

Registered Charity Number
1128166

Registered Company Number
6749124

Activate Your Life
Report and Accounts
For The Period Ended
30 November 2009

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Activate your Life
Report and accounts
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Activate your Life

The report of the trustees for the period ended 30 November 2009

Introduction

The trustees present their annual report and accounts for the period ended 30th November 2009

The board of trustees are satisfied with the performance of the charity during the year and the position at 30th November 2009 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

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The report of the trustees for the period ended 30 November 2009

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

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 annual conference provides 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 the year the charity has invested and spent much of its time developing its website and monthly e-newsletter, feeling that this was the most effective way of allowing people to freely access our many resources. The website enables members of the public to share ideas, advertise events and be inspired and encouraged through articles submitted by the Activate Your Life team. During this period Activate Your Life also held its annual conference where women were able to attend seminars which address key issues that women today face, i.e. debt, self-esteem, image, parenting, divorce. Again the weekend encourages women to become more active within the communities in which they live.

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

Annual conference

Website www.activateyourlife.org.uk

Achievements and Performance of the Charity

Activate your Life

The report of the trustees for the period ended 30 November 2009

A review of charitable activities undertaken by the charity

The charity has moved from using a subscription based magazine to share its ideas and resources, to being purely web-based. The charity's website and consequently all its resources are now available free online and can be accessed by anyone. The nature of the website means that members of the public are able to share their ideas, ask advice or discuss problems. The charity also provides a free bi-monthly e-newsletter for those who wish to sign up. At its November 2009 conference the charity funded the hotel, food and conference expenses for a carer in order that a disabled lady might attend the weekend.

Fundraising activities

The charity relies on donations from the public and other Christian organisations whose support is valued.

The charity has received a donation of cash from Activate (charity number 295075), a charity with similar objects that has ceased to act.

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

The charity is continuing to provide its website services in 2010. It is the charity's intention to hold a training day in the year which will make its seminars accessible to those who cannot afford the time and money to attend a weekend conference. The charity relies solely on donations for its running costs.

Activate your Life

The report of the trustees for the period ended 30 November 2009

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

The charity, Activate Your Life, has taken over the work of Activate (charity number 295075), a charity with the same objectives. On ceasing to act, Activate donated its remaining assets to Activate Your Life on 14 November 2008. Both charities shared the same trustees for part of the period.

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.

Activate your Life

The report of the trustees for the period ended 30 November 2009

Relationships with other groups, charities and individuals

The charity, Activate Your Life, has taken over the work of Activate (charity number 295075), a charity with the same objectives. On ceasing to act Activate donated its remaining assets to Activate Your Life on 14 November 2008. Both charities shared the same trustees for part of the period.

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.

This year the charity has received a donation of cash from Activate (charity number 295075), a charity with similar objects that has ceased to act. There was also a surplus from the conference activities.

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 £15,427 (prior year £0).

The total reserves at the year end stand at £15,427 (prior year £0).

Free unrestricted liquid reserves amounted to £15,427 (prior year £0).

Specific changes in fixed assets

Changes in fixed assets are shown in detail in the notes to the accounts.

Activate your Life

The report of the trustees for the period ended 30 November 2009

Except for the acquisition of office furniture and equipment in the sum of £450 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

The charity intends to continue to provide its website and e-newsletter services. It also intends to hold a training day in the year which will provide seminars and lunch in London for those unable to attend a whole weekend. The charity intends to continue to fund its running through donations.

The members of the Board of Trustees of the Charity during the period ended 30th November 2009 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

Solicitors

Wrigleys Solicitors LLP

19 Cookridge Street

Leeds LS2 3AG

Independent Examiner

Hudson & Co

Chartered Accountants

46 Redwood

Westhoughton

Bolton BL5 2RU

Activate your Life

The report of the trustees for the period ended 30 November 2009

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 6 July 2010.



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 period ended 30 November 2009

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

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 2009** 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 & Co
46 Redwood
Westhoughton
Bolton BL5 2RU

The date upon which my opinion is expressed is -
6 July 2010

Activate your Life
Statement of Financial Activities
for the period ended 30 November 2009

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year Total Funds
Notes	2009 £	2009 £	2009 £	2008 £
Incoming resources				
<i>Incoming resources from generated funds</i>				
Voluntary Income	21,439	-	21,439	-
<i>Incoming resources from charitable activities</i>	40,476	-	40,476	-
Total incoming resources	61,915	-	61,915	-
<i>Costs of charitable activities</i>	44,273	-	44,273	-
<i>Governance costs</i>	2,215	-	2,215	-
Total resources expended	46,488	-	46,488	-
Net incoming resources before transfers between funds	15,427	-	15,427	-
Gross transfers between funds	-	-	-	-
Net incoming resources before Other recognised gains and losses	15,427	-	15,427	-
Other recognised gains and losses				
Net movement in funds	15,427	-	15,427	-
Reconciliation of funds				
<i>Total funds brought forward</i>	-	-	-	-
Total Funds carried forward	15,427	-	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 15** as required by the said statement

All activities derive from continuing operations

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

Activate your Life
Statement of Financial Activities
for the period ended 30 November 2009

Income and Expenditure Account as required by the Companies Act
for the period ended 30 November 2009

	2009	2008
	£	£
Turnover	61,915	-
Direct costs of turnover	44,273	-
Gross surplus	<u>17,642</u>	<u>-</u>
Governance costs	2,215	-
Operating surplus	<u>15,427</u>	<u>-</u>
 Surplus on ordinary activities before tax	 <u>15,427</u>	 <u>-</u>
 Surplus for the financial year	 <u>15,427</u>	 <u>-</u>
Gift Aid Payments	-	-
Retained surplus for the financial year	<u>15,427</u>	<u>-</u>

All activities derive from continuing operations

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

Activate your Life
Statement of Financial Activities
for the period ended 30 November 2009

Statement of Total Recognised Gains and Losses
for the period ended 30 November 2009

	2009	2008
Excess of Expenditure over income before realisation of assets	15,427	-
Profit per Profit and Loss account	15,427	-
Grants for the acquisition of fixed assets	-	-
Net Movement in funds before taxation	15,427	-

Movements in revenue and capital funds
for the period ended 30 November 2009

Revenue accumulated funds

	Unrestricted Funds	Restricted Funds	Total Funds	Last year Total Funds
	2009	2009	2009	2008
	£	£	£	£
Accumulated funds brought forward	-	-	-	-
Recognised gains and losses before transfers	15,427	-	15,427	-
	15,427	-	15,427	-
Closing revenue accumulated funds	15,427	-	15,427	-

Activate your Life

Statement of Financial Activities

for the period ended 30 November 2009

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

Summary of funds

	Designated Funds	Unrestricted Funds	Restricted Funds	Total Funds	Last Year Total Funds
	2009	2009	2009	2009	2008
Revenue accumulated funds	-	15,427	-	15,427	-

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

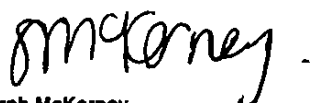
Activate your Life
Company Number 6749124
Balance Sheet
as at 30 November 2009

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

The directors are satisfied that for the period ended on 30 November 2009 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 2006).



Sarah McKerney
Trustee

Approved by the board of trustees on 6 July 2010

The notes on pages 5 to 8 form an integral part of these accounts

Activate Your Life
Notes to the Accounts
for the period ended 30 November 2009

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 period ended 30 November 2009

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

	Date not set	Date not set
	£	£
This is stated after crediting :-		
Revenue Turnover from ordinary activities	61,915	-
and after charging:-		
Depreciation of owned fixed assets	113	-
Indemnity Insurance for trustees and employees	1,815	-
Independent Examiner's Fees	200	-
Other fees paid to the Examiners/auditors	200	-

Activate Your Life
Notes to the Accounts
for the period ended 30 November 2009

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

All assets are used for direct charitable purposes.

6 Debtors	2009 £	2008 £
Prepaid expenses	1,883	-

Activate Your Life
Notes to the Accounts
for the period ended 30 November 2009

7 Creditors: amounts falling due within one year	2009	2008
	£	£
Accrued expenses	601	-

8 Analysis of the Net Movement in Funds	Date not set	Date not set
	£	£
Net movement in funds from Statement of Financial Activities	15,427	-
Net resources applied on functional fixed assets	(450)	-
Net movement in funds available for future activities	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 At 30 November 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>
	£	£	£	£
At 14 November 2008	Unrestricted funds	Designated funds	Restricted funds	Total Funds
Tangible Fixed Assets	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

The individual funds included above are :-

	Funds at 2008	Movements in Funds as below	Transfers Between funds	Funds at 2009
	£	£	£	£
Unrestricted Fund	-	15,427	-	15,427
	<u>-</u>	<u>15,427</u>	<u>-</u>	<u>15,427</u>

Analysis of movements in funds as shown in the table above

Incoming Resources	Outgoing Resources	Gains & Losses	Movement in funds
---------------------------	---------------------------	---------------------------	--------------------------

Activate Your Life
Notes to the Accounts
for the period ended 30 November 2009

	£	£	£	£
Unrestricted Fund	61,915	46,488	-	15,427
	<u>61,915</u>	<u>46,488</u>	<u>-</u>	<u>15,427</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 (**2008 - 0 members**)