Registered Charity Number
1128166

Registered Company Number
6749124

Activate Your Life

Report and Accounts

For The Year Ended

30 November 2010

Activate your Life
Report and accounts
Contents

Activate your Life

The report of the trustees for the year ended 30 November 2010

Introduction

The trustees present their annual report and accounts for the year ended 30th November 2010

The board of trustees are satisfied with the performance of the charity during the year and the position at 30th November 2010 and consider that the charity is in a strong position to continue its activities during the coming year, and that the charity's assets are adequate to fulfil its obligations

Name, registered office and constitution of the charity

The full name of the charity is **Activate Your Life.**

The legal registration details are -

Date of incorporation	14 November 2008
Company Registration Number	6749124
The Registered Office is	8 Park Farm Road, Longton, Preston, PR4 5ZG
Charity Registration Number	1128166

Objectives and Activities of the Charity

A summary of the objects of the charity as set out in its governing document.

The Objects are for the public benefit to advance the Christian religion and in particular, but without prejudice to the generality of the foregoing, to reach with the gospel those with no regular church connections

Public benefit that is provided by the charity

The charity carries out a range of activities in pursuance of its charitable aims The trustees consider that these activities, summarised below, provide benefit to those who participate

The charity's aims including the changes or differences it seeks to make through its activities .

The objects of the charity are set out in its trust deed and are summarised as follows
-to advance the Christian religion
-to reach with the gospel those with no regular church connections

An explanation of the charity's main objectives for the year.

The charity's objectives are set to reflect the aims of the Christian faith Each year the trustees review the objectives and activities to ensure that they continue to reflect these aims In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit and in particular its supplementary guidance on the advancement of religion for the public benefit

The dual aims are to reach with the gospel those with no regular church connections and to equip others to reach out through personal relationships

Activate your Life

The report of the trustees for the year ended 30 November 2010

An explanation of the charity's strategies for achieving its stated objectives.

The charity provides a freely accessible website and e-newletter which both shares the gospel and provides suggestions for sharing the gospel with others The conferences and training days provide additional information and resources

Details of significant activities (including its main programmes, projects, or services provided) that contribute to the achievement of the stated objectives.

During this year work has continued on the website, with fresh articles added on a weekly basis to encourage and resource the network of supporters We have sent out enewsletters on a bi-monthly rota to keep in closer touch with our data base
We held a training day in London in November with 90 attending and enjoying seminars, workshops and talks themed round 'One Day in Your Life' We have visited individual supporters, groups and churches to talk to non-churched groups about faith and life in all its fullness, as well as speaking at training events for Christians

The Charity's grant making policies

The charity does not provide grants

The contribution of volunteers

The trustees are all volunteers They, together with a committee of volunteers, coordinate the activities of the charity

Summary of main activities of the charity in relation to its objects

The main activities of the charity are as follows

Running training days or conferences
Running a website www activateyourlife org uk

A review of charitable activities undertaken by the charity

The charity's website is free and the ideas and resources are available for everyone We continue to promote and advertise giving to third world projects, including promoting Achkiy jewellery goods and parties

Fundraising activities

The charity relies on donations from the public and other Christian organisations whose support is valued There have been no other fundraising activities

Investment performance achieved against investment objectives set

The charity has no long term investments Cash reserves are held in deposit accounts

Factors relevant to the achievement of the charity's objectives

We will continue to run the website for free This year the charity ran a training day which enabled supporters to come and share for just £20, which was cheaper than the comparable cost of a weekend away in a hotel The charity relies solely on donations to meet its running costs

Structure, Governance and Management

Nature of the Governing Document and constitution of the charity

Activate Your Life is constituted as a charitable trust registered with the charity Commission in November 2008 under charity number 1128166 It is governed by a deed of trust last updated in November 2008

The methods adopted for the recruitment and appointment of new trustees

The existing trustees are responsible for the recruitment of new trustees but in so doing the trustees seek the views and recommendations of the Dream Team, a committee of volunteers involved in organising the activities of the charity

In selecting new trustees, we seek to identify people who regularly participate in our activities and other Christian outreach Potential trustees are invited to attend trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are proposed as new trustees at the subsequent trustees' meeting

The policies and procedures adopted for the induction and training of trustees.

Following appointment, new trustees are introduced to their new role and given copies of the trust deed and a guide to the policies and procedures adopted by our charity Publications from the Charity Commission are also provided including the guidance on charities and public benefit and on the advancement of religion for the public benefit

The organisational structure of the charity and how decisions are made.

The charity trustees are responsible for the general control and management of the charity The trustees give their time freely and receive no remuneration or other financial benefits

The trustees are assisted in the running of the charity's activities by a committee of volunteers

Relationships between the charity and related parties, including its subsidiaries
There are no related parties

The major risks to which the charity is exposed and reviews and systems to mitigate risks

The trustees have assessed the risks the charity faces and review this regularly at their meetings The trustees are satisfied that systems are in place to manage the risks that have been identified In particular, insurance cover is in place and the finances of the charity are kept under review

Relationships with other groups, charities and individuals
Activate Your Life receives some donations from other Christian organisations whose support is valued

Financial Review
Policies on reserves
There are no designated reserves All reserves are freely available for the objects of the charity at the discretion of the trustees

Principal funding sources and how expenditure in the year under review has supported the key objectives of the charity.
The charity is funded by donations from the public and other Christian organisations whose support is valued

The investment policy and objectives, including the extent (if any) to which social, environmental or ethical considerations are taken into account.
The charity has no long term investments Cash reserves are held in deposit accounts

Availability and adequacy of assets of each of the funds
The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund

Transactions and Financial position
The financial statements are set out on pages 10 to 19. The financial statements have been prepared implementing the 2005 Revision of the Statement of Recommended Practice for Accounting and Reporting by Charities issued by the Charity Commission for England and Wales (revised in June 2008) and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory

The Statement of Financial Activities show net incoming resources for the year of a revenue nature of £3,787 (prior year £15,427)

The total reserves at the year end stand at £19,214 (prior year £15,427)

Free unrestricted liquid reserves amounted to £19,214 (prior year £15,427)

Specific changes in fixed assets
Changes in fixed assets are shown in detail in the notes to the accounts

There have been no movements in fixed assets

Share Capital
The company is limited by guarantee and therefore has no share capital

Plans for Future Periods

We hope to run two or three training days in the next year We will continue to update and work on the website We plan to have a weekend conference in March 2011 and March 2013

The members of the Board of Trustees of the Charity during the year ended 30th November 2010 were :-
Mrs M Catto
Mrs S McKerney

All the directors of the company are also trustees of the charity, and their responsibilities include all the responsibilities of directors under the Companies Acts and of trustees under the Charities Acts

The directors/trustees are all members of the charity

The members of the Board of Trustees of the Charity at the date the report and accounts were approved were:-
Mrs M Catto
Mrs S McKerney

Bankers
Lloyds TSB
134 High Street
Stourbridge DY8 1DS
DY8 1DS

Solicitors
Wingleys Solicitors LLP
19 Cookridge Street
Leeds LS2 3AG

Independent Examiner
Hudson Accountants
Chartered Accountants
14 West Town Road
Backwell
Bristol
BS48 3HH

Activate your Life

The report of the trustees for the year ended 30 November 2010

Statement of Directors' and Trustees' Responsibilities

The Charities Acts and the Companies Acts require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity In preparing those financial statements the Board is required to -

- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business
- state whether applicable accounting standards and statements of recommended practice have been followed , subject to any material departures disclosed and explained in the financial statements,

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act 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 are also responsible for the contents of the trustees' report, and the responsibility of the independent examiner in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements

Method of preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime

This report was approved by the board of trustees on 27 May 2011.

SMcKerney

Sarah McKerney
Director and Trustee

Activate your Life
Independent Examiner's Report to the trustees of the charity

Report of the Independent Examiner to the trustees
on the accounts of the Charity for the year ended 30 November 2010

I report on the financial statements of the Charity on pages 10 to 19 which have been prepared in accordance with the Charities Act 1993 and with the Financial Reporting Standard for Smaller Entities (FRSSE), effective April 2008, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2005 as modified in June 2008 (The SORP), under the historical cost convention and the accounting policies set out on page 15

Respective responsibilities of trustees and examiner

As described on page 7, the Charity's trustees, who also have the functions of directors, are responsible for the preparation of the financial statements

The trustees are satisfied that the audit requirement of Section 43(2) of the Charities Act 1993 (the Act) does not apply and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006, and that there is no requirement in the governing document or constitution of the Charity for the conducting of an audit As a consequence, the trustees have elected that the financial statements be subject to independent examination

Having satisfied mysef that the charity is not subject to audit under company law, or otherwise, and is eligible for independent examination, it is my responsibility to -

a) examine the accounts under section 43 of the Act,
b) to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, and,
c) to state whether particular matters have come to my attention

Basis of opinion and scope of work undertaken

I conducted my examination in accordance with the General Directions given by the Charity Commissioners for England & Wales setting out the duties of an independent examiner issued by the Charity Commissioners under section 43(7)(b) of the Act) in relation to the conducting of an independent examination, referred to above An independent examination includes a review of the accounting records kept by the Charity and of the accounting systems employed by the Charity and a comparison of the financial statements presented with those records It also includes consideration of any unusual items or disclosures in the financial statements , and seeking explanations from you as trustees concerning such matters The purpose of the examination is to establish as far as possible that there have been no breaches of the Charities legislation and that the financial statements comply with the Statement of Recommended Practice issued by the Charity Commissioners for England & Wales (effective April 2005 as modified in June 2008), on a test basis, of evidence relevant to the amounts and disclosures in the financial statements

The procedures undertaken do not provide all the evidence that would be required in an audit and information supplied by the trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtain written assurances from the trustees of all material matters

Independent Examiner's Statement, report and opinion

Subject to the limitations upon the scope of my work as detailed above , in connection with my examination , I can confirm that

1) In accordance with Regulation 31 of The Charities (Accounts and Reports) Regulations 2008, the accounts of this incorporated charity are not required to be audited under Part 16 of the Companies Act 2006,

2) the gross income of the charity in the period ended **30 November 2010** does not exceed the sum specified in section 43(3A) of the Charities 1993, namely £250,000, and that I am qualified to act as independent examiner in accordance with that section by virtue of my being a qualified member of the Institute of Chartered Accountants of England and Wales,

3) this is a report in respect of an examination carried out under section 43 of the Charities Act 1993 and in accordance with any directions given by the Commission under subsection (7)(b) of that section which are applicable,

and that no matter has come to my attention in connection with my examination which gives me reasonable cause to believe that in any material respect the requirements

(i) to keep accounting records in accordance with section 386 of the Companies Act 2006,

(ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and,

(iii) that the financial statements be prepared in accordance with the methods and principles set out in the Statement of Recommended Practice - Accounting and Reporting by Charities

have not been met, or

to which, in my opinion, attention should be drawn in my report in order to enable a proper understanding of the accounts to be reached,

The Examiner's relevant professional qualification or body is

Chartered Accountants

Della Hudson

Della Hudson BSc FCA
Hudson Accountants
14 West Town Road
Backwell
Bristol
BS48 3HH

The date upon which my opinion is expressed is -
27 May 2011

Activate your Life
Statement of Financial Activities
for the year ended 30 November 2010

	Notes	Unrestricted Funds 2010 £	Restricted Funds 2010 £	Total Funds 2010 £	Last Year Total Funds 2009 £
Incoming resources					
Incoming resources from generated funds					
Voluntary Income		7,332	-	7,332	21,439
Incoming resources from charitable activities		4,704	-	4,704	40,476
Total incoming resources		**12,036**	**-**	**12,036**	**61,915**
Costs of charitable activities		7,779	-	7,779	44,273
Governance costs		470	-	470	2,215
Total resources expended		8,249	-	8,249	46,488
Net incoming resources before transfers between funds		3,787	-	3,787	15,427
Gross transfers between funds		-	-	-	-
Net incoming resources before Other recognised gains and losses		3,787	-	3,787	15,427
Other recognised gains and losses					
Net movement in funds		3,787	-	3,787	15,427
Reconciliation of funds					
Total funds brought forward		15,427	-	15,427	-
Total Funds carried forward		**19,214**	**-**	**19,214**	**15,427**

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England & Wales and is reconciled to the total funds as shown in the Balance Sheet on **page 14** as required by the said statement

All activities derive from continuing operations

The notes on pages 14 to 18 form an integral part of these accounts.

Activate your Life
Statement of Financial Activities
for the year ended 30 November 2010

Income and Expenditure Account as required by the Companies Act
for the year ended 30 November 2010

	2010	2009
	£	£
Turnover	12,036	61,915
Direct costs of turnover	7,779	44,273
Gross surplus	4,257	17,642
Governance costs	470	2,215
Operating surplus	3,787	15,427
Surplus on ordinary activities before tax	3,787	15,427
Surplus for the financial year	3,787	15,427
Gift Aid Payments	-	-
Retained surplus for the financial year	3,787	15,427

All activities derive from continuing operations

The notes on pages 14 to 18 form an integral part of these accounts.

Activate your Life
Statement of Financial Activities
for the year ended 30 November 2010

Statement of Total Recognised Gains and Losses for the year ended 30 November 2010

	2010	2009
Excess of Expenditure over income before realisation of assets	3,787	15,427
Profit per Profit and Loss account	3,787	15,427
Grants for the acquisition of fixed assets	-	-
Net Movement in funds before taxation	3,787	15,427

Movements in revenue and capital funds for the year ended 30 November 2010

Revenue accumulated funds	Unrestricted Funds	Restricted Funds	Total Funds	Last year Total Funds
	2010	2010	2010	2009
	£	£	£	£
Accumulated funds brought forward	15,427	-	15,427	-
Recognised gains and losses before transfers	3,787	-	3,787	15,427
	19,214	-	19,214	15,427
Closing revenue accumulated funds	19,214	-	19,214	15,427
			£	£

Activate your Life
Statement of Financial Activities
for the year ended 30 November 2010
The notes on pages 14 to 18 form an integral part of these accounts.

Summary of funds	**Designated Funds**	**Unrestricted Funds**	**Restricted Funds**	**Total Funds**	**Last Year Total Funds**
	2010	**2010**	**2010**	**2010**	**2009**
Revenue accumulated funds	-	19,214	-	19,214	15,427

The statement of changes in resources applied for fixed assets for Charity use is shown in the notes to the accounts

Activate your Life
Company Number 6749124
Balance Sheet
as at 30 November 2010

			2010		2009
Intangible assets			-		-
Tangible assets	5		225		337
Total fixed assets			225		337
Current assets					
Debtors	6	1,288		1,883	
Cash at bank and in hand		18,171		13,808	
Total current assets		19,459		15,691	
Creditors -					
amounts due within one year	7	(470)		(601)	
Net current assets			18,989		15,090
Total assets less current liabilities			19,214		15,427
Creditors -					
amounts due after more than one year			-		-
Net assets excluding pension asset / liability			19,214		15,427
Net assets including pension asset / liability			19,214		15,427
The funds of the charity					
Unrestricted income funds					
Unrestricted revenue accumulated funds		19,214		15,427	
Designated revenue funds		-		-	
Unrestricted capital funds					
Designated fixed asset funds		-		-	
Total unrestricted funds			19,214		15,427
Restricted revenue funds					
Restricted fixed asset funds					
Total restricted funds			-		-
Total charity funds			19,214		15,427

The directors are satisfied that for the period ended on 30 November 2010 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act However, in accordance with section 43 of the Charities Act 1993, the accounts have been examined by an Independent Examiner whose report appears on page 9

The director(s) acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

SMcKerney

Sarah McKerney
Trustee
Approved by the board of trustees on 27 May 2011

The notes on pages 14 to 18 form an integral part of these accounts

Activate Your Life
Notes to the Accounts
for the year ended 30 November 2010

1 Accounting policies

Basis of preparation of the accounts

The financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE), effective April 2008, and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, (revised June 2008) The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Act 2006, and include the results of the charity's operations which are described in the Trustees' Report, all of which are continuing

Insofar as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, (revised June 2008) requires compliance with specific Financial Reporting Standards other than the FRSSE then the specific Financial Reporting Standards have been followed where their requirements differ from those of the FRSSE

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP

The charity has taken advantage of the exemption in the FRSSE from the requirement to produce a cash flow statement

The particular accounting policies adopted are set out below

Accounting convention

The financial statements are prepared,on a going concern basis, under the historical cost convention

The charity is entirely dependent on continuing donations and as a consequence the going concern basis is also dependent on the continuing donations

Incoming Resources

Incoming resources are accounted for on a receivable basis

Deferred income

In accordance with the Statement of Recommended Practice for Accounting and Reporting (revised June 2008) issued by the Charity Commissioners for England & Wales grants received in advance and specified by the donor as relating to specific accounting periods or alternatively which are subject to conditions which are still to be met, and which are outside the control of the charity or where it is uncertain whether the conditions can or will be met, are deferred on an accruals basis to the period to which they relate Such deferrals are shown in the notes to the accounts and the sums involved are shown as creditors in the accounts

Activate Your Life
Notes to the Accounts
for the year ended 30 November 2010

Recognition of liabilities

Liabilities are recognised on the accruals basis in accordance with normal accounting principles, modified where necessary in accordance with the guidance given in the Statement of Recommended Practice for Accounting and Reporting (revised June 2008) issued by the Charity Commissioners for England & Wales

Fixed assets and depreciation

All tangible fixed assets are stated at cost less depreciation

Items of less than £100 are not capitalised

Depreciation has been provided at the following rates in order to write off the assets (less their estimated residual value) over their estimated useful economic lives

Plant and machinery 25% straight line

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only Value Added Tax is not recoverable by the company , and is therefore included in the relevant costs in the Statement of Financial Activities

Funds structure policy

There are no restricted funds All funds are freely available for the objects of the charity at the discretion of the trustees

2 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity

3 Surplus for the financial year	**2010**	**2009**
	£	**£**
This is stated after crediting :-		
Revenue Turnover from ordinary activities	12,036	61,915
and after charging:-		
Depreciation of owned fixed assets	112	113
Indemnity Insurance for trustees and employees	-	1,815
Independent Examiner's Fees	235	200
Other fees paid to the Examiners/auditors	235	200

Activate Your Life
Notes to the Accounts
for the year ended 30 November 2010

Funds belonging to the charity have been used for the purchase of insurance to protect the charity from loss arising from the neglect or defaults of its trustees,employees or agents, or to indemnify its trustees,employees or agents, against the consequences of any neglect or default on their part The sum expended on such insurance was as indicated in the above schedule

4 Trustees' remuneration

Neither the trustees nor any persons connected with them have received any remuneration, either in the current year or the prior year

5 Tangible functional fixed assets

	Plant, Machinery & Vehicles £
Asset cost, valuation or revalued amount	
At 1 December 2009	450
At 30 November 2010	450
Accumulated depreciation and impairment provisions	
At 1 December 2009	113
Depreciation on revaluation	-
Charge for the year	112
At 30 November 2010	225
Net book value	
At 30 November 2010	225
At 1 December 2009	337

All assets are used for direct charitable purposes

6 Debtors

	2010 £	2009 £
Prepaid expenses	1,288	1,883

Activate Your Life
Notes to the Accounts
for the year ended 30 November 2010

7 Creditors: amounts falling due within one year	2010 £	2009 £
Trade creditors	470	-
Accrued expenses	-	601
	470	601

8 Analysis of the Net Movement in Funds	2010 £	2009 £
Net movement in funds from Statement of Financial Activities	3,787	15,427
Net resources applied on functional fixed assets	-	(450)
Net movement in funds available for future activities	3,787	14,977

The net resources applied on functional fixed assets represents the cost of additions less proceeds of any disposals

9 Particulars of Individual Funds and analysis of assets and liabilities representing funds

as at 30 November 2010	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	225	-	-	225
Current Assets	19,459	-	-	19,459
Current Liabilities	(470)	-	-	(470)
	19,214	-	-	19,214

At 1 December 2009	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	337	-	-	337
Current Assets	15,691	-	-	15,691
Current Liabilities	(601)	-	-	(601)
	15,427	-	-	15,427

The individual funds included above are :-

	Funds at 2009 £	Movements in Funds as below £	Transfers Between funds £	Funds at 2010 £
Unrestricted Fund	15,427	3,787	-	19,214
	15,427	3,787	-	19,214

Activate Your Life
Notes to the Accounts
for the year ended 30 November 2010

Analysis of movements in funds as shown in the table above

	Incoming Resources £	Outgoing Resources £	Gains & Losses £	Movement in funds £
Unrestricted Fund	12,036	8,249	-	3,787
	12,036	8,249	-	3,787

There are no restricted funds All funds are freely available for the objects of the charity at the discretion of the trustees

10 Share Capital

The charity is incorporated under the Companies Act 1985 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter

There are 2 members of the company (**2009 - 2 members**)