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 2023

LIFESTART FOUNDATION LIMITED

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LIFESTART FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Patrick Durkan (Chairperson)	
	Ursula Birthistle	
	Maire McReynolds	
	Mairead Wrynn	
	Dr Eileen Doherty	(Appointed 25 May 2023)
	Maureen Heatherington	(Appointed 28 July 2023)
Secretary	Dr Pauline McClenaghan	(Appointed 25 October 2023)
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 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

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
- continue to deliver local parenting support services aimed at improving child development outcomes
- deliver on service and tender contracts we hold with Northern Ireland Health and Social Care Trusts
- continue to train and quality assure Lifestart delivery staff wherever they are working to ensure that parents always receive a top quality Lifestart service
- continue to deliver the group Smile Baby programme 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 implementing the organisation's Succession Plan
- acquire the resources needed to continue the Foundation's core work
- review and update the Growing Child Programme
- support other organisations throughout the island of Ireland and elsewhere to deliver the Lifestart Growing Child Programme and Home Visiting Service
- 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.

Achievements and performance

Over the last 12 months Lifestart Foundation staff have delivered 1,800 home visits and 26 group-based parenting programmes supporting in total just under 1,000 families in Northern Ireland. The Foundation has also supported the work of other organisations delivering Lifestart Services to a further 3,000 parents and children.

The Foundation has continued to meet its contractual obligations to the Western Health and Social Care Trust and to the South-eastern Health and Social Care Trust, delivering the home visiting service to 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 on the Child Protection Register or on the edge of children protection. With the agreement of the Trust we began this year to accept referrals for Level 2 families from health visitors as well as from social workers, and the number of referrals received throughout the year has increased. Our staff report back to Trust professionals, attend family case conferences and review meetings, make regular presentations to professional staff teams on our work and host site visits by social work and health visiting students which helps to increase awareness of the service and its beneficial impact on parents and children.

We also delivered the 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 funded through a tender with the EU funded Cross-border MACE Project. The MACE project ended in March 2023 and the Lifestart team was congratulated by representatives of both Trusts on their important contribution to the Project. An impact measure developed in collaboration with the South-eastern Trust was piloted with the MACE families and was subsequently adopted for use to measure the impact of the Lifestart programme with all families receiving the home visiting service. Results indicate that all parents receiving the home visiting service feel the service has helped them in their parenting role, 97% that it increased their awareness of key child development issues, 97% that it helped them to bond with their child, 100% that it improved parent/child communication, 97% that it enabled them to shape their child's behaviour and to promote child self-esteem and 92% that it helped them to promote child empathy.

As well as individual support provided through the home visiting service, we delivered a further 26 group-based post-covid parenting programmes. The 'Smile Baby Programme' is funded by the RTE Toy Show Fund, managed in Northern Ireland by the Community Foundation which has agreed an extension to the project until March 2024. Parents who have participated in the Smile Baby Programme indicated their appreciation of the opportunity to meet in groups, to articulate and discuss their parenting issues and concerns, to learn more about child development and to gain advice and support. Feedback on the programme has been excellent and demand among parents continues to be high.

In the course of the year we acquired funds from the Big Lottery Awards for All for the Bump, Baby and Beyond Project aimed at training and equipping our staff to deliver 'Doula' informed services to new and expectant parents. Our staff have applied what they have learned through the Doula training in the delivery of Lifestart Programmes and Services and will in the coming year be working to develop a new Bump, Baby and Beyond group-based parenting programme.

Through the delivery of our group parenting programmes we have cemented good working relationships with the many organisations that have hosted our programmes, including Eglinton Community Hall, HomeStart Ards, Oak Healthy Living, SureStart Cookstown, Curryneiran Community Centre, Oasis Antrim Community Hub, Strabane SureStart, SureStart Magheraelt, Omagh County Primary School, Shepherd's View, Support 2gether, Omagh Community House, Dry Arch SureStart, Newtownards SureStart, East Belfast SureStart, Colin Glen Library, Ballybeen Women's Centre, Rainbow Early Years Centre, LAST Sure Start, NCB and the Rural Community Network.

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 commissioned a Feasibility Study of Home Visiting in Ireland. The Feasibility Study will be officially launched at the PEIN (Prevention and Early Intervention Network) national conference in September of this year. The Foundation is also providing evidence to a study being conducted by the UNITES Team at Maynooth University on home visiting in Ireland. This research has been commissioned by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) with the goal of developing standardised approaches to home visiting in Ireland.

Finally, this year we have begun to implement, through funding from Dormant Accounts NI, the Foundation's 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. To oversee the implementation of the plan we appointed an Interim Manager whose duties include: reviewing the statement of responsibilities of board members and office bearer roles, induction procedures and governance handbook; managing the Growing Child programme review process and overseeing the implementation of the recommendations of the Expert Review Panel; reviewing and updating the Foundation's website, social media presence, promotional materials and communications; working with the Board to draw up a marketing plan for the Growing Child materials and to source further funding.

Financial review

Total income for the year was £241,565, of which £192,833 was generated from charitable activities, £13,968 from donations and legacies and £16,218 from other trading activities. The charity also received £18,546 in respect of gift aid payments from Lifestart Resources, a trading subsidiary of the charity.

Total expenditure by the charity was £226,843. £216,091 of this was incurred undertaking activities that further our charitable aims for the benefit of our beneficiaries. Other costs incurred amounted to £10,752. Other losses in the amount of £1,878 represent foreign exchange losses on translation of Euro bank balances to the presentational currency Pounds Sterling.

The balance on total funds at the year-end was £217,229, of which £86,854 were unrestricted, £56,781 were designated and £73,594 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 2022/23 expenditure (excluding depreciation) of £224,391 the target level of reserves is £56,100 to £112,200. Free reserves as at 31st March 2023 are £85,350. 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.

Plans for future periods

Our key priorities in the coming year are to:

- Fully implement our Succession Plan
- Review and update our Strategic Plan
- Draw up a Foundation Marketing Plan
- Acquire the resources to develop and deliver the Bump, Baby and Beyond Programme
- Draw up and submit a successful Peace Plus Application
- Acquire the resources to ensure the continuance and sustainability of our work to support parents and children

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	(Resigned 25 May 2023)
Mairead Wrynn	
Dr Eileen Doherty	(Appointed 25 May 2023)
Maureen Heatherington	(Appointed 28 July 2023)

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 six 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.

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

Patrick Durkan (Chairperson)
Trustee

15 November 2023

LIFESTART FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFESTART FOUNDATION LIMITED

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 8 to 27.

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 myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

(i) examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008
(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
I have examined your charity accounts as required under section 65 of the Charities Act and my 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.

My role is to state whether any material matters have come to my attention giving me 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
Since the 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 registered member of Chartered Accountants Ireland, which is one of the listed bodies.

I have completed my 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, I 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: 15 November 2023

LIFESTART FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Income and endowments from:						
Donations and legacies	3	-	-	13,968	13,968	19,577
Charitable activities	4	114,965	-	77,868	192,833	267,652
Investments	5	18,546	-	-	18,546	25,242
Other income	6	16,218	-	-	16,218	15,564
Total income		149,729	-	91,836	241,565	328,035
Expenditure on:						
Raising funds	7	10,752	-	-	10,752	10,798
Charitable activities	8	140,774	1,774	73,543	216,091	266,073
Total expenditure		151,526	1,774	73,543	226,843	276,871
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(1,797)	(1,774)	18,293	14,722	51,164
Other recognised gains and losses						
Other gains or losses	12	1,878	-	-	1,878	(2,937)
Net movement in funds		81	(1,774)	18,293	16,600	48,227
Fund balances at 1 April 2022 as restated		86,773	58,555	55,301	200,629	152,402
Fund balances at 31 March 2023		86,854	56,781	73,594	217,229	200,629

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 2023

Prior financial year	Notes	restated Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	restated Restricted funds 2022 £	Total 2022 £
Income and endowments from:					
Donations and legacies	3	477	-	19,100	19,577
Charitable activities	4	89,451	-	178,201	267,652
Investments	5	25,242	-	-	25,242
Other income	6	15,564	-	-	15,564
Total income		130,734	-	197,301	328,035
Expenditure on:					
Raising funds	7	10,798	-	-	10,798
Charitable activities	8	119,799	1,774	144,500	266,073
Total expenditure		130,597	1,774	144,500	276,871
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		137	(1,774)	52,801	51,164
Other recognised gains and losses					
Other gains or losses	12	(2,937)	-	-	(2,937)
Net movement in funds		(2,800)	(1,774)	52,801	48,227
Fund balances at 1 April 2021		89,573	60,329	2,500	152,402
Fund balances at 31 March 2022		86,773	58,555	55,301	200,629

LIFESTART FOUNDATION LIMITED

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	2023 £	2022 as restated £	2022 £
Fixed assets					
Tangible assets	13		**58,185**		59,567
Investments	14		**100**		100
			58,285		59,667
Current assets					
Debtors	15	**44,245**		73,521	
Cash at bank and in hand		**118,887**		76,886	
		163,132		150,407	
Creditors: amounts falling due within one year	16	**(4,188)**		(9,445)	
Net current assets			**158,944**		140,962
Total assets less current liabilities			**217,229**		200,629
Income funds					
Restricted funds	19		**73,594**		55,301
Unrestricted funds					
Designated funds	20	**56,781**		58,555	
General unrestricted funds		**86,854**		86,773	
			143,635		145,328
			217,229		200,629

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 2023.

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.

LIFESTART FOUNDATION LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2023

The financial statements were approved by the Trustees on 15 November 2023

Patrick Durkan (Chairperson)
Trustee

Ursula Birthistle
Trustee

Company Registration No. NI041705

1 Accounting policies

Charity information

Lifestart Foundation Limited is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Springrowth 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.

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.

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.

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 2023	**Restricted funds 2023**	**Total 2023**	Unrestricted funds general 2022	Restricted funds 2022	Total 2022
	£	**£**	**£**	£	£	£
Donations and gifts	**-**	**13,968**	**13,968**	477	19,100	19,577
Donations and gifts						
NIE Electric	**-**	**1,010**	**1,010**	-	-	-
Halifax Foundation	**-**	**6,000**	**6,000**	-	5,000	5,000
St James' Place	**-**	**2,458**	**2,458**	-	-	-
Ulster Bank Staff	**-**	**-**	**-**	-	2,000	2,000
Danske Bank Charity	**-**	**3,000**	**3,000**	-	-	-
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	**-**	**1,500**	**1,500**	477	600	1,077
	-	**13,968**	**13,968**	477	19,100	19,577

4 Charitable activities

	2023	restated 2022
	£	£
Services provided under contract	**114,965**	89,451
Grant funding	**77,868**	178,201
	192,833	267,652
Analysis by fund		
Unrestricted funds - general	**114,965**	89,451
Restricted funds	**77,868**	178,201
	192,833	267,652
Analysis of grant funding		
The National Lottery Community Fund - Dormant Accounts Fund	**69,868**	-
Community Fund	**8,000**	-
SEUPB - SOOC	**-**	124,715
RTE/Community Foundation - Smile Baby project	**-**	53,486
	77,868	178,201

5 Investments

	Unrestricted funds general 2023	Unrestricted funds general 2022
	£	£
Gift aid payment from subsidiary	**18,446**	25,242
Interest receivable	**100**	-
	18,546	25,242

6 Other income

	Unrestricted funds general 2023	Unrestricted funds general 2022
	£	£
Provision of administrative services	**10,752**	10,798
Rental income	**5,466**	4,766
	16,218	15,564

7 Raising funds

	Unrestricted funds general 2023	Unrestricted funds general 2022
	£	£
Provision of administration services		
Office costs	**7,152**	7,148
Staff costs	**3,600**	3,650
	10,752	10,798

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

	2023	restated 2022
	£	£
Staff costs	**131,415**	191,305
Depreciation and impairment	**2,452**	2,443
Conference and training costs	**14,217**	14,576
Rent and rates	**4,780**	4,500
Insurance	**3,276**	4,099
Heat, light and power	**4,702**	6,678
Repairs and maintenance	**677**	1,110
Printing, postage and stationery	**493**	2,447
Materials and resources	**9,112**	9,055
Advertising	**6,703**	1,366
Telephone	**2,819**	4,664
Software support	**4,432**	5,866
Travel and subsistence	**18,286**	7,270
Legal and professional fees	**5,814**	7,160
Accountancy fees	**2,400**	1,560
Other charitable expenditure	**4,513**	1,974
	216,091	266,073
Analysis by fund		
Unrestricted funds - general	**140,774**	119,799
Unrestricted funds - designated	**1,774**	1,774
Restricted funds	**73,543**	144,500
	216,091	266,073

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year (2022- no reimbursement of expenses or remuneration).

10 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
6	7

10 Employees (Continued)

Employment costs

	2023	2022
	£	£
Wages and salaries	**122,628**	177,745
Social security costs	**10,953**	14,780
Other pension costs	**1,434**	2,430
	135,015	194,955

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

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Other gains or losses

	Unrestricted funds general 2023	Unrestricted funds general 2022
	£	£
Foreign exchange gains	**(1,878)**	2,937

13 Tangible fixed assets

	Freehold land and buildings	Fixtures and fittings	Total
	£	£	£
Cost			
At 1 April 2022	**88,718**	**63,756**	**152,474**
Additions	**-**	**1,070**	**1,070**
At 31 March 2023	**88,718**	**64,826**	**153,544**
Depreciation and impairment			
At 1 April 2022	**30,164**	**62,743**	**92,907**
Depreciation charged in the year	**1,774**	**678**	**2,452**
At 31 March 2023	**31,938**	**63,421**	**95,359**
Carrying amount			
At 31 March 2023	**56,780**	**1,405**	**58,185**
At 31 March 2022	58,554	1,013	59,567

13 Tangible fixed assets (Continued)

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.

14 Fixed asset investments

	Other investments
Cost or valuation	
At 1 April 2022 & 31 March 2023	**100**
Carrying amount	
At 31 March 2023	**100**
At 31 March 2022	**100**

Other investments comprise:	Notes	2023 £	2022 £
Investments in subsidiaries	24	**100**	100

15 Debtors

Amounts falling due within one year:	2023 £	2022 £
Amounts owed by subsidiary undertakings	**7,259**	1,937
Other debtors	**36,986**	71,584
	44,245	73,521

16 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Bank overdrafts	17	**-**	7,045
Accruals		**4,188**	2,400
		4,188	9,445

17 Loans and overdrafts

	2023	2022
	£	£
Bank overdrafts	-	7,045
Payable within one year	-	7,045

18 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 £1,434 (2022 - £2,430).

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and

		Movement in funds		
	restated Balance at 1 April 2021	Incoming resources	Resources expended	Ba 1 A
	£	£	£	
SEUPB - SOOC	-	124,715	(124,715)	
RTE/Community Foundation - Smile Baby project	-	53,486	(3,185)	
The National Lottery Community Fund - Dormant Accounts Fund	-	-	-	
Community Fund	-	-	-	
Big Lottery Fund (Tiny Life)	-	2,500	(2,500)	
St James' Place	2,500	-	(2,500)	
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	-	
Esme Mitchell	-	2,500	-	
WDH Willis	-	500	-	
Danske Bank Charity	-	-	-	
NIE Electric	-	-	-	
Hedley	-	-	-	
Enkalon Foundation	-	-	-	
	2,500	286,752	(211,910)	

19 Restricted funds

Nature of material restricted funds

SEUPB - SOOC
Funding for the Peace IV, Building Positive Relations - SOOC (Shaping Ourselves and Our Children): Building the foun project. Funding provided includes budgets for staff costs, office and administration costs, external expertise and service

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.

The National Lottery Community Fund - Dormant Accounts Fund
Funding to implement the Lifestart Foundation Succession Plan.

Community Fund
Funding to provide training and resources to family visitors and to provide Doula services.

Halifax Foundation
Funding towards office rent and utilities costs.

Souter Charitable Trust
Funding towards the cost of printing Growing Child booklets.

20 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 2021	Resources expended	Balance at 1 April 2022	Resources expended	Balance at 31 March 2023
	£	£	£	£	£
Designated property assets fund	60,329	(1,774)	**58,555**	**(1,774)**	**56,781**
	60,329	(1,774)	**58,555**	**(1,774)**	**56,781**

Designated funds represents the property at 11A Flax Street, Belfast transferred to Lifestart Foundation Limited in 2007 as disclosed within note 13. 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.

21 Analysis of net assets between funds

	Unrestricted funds - general	Unrestricted funds - designated	Restricted funds	Total Unrest	re: f g
	2023	2023	2023	2023	
	£	£	£	£	
Fund balances at 31 March 2023 are represented by:					
Tangible assets	1,404	56,781	-	58,185	
Investments	100	-	-	100	
Current assets/(liabilities)	85,350	-	73,594	158,944	
	86,854	56,781	73,594	217,229	

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.

	2023	2022
	£	£
Aggregate compensation	**62,203**	60,660

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 £10,752 (2022: £10,798). Of this amount, £3,546 remains outstanding at the year end (2022: £1,937);
- Gift aid payment from Lifestart Resources in the amount of £18,446 (2022: £25,242);

Other related party transactions

During the year the charity continued to rent office premises at a commercial rate from Springrowth Developments Limited, an entity under the control of Patrick Durkan, member of the board of Trustees. Rentals of £6,000 were paid in the year (2022: £5,700). No amounts were outstanding at the year end.

24 Subsidiaries

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

The group is qualifies 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 2023 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held Direct	% Held 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 no undistributed funds in respect of the SOOC project (restated). During the year, the charity received incoming resources on behalf of partner charitable organisations amounting to £13,910 (2022: £2,640) and distributed £11,747 (2022: £2,696) to these partners as instructed by SEUPB. At the balance sheet date, the charity held £2,163 (2022: £nil) 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 £2,163 in cash and liabilities additional to the amounts disclosed in the financial statements.

26 Comparative figures

Comparative figures have been restated in respect of some items of income and expenditure originally reported within restricted funds, to reclassify these transactions within unrestricted general funds. This is to more accurately reflect the reporting of the transactions in accordance with their associated terms and conditions. There has been no change to previously reported net movement in funds or total charity funds as a result of these changes.