do more training and continue adding to my learning. The course came along at just the right time for me and it has spurred me on to carry on trying to develop related work.”
- We also partnered with Seiwa Cunningham and Royal Hospital Chelsea on an Older People’s Leadership catalyst project that brought together 20 older people and people living with dementia (PLWD) from Royal Hospital Chelsea along with residents from Ellesmere House, a local care home, to co-create activities and programming. This innovative co-production project took place across 6 sessions, from July to September 2025, piloting an exemplar model of practice that advocates for breaking down silos in dementia care, fostering connection, and empowering PLWD to be the leaders of their own creative provision. The key learnings from the older people-led project directly informed the development of the CPD-accredited training and e-resources, for wider learning, dissemination and catalyst impact across the sector.
- We partnered with Age Activist Dave Martin and Hannah McDowall of Canopy – a social imagination project amplifying community voices - to facilitate 2 free online ‘How to Catch Ageism’ workshops with coalition partner organisations. 153 delegates engaged across the 2 workshops – including representatives from Age Platform Europe, Ageing Better and Westminster Council – exploring how language and humour can influence perceptions of ageing and discussing proactive responses to tackling ageism, inviting participants to examine their own personal and cultural narratives and how these can be "contaminated with ageism".
- Resources shared: The video recordings of the sessions; ‘How to Catch Ageism’ – presentation slides and sound resources; Miro map – Mapping moments in which ageist language arises within our ear shot or eyeline.
- Feedback: 80% of respondents said that they ‘have a better understanding of both the positive and negative impacts that laughter about ageing can have on our ability to age joyfully’ following the workshop.
- “It will make me more aware of the assumptions attached to language and will help me to challenge myself and others in future. The awareness you gave me has already made me think twice, Thank you.” “Another interesting and informative session in a warm and supportive atmosphere, thank you all for enabling such positive and thoughtful discussions.”
- We partnered with Professor James Thompson and The Care Lab to facilitate a free online ‘Exploring Care Aesthetics & The Art of Care in Arts & Wellbeing Services’ workshop with coalition partner organisations. 85 delegates engaged with the workshop – including representatives from the National Academy for Social Prescribing, National Museums Liverpool, and Two Temple Place

– exploring how care aesthetics can help to develop care providers' focus on the sensory, attentive practices of carers and the responses of those for whom they care.

- Resources shared: 'Care Aesthetics' Resource sheet.
- Feedback: 100% of respondents said that they 'have a better understanding of the role the art of care can play in helping to make older people's lives more liveable', following the workshop. 100% of respondents said that 'this awareness and understanding of the art of care [will] help to inform [their] work in promoting better mental health & wellbeing for older people', following the workshop.
- "Am so grateful for this new framing of something so crucial and will be thinking about it and using it in my practice moving forward from this."
- We supported 2 online Reimagining Dementia gatherings with the international Reimagining Dementia coalition. 39 dementia allies, activists, and people living with dementia came together to explore strategies and initiatives in moving beyond traditional approaches to dementia, focusing on creative expression, storytelling, community engagement, and collaborative efforts to promote a more hopeful and empowering narrative.
- Resources shared: resources, signposting, connections, and project links, including 'World Walks Against Dementia 2025' resources and Memory Cafe catalyst links.
- Our continued collaboration with SAACY (The Sciences of Ageing and the Culture of Youth) - a research project at The Policy Institute, King's College London – resulted in Stephen Bush, an advocate of lifelong learning, representing Flourishing Lives and speaking as an Expert by Experience at the House of Lords launch of the 'Shifting Representations of Ageing in Advertising, the Media, and the Creative Industries' Report on 13th May. We also consulted with SAACY on the older people-led co-design of promotional material for their positive ageing exhibition, 'Lifelines: Rethinking Ageing Across Generations', which ran at the Science Gallery from May to August 2025.
- We disseminated 1041 downloads in total of online age activism, positive ageing and Older People's Leadership guidelines, catalyst toolkits and resources, advocating for older people-led strategy and programming in older people's wellbeing and arts provision.

Intersectional Lived Experience and Inclusive Practice

"I found it incredibly helpful, from the detail of refreshing vocabulary and thinking about the power of our words and definitions, to the bigger picture of systems and patterns, not to mention the fabulous group of people - encouraging and activating."

We have increased awareness and understanding of intersectional ageing through our Anti-Racist Action roundtables, workshops and catalyst projects, Anti-Racist Action Group (ARAG) meetings, Older Men's Forum sessions, and LGBTQ+ catalyst workshop: supporting 1106 e-learners and 385 wellbeing and arts organisations across London and the South-East to empower greater access and involvement of older Londoners - especially those previously isolated and from racialised, minoritised and marginalised communities – in aspirational services that support social connection, provide opportunities for lifelong learning, and increase wellbeing.

- We partnered with Community Centred Knowledge – a lived experience-led charity championing social, environmental and racial justice – to deliver a free online Anti-Racist Action 'How are we to flourish, if we don't know how to nourish?' roundtable. 48 delegates engaged with the roundtable - including representatives from Bethlem Gallery, BBC, and University of Roehampton – sharing learning around developing and embedding approaches of 'reciprocal nourishment' in anti-racist action.
- Resources shared: Presentation slides and video recording of the session, exploring themes and sharing learnings around supporting and developing 'reciprocal nourishment' within anti-racist action and social justice work.
- Feedback: 100% of respondents said that 'Following the roundtable, [they] have a better awareness of the practice of 'shared nourishment' in community and social justice contexts'. 83.3% of respondents said that 'this awareness and understanding [will] help to inform [their] work in promoting better wellbeing for racialised and minoritised people'.
- "Incredibly powerful and innovative, a safe and warm space for all."
- We also partnered with Writerz & Scribez CIC – a Black-Led organisation working at the intersection of art, health, and equity - to deliver a free online Anti-Racist Action 'Anti-Racism: Towards a Mosaic of Practice' workshop. 69 delegates engaged with the workshop - including representatives from London Transport Museum, ACAVA, and the National Development Team For Inclusion (NDTi) – exploring cultural humility, creative reflection, and sharing approaches for developing a mosaic of practice and embedding practical steps for anti-racist action in wellbeing and arts services.
- Resources shared: 'Anti-Racism: Towards a Mosaic of Practice' – Resource Sheet, sharing information about the Race Equity Maturity Index (REMI), the Race Equity Principles, and developing an Equality Action Plan.
- Feedback: 100% of respondents said that they 'have a better awareness of Cultural Humility in arts, community and social justice contexts', following the workshop. 100% of respondents said that they 'this awareness and understanding [will] help to inform [their] work in promoting better wellbeing for racialised and minoritised people', following the workshop.
- "I found it incredibly helpful, from the detail of refreshing vocabulary and thinking about the power of our words and definitions, to the bigger picture of systems and patterns, not to mention the fabulous group of people - encouraging and activating."
- We also partnered with Will Nicholson and Equal Voices – a group consisting of people from racialised backgrounds who offer diverse professional and lived experiences within the arts and culture sector - to deliver a free online Anti-Racist Action 'Transformation Space: Words into Action' workshop. 87 delegates engaged with the workshop - including representatives from iCane Foundation, The Old Vic Theatre, and Arts Network – exploring how to embed equity as a foundation for collective change, and how diverse voices can be centred to shape a more inclusive future. The Equal Voices group was supported and developed by Flourishing Lives' ARAG catalyst project work in 2023-24, and the session shared learning and successful approaches to centring Intersectional Lived Experience in services across the sector.
- Resources shared: 'Transformation Space: Words into Action' – Resource Sheet, sharing key learnings and insights from the discussion, along with contact details and links that were shared during the session.

- Feedback: 100% of respondents said that they ‘feel encouraged to develop further ways of centring diverse voices in [their] own work setting’, following the workshop.
- “Thanks Flourishing Lives for providing the Anti-Racist Action in Arts & Wellbeing workshop free of charge. It was good to hear from Equal Voices and the people directly involved, and having time to listen in more detail to your approach. This helps feed into our ongoing anti-racism actions, and we've met and connected with some brilliant people off the back of this workshop. Thank you, Kate Price (CEO, Arts Network)”
- We also conducted R&D into an Anti-Racist Action Transformation / Catalyst Project in partnership with Faiths Forum for London. This R&D process will result in a series of roundtables scheduled for Spring/Summer 2026, focusing on working alongside Interfaith communities to develop Anti-Racist Action and support greater access for Interfaith communities in older people’s wellbeing and arts services.
- We launched our ‘Communities of Practice Forum: Exploring Older Men’s Participation in arts & wellbeing Services’ with 2 free online sessions in partnership with Tony Cealy (community activist, facilitator, and director of the Black Men’s Consortium) and Celebrating Age Wiltshire (CAW): Creative Conversations groups for men aged 65+. 133 delegates engaged with the forum sessions - including representatives from The Baring Foundation, Southbank Centre, and Swadhinata Trust – accessing a thriving community of practice and learning, and sharing successful models of engaging socially-isolated older men in wellbeing and arts services.
- Resources shared: Shared links and resources from discussions, including ‘Staying Well’ Community Theatre Project case study, The Black Men’s Consortium workshop video, and links to Older men’s groups, connections and collaboration opportunities.
- Feedback: “A very good forum where the facilitators/hosts were great and engaging. I’ve learnt new ideas and it was great to see how other organisations engage with older men. It was a very useful session and once again, all of the facilitators were great.” “One of the best webinars I have attended in a long time. Honest, interesting and inspiring. Thank you!”
- We partnered with Include Age and Queer Heritage South to deliver a free online LGBTQ+ catalyst workshop, 'LGBTQ+ History and Intergenerational Practice: Getting the Balance Right'. 48 delegates engaged with the session – including representatives from LGBT Consortium, Blackout, and Celebrating Age - exploring how LGBTQ+ history can be used to facilitate and enrich intergenerational practice among LGBTQ+ people, and sharing tips and advice for including historical themes when engaging with LGBTQ+ population groups.
- Resources shared: Presentation slides, resources archive, video resources, visual toolkit created from the session sharing learnings and take-aways from the discussion.
- Feedback: 71% of respondents ‘Strongly Agree[d]’ that ‘This forum has helped me to think more deeply about using LGBTQ+ history in intergenerational practice with LGBTQ+ people.’
- “Currently developing a LGBTQI+ intergenerational project and found the forum so useful.”
- We disseminated 1106 downloads in total of online inclusive practice and Intersectional Lived Experience guidelines, toolkits and resources, sharing best practice around centring older people’s Intersectional Lived Experience in wellbeing and arts services.

Developing Communities of Practice, Resilience and Learning

"I've been so pleased to see you guide and grow Flourishing Lives these past years, it plays a very important role in the creative ageing field and keeps us all connected which is vital. Long may it and you flourish."

We have reduced the fragmentation of London's older people's sector and catalysed innovation in services through our newsletters, networking sessions, reflective practice sessions, Intergenerational Forum sessions and catalyst projects, and by providing communities of practice, resilience, and learning for 1181 e-learners and 1612 wellbeing and arts organisations and professionals across London and the South-East, cultivating a network that helps to galvanize organisational collaboration for the benefit of older people.

- We held 3 Intergenerational forum meetings in partnership with leading Intergenerational Arts organisations and practitioners, including Intergenerational England, InCommon, and The Linking Network sharing practical tips and guidance around fostering creative and social connections across generations. 184 wellbeing and arts delegates – including representatives from Chickenshed Theatre, V&A Museum, and Royal Academy of Music – engaged in the free online forum meetings, connecting and sharing learning, accessing best practice, and identifying methods and opportunities for supporting intergenerational practice in services.
- Resources shared: The Intergenerational England report: 'A Divided Kingdom: Steps Towards Intergenerational Solidarity'; The June 2025 Forum meeting summary. Presentation slides and video recording from the InCommon session, sharing approaches to creating and embedding an intergenerational social action board in your organisation. Links to The Linking Network's resources sharing ideas and supporting Intergenerational Play in care home settings.
- Feedback: "This session has made me reflect that I need to advocate more widely about intergenerational practices and encourage more conversations with people in communities." "A reinforcement of how important and beneficial it is, and how well the arts are suited to this practice." "I came away with a new sense of confidence in what we were doing to create our board of 'experts by experience".
- We worked in partnership with Intergenerational England (IE) as part of our Intergenerational catalyst programme on the national 'Access All Ages' conference at Bridgewater Hall in Manchester, in May 2025. We catalysed community access and engagement in this 2000-capacity event, facilitating outreach to communities experiencing social isolation, and connecting intergenerational groups from across Greater London with this landmark national celebration of intergenerational practice.
- We delivered 6 Reflective Practice Group sessions and 73 1:1 sessions, offering 109 older people's service providers a vital structure for peer support and in-depth reflection on working practice led by trained counsellors.
- Resources shared: Practitioner care developed practice toolkits, signposting links, and resources.
- Feedback: "Our staff has really benefited from the Reflective Practice service. It's so useful, it has a big impact for me as well." "The sessions [] continue to be useful and inspiring".
- We staged 2 online networking sessions, creating facilitated opportunities for older people's wellbeing and arts delegates to directly meet and develop partnerships. Our facilitated 'speed-

dating' sessions connected 85 older people's service providers, many of whom had never met before.

- Our sector development role as a central hub and connector for organisations has also led to 16 external project partnerships, connections and collaborations directly catalysed by Flourishing Lives and co-developed between older people's wellbeing and arts organisations, including: connecting Arts Council England's new Creative Ageing Peer Learning network with representatives of arts organisations delivering good creative practice within care settings to take part in the inaugural Peer Learning Network session, 'Creative Care: How to engage older people living in care settings in meaningful creative opportunities'; and connecting Hackney Council's Ageing Well and Dementia – Friendly team with 4 community arts providers to support their lunch club scoping research, as well as connecting 12 lunch clubs to 7 active funding offers.
- Our monthly newsletters continue to be a vital resource for the sector. We delivered 12 newsletters, growing our subscriber base from 1105 to 1234. The newsletters had a 50% average click through rate, and shared opportunities and thought leadership from across the older people's services sector, including: 20 reports, 34 funding opportunities, 16 resource/toolkits, 12 research opportunities/open calls, and 43 coalition partner events/activities for older people and/or older people's service providers.
- Feedback: "A great community to be part of. Thank you." "It's always good to hear what is going on and to celebrate other people's achievements." "This group gives me hope." "I've been so pleased to see you guide and grow Flourishing Lives these past years, it plays a very important role in the creative ageing field and keeps us all connected which is vital. Long may it and you flourish."
- We disseminated 1181 downloads in total of online intergenerational, reflective, and best practice guidelines, toolkits and resources, sharing practical tips and service innovation in older people's wellbeing and arts provision.

Financial Review

Flourishing Lives is grateful to the National Lottery Community Fund and the Rayne Foundation for their ongoing support for the organisation.

As at October 2026, the trustees view the charity as a going concern, as the charity is funded under the National Lottery Community Fund's Reaching Communities England programme until December 2029, and the Rayne Foundation until December 2027.

Reserves policy

Flourishing Lives seeks to maintain free reserves equivalent to three months' core expenditure, in line with good practice. Free reserves are considered to be unrestricted funds that are not tied up in fixed assets.

Plans for the future

As we continue to implement and develop our 5 Year Strategy 2025-2029, we plan to increase income and grow the organisation to further scale our operations, increase our sustainability, and strengthen and develop the organisation to increase the reach and impact of our work in supporting older people's wellbeing and creative health across Greater London.

Alongside this, Flourishing Lives will continue to extend and deepen its role in developing the sector and addressing the needs and aspirations of older people: undertaking a new partnership with UCL to conduct research into the impact of sector support and development on the wider older people's wellbeing and arts sector, and the mental, physical and social wellbeing of the older people that we work collectively together to support.

Signed **on behalf of the Flourishing Lives Board of Trustees:**

Signed: 

Name: Emma Rodwell
Address: 67 Kingsley Way, London, N2 0EL
Date: 10th November 2026

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FLOURISHING LIVES

Examiner's unqualified report (for a non-company charity preparing Receipts and Payments accounts) with a gross income of £250,000 or less in the relevant financial year.

Independent examiner's report to the trustees of Flourishing Lives
I report to the charity trustees on my examination of the accounts of Flourishing Lives (the Trust) for the year ended March 2026.

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 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
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.

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.

Signed:



Name: Andy Moore

Address: Blaenpentre, Swyddffynnon, Ystrad Meurig, SY25 6AW

Date: 11/11/26

FLOURISHING LIVES RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2026

Section A - Receipts and payments				2026	2025
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Total funds
	£	£	£	£	£
A1 Receipts					
Grants - The National Lottery Community Fund	-	73,920	-	73,920	75,977
Grants - The Baring Foundation	-	10,000		10,000	-
Grants - The Rayne Foundation	-	20,000	-	20,000	-
Receipts from Reflective Practice activities	5,570	-	-	5,570	6,200
Interest	117	-	-	117	85
***Sub total** (Gross income for AR)*	5,687	103,920	-	109,607	82,262
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,687	103,920	-	109,607	82,262
A3 Payments					
ARAG Programme	10	3,190	-	3,200	3,740
FLAG Programme	90	2,235	-	2,325	150
Intergenerational Programme	140	1,160	-	1,300	500
LEARN Programme	-	2,800	-	2,800	-
LGBT Programme	-	295	-	295	500
Older Men's Forum Programme	-	800	-	800	-
Programme Evaluation	-	500	-	500	159
Therapist Fees	3,860	-	-	3,860	5,095
Clinical Supervision	240	-	-	240	240
Reflective Practice Refund	-	-	-	-	125
Advertising, Marketing & Website	24	777	-	801	149
Bank Fees	3	57	-	60	60
Charity Development	-	1,170	-	1,170	575
CPD Accreditation	172	687	-	859	899
Insurance	10	197	-	207	221
IT Software and Consumables	65	2,280	-	2,345	1,318
Living Wage Accreditation	17	68	-	85	83
Meeting Expenses	49	-	-	49	-
Staff Salaries, Pension & Payroll Taxes	3,780	67,684	-	71,464	59,884
Staff Training & Development	-	500	-	500	930
Travel	-	-	-	-	115
	-	-	-	-	-
	-	-		-	-
Sub total	8,460	84,400	-	92,860	74,743
A4 Asset and investment purchases					
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	8,460	84,400	-	92,860	74,743
Net of receipts/(payments)	- 2,773	19,520	-	16,746	7,519
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,867	31,312	-	48,179	40,660
Cash funds this year end	14,094	50,832	-	64,925	48,179

FLOURISHING LIVES STATEMENT OF ASSETS AND LIABILITIES
AS AT 31 MARCH 2026

Section B - Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		£	£	£
B1 Cash funds	Cash at bank	14,094	50,832	-
		-	-	-
	Total cash funds	14,094	50,832	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	£	£	£
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll – HMRC & Pension	Restricted - NLCF & Rayne Foundation	2,166	April 2026
	Cost of Charitable Activities	Restricted - NLCF & Rayne Foundation	24,940	December 2026
	Therapist invoices due	Unrestricted funds	300	April 2026

The financial statements were approved by the Flourishing Lives Board of Trustees and were signed on its behalf by:

Name: Emma Rodwell

Signed: Emma Rodwell

Date: 10th November 2026

FLOURISHING LIVES NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2026

Basis of accounting
These accounts have been prepared on the Receipts and Payments basis in accordance with CC15d Charity Reporting and Accounting: The essentials, and the Charities (Accounts and Reports) Regulations 2008.

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.

Taxation
The charity is not liable for Corporation Tax, Income Tax or Capital gain tax but is liable to VAT to the extent is not recoverable.

CIO Guarantees and Secured Debts
The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

Pension costs and other past-retirement benefits
The charity operates a defined contribution pension scheme. Employer contributions payable to the charity's pension scheme are included in the payroll payments category of the Receipts and Payments Accounts (section A3).

Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2026.

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

Related party disclosures
There were no related party transactions for the year ended 31 March 2026.

Conflicts of Interest
There were no conflicts of interest in the year ended 31 March 26.



FLOURISHING LIVES