

Registered Charity Number
1128166

Registered Company Number
6749124

Activate Your Life
Report and Accounts
For The Year Ended
30 November 2010

WEDNESDAY



AWX23VLO

A11

06/07/2011

243

COMPANIES HOUSE

Activate your Life
Report and accounts
Contents

	Page
Charity and Company information	1
Trustees' Report	1
Statement of Directors'/Trustees' Responsibilities	7
Independent Examiner's report	8
Statement of Financial Activities	10
Income and Expenditure account	11
Statement of total recognised gains and losses	12
Movements in Accumulated Funds	13
Balance sheet	14
Notes to the accounts	15

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 -

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

THE
JOURNAL
OF
THE
ROYAL
ANTHROPOLOGICAL
INSTITUTE
OF GREAT
BRITAIN
AND IRELAND
VOLUME
LXXV
PART I
1905
LONDON
PUBLISHED BY THE
INSTITUTE
11, BEDFORD SQUARE, W.C.1
1905

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-newsletter 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 e-newsletters 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-church 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 Achkry jewellery goods and parties.

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 1, 1861.

2. The second part is a report from the Secretary of the Treasury, dated January 1, 1861.

3. The third part is a report from the Secretary of the Interior, dated January 1, 1861.

4. The fourth part is a report from the Secretary of the Navy, dated January 1, 1861.

5. The fifth part is a report from the Secretary of the War, dated January 1, 1861.

6. The sixth part is a report from the Secretary of the State, dated January 1, 1861.

7. The seventh part is a report from the Secretary of the War, dated January 1, 1861.

8. The eighth part is a report from the Secretary of the War, dated January 1, 1861.

9. The ninth part is a report from the Secretary of the War, dated January 1, 1861.

Activate your Life

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

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.

Activate your Life

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

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 shows 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).

1990 1991 1992 1993 1994 1995 1996 1997 1998 1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 2197 2198 2199 2200 2201 2202 2203 2204 2205 2206 2207 2208 2209 2210 2211 2212 2213 2214 2215 2216 2217 2218 2219 2220 2221 2222 2223 2224 2225 2226 2227 2228 2229 2230 2231 2232 2233 2234 2235 2236 2237 2238 2239 2240 2241 2242 2243 2244 2245 2246 2247 2248 2249 2250 2251 2252 2253 2254 2255 2256 2257 2258 2259 2260 2261 2262 2263 2264 2265 2266 2267 2268 2269 2270 2271 2272 2273 2274 2275 2276 2277 2278 2279 2280 2281 2282 2283 2284 2285 2286 2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701 2702 2703 2704 2705 2706 2707 2708 2709 2710 2711 2712 2713 2714 2715 2716 2717 2718 2719 2720 2721 2722 2723 2724 2725 2726 2727 2728 2729 2730 2731 2732 2733 2734 2735 2736 2737 2738 2739 2740 2741 2742 2743 2744 2745 2746 2747 2748 2749 2750 2751 2752 2753 2754 2755 2756 2757 2758 2759 2760 2761 2762 2763 2764 2765 2766 2767 2768 2769 2770 2771 2772 2773 2774 2775 2776 2777 2778 2779 2780 2781 2782 2783 2784 2785 2786 2787 2788 2789 2790 2791 2792 2793 2794 2795 2796 2797 2798 2799 2800 2801 2802 2803 2804 2805 2806 2807 2808

1. The first group of people who are interested in the study of the history of the United States are the people who are interested in the history of the United States.

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

[illegible]

SECRET

1990 年 10 月 1 日

[illegible]

53

[illegible]

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

Activate your Life

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

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

Wngleys 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.



Sarah McKerney
Director and Trustee

1. 2. 3.

5

7

4.

— 2 —

17

[illegible]

the 1990s, the number of people in the United States who are 65 years of age or older has increased by 50 percent, and the number of people 75 years of age or older has increased by 100 percent. The number of people 85 years of age or older has increased by 200 percent. The number of people 95 years of age or older has increased by 400 percent. The number of people 100 years of age or older has increased by 1,000 percent. The number of people 105 years of age or older has increased by 2,000 percent. The number of people 110 years of age or older has increased by 4,000 percent. The number of people 115 years of age or older has increased by 8,000 percent. The number of people 120 years of age or older has increased by 16,000 percent. The number of people 125 years of age or older has increased by 32,000 percent. The number of people 130 years of age or older has increased by 64,000 percent. The number of people 135 years of age or older has increased by 128,000 percent. The number of people 140 years of age or older has increased by 256,000 percent. The number of people 145 years of age or older has increased by 512,000 percent. The number of people 150 years of age or older has increased by 1,024,000 percent. The number of people 155 years of age or older has increased by 2,048,000 percent. The number of people 160 years of age or older has increased by 4,096,000 percent. The number of people 165 years of age or older has increased by 8,192,000 percent. The number of people 170 years of age or older has increased by 16,384,000 percent. The number of people 175 years of age or older has increased by 32,768,000 percent. The number of people 180 years of age or older has increased by 65,536,000 percent. The number of people 185 years of age or older has increased by 131,072,000 percent. The number of people 190 years of age or older has increased by 262,144,000 percent. The number of people 195 years of age or older has increased by 524,288,000 percent. The number of people 200 years of age or older has increased by 1,048,576,000 percent. The number of people 205 years of age or older has increased by 2,097,152,000 percent. The number of people 210 years of age or older has increased by 4,194,304,000 percent. The number of people 215 years of age or older has increased by 8,388,608,000 percent. The number of people 220 years of age or older has increased by 16,777,216,000 percent. The number of people 225 years of age or older has increased by 33,554,432,000 percent. The number of people 230 years of age or older has increased by 67,108,864,000 percent. The number of people 235 years of age or older has increased by 134,217,728,000 percent. The number of people 240 years of age or older has increased by 268,435,456,000 percent. The number of people 245 years of age or older has increased by 536,870,912,000 percent. The number of people 250 years of age or older has increased by 1,073,741,824,000 percent. The number of people 255 years of age or older has increased by 2,147,483,648,000 percent. The number of people 260 years of age or older has increased by 4,294,967,296,000 percent. The number of people 265 years of age or older has increased by 8,589,934,592,000 percent. The number of people 270 years of age or older has increased by 17,179,869,184,000 percent. The number of people 275 years of age or older has increased by 34,359,738,368,000 percent. The number of people 280 years of age or older has increased by 68,719,476,736,000 percent. The number of people 285 years of age or older has increased by 137,438,953,472,000 percent. The number of people 290 years of age or older has increased by 274,877,906,944,000 percent. The number of people 295 years of age or older has increased by 549,755,813,888,000 percent. The number of people 300 years of age or older has increased by 1,099,511,627,776,000 percent. The number of people 305 years of age or older has increased by 2,199,023,255,552,000 percent. The number of people 310 years of age or older has increased by 4,398,046,511,104,000 percent. The number of people 315 years of age or older has increased by 8,796,093,022,208,000 percent. The number of people 320 years of age or older has increased by 17,592,186,044,416,000 percent. The number of people 325 years of age or older has increased by 35,184,372,088,832,000 percent. The number of people 330 years of age or older has increased by 70,368,744,177,664,000 percent. The number of people 335 years of age or older has increased by 140,737,488,355,328,000 percent. The number of people 340 years of age or older has increased by 281,474,976,710,656,000 percent. The number of people 345 years of age or older has increased by 562,949,953,421,312,000 percent. The number of people 350 years of age or older has increased by 1,125,899,906,842,624,000 percent. The number of people 355 years of age or older has increased by 2,251,799,813,685,248,000 percent. The number of people 360 years of age or older has increased by 4,503,599,627,370,496,000 percent. The number of people 365 years of age or older has increased by 9,007,199,254,740,992,000 percent. The number of people 370 years of age or older has increased by 18,014,398,509,481,984,000 percent. The number of people 375 years of age or older has increased by 36,028,797,018,963,968,000 percent. The number of people 380 years of age or older has increased by 72,057,594,037,927,936,000 percent. The number of people 385 years of age or older has increased by 144,115,188,075,855,872,000 percent. The number of people 390 years of age or older has increased by 288,230,376,151,711,744,000 percent. The number of people 395 years of age or older has increased by 576,460,752,303,423,488,000 percent. The number of people 400 years of age or older has increased by 1,152,921,504,606,846,976,000 percent. The number of people 405 years of age or older has increased by 2,305,843,009,213,693,952,000 percent. The number of people 410 years of age or older has increased by 4,611,686,018,427,387,904,000 percent. The number of people 415 years of age or older has increased by 9,223,372,036,854,775,808,000 percent. The number of people 420 years of age or older has increased by 18,446,744,073,709,551,616,000 percent. The number of people 425 years of age or older has increased by 36,893,488,147,419,103,232,000 percent. The number of people 430 years of age or older has increased by 73,786,976,294,838,206,464,000 percent. The number of people 435 years of age or older has increased by 147,573,952,589,676,412,928,000 percent. The number of people 440 years of age or older has increased by 295,147,905,179,352,825,856,000 percent. The number of people 445 years of age or older has increased by 590,295,810,358,705,651,712,000 percent. The number of people 450 years of age or older has increased by 1,180,591,620,717,411,303,424,000 percent. The number of people 455 years of age or older has increased by 2,361,183,241,434,822,606,848,000 percent. The number of people 460 years of age or older has increased by 4,722,366,482,869,645,213,696,000 percent. The number of people 465 years of age or older has increased by 9,444,732,965,739,290,427,392,000 percent. The number of people 470 years of age or older has increased by 18,889,465,931,478,580,854,784,000 percent. The number of people 475 years of age or older has increased by 37,778,931,862,957,161,709,568,000 percent. The number of people 480 years of age or older has increased by 75,557,863,725,914,323,419,136,000 percent. The number of people 485 years of age or older has increased by 151,115,727,451,828,646,838,272,000 percent. The number of people 490 years of age or older has increased by 302,231,454,903,657,293,676,544,000 percent. The number of people 495 years of age or older has increased by 604,462,909,807,314,587,353,088,000 percent. The number of people 500 years of age or older has increased by 1,208,925,819,614,629,174,706,176,000 percent. The number of people 505 years of age or older has increased by 2,417,851,639,229,258,349,412,352,000 percent. The number of people 510 years of age or older has increased by 4,835,703,278,458,516,698,824,704,000 percent. The number of people 515 years of age or older has increased by 9,671,406,556,917,033,397,649,408,000 percent. The number of people 520 years of age or older has increased by 19,342,813,113,834,066,795,298,816,000 percent. The number of people 525 years of age or older has increased by 38,685,626,227,668,133,590,597,632,000 percent. The number of people 530 years of age or older has increased by 77,371,252,455,336,267,181,195,264,000 percent. The number of people 535 years of age or older has increased by 154,742,504,910,672,534,362,390,528,000 percent. The number of people 540 years of age or older has increased by 309,485,009,821,345,068,724,781,056,000 percent. The number of people 545 years of age or older has increased by 618,970,019,642,690,137,449,562,112,000 percent. The number of people 550 years of age or older has increased by 1,237,940,039,285,380,274,899,124,224,000 percent. The number of people 555 years of age or older has increased by 2,475,880,078,570,760,549,798,248,448,000 percent. The number of people 560 years of age or older has increased by 4,951,760,157,141,521,099,596,496,896,000 percent. The number of people 565 years of age or older has increased by 9,903,520,314,283,042,199,193,993,792,000 percent. The number of people 570 years of age or older has increased by 19,807,040,628,566,084,398,387,987,584,000 percent. The number of people 575 years of age or older has

1. *Pharmaceuticals* (1997) 10, 11.

1. 2. 3.

3.1.1. *Staphylococcus aureus* (S. aureus) (ATCC 12228)

$$f(x) = \frac{1}{2} \left(1 + \frac{x}{\sqrt{1+x^2}} \right) \quad \text{for } x \in \mathbb{R}$$

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 myself 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

1. The first part of the report is a general introduction to the project, which includes a brief history of the project and a statement of the objectives.

2. The second part of the report is a detailed description of the methodology used in the study, which includes a description of the data sources, the data collection methods, and the data analysis methods.

3. The third part of the report is a discussion of the results of the study, which includes a description of the findings and a comparison of the findings with the objectives of the study.

4. The fourth part of the report is a conclusion, which includes a summary of the findings and a statement of the conclusions drawn from the study.

5. The fifth part of the report is a list of references, which includes a list of the sources used in the study.

6. The sixth part of the report is a list of appendices, which includes a list of the supplementary materials used in the study.

7. The seventh part of the report is a list of figures, which includes a list of the figures used in the study.

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 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

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year Total Funds
Notes	2010 £	2010 £	2010 £	2009 £
Incoming resources				
<i>Incoming resources from generated funds</i>				
Voluntary Income	7,332	-	7,332	21,439
<i>Incoming resources from charitable activities</i>	4,704	-	4,704	40,476
Total incoming resources	12,036	-	12,036	61,915
<i>Costs of charitable activities</i>	7,779	-	7,779	44,273
<i>Governance costs</i>	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				
<i>Total funds brought forward</i>	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	<u>4,257</u>	<u>17,642</u>
Governance costs	470	2,215
Operating surplus	<u>3,787</u>	<u>15,427</u>
Surplus on ordinary activities before tax	<u>3,787</u>	<u>15,427</u>
Surplus for the financial year	<u>3,787</u>	<u>15,427</u>
Gift Aid Payments	-	-
Retained surplus for the financial year	<u>3,787</u>	<u>15,427</u>

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
Balance Sheet
as at 30 November 2010

6749124

		2010	2009
Intangible assets		-	-
Tangible assets	5	225	337
Total fixed assets		225	337
Current assets			
Debtors	6	1,268	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).



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	<u>450</u>
Accumulated depreciation and impairment provisions	
At 1 December 2009	113
Depreciation on revaluation	-
Charge for the year	<u>112</u>
At 30 November 2010	<u>225</u>
Net book value	
At 30 November 2010	<u>225</u>
At 1 December 2009	<u>337</u>

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
	<u>470</u>	<u>601</u>

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	<u>3,787</u>	<u>14,977</u>

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)
	<u>19,214</u>	<u>-</u>	<u>-</u>	<u>19,214</u>
	£	£	£	£

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)
	<u>15,427</u>	<u>-</u>	<u>-</u>	<u>15,427</u>

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
	<u>15,427</u>	<u>3,787</u>	<u>-</u>	<u>19,214</u>

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

המחלקה הכלכלית
המחלקה הכלכלית

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
	<u>12,036</u>	<u>8,249</u>	<u>-</u>	<u>3,787</u>

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)

1951

1952

1953

1954

1955

1956

1957

1958

1959

1960

1961

1962

1963

1964

1965

1966

1967

1968

1969

1970