

A FULL LIFE (UK TRUST)
COMPANY LIMITED BY GUARANTEE
REPORT AND
ACCOUNTS
31st December, 2016
CHARITY NUMBER 1113532
COMPANY NUMBER 5557417



A FULL LIFE (UK) TRUST

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

J. Lowther
J. Souray
B. Aldridge

Company Secretary

J. Lowther (unpaid)

Founder

Kevin Cookman

Office

The Registered Office of the Charity is 10A The Vineyard, Richmond,
Surrey, TW10 6AQ.

Bankers

Barclays Bank PLC, P.O. Box 13, 8 George Street, Richmond,
Surrey TW9 1JU.

A FULL LIFE (UK TRUST)

TRUSTEES' ANNUAL REPORT

The Trustees, who are also the Directors of the Charity for purposes of the Companies Act, submit their report and the accounts for the year ended 31st December, 2016.

Structure, Governance and Management

Status and Governing Document

A Full Life (UK Trust) is a charitable company limited by guarantee number 5557417 and a registered charity number 1113532. The Charity is governed by a Memorandum and Articles of Association dated 8th September, 2005. It is exempt from the requirement to use the word "limited" in its name.

SORP

The Trustees have adopted the provisions of the Charities SORP (FRS 102) in preparing the annual report and accounts. The accounts comply with the Charities Act 2011 and the Companies Act 2006. The Company is registered in England and Wales.

Governance and Internal Control

The day-to-day business of the Charity is monitored by the Trustees. The Board of Trustees has formal meetings from time to time. Board members have visited projects to keep in touch with field workers.

The Trustees are unpaid volunteers.

New Trustees are appointed by the existing Trustees. Unanimity is sought concerning such appointments and, to date, this has always been achieved.

Objectives and Activities for the public benefit

Objects

The Objects of the Charity are the relief of poverty and sickness and the advancement of education of children in developing countries and in particular but not exclusively of orphans who have been institutionalised for a majority of their adolescent lives including but not limited to those with major medical needs.

Activities

After a period of exploring openings, visits to Eastern Europe and Central Asia have been made by Kevin Cookman (founder) and Jonathan Souray. A programme has begun and is being developed to support young people in a Central Asian country.

Volunteers

The Trustees are grateful for the unpaid volunteers who serve the Trust.

Partner Charity

The Charity is working with its sister charity, which has a similar name and objects and is registered in the USA.

A FULL LIFE (UK TRUST)

TRUSTEES' ANNUAL REPORT (continued)

Grant-making Policies

The Trustees allocate the grants to the supported projects in line with the objects of the Charity and the effectiveness of the projects in delivering these objects.

Achievements and Performance for the public benefit

The Trustees are satisfied that good progress has been made in researching the best way to take the Charity forward.

The Trustees have raised funds in support of a project for young people in Central Asia who live on the streets. Many of them will have lived in orphanages, where they will have received minimal education and learned few social skills. If they have not run away when somewhat younger, they will have often been forced to leave their orphanages at age eighteen. They then find themselves completely unprepared for life outside the orphanage, most often living on the streets and turning to crime and prostitution in a desperate attempt at survival. They are highly vulnerable to abuse of all kinds and most often become dependent on illegal substances.

The Charity provided in 2007 funds for the purchase of a tractor, to be used for farming rehabilitation training and renting to local farmers, generating income for the project and benefiting and helping the economy of the entire community

There has been little activity in recent years, following the founder Kevin Cookman's return to live in the United States.

Financial Review

Income Generation

The Charity's income for the period was £190 (2015 - £240).

Reserves

The Charity is in the early stages of its development and the aim is to maintain two months' funds. It is considered that the fund reserves at the year-end were adequate but not excessive.

Risk Assessment

The major risks to which the Charity has been exposed, as identified by the Trustees, have been reviewed and systems have been established to mitigate those risks.

A FULL LIFE (UK TRUST)

TRUSTEES' ANNUAL REPORT (continued)

Plans for the Future

Following the founder Kevin Cookman's return to live in the United States, there has been shift of activity from the UK to the charity's sister organisation in the US. There are no immediate plans for a change but the charity is being retained in the UK until there is an opportunity for further activity.

The Report was approved by the Trustees on 11th January, 2017.



J. Lowther
Company Secretary

A FULL LIFE (UK TRUST)
STATEMENT OF FINANCIAL ACTIVITIES
(incorporating an Income and Expenditure Account)
YEAR ENDED 31st DECEMBER, 2016

	2016 £	2015 £
INCOME		
Income from:		
Voluntary income		
Grants and donations		
Individuals	190	240
Investment income		
Interest	-	-
Total Income	190	240
EXPENDITURE ON:		
Charitable activities (note 4)	13	13
Total Expenditure	13	13
NET INCOME	177	227
 RECONCILIATION OF FUNDS		
 TOTAL FUNDS BROUGHT FORWARD	 1,987	 1,760
TOTAL FUNDS CARRIED FORWARD	£2,164	£1,987

All of the above results are derived from continuing activities. All gains and losses recognised in the period are included above. The surplus for the period for Companies Act purposes is the same as that presented above.

The notes on pages 9 to 11 form part of these accounts.

A FULL LIFE (UK TRUST)BALANCE SHEET31st DECEMBER, 2016CHARITY NUMBER 1113532COMPANY NUMBER 5557417

	2016	2015
	£	£
<u>CURRENT ASSETS</u>		
Cash at bank	2,164	1,987
	—	—
<u>NET ASSETS</u>	£2,164	£1,987
	—	—
<u>FUNDS</u>		
Unrestricted funds	2,164	1,987
Restricted funds	-	-
	—	—
	£2,164	£1,987
	—	—

The notes on pages 9 to 11 form part of these accounts.

A FULL LIFE (UK TRUST)BALANCE SHEET (Continued)31st DECEMBER, 2016CHARITY NUMBER 1113532COMPANY NUMBER 5557417

The Trustees are satisfied that the company is entitled to the exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibility for:

- i) ensuring that the company keeps accounting records which comply with section 386 of the Act, and
- ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standards for Smaller Entities (effective April, 2008).

These accounts were approved by the Trustees and authorised for issue on 11th January, 2017 and are signed on their behalf by:



J. Lowther

The notes on pages 9 to 11 form part of these accounts.

A FULL LIFE (UK TRUST)

NOTES TO THE ACCOUNTS

31st DECEMBER, 2016

1. Accounting Policies

(a) Basis of Preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Charity has availed itself of the Companies Act 2006 and adopted the Companies Act formats to reflect the special nature of the Charity's activities.

The Charity is a going concern.

A summary of the most important accounting policies, which have been applied consistently, are set out below:

(b) Company Status

The Charity is a company limited by guarantee. The Members of the Company are the Trustees named on Page 2. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

(c) Funds Structure

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for specific purposes. The aim and use of each restricted fund is set out in the notes to the accounts.

(d) Incoming Resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. For legacies, entitlement is the earlier of the Charity being notified of an impending distribution or the legacy being received.

Gifts in kind, with the exception of time given by volunteers, are included at valuation and recognised as income when they are distributed to the projects. No amounts have been included in the accounts for gifts in kind or for services donated by volunteers.

A FULL LIFE (UK TRUST)

NOTES TO THE ACCOUNTS (continued)

31st DECEMBER, 2016

1. Accounting Policies (continued)

(e) Transactions in Foreign Currencies

Transactions in foreign currencies are translated at current exchange rates. Assets and liabilities denominated in foreign currencies at the financial year-end are translated at current rates unless there is a relevant contracted rate.

(f) Resources Expended

All expenditure, which includes irrecoverable VAT, is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with use of the resources, using time spent on each activity as a guide.

Fund-raising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the Charity's activities. Support costs are those costs incurred directly in support of expenditure on the objects of the Charity and include project management costs. Governance costs are those incurred in connection with the strategic management of the Charity and compliance with constitutional and statutory requirements.

(g) Basis of Recognition of Liabilities and Grants Payable

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the Charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings aggregating the costs relating to each category.

Grants payable are payments made to third parties in furtherance of the charitable objectives of the Charity. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Charity.

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

(h) Cash Flow Statement

The Charity has taken advantage of the exemption conferred by Financial Reporting Standard 1 not to prepare a Cash Flow Statement.

A FULL LIFE (UK TRUST)

NOTES TO THE ACCOUNTS (continued)

31st DECEMBER, 2016

1. Accounting Policies (continued)

(i) **Irrecoverable VAT**

Irrecoverable VAT is charged against the category of resources for which it was incurred.

2. Grants Payable

There were no grants in the year.

3. Employees

The Charity has no paid employees.

4. Charitable expenditure

	2016	2015
	£	£
Companies House fee	13	13
	£13	£13

5. Trustees' Remuneration and Expenses

No remuneration or expenses were paid to any of the Trustees nor any person connected with them in 2015 or 2016.

6. Recognised Gains

The Charity had no recognised gains or losses in 2015 or 2016 other than the Net Incoming Resources. All assets are stated at historical cost. Therefore, no adjustments are required to the reported results, which are stated on an unmodified historical cost basis.