

Charity registration number 1209955 (England and Wales)

TEAMS LIFE CENTRE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

TEAMS LIFE CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

| | | |
|---|---|---|
| Trustees | Mr C R Lowe Mrs Pauline Brown Mr E Nichols Stephen Frost Adeyemi Adedeji | (Appointed 10 September 2024) (Appointed 20 September 2025) (Appointed 10 September 2024) (Appointed 15 June 2025) (Appointed 6 May 2025) |
| Centre manager | Margaret Carlin | Centre manager |
| Charity number (England and Wales) | 1209955 | |
| Independent examiner | Steven Chambers Gunnell & Chambers Accountants 8 Fellside Road Whickham Newcastle Upon Tyne NE16 4AL | |

TEAMS LIFE CENTRE

CONTENTS

| | Page |
|-----------------------------------|-------------|
| Trustees' report | 1 - 2 |
| Independent examiner's report | 3 |
| Statement of financial activities | 4 |
| Balance sheet | 5 |
| Notes to the financial statements | 6 - 11 |

TEAMS LIFE CENTRE

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

To further or benefit the residents of Teams, Gateshead and the neighbourhood, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.

The provision of a safe, welcoming space where local residents can meet, play and learn.

Services and activities offered include:

- Family activities from Toddlers to Teens;
- Activities for those with additional needs;
- Cost of living or crisis support;
- Refugee support;
- Citizens advice appointments;
- Training needs;
- Warm spaces, clothing and hot food;
- Friendship support groups.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Our impact report for 2024/25 had the following good news stories :-

- 713 people helped with emergency food (community and individual meals and food parcels)
- 354 groups to ease social isolation and improve mental health
- 60 training days to support IT skills and employability
- 500 groups for adults with additional needs
- 208 physical fitness sessions
- 96 children's activities for ages 5-16
- Increased community events from 6 to 12 to promote community cohesion

35 people average supported every month by resident Citizens Advice workers

TEAMS LIFE CENTRE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

Financial review

For the year ended 30th June 2025 the charity had a surplus of £18,440.

Reserves policy

- A reserve of £20,000 in an easy access interest account. The monies therein will be spent in agreement with all Trustees in the instance of:
- Emergency repairs to the building;
- For unexpected opportunities that may arise which will benefit Teams Life Centre and its work in times of hardship;
- To sustain the work of Teams Life Centre; in any such eventuality, Trustees will endeavour to replace any spend as soon as possible using room hire revenue.

Structure, governance and management

The charity is a CIO Foundation.

The trustees who served during the year and up to the date of signature of the financial statements were:

| | |
|-------------------|-------------------------------|
| Mr C R Lowe | (Appointed 10 September 2024) |
| Mrs Pauline Brown | (Appointed 20 September 2025) |
| Mr E Nichols | (Appointed 10 September 2024) |
| Stephen Frost | (Appointed 15 June 2025) |
| Adeyemi Adedeji | (Appointed 6 May 2025) |

Recruitment and appointment of trustees

New trustees are appointed by the unanimous agreement of existing trustees.

The trustees' report was approved by the Board of Trustees.

Mr C R Lowe
Trustee

5 January 2026

Mrs Pauline Brown
Trustee

TEAMS LIFE CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF TEAMS LIFE CENTRE

I report to the trustees on my examination of the financial statements of Teams Life Centre (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Steven Chambers

Gunnell & Chambers Accountants
8 Fellside Road
Whickham
Newcastle Upon Tyne
NE16 4AL
5 January 2026

TEAMS LIFE CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

| | Notes | Unrestricted funds 2025 |
|---|-------|-------------------------------|
| | | £ |
| Income from: | | |
| Donations and legacies | 3 | 150,142 |
| Charitable activities | 4 | 23,891 |
| Other trading activities | 5 | 3,483 |
| Investments | 6 | 397 |
| | | _____ |
| Total income | | 177,913 |
| Expenditure on: | | |
| Charitable activities | 7 | 159,473 |
| | | _____ |
| Total expenditure | | 159,473 |
| | | _____ |
| Net income and movement in funds | | 18,440 |
| Reconciliation of funds: | | |
| Fund balances at 10 September 2024 | | - |
| | | _____ |
| Fund balances at 30 June 2025 | | 18,440 |
| | | _____ |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

TEAMS LIFE CENTRE

BALANCE SHEET

AS AT 30 JUNE 2025

| | Notes | 2025 | £ | £ |
|---|-------|----------|--------|---|
| Current assets | | | | |
| Debtors | 12 | 12,297 | | |
| Cash at bank and in hand | | 61,735 | | |
| | | 74,032 | | |
| Creditors: amounts falling due within one year | 13 | (55,592) | | |
| Net current assets | | | 18,440 | |
| | | | 18,440 | |
| The funds of the charity | | | | |
| Unrestricted funds | 14 | 18,440 | | |
| | | 18,440 | | |
| | | | 18,440 | |

The financial statements were approved by the trustees on 5 January 2026

Mr C R Lowe
Trustee

Mrs Pauline Brown
Trustee

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

Teams Life Centre is a CIO Foundation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies (Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies (Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

| | Unrestricted funds 2025 | Unrestricted funds |
|---------------------|-------------------------------|-----------------------|
| | £ | £ |
| Donations and gifts | 599 | - |
| Room hire | 18,968 | - |
| Grants | 130,575 | - |
| | <hr/> | <hr/> |
| | 150,142 | - |
| | <hr/> | <hr/> |

4 Income from charitable activities

| | Unrestricted funds 2025 | Unrestricted funds |
|--------------------------|-------------------------------|-----------------------|
| | £ | £ |
| Charitable income | | |
| Cafe income | 8,089 | - |
| Ballinger income | 15,000 | - |
| Tuck shop income | 205 | - |
| New 2 U income | 597 | - |
| | <hr/> | <hr/> |
| | 23,891 | - |
| | <hr/> | <hr/> |

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

5 Income from other trading activities

| | Unrestricted funds | Unrestricted funds |
|--------------------|--------------------|--------------------|
| | 2025 | 2025 |
| | £ | £ |
| Fundraising events | 3,483 | - |
| | ===== | ===== |

6 Income from investments

| | Unrestricted funds | Unrestricted funds |
|---------------------|--------------------|--------------------|
| | 2025 | 2025 |
| | £ | £ |
| Interest receivable | 397 | - |
| | ===== | ===== |

7 Expenditure on charitable activities

| | Charitable expenditure |
|----------------------------|------------------------|
| | 2025 |
| | £ |
| Direct costs | |
| Staff costs | 65,923 |
| Direct expenses | 5,747 |
| Recruitment expenses | 816 |
| Rates | 660 |
| Insurance | 1,834 |
| Advertising | 425 |
| Heat & light | 9,937 |
| Office supplies | 5,218 |
| Telephone | 1,482 |
| Legal & professional costs | 1,979 |
| Repairs | 56,515 |
| Cleaning | 7,748 |
| General costs | 1,189 |
| | ===== |
| | 159,473 |
| Analysis by fund | |
| Unrestricted funds | 159,473 |
| | ===== |

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

| 8 | Net movement in funds | 2025 |
|---|-----------------------|------|
| | | £ |

The net movement in funds is stated after charging/(crediting):

| | |
|--|-----|
| Fees payable for the independent examination of the charity's financial statements | 960 |
| <hr/> | |

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

2025

Number

6

| Employment costs | 2025 |
|------------------|------|
| | £ |

| | |
|--------------------|--------|
| Wages and salaries | 65,923 |
| <hr/> | |

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Debtors

2025

£

Amounts falling due within one year:

| | |
|--------------------------------|--------|
| Trade debtors | 9,567 |
| Prepayments and accrued income | 2,730 |
| | <hr/> |
| | 12,297 |
| | <hr/> |

TEAMS LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

13 Creditors: amounts falling due within one year

| | 2025 |
|------------------------------|-------------|
| | £ |
| Trade creditors | 875 |
| Other creditors | 53,757 |
| Accruals and deferred income | 960 |
| | <hr/> |
| | 55,592 |
| | <hr/> <hr/> |

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

| | At 10 September 2024 | Incoming resources | Resources expended | At 30 June 2025 |
|---------------|----------------------------|-----------------------|-----------------------|--------------------|
| | £ | £ | £ | £ |
| General funds | - | 177,913 | (159,473) | 18,440 |
| | <hr/> | <hr/> | <hr/> | <hr/> |

15 Related party transactions

There were no disclosable related party transactions during the year (- none).