

REGISTERED COMPANY NUMBER: 02086284 (England and Wales)
REGISTERED CHARITY NUMBER: 801419

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
MRS INDEPENDENT LIVING LTD

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

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for the Year Ended 31 March 2023

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. 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).

OBJECTIVES AND ACTIVITIES

Our vision, mission and values

Our vision is a society where everyone has a sense of control over their lives and the ability to stay independent, active and connected to the world around them.

Our mission is to provide practical help so that people who need support can live safely and well in their homes and communities.

We achieve this by providing a range of services and projects to support independent living, focusing on minor home adaptations, falls prevention, digital confidence, social isolation, therapeutic decluttering and advice, advocacy and casework.

Our values are:

- 1 **Real world perspective:** People have overlapping physical, mental and emotional needs and assets, and we respond to these as holistically as we can.
- 2 **People have assets:** We all bring valuable strengths that can benefit the community.
- 3 **Collectivity:** Everyone benefits when we come together to support each other and share experiences and learning.
- 4 **Empathetic and non-judgemental:** We always attempt to understand the different contexts in which people live their lives.
- 5 **Equity:** Disadvantaged people should have equal access to opportunities and be supported to exercise their rights.
- 6 **User-led:** People define the approaches that work for them, and we work with those in mind.
- 7 **Integrity:** We are honest with ourselves and others about our capabilities and what we can deliver.

Our principles of working

The following principles set out our priorities and guide the way we work:

- **Evidence-based:** drawing on existing data and research to inform our work.
- **Supporting innovation:** by supporting new ideas and piloting projects to help build an evidence base.
- **Offering flexibility:** adapting what we do to suit individual needs and preferences.
- **Meeting needs other organisations don't:** identifying gaps and acting on them.
- **Free or low cost:** supporting people in need to overcome disadvantage.
- **Capacity-building:** supporting people to gain and improve skills, knowledge and tools to achieve personal and organisational goals.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

OBJECTIVES AND ACTIVITIES

The Year in Review

This has at last been a year of significant growth for MRS. The management team have been successful in a series of funding bids which now underpins much of our wide-ranging portfolio of services. Difficulties persist in bringing the stability we would like to see in some areas but it has become possible to address these more systematically. A major transition has been underway with the closure of our office in Woodberry Down with staff achieving a balance between working from home and the use of rented office and meeting spaces.

A new Board recruitment initiative was agreed in the summer of 2022. A year on from welcoming new committee member Tade Oyebode, we were fortunate to recruit as Treasurer Andrew Tunks, who has brought an informed, experienced and urgent approach to the oversight of our finances. Jane Tilston is thanked for her long-standing contributions in that role. An expanded board has given a solid platform from which to renew our commitment to diversification and community engagement in the year ahead.

Co-chair Bekka Henderson took part alongside the Director in a diversity training initiative run by Get on Board. During the year Board members have also become more directly engaged with the organisation's work, through Stephen Steppens on the health and safety sub-committee and by Jane, Tade and Andrew participating in community events and consultations. The Trustees have paid close attention to a range of issues during the year from the purchase of an electric vehicle, salary increases for staff, the reconfiguration of reserves and the planning of a new People Committee with staff appointees.

The year has been noteworthy for broadening the scope of our advice and casework services, expanding the scope of Side by Side and introducing advice support for service users across all services with successful new appointments. A settled team has again been established at Making Room, and a difficult realignment of the service targets agreed for the Staying Steady contract, which required patient work by the management team.

Our partnership with the Health and Social Care Workforce Research Unit at King's College London has been maintained, and we hope in the year ahead to see further working developments through our user engagement initiatives. At the time of reporting, the number of hours worked by members of the management team has been reconfigured following the Director's return from her second maternity leave and a substantial review of staffing structure, contracts and salary levels is now underway.

John Miles, Co-Chair
Bekka Henderson, Co-Chair

ACHIEVEMENT AND PERFORMANCE
OUR ACTIVITIES AND ACHIEVEMENTS IN 2021/22

In 22/23, our services and projects included:

- Falls prevention services (Staying Steady community-based classes and Otago home-based exercise)
- Hackney Dudes
- 50 Plus Digital
- Making Room
- Side by Side and Floating Support
- Islington Home Adaptations

Falls prevention services

We are contracted by London Borough of Hackney to provide Staying Steady: community-based strength and balance exercise classes for people at risk of falls. We also provide the Otago home-based exercise programme for NHS North East London for home-bound people unable to access community classes.

During 22/23 229 older people accessed Staying Steady, of whom about 60% had completed or were still active on the 24-week programme at year-end. The service was reviewed at the 3-year mark as per schedule. As a result, Home Safety Checks were stopped due to lack of referrals, and budget considerations and key performance indicators were adjusted.

Data for the final quarter of 22/23 showed that for people who completed the programme:

- Over 90% had fewer falls, or the level of falls did not get worse.
- 100% improved their strength and balance.
- At 3 months post-completion, 100% were continuing to exercise and almost 90% reported increased mobility and independence.

We continue to engage with health and care services at a strategic level on the local falls pathway, and also held several community outreach events during the year, particularly during Falls Prevention Week in September. Developing links with the City and Hackney Proactive Care team has increased the proportion of people accessing the service who have not previously had a fall, furthering the preventative aims of the service.

The Otago home-based exercise service has continued to run throughout 22/23, with 109 people with frailty being referred and 49 people completing the 6-month programme. Over 80% of participants improved or maintained their balance, a success given the frailty and limited mobility of the cohort.

Otago was incorporated into the local NHS Anticipatory (now Proactive) Care pilot when that programme started, hoping to support older people with mild frailty and deconditioning from the pandemic to improve their strength and balance at home before joining a community class. We have supported the introduction of Care Coordinators for this project by inviting them to attend Staying Steady classes, informing them about local falls prevention provision, and introducing them to our instructors. Most of the referrals from the Proactive Care team have been more suitable for a community class than a home exercise programme, highlighting the increase in confidence that people have in returning to a normalised life following the pandemic. Accessing recurrent funding remains an issue for sustainability of the service, and we continue to work constructively with NHS North East London to explore potential longer-term funding avenues.

Hackney Dudes

The Hackney Dudes project for older men at risk of isolation was supported from reserves during a prolonged funding gap in 22/23, whilst we awaited the outcomes of multi-year funding bids. We still offered a wide range of activities, with the Friday drop-in at Dalston Curve Garden (DCG) remaining at the heart of the project. Attendance at the weekly drop-in averaged 24 older men during the year, with the highest attendance being 34 at the Christmas lunch. Despite the lack of funding, DCG continued to provide a free lunch and refreshments for drop-in participants, and we thank them wholeheartedly for their generosity and continued support of the project during this time.

We have worked towards creating a 5-day-a-week offering for the Dudes through relationships with other organisations such as Chippy and Chips, and encouraging self-facilitated activities such as the Dudes band, who have continued weekly meet-ups and rehearsals, kindly hosted by Newington Green Meeting House. The weekly Zoom call also continued for Dudes who find it harder to leave the house. Several Dudes shared their skills and interests by leading workshops, e.g. on cooking, and others have taken on informal volunteer roles within the project.

The Dudes went on outings to destinations including the Sky Garden, Wellcome Collection, Horniman Museum and Kenwood House, as well as more locally to Hackney's Posh Club, Museum of the Home and Dream Machine. Activities are co-produced with the Dudes sharing their ideas and the Project Lead facilitating access, supervising and coordinating logistics.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

In October 2022 we recruited a floating advice and support worker to work alongside the Project Lead in providing the Dudes with individual support relating to benefits, housing issues, access to food, services and many other things. This practical, holistic and open-ended support from a consistent individual is proving invaluable in helping Dudes address issues and claim entitlements without having to refer them outside of the project. It also demonstrates how the provision of advice, advocacy and casework is becoming increasingly integral within MRS' services.

For further insight into the Hackney Dudes project, please see their YouTube channel where they share videos of many of their activities

50 Plus Digital

The 50 Plus Digital project has continued to grow; average attendance at the weekly digital drop-in increased over the year from about 10 to about 30 older people, with more than 100 beneficiaries engaging with the project. We also consolidated our existing volunteer team and increased core team size from three to six regular volunteers.

More important than the numbers - the service users have established the weekly drop-in as an innovative social hub for older people in a community centre that was already very busy. Although we don't have a partnership arrangement with Mildmay Community Centre, our activities have become fully integrated with everything else that happens there. The project is now becoming a presence with strong hyper-local connections across two London boroughs (Hackney and Islington).

Structured group work (e.g. workshops and courses) took place at Whitmore Community Centre and then moved to Mildmay when space became available. Activities have included role-playing interns at a creative social enterprise, learning how to use collaborative workplace software, workshops on using Whatsapp, email, and how to stay safe online.

We received a grant from Good Things Foundation which enabled us to double the number of refurbished training laptops and smartphones. This ensures we can always meet demand at Mildmay, allowing more service users to think of the service as a community hub, and attracting more attention from potential volunteers and referrers.

Making Room

Making Room works in a therapeutic and practical way with people with mild to severe hoarding behaviour, helping them to declutter and achieve their goals. Much of 22/23 was occupied with the delivery of a pilot on early intervention in hoarding, for which we were commissioned by London Borough of Hackney (LBH). Despite challenging timescales and staffing issues, we were able to complete the objectives of the pilot and support 15 individuals to declutter, providing outcomes data for an evaluation report to inform potential future commissioning. Unfortunately delivering the pilot under these pressures meant other service delivery was delayed temporarily. This included completion of the ELFT Winter Pressures grant which is still ongoing.

Working with LBH highlighted both the extent of unmet need in the borough (an estimated 30,000 households affected by hoarding) and the value that Making Room offers services and service users, being both cheaper and more effective than the traditional 'blitz' clean approach. We have been able to use these insights in promotional and outreach activities.

In January 2023 we welcomed a new Senior Decluttering Practitioner with a background in mental health and homelessness services. This appointment has enhanced the positioning of Making Room as a specialised service and has also prompted a review of operations and financial arrangements, due to report to Trustees in December 2023.

Referrals to the service were slightly down on the previous year (54 compared with 61 in 21/22), although the Hackney pilot may have impacted this as no outreach was happening during this time. There continues to be a high proportion of referrals (roughly half) that do not progress to funded cases, primarily due to inability to access funding, lack of follow up by the referrer, or lack of engagement from the service user. Transforming this situation and working with partners and stakeholders to create a support system that is joined-up, responsive and properly resourced remains our vision.

Side by Side and Floating Support

We have continued to provide a regular advice and outreach service at Gillett Square, funded by Trust for London and Hackney Council's Community Infrastructure Fund and delivered in partnership with Hackney Cooperative Developments.

Demand for the service remains very high, with an increasing workload of people who are destitute, and increasingly challenging needs of Square users, some of whom fall into crisis and require emergency support which can be ongoing. In 22/23, we worked with over 90 people who required more than 3 hours of support.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

The profile of Square users has changed somewhat, and we have seen a slow but steady increase of Eritrean refugees using the Square and referring their friends. Currently we are working with nine people who have refugee status. Square users are increasingly referring their family and friends which means there is an increase in the number of women we are seeing, from eight at the beginning of the year to 20 at the end.

Issues we support people with on Side by Side are varied, but they include, for example, accessing Pension Credit, Personal Independence Payment, and homelessness services. Applications for and difficulties with accessing benefits continue to be high and now make up about a fifth of our work. Results of applications are very slow at the moment, taking, in some cases, more than six months.

We successfully attended two court hearings for tenants in social housing about to be evicted because of rent arrears, and have also been successful in assisting several people who were homeless to be offered short-life housing in Hackney. Support offered as part of Hackney Council's Community Infrastructure Fund means we have benefitted from a relational lead who has facilitated direct contact with the single homeless service, and hence a more open and effective relationship for single homeless people. We have also developed a closer relationship with The Greenhouse and are now better able to assist homeless men, although it remains a challenge.

In autumn 2022, we recruited a new community advice worker for Side by Side, and expanded further with the addition of a 'floating' advice worker, made possible by funding from Independent Age. The floating advice service enables older people from across MRS services and community projects to benefit from advice and practical support, and helps to meet the growing need which is exacerbated by the cost of living crisis.

We have also continued our collaboration with King's College London (KCL) on their research project on adult safeguarding and self-neglect. With funding from KCL, we held several service user engagement events in Gillett Square, the focus of our Side by Side project, which brought together researchers, professionals and service users.

Islington Home Adaptations

We continued to provide our Trusted Assessor service for London Borough of Islington's Occupational Therapy team. This service is delivered on a spot purchase basis.

During the year, 235 Trusted Assessor jobs were completed, an average of about 20 per month. Consistent with last year, the trend towards bigger and longer jobs is continuing, but income remains stable. Capacity was again impacted by staff sickness issues

DIVERSITY, EQUALITY AND INCLUSION

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion work as recommended in the Charity Governance Code.

The Management Committee has agreed a target for itself and our staff group of at least 30% representation from communities reflecting the racial diversity of North East London by the end of 2025. At the end of this period:

- The diversity of our Management Committee had reduced slightly with the appointment of a new Treasurer, with one out of seven (14%) from a racially diverse background.
- The diversity of our staff group also declined with the recruitment of new staff, with one out of 15 (6%) from a racially diverse background.

Work on diversity was largely paused during the Director's maternity leave, aside from continued participation in Getting on Board's Transform programme and various webinars and events around workforce diversity and anti-racism. Following the Director's return, priorities include implementing the diversity action plan, restarting open trustee recruitment and work on strengthening user voices in management and governance.

FINANCIAL REVIEW

Financial position

In 22/23, we saw overall income rise 11% to £335,069. Of this, approximately £24,000 refers to income received for services to be delivered in 23/24. Restricted income remained constant at just over one-third of total income. As expected with the expansion and development of our advice work and the wider economic context of inflationary pressures, costs rose in 22/23. Total expenditure increased by approximately 10% to £313,553. The accounts show an unrestricted surplus of £19,997 at year-end although the pro rata picture is different - once the figures are adjusted to take account of restricted income received in 22/23 for services to be delivered in 23/24, we ended the year with a roughly balanced budget.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

FINANCIAL REVIEW

Reserves policy

Our reserves policy commits to maintaining 3 to 6 months' expenditure in free reserves, alongside designated funds for innovation, contingency/emergency costs, wind-up costs and environmental sustainability initiatives.

This equates to a target holding for free reserves of between £101,936 and £203,871 in 23/24 (based on total planned expenditure). At 31 March 2023, the free reserves were £146,636.

In 23/24 we expect calls on reserves in 23/24 from services currently running at a deficit (Making Room) and to cover likely funding gaps.

Designated Funds

Expenditure from designated funds this year included the final payment instalment for a new electric van to meet ULEZ standard. Following this payment, the Environmental Sustainability Fund has delivered its purpose and been spent down, with a slight overspend due to higher than anticipated costs for secondhand electric vehicles.

We used the Innovation Fund to front the first few months of salary costs for the new Floating Advice and Support Worker post to support service users through the cost of living crisis.

The Contingency Fund covered additional costs incurred as a result of the Director's maternity leave.

The Wind-Up Fund has increased to cover increased staff redundancy and notice liabilities in the event of a closure.

Fund by fund basis and confirmation that MRS can fulfil its obligations

MRS had reserves to meet current obligations in relation to contracts and to its statutory obligations as an employer.

Thank you

Overall we are pleased that MRS has maintained financial stability during the year and has still been able to generate significant external funding towards its services and projects, despite the challenging funding environment. This includes grants generously donated by:

- Trust for London
- Mercers Company
- Stagecoach
- London Borough of Hackney
- West Hackney Parochial Charity
- Independent Age
- North East London Integrated Care Board
- Good Things Foundation

We are extremely grateful to all of our funders, commissioners and partners for their support in 22/23.

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, governance and management

MRS is a registered charity and a company limited by guarantee.

- Members can be any person or organisation supporting the aims and objectives of the organisation, but a minimum of two-thirds of members must be people eligible to be users of MRS services in the boroughs in which it is working.
- Members elect Trustees who form a Management Committee. At least 51% of Trustees are required to be people eligible for MRS services.
- The Director is responsible for implementation of policy and for day-to-day management of the organisation. The current senior management team comprises the Director and Assistant Director.
- The Management Committee meets at least quarterly to review work and discuss future plans.
- The Co-Chairs and Treasurer meet more frequently with each other and with the Director as the need arises.

Governing document: MRS Independent Living Ltd is a registered charity and company limited by guarantee, governed by its Memorandum and Articles of Association dated 30 December 1986 and updated in October 2020.

Membership: At the start of the year MRS had six members who are also members of the Management Committee, each of whom agree to contribute £1 in the event of the charity winding up.

Area of benefit: Primarily London boroughs in North East London, including Islington, Hackney, City of London and other surrounding boroughs.

Public benefit: In managing the work of the organisation and drawing up this report, the Trustees have considered the requirements under section 4 of the Charities Act 2006 to have due regard to both to the public benefit of MRS Independent Living and to ensure that this is reflected in their report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02086284 (England and Wales)

Registered Charity number

801419

Registered office

The Adiaha Antigha Centre
Dalston Lane
London
E8 3AZ

Trustees

J Miles Co-chair
S Steppens
J Tilston (Resigned as Treasurer on 20/03/2023)
R Henderson Co-chair
D Hardiman
O A Oyebode
A Tunks (Appointed as Treasurer on 20.03.23) (appointed 20.3.23)

Company Secretary

N J Pink

Independent Examiner

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

MRS INDEPENDENT LIVING LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

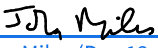
REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

Cooperative Bank
1 Islington High Street
London
N16 8JN

12/12/2023

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


.....
[John Miles \(Dec 12, 2023 13:44 GMT\)](#)
.....
J Miles - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MRS INDEPENDENT LIVING LTD

Independent examiner's report to the trustees of MRS Independent Living Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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 Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Maurice Brindley
Maurice Brindley (Dec 19, 2023 14:21 GMT)

Maurice Brindley BSc FCA

Brindley Millen Ltd
167 Turners Hill
Cheshunt
Hertfordshire
EN8 9BH

Date: 12/19/2023

MRS INDEPENDENT LIVING LTD

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		-	-	-	-	-
Charitable activities						
Independent Living Services		216,437	-	118,630	335,067	288,029
Other income		-	-	-	-	12,874
Total		<u>216,437</u>	<u>-</u>	<u>118,630</u>	<u>335,067</u>	<u>300,903</u>
EXPENDITURE ON						
Charitable activities						
Independent Living Services		<u>168,464</u>	<u>25,493</u>	<u>114,021</u>	<u>307,978</u>	<u>286,148</u>
NET						
INCOME/(EXPENDITURE)						
Transfers between funds	12	<u>47,973</u> <u>(22,403)</u>	<u>(25,493)</u> <u>22,403</u>	<u>4,609</u> <u>-</u>	<u>27,089</u> <u>-</u>	<u>14,755</u> <u>-</u>
Net movement in funds		<u>25,570</u>	<u>(3,090)</u>	<u>4,609</u>	<u>27,089</u>	<u>14,755</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>149,268</u>	<u>98,440</u>	<u>40,225</u>	<u>287,933</u>	<u>273,178</u>
TOTAL FUNDS CARRIED FORWARD						
		<u><u>174,838</u></u>	<u><u>95,350</u></u>	<u><u>44,834</u></u>	<u><u>315,022</u></u>	<u><u>287,933</u></u>

The notes form part of these financial statements

BALANCE SHEET31 March 2023

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS						
Tangible assets	6	22,629	-	-	22,629	28,664
CURRENT ASSETS						
Stocks	7	5,574	-	-	5,574	4,018
Debtors	8	39,174	-	-	39,174	70,579
Cash at bank and in hand		120,568	95,350	44,834	260,752	210,619
		<u>165,316</u>	<u>95,350</u>	<u>44,834</u>	<u>305,500</u>	<u>285,216</u>
CREDITORS						
Amounts falling due within one year	9	(13,107)	-	-	(13,107)	(18,627)
NET CURRENT ASSETS		<u>152,209</u>	<u>95,350</u>	<u>44,834</u>	<u>292,393</u>	<u>266,589</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		174,838	95,350	44,834	315,022	295,253
CREDITORS						
Amounts falling due after more than one year	10	-	-	-	-	(7,320)
NET ASSETS		<u>174,838</u>	<u>95,350</u>	<u>44,834</u>	<u>315,022</u>	<u>287,933</u>
FUNDS						
Unrestricted funds	12				270,188	247,708
Restricted funds					<u>44,834</u>	<u>40,225</u>
TOTAL FUNDS					<u>315,022</u>	<u>287,933</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for


- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.


BALANCE SHEET - continued
31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

12/12/2023

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


John Miles (Dec 12, 2023 13:44 GMT)
.....
J Miles - Trustee


Andrew Tunks (Dec 12, 2023 16:34 GMT)
.....
A Tunks - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The financial statements are presented in sterling (£).

Critical accounting judgements and key sources of estimation uncertainty

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The following judgements and estimates are considered by the trustees to have most significant effect on amounts recognised in the financial statements.

Useful economic life of tangible fixed assets:

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

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 reducing balance
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance

No depreciation is charged in the year of acquisition and a full years depreciation is charged in the year of disposal.

Stocks

Stock is valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

Taxation

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

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

1. ACCOUNTING POLICIES - continued

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.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

These financial statements have been prepared on a "going concern" basis which is subject to continued funding of the charities objectives.

The general environment for funding services of the kind provided by MRS Independent Living continues to be positive.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially settled at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	7,544	9,555
Surplus on disposal of fixed assets	-	(6,928)
Independent examiners fees	2,995	2,995
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £51,741 (2022: £51,854). This figure comprises gross pay £45,348, employer's NI £4,311 and employer's pension £2,082.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

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

	31.3.23	31.3.22
All staff	6	6
	<u> </u>	<u> </u>

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

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	-	-	-	-
Charitable activities				
Independent Living Services	183,540	-	104,489	288,029
Other income	12,874	-	-	12,874
Total	<u>196,414</u>	<u>-</u>	<u>104,489</u>	<u>300,903</u>
EXPENDITURE ON				
Charitable activities				
Independent Living Services	198,716	-	87,432	286,148
NET INCOME/(EXPENDITURE)				
Transfers between funds	<u>7,560</u>	<u>(7,560)</u>	<u>-</u>	<u>-</u>
Net movement in funds	5,258	(7,560)	17,057	14,755
RECONCILIATION OF FUNDS				
Total funds brought forward	144,010	106,000	23,168	273,178
TOTAL FUNDS CARRIED FORWARD	<u><u>149,268</u></u>	<u><u>98,440</u></u>	<u><u>40,225</u></u>	<u><u>287,933</u></u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2022	18,395	8,948	35,716	63,059
Additions	-	1,509	-	1,509
At 31 March 2023	<u>18,395</u>	<u>10,457</u>	<u>35,716</u>	<u>64,568</u>
DEPRECIATION				
At 1 April 2022	18,384	7,082	8,929	34,395
Charge for year	3	844	6,697	7,544
At 31 March 2023	<u>18,387</u>	<u>7,926</u>	<u>15,626</u>	<u>41,939</u>
NET BOOK VALUE				
At 31 March 2023	<u>8</u>	<u>2,531</u>	<u>20,090</u>	<u>22,629</u>
At 31 March 2022	<u>11</u>	<u>1,866</u>	<u>26,787</u>	<u>28,664</u>

MRS INDEPENDENT LIVING LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

7. STOCKS	31.3.23	31.3.22
	£	£
Stocks	5,574	4,018
	<u> </u>	<u> </u>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.3.23	31.3.22
	£	£
Accounts receivable	29,091	46,453
VAT	7,961	21,863
Prepayments and accrued income	2,122	2,263
	<u> </u>	<u> </u>
	<u>39,174</u>	<u>70,579</u>
9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.3.23	31.3.22
	£	£
Hire purchase (see note 11)	-	2,299
Trade creditors	2,258	6,798
Social security and other taxes	7,854	6,536
Accrued expenses	2,995	2,994
	<u> </u>	<u> </u>
	<u>13,107</u>	<u>18,627</u>
10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR	31.3.23	31.3.22
	£	£
Hire purchase (see note 11)	-	7,320
	<u> </u>	<u> </u>
11. LEASING AGREEMENTS		
Minimum lease payments under hire purchase fall due as follows:		
	31.3.23	31.3.22
	£	£
Net obligations repayable:		
Within one year	-	2,299
Between one and five years	-	7,320
	<u> </u>	<u> </u>
	<u>-</u>	<u>9,619</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Free Reserves	149,268	47,973	(22,403)	174,838
Innovation Fund (formally Access to technology)	40,000	(1,650)	-	38,350
Environment Sustainability Fund	8,440	(10,449)	2,009	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	40,000	-	7,000	47,000
	<u>247,708</u>	<u>22,480</u>	<u>-</u>	<u>270,188</u>
Restricted funds				
Side by Side	711	9,912	-	10,623
Digital Inclusion	19,724	1,447	-	21,171
Otago (Staying Steady)	18,230	(15,447)	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	-	-	88
Floating Advice and Support	-	8,550	-	8,550
Grants for individuals	-	147	-	147
	<u>40,225</u>	<u>4,609</u>	<u>-</u>	<u>44,834</u>
TOTAL FUNDS	<u>287,933</u>	<u>27,089</u>	<u>-</u>	<u>315,022</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	216,437	(168,464)	47,973
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>216,437</u>	<u>(193,957)</u>	<u>22,480</u>
Restricted funds			
Side by Side	58,250	(48,338)	9,912
Digital Inclusion	22,000	(20,553)	1,447
Otago (Staying Steady)	10,930	(26,377)	(15,447)
Hackney Dudes Fund	5,500	(5,500)	-
Floating Advice and Support	20,000	(11,450)	8,550
Grants for individuals	1,950	(1,803)	147
	<u>118,630</u>	<u>(114,021)</u>	<u>4,609</u>
TOTAL FUNDS	<u>335,067</u>	<u>(307,978)</u>	<u>27,089</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Free Reserves	144,010	(2,302)	7,560	149,268
Innovation Fund (formally Access to technology)	50,000	-	(10,000)	40,000
Environment Sustainability Fund	25,000	-	(16,560)	8,440
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	21,000	-	19,000	40,000
	<u>250,010</u>	<u>(2,302)</u>	<u>-</u>	<u>247,708</u>
Restricted funds				
Side by Side	711	-	-	711
Digital Inclusion	3,408	16,316	-	19,724
Otago (Staying Steady)	12,580	5,650	-	18,230
Coronavirus Fund	6,381	(4,909)	-	1,472
Hackney Dudes Fund	88	-	-	88
	<u>23,168</u>	<u>17,057</u>	<u>-</u>	<u>40,225</u>
TOTAL FUNDS	<u><u>273,178</u></u>	<u><u>14,755</u></u>	<u><u>-</u></u>	<u><u>287,933</u></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	196,414	(198,716)	(2,302)
Restricted funds			
Side by Side	9,996	(9,996)	-
Digital Inclusion	38,284	(21,968)	16,316
Otago (Staying Steady)	28,001	(22,351)	5,650
Coronavirus Fund	1,980	(6,889)	(4,909)
Hackney Dudes Fund	24,228	(24,228)	-
Albert Hunt Trust	2,000	(2,000)	-
	<u>104,489</u>	<u>(87,432)</u>	<u>17,057</u>
TOTAL FUNDS	<u><u>300,903</u></u>	<u><u>(286,148)</u></u>	<u><u>14,755</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Free Reserves	144,010	45,671	(14,843)	174,838
Innovation Fund (formally Access to technology)	50,000	(1,650)	(10,000)	38,350
Environment Sustainability Fund	25,000	(10,449)	(14,551)	-
Contingency Fund	10,000	(13,394)	13,394	10,000
Wind-up Fund (formally Designated fund)	21,000	-	26,000	47,000
	<u>250,010</u>	<u>20,178</u>	<u>-</u>	<u>270,188</u>
Restricted funds				
Side by Side	711	9,912	-	10,623
Digital Inclusion	3,408	17,763	-	21,171
Otago (Staying Steady)	12,580	(9,797)	-	2,783
Coronavirus Fund	6,381	(4,909)	-	1,472
Hackney Dudes Fund	88	-	-	88
Floating Advice and Support	-	8,550	-	8,550
Grants for individuals	-	147	-	147
	<u>23,168</u>	<u>21,666</u>	<u>-</u>	<u>44,834</u>
TOTAL FUNDS	<u>273,178</u>	<u>41,844</u>	<u>-</u>	<u>315,022</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Free Reserves	412,851	(367,180)	45,671
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>412,851</u>	<u>(392,673)</u>	<u>20,178</u>
Restricted funds			
Side by Side	68,246	(58,334)	9,912
Digital Inclusion	60,284	(42,521)	17,763
Otago (Staying Steady)	38,931	(48,728)	(9,797)
Coronavirus Fund	1,980	(6,889)	(4,909)
Hackney Dudes Fund	29,728	(29,728)	-
Albert Hunt Trust	2,000	(2,000)	-
Floating Advice and Support	20,000	(11,450)	8,550
Grants for individuals	1,950	(1,803)	147
	<u>223,119</u>	<u>(201,453)</u>	<u>21,666</u>
TOTAL FUNDS	<u>635,970</u>	<u>(594,126)</u>	<u>41,844</u>

Innovation Fund (formerly Access to Technology)

During the year ended 2016 the charity received a legacy from the estate of the former Vice Chair, Ken Bodden. The trustees have decided to set this money aside with the aim of promoting access to technology for people with disabilities. In the year ended 31 March 2020 this fund was redesignated as the Innovation Fund for investment in new projects and services that meet strategic priorities.

12. MOVEMENT IN FUNDS - continued

Environmental Sustainability Fund

Monies set aside for environmentally responsible purchase, presently and primarily to fund the purchase of a more environmentally friendly van.

Contingency Fund

Monies set aside for emergency costs

Wind-up Fund (formerly Designated fund)

Monies set aside by the trustees for contingencies for the provision of redundancy payments and to cover staff notice periods and for other costs should the organisation find it necessary to close operations in the future.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

14. GUARANTEE STATUS

The company is limited by guarantee whereby every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, while they are a member or within one year after the cease to be a member, such as may be required, not exceeding one pound.

MRS INDEPENDENT LIVING LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 March 2023

	31.3.23	31.3.22
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	107,700	74,508
Contracts	122,205	94,036
Fee income	105,162	119,485
	<hr/>	<hr/>
	335,067	288,029
Other income		
Gain on sale of intangible fixed assets	-	6,928
Job Retention Scheme	-	5,946
	<hr/>	<hr/>
	-	12,874
	<hr/>	<hr/>
Total incoming resources	335,067	300,903
EXPENDITURE		
Charitable activities		
Wages	181,777	169,497
Social security	6,130	5,648
Pensions	4,621	3,474
Rent and rates	6,903	25,707
Insurance	2,246	2,221
Telephone	1,210	2,095
Postage and stationery	925	2,581
Publicity	2,308	1,331
Sundries	1,906	1,770
Motor and travel	6,281	6,508
Training	90	1,019
Repairs and renewals	1,534	3,473
Protective clothing	53	-
Subscriptions	336	-
Sub-contracted services	41,381	33,211
Materials for minor adaptations	16,492	14,722
Partnership Expenses	4,430	-
Venue Hire	16,216	-
Plant & machinery depreciation	3	4
Fixtures & fittings depreciation	844	622
Motor vehicles depreciation	6,697	8,929
Bank interest	65	329
Hire purchase	832	50
Grants to individuals	1,803	-
	<hr/>	<hr/>
	305,083	283,191
Support costs		
Governance costs		
Accountancy and legal fees	2,895	2,957
	<hr/>	<hr/>
Total resources expended	307,978	286,148
	<hr/>	<hr/>
Net income	27,089	14,755
	<hr/>	<hr/>

This page does not form part of the statutory financial statements