

**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 2024  
FOR  
MRS INDEPENDENT LIVING LTD**

**MRS INDEPENDENT LIVING LTD**

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for the Year Ended 31 MARCH 2024**

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## MRS INDEPENDENT LIVING LTD

### REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

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 2024. 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 hol istically 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 goa ls.
- **Networks:** identifying, building and capitalising on networks and the assets within them.

## **MRS INDEPENDENT LIVING LTD**

### **REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024**

#### **OBJECTIVES AND ACTIVITIES**

##### **The Year in Review**

In the last year MRS has become more financially secure, more representative of the communities we serve and better able to respond in depth to the challenges our service users face. The board has expanded significantly, becoming more diverse and with a deepening capability to advise and steer. Our small but settled management team has been able to increase our administrative capacity and maintain a highly productive fundraising programme. A 'people committee' has been established and our slowly developing work to revise staff contracts and conditions is nearing completion. A process of experiment has also been underway to balance the requirements for working from home, maintaining an office space and providing space for our activities.

Work within strategic, commissioning and service delivery structures has acquired greater range this year, and academic partnerships enrich our advice work and support services for hoarders. With hoarding, we have been able in the last year to help structure a new dialogue about service planning in Hackney, and are receiving more and more approaches for advice and support from public bodies outside our immediate area. We are close to restoring a limited handyperson service in Hackney, a development which highlights the wisdom of maintaining our spot purchase arrangements for aids and adaptations with the Islington occupational therapy service. Nevertheless, with austerity, there are still areas of service delivery where we have had to question the assumptions of commissioners and providers and pursue the case for more secure and reliable, better-informed provision. We encounter a growing number of people who require help to cope, manage and thrive. Our dialogue with service users and efforts to widen social support to them is increasingly shaped by these pressures and seems likely to dominate the agenda as we move forward.

John Miles and Bekka Henderson (Co-Chairs)

## MRS INDEPENDENT LIVING LTD

### REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

#### ACHIEVEMENT AND PERFORMANCE OUR ACTIVITIES AND ACHIEVEMENTS IN 2023/24

In 2023-24, we provided a range of projects and services to support older people, people with disabilities and people facing mental health challenges in North East London:

- **Staying Steady:** We helped older people improve their strength and balance and avoid falls with community-based exercise classes.
- **Otago:** We delivered personalised falls prevention exercise programmes for frail older adults in their home environment.
- **Islington Trusted Assessor and Home Adaptations service:** We continued to partner with occupational therapists in Islington to create safer living spaces for people with mobility issues and disabilities.
- **Hackney Dudes:** We fostered friendships and camaraderie through a social club for isolated older men.
- **Fifty Plus Digital:** We empowered older adults to become more digitally connected and socially included.
- **Making Room:** We provided expert decluttering support for individuals whose hoarding behaviour has become problematic.
- **Side by Side:** We offered community-based advice and support to people from marginalised and excluded communities.

With support from our funders, commissioners and partners, our work has this year helped over 1,000 people stay independent, active and connected to their communities.

#### Falls prevention

As we age, maintaining muscle strength and balance becomes increasingly important. These two essential components can significantly reduce the risk of falls and associated injuries. We help older adults stay active and independent through two falls prevention programmes in City and Hackney.

#### Staying Steady

Our Staying Steady programme, funded by City and Hackney Public Health, offers a comprehensive 6-month exercise programme designed specifically for individuals over 55 who have experienced falls or fear falling. Led by experienced instructors, these classes focus on strengthening muscles and improving balance, helping participants regain confidence and stability. We run eight classes across the two boroughs.

During 23/24, 110 individuals successfully completed a Staying Steady course.

- Over 80% experienced improvements in strength and balance, as measured by at least one recognised functional mobility test.
- More than 80% reported improved or maintained mobility levels, and these benefits persisted for at least three months.
- Nearly half felt significantly less anxious about falling.
- About a third of individuals experienced fewer falls following the programme, reducing pressure on the NHS.

Two-thirds of participants told us they had continued to stay active and exercise 3 months after completing their course.

VB is a vibrant 84-year-old Caribbean woman who has benefitted hugely from Staying Steady. Living alone and following the loss of her sister, she had been feeling increasingly isolated and unsteady in her own home. With a history of falls, a fear of falling and several medical conditions that put her at high risk, she was losing her confidence and had hardly left the house in 12 months. A social prescriber referred her to Staying Steady, hoping to help her regain her independence.

## **MRS INDEPENDENT LIVING LTD**

### **REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024**

At the start of her journey, VB struggled to climb stairs or even walk around her own house. Her fear of falling was palpable, and her mood was understandably low. With the support of our team and the convenience of Dial-a-Ride transportation, she was able to leave her home using newly-gained Dial-a-Ride membership and join a supportive community of peers at our class in a local community centre where she discovered a newfound sense of strength and stability.

As VB progressed through the programme, she went from being hesitant about leaving her home to eagerly attending our sessions. Her balance improved dramatically, and her fear of falling diminished significantly. Most importantly, VB's mood brightened, and she rediscovered her zest for life.

#### Otago home exercise

Otago is an evidence-based approach to reducing falls risk in frail older adults. By providing personalised, home-based exercise tuition, we address the unique needs of individuals who are unable to access community-based classes due to mobility limitations.

In 23/24, 54 participants completed the Otago programme, with 76% seeing improvement in their strength and balance. This translates to a significant reduction in falls risk: the number of falls fell for 30 participants (56%), whilst there was no deterioration for a further 19 (35%); a positive outcome considering the age and frailty of this cohort. As well as physical improvements, participants reported improved mental health and improved quality of life, because they are now able to do things they had previously lost the ability to do.

#### Islington Trusted Assessor and home adaptations service

In 23/24 our Trusted Assessors worked alongside occupational therapists in London Borough of Islington to help 339 people stay safe and independent in their own homes (a 44% increase on 22/23). We provided vital disability aids and minor home adaptations, ensuring that individuals with diverse needs could live with dignity and confidence.

This significant increase in demand has lengthened our waiting list considerably and in early 2024 we started recruitment to permanently increase capacity within the Adaptations team.

#### Hackney Dudes

Our Hackney Dudes project has continued to provide a thriving social club and vital lifeline for older men in our community. Over the past year, over 80 local men have actively participated in our diverse range of activities, thanks to generous support from the National Lottery and City Bridge Trust.

Our five-day-a-week programme offers a weekly social drop-in and art classes at the Dalston Curve Garden, music sessions with the Dudes band, fortnightly outings, and virtual gatherings via Zoom.

The Curve Garden drop-in remains the cornerstone of the project, attracting an average of 30 older men each week. Throughout the year, half of our members attended at least one activity per month, demonstrating the project's appeal and effectiveness in engaging with a group typically reluctant to join community activities.

The positive impact of the Dudes project is evident in the enhanced mental health and wellbeing of our members. Over 90% of participants have reported improvements in their mental health, while three-quarters feel more connected to their community. Additionally, approximately half of the Dudes have benefited from practical and emotional support provided by our project lead and advice worker.

"There's something everyday if I want. Groups like this are really good for anyone who is kind of isolated and not meeting people day to day. It's pretty unique and it would be nice if other boroughs could replicate it."

#### Fifty Plus Digital

Fifty Plus Digital is more than just learning new skills - it's about building a community of confidence for older adults in the digital world. This year, over 120 people embraced technology through our two-pronged approach: the weekly drop-in and the Learning Together programme.

## MRS INDEPENDENT LIVING LTD

### REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024

**Weekly Digital Drop-in:** This vibrant community hub at Mildmay Community Centre in Islington offers one-on-one support from dedicated volunteers. This year, the drop-in has seen a remarkable turnout, with an average of 27 older adults attending each week, with some weeks reaching nearly 40! Many participants find the social atmosphere just as valuable as the technical assistance, fostering a sense of belonging and connection.

**Learning Together:** This dynamic programme offers a diverse range of short courses, workshops, and creative learning opportunities. This past year, highlights included "Creative Together," a series of sessions exploring digital tools for artistic expression (documented on the blog: <https://blog.50pd.uk/>). Other workshops leveraged the Learn My Way platform as a springboard for guided digital exploration.

The impact of Fifty Plus Digital is undeniable. In February 2024, a staggering 76% of participants reported feeling a lot more confident as a result of the program, with a further 24% experiencing some improvement. One participant declared, "I can help people now! If they think being on a computer is scary, I can tell them you'll be alright!" Another shared, "Absolutely [more confident now]! Before, I couldn't do anything." These testimonials speak volumes about the project's ability to empower individuals and unlock new possibilities.

#### Making Room

Our decluttering practitioners offer a unique blend of therapeutic and practical support to individuals with hoarding behaviour. By helping them to understand their triggers for hoarding and providing tailored assistance, we empower people to reclaim their living spaces and achieve lasting change.

In the past year, Making Room received referrals from 51 individuals, a number consistent with the previous year. However, due to factors such as lack of engagement from service users, funding constraints, and insufficient follow-up, we were only able to support around 40% of these individuals. Despite the long-term benefits of our approach and our status as the sole specialist service based in North East London, Making Room remains a non-commissioned service, relying on a precarious mix of grants and spot purchases.

In light of these challenges, we conducted a review of the operational and financial risks facing the service. The findings led our Trustees to conclude that the continued operation of the service is unsustainable unless the funding situation significantly improves.

Fortunately, in November 23 we were successful in applying for a grant from the City and Hackney Population Health Hub's Mental Health Inequalities Fund. This funding is part-funding service delivery whilst also supporting us to embark on an ambitious initiative to transform the hoarding support system in City and Hackney.

As part of this endeavour, we initiated extensive stakeholder engagement efforts, beginning with a well-attended event in December 24. Our aim is to achieve our vision of a more joined-up system offering timely, appropriate and effective support for people who hoard, and in doing so, raise the profile of Making Room and highlight the value of holistic decluttering support for people who are willing to engage.

#### Side by Side

Throughout 23/24, our community advice service continued to be a lifeline for the marginalised and excluded community of people who congregate at Gillett Square in Hackney, thanks to generous funding from Trust for London and London Borough of Hackney. Our dedicated advice workers provided regular outreach and one-to-one support, helping over 100 people navigate complex systems like benefits and housing and claim their entitlements.

Over 80% of service users were people from Black and global majority communities, and a significant portion of those we helped were refugees. Feedback from service users at an event held in Gillett Square in September 23 in collaboration with a team of researchers at King's College London highlighted how the service has become a trusted source of support for the community in the Square:

"The path I was on wasn't a good one and then my friend told me about [Side by Side] and what [they] do, and since working with Side by Side, the road my life is now on has all green lights. I am so happy that [they] were there, not just to help me but to help other people, because we never had anyone else or anywhere else to go."

## **MRS INDEPENDENT LIVING LTD**

### **REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024**

One area where we've seen particular success is in helping people with Personal Independence Payment (PIP) applications. Our approach of using people's own words has led to fewer mandatory considerations and appeals, demonstrating the power of personalised support.

While the demand for our services has grown to the extent we are struggling to meet it, we've remained committed to providing the kind and compassionate approach that is so valued by service users. Feedback from service users confirmed our approach:

"They don't just tell me what to do and send me away... Other agencies rush you and I can't remember anything."

"They are very transparent and honest, and they are not sloppy, they don't leave your glass half full; they make sure that whatever your problems are, they get you the help you need, and they then fight your corner with you."

Our outreach-based approach and trust-building efforts have successfully connected with a community that traditionally avoids mainstream services. The Community Infrastructure grant we received from Hackney Council has enabled us to engage to a certain extent with relevant teams and policy-makers in the Council, with the aim of using service users' experiences to influence service and system change. We will continue this important work in 2024-25.

#### Other work and related activities

##### Advice and practical support

Our in-house floating advice worker provided essential advice and practical support to 33 people across our projects and services, often helping individuals address multiple issues. This invaluable service resulted in significant benefits, including additional income, sizable back-payments and other valuable outcomes like the installation of a wet room. By assisting service users in claiming their entitlements and navigating complex processes, we were able to avoid unnecessary external referrals.

##### Emergency grants

Thanks to a second grant from London Catalyst's Samaritans Fund, we continued to offer vital support to service users facing emergency or crisis situations. Small grants for essential items such as food, personal care products, clothing, travel expenses, and other necessities provided much-needed relief.

##### New handy person service

In 2023-24, Trustees approved plans to launch a new handy person service, drawing on our previous experience of delivering similar services in Islington and Hackney up to 2017. To ensure the service meets the specific needs of our service users, we conducted a focus group in March 2024 to gather valuable insights. As planning and recruitment progress, we anticipate launching the new service in late 2024.

##### Engaging with the wider sector

We remained actively involved in sector forums for mental health and long-term conditions, participating in strategic events and initiatives for the voluntary and community sector, including the City and Hackney Health and Wellbeing Board's work on social connections.

## **MRS INDEPENDENT LIVING LTD**

### **REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024**

#### **ACHIEVEMENT AND PERFORMANCE DIVERSITY, EQUALITY AND INCLUSION**

In 2020/21, we committed to reporting publicly on our equality, diversity and inclusion (EDI) 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 ethnic 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 recruitment of a new Trustee, with one out of eight (12.5%) from a Black or global majority community. We are seeking to address this by proactively approaching service users from diverse communities who may be interested in becoming a Trustee.

- The diversity of our staff group had improved with the recruitment of new staff, with two out of 14 (14%) from a Black or global majority community. As our staff turnover is very low, our main opportunity for increasing diversity is through new roles. We have new roles in the recruitment pipeline for 24/25, and we will also be reviewing the EDI action plan with staff to ensure we have everything in place to make sure we are a fully inclusive organisation.

#### **FINANCIAL REVIEW**

##### **Financial position**

In 23/24, we saw overall income rise 25% to £419,969. Of this, approximately £75,000 refers to income received for services to be delivered in 24/25. Restricted income as a proportion of all income rose to 50%. Costs also increased with the recruitment of new staff in our Making Room service. Total expenditure increased by 31% to £404,411, slightly higher than the corresponding increase in income. The accounts show an overall surplus of £15,558 at year-end, although unrestricted funds are in deficit by £35,175.

##### **Reserves policy**

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

This equates to a target holding for free reserves of between £120,233 and £240,466 in 24/25 (based on total budgeted expenditure). At 31 March 2024, the free reserves were £139,663.

We expect calls on reserves in 24/25 from the Making Room service which we are continuing to run at a deficit whilst we undertake system transformation work, and to cover other likely funding gaps, particularly in core costs as a result of increasing management and administrative capacity to support expanded service delivery.

##### **Designated Funds**

There has been no expenditure from designated funds in 23/24. The Wind-Up Fund has been 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.

## **MRS INDEPENDENT LIVING LTD**

### **REPORT OF THE TRUSTEES for the Year Ended 31 MARCH 2024**

#### **FINANCIAL REVIEW**

##### **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:

- City Bridge Trust
- National Lottery
- Trust for London
- London Borough of Hackney
- Hackney Giving
- Cripplegate Foundation
- Independent Age
- NHS North East London Integrated Care Board
- City and Hackney Population Health Hub
- Good Things Foundation
- King's College London
- London Catalyst

We are extremely grateful to all of our funders, commissioners and partners for their support in 2023/24.

#### **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 two Assistant Directors.
- 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 eight 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.

**MRS INDEPENDENT LIVING LTD**

**REPORT OF THE TRUSTEES  
for the Year Ended 31 MARCH 2024**

**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)  
Ms M Cornes Trustee (appointed 22.2.24)  
Ms T M Lawal (appointed 25.7.24)

**Company Secretary**  
N J Pink

Approved by order of the board of trustees on **12/09/2024** ..... and signed on its behalf by:

*John Miles*  
John Miles (Dec 9, 2024 12:59 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 2024.

**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 10, 2024 14:36 GMT)

Maurice Brindley BSc FCA

12/10/2024

Date: .....

**MRS INDEPENDENT LIVING LTD**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
for the Year Ended 31 MARCH 2024**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>						
Donations and legacies		2	-	-	2	-
<b>Charitable activities</b>						
Independent Living Services		207,302	-	210,235	417,537	335,067
Investment income	2	2,430	-	-	2,430	-
<b>Total</b>		<u>209,734</u>	<u>-</u>	<u>210,235</u>	<u>419,969</u>	<u>335,067</u>
<b>EXPENDITURE ON</b>						
<b>Charitable activities</b>						
Independent Living Services		224,276	-	180,135	404,411	307,978
<b>NET</b>						
<b>INCOME/(EXPENDITURE)</b>		(14,542)	-	30,100	15,558	27,089
<b>Transfers between funds</b>	11	(20,633)	18,000	2,633	-	-
<b>Net movement in funds</b>		<u>(35,175)</u>	<u>18,000</u>	<u>32,733</u>	<u>15,558</u>	<u>27,089</u>
<b>RECONCILIATION OF FUNDS</b>						
Total funds brought forward		174,838	95,350	44,834	315,022	287,933
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>

The notes form part of these financial statements

**MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)****BALANCE SHEET  
31 MARCH 2024**

	Notes	Unrestricted fund £	Designated funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
<b>FIXED ASSETS</b>						
Tangible assets	7	16,972	-	-	16,972	22,629
<b>CURRENT ASSETS</b>						
Stocks	8	4,751	-	-	4,751	5,574
Debtors	9	68,637	-	-	68,637	39,174
Cash at bank and in hand		66,463	113,350	77,567	257,380	260,752
		<u>139,851</u>	<u>113,350</u>	<u>77,567</u>	<u>330,768</u>	<u>305,500</u>
<b>CREDITORS</b>						
Amounts falling due within one year	10	(17,160)	-	-	(17,160)	(13,107)
		<u>122,691</u>	<u>113,350</u>	<u>77,567</u>	<u>313,608</u>	<u>292,393</u>
<b>NET CURRENT ASSETS</b>						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
<b>NET ASSETS</b>						
		<u>139,663</u>	<u>113,350</u>	<u>77,567</u>	<u>330,580</u>	<u>315,022</u>
<b>FUNDS</b>						
Unrestricted funds	11				253,013	270,188
Restricted funds					77,567	44,834
					<u>330,580</u>	<u>315,022</u>
<b>TOTAL FUNDS</b>						

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 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.

**MRS INDEPENDENT LIVING LTD (REGISTERED NUMBER: 02086284)**

**BALANCE SHEET - continued**  
**31 MARCH 2024**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 12/09/2024..... and were signed on its behalf by:

*John Miles*  
John Miles (Dec 9, 2024 12:59 GMT)  
.....  
J Miles - Trustee

*Andrew Tunks*  
Andrew Tunks (Dec 9, 2024 22:04 GMT)  
.....  
A Tunks - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
for the Year Ended 31 MARCH 2024**

**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.

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 MARCH 2024**

**1. ACCOUNTING POLICIES - continued**

**Taxation**

**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.

**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. INVESTMENT INCOME**

	31.3.24	31.3.23
	£	£
Deposit account interest	2,430	-
	<u>          </u>	<u>          </u>

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 MARCH 2024**

**3. NET INCOME/(EXPENDITURE)**

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

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	5,657	7,544
Independent examiners fees	<u>2,995</u>	<u>2,995</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

The charity considers its key personnel to comprise the trustees, the director and assistant director. Total key personnel remuneration in the year was £51,515.79 (2023: £51,741). This figure comprises gross pay £45,390.20, employer's NI £4,092.44 and employer's pension £2,033.15..

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**5. STAFF COSTS**

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

	31.3.24	31.3.23
All staff	<u>8</u>	<u>6</u>

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

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies	-	-	-	-
<b>Charitable activities</b>				
Independent Living Services	<u>216,437</u>	<u>-</u>	<u>118,630</u>	<u>335,067</u>
<b>Total</b>	<u>216,437</u>	<u>-</u>	<u>118,630</u>	<u>335,067</u>
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Independent Living Services	<u>168,464</u>	<u>25,493</u>	<u>114,021</u>	<u>307,978</u>
<b>NET INCOME/(EXPENDITURE)</b>	47,973	(25,493)	4,609	27,089
<b>Transfers between funds</b>	<u>(22,403)</u>	<u>22,403</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>	25,570	(3,090)	4,609	27,089
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	149,268	98,440	40,225	287,933

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 MARCH 2024**

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Designated funds £	Restricted funds £	Total funds £
<b>TOTAL FUNDS CARRIED FORWARD</b>	174,838	95,350	44,834	315,022

**7. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Fixtures and fittings £	Motor vehicles £	Totals £
<b>COST</b>				
At 1 April 2023 and 31 March 2024	18,395	10,457	35,716	64,568
<b>DEPRECIATION</b>				
At 1 April 2023	18,387	7,926	15,626	41,939
Charge for year	2	633	5,022	5,657
At 31 March 2024	18,389	8,559	20,648	47,596
<b>NET BOOK VALUE</b>				
At 31 March 2024	6	1,898	15,068	16,972
At 31 March 2023	8	2,531	20,090	22,629

**8. STOCKS**

	31.3.24	31.3.23
	£	£
Stocks	4,751	5,574

**9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.24	31.3.23
	£	£
Accounts receivable	51,596	29,091
VAT	15,503	7,961
Prepayments and accrued income	1,538	2,122
	68,637	39,174

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 MARCH 2024**

**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.24	31.3.23
	£	£
Trade creditors	3,056	2,258
Social security and other taxes	11,110	7,854
Accrued expenses	2,994	2,995
	<u>17,160</u>	<u>13,107</u>

**11. MOVEMENT IN FUNDS**

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
<b>Unrestricted funds</b>				
Free Reserves	174,838	(14,542)	(20,633)	139,663
Innovation Fund (formally Access to technology)	38,350	-	-	38,350
Contingency Fund	10,000	-	-	10,000
Wind-up Fund (formally Designated fund)	47,000	-	18,000	65,000
	<u>270,188</u>	<u>(14,542)</u>	<u>(2,633)</u>	<u>253,013</u>
<b>Restricted funds</b>				
Side by Side	10,623	5,328	-	15,951
Digital Inclusion	21,171	(6,762)	-	14,409
Otago (Staying Steady)	2,783	-	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	8,945	-	9,033
Floating Advice and Support	8,550	(11,183)	2,633	-
Grants for individuals	147	772	-	919
Making Room	-	33,000	-	33,000
	<u>44,834</u>	<u>30,100</u>	<u>2,633</u>	<u>77,567</u>
<b>TOTAL FUNDS</b>	<u>315,022</u>	<u>15,558</u>	<u>-</u>	<u>330,580</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
Free Reserves	209,734	(224,276)	(14,542)
<b>Restricted funds</b>			
Side by Side	66,736	(61,408)	5,328
Digital Inclusion	22,250	(29,012)	(6,762)
Hackney Dudes Fund	66,499	(57,554)	8,945
Floating Advice and Support	20,000	(31,183)	(11,183)
Grants for individuals	1,750	(978)	772
Making Room	33,000	-	33,000
	<u>210,235</u>	<u>(180,135)</u>	<u>30,100</u>
<b>TOTAL FUNDS</b>	<u>419,969</u>	<u>(404,411)</u>	<u>15,558</u>

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 MARCH 2024**

**11. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
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>
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<u>287,933</u>	<u>27,089</u>	<u>-</u>	<u>315,022</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
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>
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>335,067</u>	<u>(307,978)</u>	<u>27,089</u>

**MRS INDEPENDENT LIVING LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 MARCH 2024**

**11. MOVEMENT IN FUNDS - continued**

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

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
Free Reserves	149,268	33,431	(43,036)	139,663
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	-	25,000	65,000
	<u>247,708</u>	<u>7,938</u>	<u>(2,633)</u>	<u>253,013</u>
<b>Restricted funds</b>				
Side by Side	711	15,240	-	15,951
Digital Inclusion	19,724	(5,315)	-	14,409
Otago (Staying Steady)	18,230	(15,447)	-	2,783
Coronavirus Fund	1,472	-	-	1,472
Hackney Dudes Fund	88	8,945	-	9,033
Floating Advice and Support	-	(2,633)	2,633	-
Grants for individuals	-	919	-	919
Making Room	-	33,000	-	33,000
	<u>40,225</u>	<u>34,709</u>	<u>2,633</u>	<u>77,567</u>
<b>TOTAL FUNDS</b>	<u>287,933</u>	<u>42,647</u>	<u>-</u>	<u>330,580</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 £
<b>Unrestricted funds</b>			
Free Reserves	426,171	(392,740)	33,431
Innovation Fund (formally Access to technology)	-	(1,650)	(1,650)
Environment Sustainability Fund	-	(10,449)	(10,449)
Contingency Fund	-	(13,394)	(13,394)
	<u>426,171</u>	<u>(418,233)</u>	<u>7,938</u>
<b>Restricted funds</b>			
Side by Side	124,986	(109,746)	15,240
Digital Inclusion	44,250	(49,565)	(5,315)
Otago (Staying Steady)	10,930	(26,377)	(15,447)
Hackney Dudes Fund	71,999	(63,054)	8,945
Floating Advice and Support	40,000	(42,633)	(2,633)
Grants for individuals	3,700	(2,781)	919
Making Room	33,000	-	33,000
	<u>328,865</u>	<u>(294,156)</u>	<u>34,709</u>
<b>TOTAL FUNDS</b>	<u>755,036</u>	<u>(712,389)</u>	<u>42,647</u>

## **MRS INDEPENDENT LIVING LTD**

### **NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MARCH 2024**

#### **11. MOVEMENT IN FUNDS - continued**

##### **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.

##### **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.

#### **12. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

#### **13. 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 2024**

	31.3.24 £	31.3.23 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	-	(1)
Grants	2	1
	<u>2</u>	<u>-</u>
<b>Investment income</b>		
Deposit account interest	2,430	-
<b>Charitable activities</b>		
Grants	210,435	107,700
Contracts	113,183	122,205
Fee income	93,919	105,162
	<u>417,537</u>	<u>335,067</u>
<b>Total incoming resources</b>	419,969	335,067
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	239,162	181,777
Social security	11,075	6,130
Pensions	6,829	4,621
Rent and rates	6,561	6,903
Insurance	3,905	2,246
Telephone	1,301	1,210
Postage and stationery	1,280	925
Publicity	1,383	2,308
Sundries	1,095	1,906
Motor and travel	5,663	6,281
Training	677	90
Repairs and renewals	753	1,534
Protective clothing	-	53
Subscriptions	227	336
Computer costs	3,169	-
Sub-contracted services	40,938	41,381
Materials for minor adaptations	20,976	16,492
Partnership Expenses	5,427	4,430
Venue Hire	37,948	16,216
Plant & machinery depreciation	2	3
Fixtures & fittings depreciation	633	844
Motor vehicles depreciation	5,023	6,697
Bank interest	-	65
Hire purchase	-	832
Grants to individuals	5,128	1,803
	<u>399,155</u>	<u>305,083</u>

This page does not form part of the statutory financial statements

**MRS INDEPENDENT LIVING LTD**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
for the Year Ended 31 MARCH 2024**

	31.3.24 £	31.3.23 £
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	91	-
<b>Governance costs</b>		
Accountancy and legal fees	5,165	2,895
Total resources expended	<u>404,411</u>	<u>307,978</u>
<b>Net income</b>	<u>15,558</u>	<u>27,089</u>

This page does not form part of the statutory financial statements