

Charity registration number NIC100644

Company registration number NI041705 (Northern Ireland)

LIFESTART FOUNDATION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

LIFESTART FOUNDATION LIMITED

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LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson) Ursula Birthistle Maire McReynolds Mary McGowan Mairead Wrynn
Secretary	John O'Callaghan
Charity number	NIC100644
Company number	NI041705
Registered office	2 Springrowth House Ballinska Road Springtown Industrial Estate Derry~Londonderry BT48 0GG
Independent examiner	Moore (NI) LLP 21/23 Clarendon Street Derry/Londonderry BT48 7EP
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB
Solicitors	Walter Hegarty Solicitor 4 Queen Street Derry~Londonderry BT48 7EF

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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

The purpose of the company is to produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn and supporting parents in the use of this information in their parenting practice. The purpose is implemented through the delivery of the Growing Child, an evidence-base child development programme specifically designed for parents delivered through a home visiting service and other group-based parenting programmes derived from the Growing Child.

The Board of the Lifestart Foundation in collaboration with Foundation staff review the organisation's aims, objectives and activities each year to ensure that they remain focused on our stated purposes.

Our main objectives over the year have been to:

- continue to implement our mission to improve child outcomes by educating and supporting parents in their parenting role
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- work to extend the direct delivery of Lifestart services in Northern Ireland and work with existing and new franchises to expand service delivery in Northern Ireland and in other regions
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- complete the Shaping Ourselves and Our Children (SOOC) project and publicise project outcomes and impacts
- develop and deliver a specific programme response designed to meet the needs of parents and children affected by the Covid-19 pandemic and its aftermath
- work to ensure the sustainability and resilience of the Lifestart Foundation into the future by acquiring the resources to develop and implement an organisational Succession Plan
- plan for a review and update of the Growing Child Programme
- work with other organisations to promote the important role of home visiting and home-base parenting support to improving outcomes for children
- Continue to strive to positively influence public policy in the interests of children and their families

Who uses and benefits from the services of the Charity?

International research clearly demonstrates that good at-home parenting and a good home learning environment are central to ensuring good outcomes for children and that compromised parenting, whatever its cause, is a very serious child development risk factor. We in the Lifestart Foundation aim to provide parents of young children with high quality well-researched and up-to-date support relevant and appropriate to their needs as their children grow and develop. The beneficiaries of our work are parents and children, particularly the more vulnerable and, through them, the wider community and society. In this respect, the purpose of the Lifestart charity fulfils the requirements of the Charities Commission.

The Trustees have paid due regard to guidance issued by the Charity Commission for Northern Ireland in deciding what activities the charity should undertake.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

In spite of the pandemic the Lifestart Foundation and its Social Franchise Partners continued to support more than 4,000 parents and their children throughout the course of the year. While the home visiting service continued to be affected by the aftermath of the Covid-19 pandemic the Lifestart Foundation re-established the home visiting service as soon as it was deemed safe to do so and services have now returned to near normal. The Foundation has been able to continue to fully meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, reporting to the Trusts monthly on our work with families on the Ards peninsula and in Newtownards, County Down and in Counties Derry/Londonderry, Fermanagh and Tyrone. Throughout the year we continued to receive referrals to the service in the WHSCT area relating to highly vulnerable families either on the Child Protection Register or on the edge of children protection. Through a tender with the EU funded Cross-border MACE Project we have also this year been delivering the Growing Child programme and home visiting service to parents of children at risk of adverse childhood experiences (ACEs) in both the Western and the Southern Health and Social Care Trust areas. The Foundation's Family Visitors have been involved over the year in a number of case conferences which have had very positive results for both parents and children.

As well as individual support provided through the home visiting service, we continued to deliver the SOOC programme until October 2021. An interim report on this highly successful project was prepared and presented at a conference, attended by key stake holders, family support practitioners and health and social care professionals, held in the City of Derry-Londonderry in September 2021. A full evaluation report on the project was completed in November 2021 and disseminated among all relevant networks in Ireland and NI and Children and Young People Now (CYPN), the professional publication for the children's sector in the UK conducted a case study of the SOOC programme disseminating information on the project and its outcomes throughout the rest of the UK. In all; 1,948 parents and more than 3,000 children benefited as a result of the SOOC programme over the duration of the project. We look forward to the launch of the EU Peace Plus fund to which we plan to submit an application to advance and further develop the very positive work begun on the SOOC project.

Very many families have continued to experience additional problems as a result of the Covid health crisis impacting, in particular, on children's social and emotional development and communication skills. In the course of the year the Foundation acquired funding from the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation to develop a post-pandemic group-based parenting programme, the 'Smile Baby Project' which we will be delivering until December 2022. To date we have delivered 13 Smile Baby Programmes, involving a total of 52 sessions delivered to 122 parents and 139 children. Five programmes were delivered in County Derry-Londonderry, four in Tyrone, two in Down, one in Antrim and one in Fermanagh. We have eleven more programmes scheduled over the coming weeks. Parent and children's organisations and community groups have been slowly opening up again after the Covid crisis so we have had to work hard to get organisations to host programmes. Many have only recently begun to bring parents and children back into premises and to offer face-to-face programmes and services. But the need for group-based parenting support is clearly there and is increasing given post-Covid inflationary conditions. Parents have really appreciated the opportunity to meet in groups, to articulate and discuss their issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme is excellent and demand among parents is high.

The report of the evaluation of the very successful 5 year partnership project between Lifestart and Tinylife - TinyStart – conducted by Queens University was launched in September 2021 and as a result of this collaborative project Tinylife, a NI based charity specialising in supporting the families of pre-term children, took out a Lifestart franchise agreement. Springboard Navan, an Ireland based family support organisation also this year took up a Lifestart franchise. We trained and equipped Tinylife staff in June 2021 and Springboard staff in September/October 2021. Both organisations are now delivering the Lifestart programme and service.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Lifestart staff members continue to be actively involved in strategic networks and systems at Local, Regional, National, European and international levels, and continue to participate in and present at national and international conferences on the role of Lifestart in supporting parents and improving child outcomes. This year we were represented at number of relevant on-line events. The Lifestart Foundation and its partners continue to act to influence policy on children and families in Ireland, the UK and Europe. We remain an active member of Eurochild, The CRNINI (Children's Research Network Ireland and NI), the Prevention and Early Intervention Network (PEIN), the Early Intervention Foundation, The Early Years Advisory Group, the Parenting Network, Children's Rights Alliance, Early Childhood Ireland and the Trauma Informed Cross Border Network. As a founding member of the Home Visiting Alliance, we worked with partners in the Alliance this year to run a series of information and training webinars for Alliance member staff and key public sector and other stakeholders and we are collaborating with other member organisations to acquire the resources to continue to promote home visiting as a key children and family service and to provide additional training opportunities for our staff.

We have revised and updated our strategic plan and we are working on a Succession Plan aimed at ensuring that the Lifestart Foundation has the leadership and governance structure that will sustain and develop the organisation into the future.

Financial review

Total income for the year was £328,035, of which £267,652 was generated from charitable activities, £19,577 from donations and legacies and £15,564 from other trading activities. The charity also received £25,242 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity. Total expenditure by the charity was £276,871. £266,073 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,798. Other losses in the amount of £2,937 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling. The charity also recorded net transfers between funds in the year totalling £17,297 from restricted funds to unrestricted funds in respect of administration charges for delivery of funded services. The balance on total funds at the year-end was £200,629, of which £79,135 were unrestricted, £58,555 were designated and £62,939 were restricted.

Reserves Policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, general charitable work and property in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Based on 2021/22 expenditure (excluding depreciation) of £274,428 the target level of reserves is £68,600 to £137,000. Free reserves as at 31st March 2022 are £83,023. The Trustees continue to strive to build and maintain a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Plans for the future

Our key priorities in the coming year are to:

- review our governance structure and draw up a Governance Plan
- draw up a Leadership Succession Plan
- review and update the *Growing Child* programme in accordance with the latest research in child development and parenting
- review and refresh the Lifestart brand building on its reputation for trust and credibility
- review and update the Foundation's website and social media presence to promote better communications and brand awareness
- draw up and submit a successful Peace Plus application for the extension of the SOOC1 programme throughout NI and the Border Counties and the development and implementation of SOOC2 programme

Structure, governance and management

Governing document

Lifestart Foundation Limited is a company limited by guarantee and accepted as charitable by HMRC under reference XR 47557. The company was incorporated on 8th October 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Patrick Durkan (Chairperson)
Ursula Birthistle
Maire McReynolds
Mary McGowan
Mairead Wrynn

Recruitment and appointment of the Trustees

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election.

In the financial year there were no changes to the Board of Trustees. The Board as a whole was approved by the AGM and continues to monitor its membership.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with applicable laws and regulations. These procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Organisation Structure

The Board of Trustees consists of five members who administer the charity. The Trustees are responsible for the strategic direction and policy of the organisation. The Trustees are from a variety of professional backgrounds relevant to the work of the charity.

All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the financial statements.

A scheme of delegation is in place and responsibility for the provision of services rests with the Foundation's Executive Director, who is responsible for the day to day operational management of the charity.

LIFESTART FOUNDATION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Lifestart Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.



Patrick Durkan (Chairperson)

Trustee 8/11/2022

Dated: 8/11/2022

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

We report on the accounts of the charity for the year ended 31 March 2022, which are set out on pages 8 to 26.

Respective responsibilities of Trustees and examiner

The trustees, who are also the directors of Lifestart Foundation Limited for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- (i) examine the accounts under section 65 of the Charities Act
- (ii) follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- (iii) state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.



Moore (NI) LLP
Chartered Accountants Ireland
21/23 Clarendon Street
Derry/Londonderry
BT48 7EP

Dated: 8/11/2022

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes					
<u>Income and endowments from:</u>						
Donations and legacies	3	477	-	19,100	19,577	21,122
Charitable activities	4	-	-	267,652	267,652	206,907
Investments	5	25,242	-	-	25,242	12,351
Other income	6	15,564	-	-	15,564	12,945
Total income		41,283	-	286,752	328,035	253,325
<u>Expenditure on:</u>						
Raising funds	7	10,798	-	-	10,798	8,179
Charitable activities	8	52,389	1,774	211,910	266,073	261,026
Total resources expended		63,187	1,774	211,910	276,871	269,205
Net (outgoing)/incoming resources before transfers		(21,904)	(1,774)	74,842	51,164	(15,880)
Gross transfers between funds		17,297	-	(17,297)	-	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(4,607)	(1,774)	57,545	51,164	(15,880)
<u>Other recognised gains and losses</u>						
Other gains or losses	11	(2,937)	-	-	(2,937)	(4,666)
Net movement in funds		(7,544)	(1,774)	57,545	48,227	(20,546)
Fund balances at 1 April 2021		86,679	60,329	5,394	152,402	172,948
Fund balances at 31 March 2022		79,135	58,555	62,939	200,629	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

		Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes				
<u>Income and endowments from:</u>					
Donations and legacies	3	1,506	-	19,616	21,122
Charitable activities	4	-	-	206,907	206,907
Investments	5	12,351	-	-	12,351
Other income	6	12,945	-	-	12,945
Total income		26,802	-	226,523	253,325
<u>Expenditure on:</u>					
Raising funds	7	8,179	-	-	8,179
Charitable activities	8	50,873	1,774	208,379	261,026
Total resources expended		59,052	1,774	208,379	269,205
Net (outgoing)/incoming resources before transfers		(32,250)	(1,774)	18,144	(15,880)
Gross transfers between funds		14,849	-	(14,849)	-
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(17,401)	(1,774)	3,295	(15,880)
<u>Other recognised gains and losses</u>					
Other gains or losses	11	(4,666)	-	-	(4,666)
Net movement in funds		(22,067)	(1,774)	3,295	(20,546)
Fund balances at 1 April 2020		108,746	62,103	2,099	172,948
Fund balances at 31 March 2021		86,679	60,329	5,394	152,402

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	12		59,567		62,010
Investments	13		100		100
			<u>59,667</u>		<u>62,110</u>
Current assets					
Debtors	14	73,521		66,443	
Cash at bank and in hand		<u>76,886</u>		<u>34,751</u>	
		150,407		101,194	
Creditors: amounts falling due within one year	16	<u>(9,445)</u>		<u>(10,902)</u>	
Net current assets			<u>140,962</u>		<u>90,292</u>
Total assets less current liabilities			<u>200,629</u>		<u>152,402</u>
Income funds					
Restricted funds	18		62,939		5,394
<u>Unrestricted funds</u>					
Designated funds	19	58,555		60,329	
General unrestricted funds		<u>79,135</u>		<u>86,679</u>	
			<u>137,690</u>		<u>147,008</u>
			<u>200,629</u>		<u>152,402</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 8/11/22

Patrick Durkan

Patrick Durkan (Chairperson)
Trustee

Ursula Birkhirste

Ursula Birkhirste
Trustee

Company Registration No. NI041705

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springgrowth House, Ballinska Road, Springtown Industrial Estate, Derry~Londonderry, BT48 0GG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Turnover from other trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for services provided in the normal course of business.

Dividends are accrued when the charity's right to receive payment is established. In the case of a Gift Aid payment made by a subsidiary, income is accrued when the Gift Aid payment is payable to the parent charity under a legal obligation. Measurement is at the fair value receivable, which will normally be the transaction value. Where no such legal obligation exists, income is recognised on receipt.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Costs allocated to raising funds represent salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

Expenditure on charitable activities includes the costs of services undertaken to further the purposes of the charity and their associated support costs.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% p.a. straight line
Fixtures and fittings	25% p.a. straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

Payments by subsidiaries to the charity that qualify for gift aid are recognised as distributions to owners. The charity recognises gift aid payments on receipt unless the subsidiary has a legal obligation to distribute profits to its owners at the reporting date.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The company is a charity and is recognised as such by HM Revenue & Customs under the charity tax reference XR 47557. As a result there is no liability to taxation on any of its income.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general	Restricted funds	Total	Unrestricted funds general	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	477	19,100	19,577	1,506	19,616	21,122
Donations and gifts						
HMRC Coronavirus Job Retention Scheme	-	-	-	-	17,116	17,116
Halifax Foundation	-	5,000	5,000	-	-	-
St James' Place	-	-	-	-	2,500	2,500
Ulster Bank Staff	-	2,000	2,000	-	-	-
The Belfast Cathedral Sit Out	-	-	-	1,425	-	1,425
Esme Mitchell	-	2,500	2,500	-	-	-
Lifestart Resources	-	2,500	2,500	-	-	-
Souter Charitable Trust	-	5,000	5,000	-	-	-
The TBF and KL	-	-	-	-	-	-
Thompson Trust	-	1,000	1,000	-	-	-
WDH Willis	-	500	500	-	-	-
Other	477	600	1,077	81	-	81
	477	19,100	19,577	1,506	19,616	21,122

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022 £	2021 £
Grant funding	267,652	206,907
Analysis of grant funding		
Western Health & Social Care Trust	71,372	70,518
SEH&SCT (Sure Start Ards)	18,079	19,132
SEUPB - SOOC	124,715	117,257
RTE/Community Foundation - Smile Baby project	53,486	-
	267,652	206,907

5 Investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Gift aid payment from subsidiary	25,242	12,351

6 Other income

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administrative services	10,798	8,179
Rental income	4,766	4,766
	15,564	12,945

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Raising funds

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Provision of administration services		
Office costs	7,148	4,579
Staff costs	3,650	3,600
	<u>10,798</u>	<u>8,179</u>

Costs allocated to raising funds represents salaries and wages of staff providing administrative services to Lifestart franchisees and associated costs incurred in providing this service.

8 Charitable activities

	2022 £	2021 £
Staff costs	191,305	216,176
Depreciation and impairment	2,443	2,499
Conference and training costs	14,576	3,215
Rent and rates	4,500	4,283
Insurance	4,099	2,904
Heat, light and power	6,678	6,618
Repairs and maintenance	1,110	947
Printing, postage and stationery	2,447	2,899
Materials and resources	9,055	3,408
Advertising	1,366	488
Telephone	4,664	2,429
Software support	5,866	4,444
Travel and subsistence	7,270	2,889
Legal and professional fees	7,160	3,419
Accountancy fees	1,560	3,240
Other charitable expenditure	1,974	1,168
	<u>266,073</u>	<u>261,026</u>
Analysis by fund		
Unrestricted funds - general	52,389	50,873
Unrestricted funds - designated	1,774	1,774
Restricted funds	<u>211,910</u>	<u>208,379</u>
	<u>266,073</u>	<u>261,026</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2021- two of them were reimbursed travelling expenses totalling £44).

10 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	7	9
	<u>7</u>	<u>9</u>
Employment costs	2022	2021
	£	£
Wages and salaries	177,745	200,192
Social security costs	14,780	16,746
Other pension costs	2,430	2,838
	<u>194,955</u>	<u>219,776</u>

There were no employees whose annual remuneration was more than £60,000.

11 Other gains or losses

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Foreign exchange gains	<u>2,937</u>	<u>4,666</u>

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2021	88,718	63,756	152,474
At 31 March 2022	88,718	63,756	152,474
Depreciation and impairment			
At 1 April 2021	28,390	62,074	90,464
Depreciation charged in the year	1,774	669	2,443
At 31 March 2022	30,164	62,743	92,907
Carrying amount			
At 31 March 2022	58,554	1,013	59,567
At 31 March 2021	60,328	1,682	62,010

Land and Buildings relate solely to property at 11A Flax Street, Belfast, originally purchased by Lifestart Ardoyne Co. Ltd, partly financed by the Big Lottery funding on 19/12/2003. The property was subsequently transferred to Lifestart Foundation Limited on 24/08/2007 for nil consideration. Lifestart Foundation Limited is responsible for the maintenance and upkeep of the property, with direct ownership and control maintained by the Big Lottery Fund.

13 Fixed asset investments

		Other investments
Cost or valuation		
At 1 April 2021 & 31 March 2022		100
Carrying amount		
At 31 March 2022		100
At 31 March 2021		100
Other investments comprise:		
	Notes	2022 £
Investments in subsidiaries	24	100

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Amounts owed by subsidiary undertakings	1,937	3,582
Other debtors	71,584	62,861
	<u>73,521</u>	<u>66,443</u>

15 Loans and overdrafts

	2022 £	2021 £
Bank overdrafts	7,045	7,662
Payable within one year	<u>7,045</u>	<u>7,662</u>

16 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Bank overdrafts	15	7,045	7,662
Accruals		2,400	3,240
		<u>9,445</u>	<u>10,902</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £2,430 (2021 - £2,838).

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020 £	Movement in funds			Balance at 1 April 2021 £	Movement in funds			Transfers £	Balance at 31 March 2022 £
		Incoming resources £	Resources expended £			Incoming resources £	Resources expended £			
SEUPB - SOOC	-	117,257	(117,257)	-	-	124,715	(124,715)	-	-	-
Western Health and Social Care Trust	-	70,518	(53,416)	(14,208)	2,894	71,372	(49,892)	(16,736)	-	7,638
SEH&SCT (Sure Start Ards)	-	19,132	(18,491)	(641)	-	18,079	(17,518)	(561)	-	-
Big Lottery Fund (Tiny Life)	2,099	-	(2,099)	-	-	2,500	(2,500)	-	-	-
HMRC Coronavirus Job Retention Scheme	-	17,116	(17,116)	-	-	-	-	-	-	-
St James' Place	-	2,500	-	-	2,500	-	(2,500)	-	-	-
RTE/Community Foundation - Smile Baby project	-	-	-	-	-	53,486	(3,185)	-	-	50,301
Halifax Foundation	-	-	-	-	-	5,000	(5,000)	-	-	-
Souter Charitable Trust	-	-	-	-	-	5,000	(5,000)	-	-	-
TBF & KL Thompson Trust	-	-	-	-	-	1,000	(1,000)	-	-	-
Black Santa	-	-	-	-	-	600	(600)	-	-	-
Ulster Bank Staff	-	-	-	-	-	2,000	-	-	-	2,000
Esme Mitchell	-	-	-	-	-	2,500	-	-	-	2,500
WDH Willis	-	-	-	-	-	500	-	-	-	500
	2,099	226,523	(208,379)	(14,849)	5,394	286,752	(211,910)	(17,297)		62,939

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Restricted funds

(Continued)

SEUPB - SOOC

Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and services, travel and accommodation and equipment.

Western Health and Social Care Trust

Funding for the provision of a home-based support programme.

SEH&SCT (Sure Start Ards)

Funding for the provision of "The Growing Child" programme and a home visitation service in the Mid Ards area.

Big Lottery Fund (Tiny Life)

Funding to provide a holistic programme of child development for babies and their families who have been born premature or sick and have spent time in a neo-natal unit.

HMRC COVID Job retention scheme

Funding from the government for retention of staff during the pandemic.

St. James' Place

Funding for a new telephone system. These funds will be spent during 2021/22.

Halifax Foundation

Funding towards office rent costs.

Souter Charitable Trust

Funding towards the cost of printing Growing Child booklets.

TBF and KL Thompson Trust

Funding towards the cost of website improvements.

RTE/Community Foundation funded project (Smile Baby)

Funding to provide a post-covid programme for the parents of children born immediately prior to or during the pandemic.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

18	Restricted funds	(Continued)
	Black Santa Funding towards core costs.	
	Ulster Bank Staff Funding towards programme materials, toys, books and other learning resources.	
	Esme Mitchell Funding towards programme materials, toys, books and other learning resources.	
	WDH Willis Funding towards programme materials, toys, books and other learning resources.	

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

19 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020 £	Resources expended £	Balance at 1 April 2021 £	Resources expended £	Balance at 31 March 2022 £
Designated property assets fund	62,103	(1,774)	60,329	(1,774)	58,555
	<u>62,103</u>	<u>(1,774)</u>	<u>60,329</u>	<u>(1,774)</u>	<u>58,555</u>

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 12. The designated funds balance is equivalent to the depreciated historic cost of the property. A sum equivalent to the depreciation charge on the building will be allocated each year to the designated fund, until it is fully amortised.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

20 Analysis of net assets between funds

	Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total Unrestricted funds - general		Unrestricted funds - designated		Restricted funds		Total Unrestricted funds - general		Restricted funds		Total	
	2022	£	2022	£	2022	£	2022	£	2022	£	2022	£	2022	£	2022	£	2021	£
Fund balances at 31 March 2022 are represented by:																		
Tangible assets	1,012		58,555		-		59,567		-		-		1,681		60,329		-	
Investments	100		-		-		100		-		-		100		-		-	
Current assets/(liabilities)	78,023		-		62,939		140,962		-		62,939		84,898		-		5,394	
	<u>79,135</u>		<u>58,555</u>		<u>62,939</u>		<u>200,629</u>		<u>62,939</u>		<u>62,939</u>		<u>86,679</u>		<u>60,329</u>		<u>5,394</u>	
																	<u>152,402</u>	

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

21 Transfers between funds

During the year there were net transfers between funds totalling £17,297 (2021: £14,849) from restricted funds released and transferred to unrestricted funds representing administration charges for delivery of funded services allowed by funders.

22 Financial commitments, guarantees and contingent liabilities

Certain grants received and receivable may become repayable to the funder if the charity is no longer able to meet the conditions under which they were awarded. Due to the nature of these contingencies it may not be possible to quantify the potential financial effect or give an indication of the timing as to the liabilities that may arise.

23 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022 £	2021 £
Aggregate compensation	<u>60,660</u>	<u>64,684</u>

Transactions with related parties

The charity owns 100% of the issued share capital in Lifestart Resources Ltd. During the year, the charity entered into the following transactions with Lifestart Resources Ltd:

- Provision of management services amounting to £10,798 (2021: £8,179). Of this amount, £1,937 remains outstanding at the year end (2021: £3,582);
- Gift aid payment from Lifestart Resources in the amount of £25,242 (2021: £12,351);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springgrowth Developments Limited, an entity under the control of Patrick Durkan, member of the board of Trustees. Rentals of £5,700 were paid in the year (2021: £5,400). No amounts were outstanding at the year end.

LIFESTART FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

24 Subsidiaries

These financial statements are separate charity financial statements for Lifestart Foundation Limited.

The group is qualified as a small group under the Companies Act 2006 and as such, the Trustees have chosen to avail of the exemption from preparing consolidated accounts. Individual parent and subsidiary company financial statements are prepared for each financial year as required by company law.

Details of the charity's subsidiaries at 31 March 2022 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Lifestart Resources Limited	Northern Ireland	Provision of training, quality assurance and programme materials	Ordinary shares	100.00	

25 Funds received as an agent

Lifestart Foundation Limited is the lead partner in respect of SOOC (Shaping Ourselves and Our Children): Building the foundations of good community relations in family life Project administered by the SEUPB. At the beginning of the year, the charity held undistributed funds in the amount of £7,805 in respect of the SOOC project. During the year, the charity received incoming resources on behalf of partner charitable organisations amounting to £2,640 (2021: £72,986) and distributed £2,696 (2021: £72,936) to these partners as instructed by SEUPB. At the balance sheet date, the charity held £7,749 (2021: £7,805) in relation to undistributed funds.

The charity is legally bound to pay the funds over to third parties and has no responsibility for their ultimate application. Accordingly, these amounts have not been reflected in the financial statements for the year in accordance with the treatment recommended by the Statement of Recommended Practice "Accounting and Reporting by Charities". Therefore at the year end, the charity has £7,749 in cash and liabilities additional to the amounts disclosed in the financial statements.