Monday Group has given me hope & courage to change my life

A good antidote to enable wellness

I feel very grateful that I am a Member at Lifecraft

Very relaxing A remarkably caring place

Given me a safe-haven to relax, unwind and feel included

It's a family

I’ve been feeling more positive

Lifecraft makes me wonder how I can help other people as well as myself.

Raised my self-esteem

I was very depressed and feeling hopeless before coming to Lifecraft. The interaction with other people has been very beneficial and I now feel loved much more of the time.

Some quotes taken from Gammage & Foster (2017) "Leadership in community mutual support groups for mental health: A qualitative case study from the leaders’ perspective"
CHAIR OF TRUSTEES’ REPORT

Another year has gone by for Lifecraft. Yet again we survive under difficult circumstance and achieve a great deal. Firstly I would like to thank Adam for his work as Chair at Lifecraft for the past few years. I am grateful for his support and advice as I am new to this role. Secondly I would like to thank Caroline for her previous work as Vice Chair. Also thanks to everyone who has attended the Trustee meetings. Being on the Executive Committee is a responsible and sometimes time consuming position. Special thanks to for Lady Caro Wilson for becoming our first Patron and helping to raise Lifecraft’s profile in the local community.

Also thanks to all the staff and volunteers who go beyond what is called for to provide the extras that make Lifecraft such a great charity. Andrew as Manager; Carole as Deputy Manager and Lifeline Manager; Cathy as Counselling Service Manager; Malcolm as Finance and Office Manager; Leisha as Step by Step Project Officer; Tao as Membership Services and Kezia as Clerk to the Trustees. All have worked hard to deliver the services that Lifecraft provides. Thanks as well to all the Group Leaders and volunteers who make the range of groups, counselling and Lifeline possible.

Lifecraft has always provided day trips to its Members, and this year in addition to trips to Norwich and Great Yarmouth, Lifecraft Members have been regular visitors to the Botanic Gardens and local museums. This year, following the suggestion from Members, Lifecraft has decided to develop these opportunities further and has begun the planning and advertising for a short break to France. Supporting our users to take a trip aboard, including self-financing and mental health management, is providing a rare and highly valued opportunity.

Thanks to our main funders Cambridgeshire County Council and Cambridgeshire and Peterborough CCG who have continued to support us despite the government cutbacks. Our core funders have a vision of commissioning that values service users and are open to suggestions and feedback from Lifecraft, as a user-led organisation.

Lifecraft is grateful for the donation from Cambridge and Peterborough Foundation Trust for money towards the cost of producing the Mental Health Handbook and also to Lloyds Bank Foundation for the grant for the Step by Step project. This year funding was also received from Cambridge Rag, Pye Foundation, Church of the Good Shepard, The Golden Bottle and Cambridge South Rotary. Several Cambridge University colleges gave donations this year, including Churchill, Corpus Christi, Emmanuel, Girton, Jesus, Queen’s, Sidney Sussex, and Trinity College. Lifecraft is supported by many individual donors whose support is gratefully appreciated. Without the support of all our funders and donors Lifecraft would be unable to provide our essential services.

I would like to express thanks to the Bath House Association; we are privileged to have such a central location in Mill Road, Cambridge.

I would like to finish but stating how much I have benefited from Lifecraft. I know other Members appreciate it too. May Lifecraft survive for many more years aiding people with mental health challenges in the future.

Matthew Barker- Chair
LIFECRAFT ANNUAL REPORT 2016/2017

MANAGER’S REPORT

Lifecraft has had a year of stability with our main funders continuing to support the charity and our commitment to maintain our recipe of groups, activities and wrap-around support.

To new Members who are discovering Lifecraft for the first time, I often draw a diagram of Lifecraft as a plant with three leaves, like clover – the various leaves being the Day Services, Counselling Service and Lifeline – and go on to liken our charity to the four-leaf variant, with the addition of the Step By Step project, which is funded by Lloyds Foundation and has now completed its second year.

For a small not-for-profit charity to survive in the current economic climate, we have to provide groups and activities which our Members want AND which key funders are prepared to support. Ever since the Department of Health first published guidelines on User Led Organisations (ULO), Cambridgeshire County Council and CPFT have co-commissioned Lifecraft, and as a thriving ULO we have been visited by other groups who want to set up similar charities and come to see ‘how it’s done’.

At the entry level, our Members can come to groups which we run weekly and do not have fixed programmes. This is enormously helpful to folk who may need time to work through personal change, for whom a fixed course of eight or ten sessions simply doesn’t ‘do it.’

This year has seen three groups form which have a higher impact. In these groups the Members have dug deep into the issues and challenges they experience. Our Live More. Worry Less Group has formed its own weekly programme, supported by Group Leaders Eylüül and Jane. Hearing Voices has really taken off, with Matthew, Michael and Laura rotating the Facilitator role. On Fridays a Decluttering Group formed which culminated with the participants making real progress and making change happen in their home living environments.

As well as this; our Anglia Ruskin Social Work student placements mean we continue to offer more one-to-one time with Members who have higher levels of need.

Lloyds Bank has been helpful to us at all points. At a ‘national’ level, their grant award for our Step By Step project has helped us to deliver into the important agenda of mental health and employability. Their Grants Officer has taken the trouble to get to know Lifecraft and how we operate, and as a result has helped the charity through their ‘Enhance’ Programme in forming a stronger and more effective Fundraising team. Locally, Cambridge’s Lloyds Bank Manager has personally given time to work with our Executive Committee on our business plan; and the staff team came to support our activities at last year’s Mill Road Winter Fair, generously match-funding the cash raised on the day. We have found Lloyds Bank Foundation to be a brilliant funder and friend, massively supportive to our charitable aims and objectives.

Also this year, we have again been supported by Pye Foundation whose Trustee representative visited us to see our staff and Art Group first hand – a connection which strengthens the sense of working with local people and being supported by local, interested donors. In a similar vein, the Rotary Club supported and encouraged us to make an application for funding for a fund-generating activity – and their generous funding means next year should see us producing greeting cards with Mill Road themes, unique to Lifecraft, designed by a Member and printed locally.
We will also be finalising a re-print of the much-appreciated Lifecraft Mental Health Handbook. This has been sponsored by CPFT and we have arranged for it to be printed by Burwell Print so that a valuable social enterprise working with adult with learning needs is entrusted with the production. These Handbooks are used by the public, and are often preferred as paper copies, to using phones or computers and many professionals and other voluntary sector workers, tell us how welcome this re-print will be.

In this year’s Annual Report, we have returned to an ‘old time’ format of giving a selection of feedback from our groups and Members. I hope you will gain a sense of the impact Lifecraft has on people’s wellbeing, and the unique way in which Lifecraft promotes self-help and mutual support for those who encounter mental ill health in their lives.

Andrew Deller - Lifecraft Manager
LIFECRAFT ANNUAL REPORT 2016/2017

LIFELINE REPORT

Lifeline, Cambridgeshire and Peterborough Mental Health Helpline is available 365 days of the year from 7.00pm – 11.00pm on FREEPHONE 0808 808 2121. The Line continues to be available every evening due to the committed and dedicated team of volunteers who are backed up and supported by the Line supervisors.

The Line is available to callers in the Cambridgeshire and Peterborough area who are experiencing mental distress. Trained volunteers are available for up to an hour to listen to and support callers who call the Line, providing empathy, support, guidance and information where needed. The nature of the calls to the Line vary from someone who is anxious or feeling depressed, feeling lonely and isolated struggling with day-to-day life to callers who are very distressed and suicidal.

“You are there for me, you listen, you treat me like a human being”

Lifeline is a confidential helpline and is not able to identify a caller ringing the Line. We give clear information on our confidential policy and how we can get someone help if this is something they should want us to do for them in a crisis situation.

“It really helps knowing that I can ring you and that your line is confidential. I can discuss issues with you before deciding what I want to do next.”

Lifeline held a training course for new volunteers in April 2016 and February 2017 and as a result more volunteers were recruited to the Line.

An important part of supporting callers is that the volunteers are well supported in their role. This is provided with clear policies and guidelines and debriefing and supervision. There is a clear expectation that volunteers attend regular small group supervision, which also includes a training element.

We truly value the excellent volunteer and supervisory team that is in place here at Lifeline and the commitment that they give to support others. To show our appreciation for this in September morning coffee was provided for all The Orchard at Grantchester.

Calls to Lifeline

<table>
<thead>
<tr>
<th>Calls received by Lifeline April 2016- March 2017</th>
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<tbody>
<tr>
<td>April – June</td>
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<tr>
<td>July – September</td>
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<td>October – December</td>
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<tr>
<td>January – March</td>
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<tr>
<td><strong>TOTAL</strong></td>
</tr>
</tbody>
</table>

From April 2016 to March 2017 Lifeline received 3197 calls. The majority of our callers withhold their number but for those who did not 685 individual callers were recorded on the call platform.
This number is likely to be around 1800 individual callers. Calls to the Line fluctuate daily, weekly and monthly and there does not appear to be a regular pattern other than the time of call.

The busiest time of the evening continues to be 7-8pm when 35% of the calls were taken, followed by 25% from 8-9pm. From 9-10pm 24% of the total volume of calls to the Line were taken, finishing with 16% from 10-11pm. The number of calls received in the first hour has increased by 3% in the past years, however we do encourage callers to ring later in the evening.

It has been a busy and exciting year for Lifeline with changes taking place for crisis services and potentially for callers. In April 2016 CPFT launched the 111-2 First Response Service and MIND in Cambridgeshire opened the Cambridge Sanctuary. In June 2016 Lifeline took over the CPFT Out-of-hours Helpline and in September 2016 Frist Response went self-referral. All of this has had an impact on the Line with us receiving different types of calls, for example, from professionals needing information, professionals needing support to manage clients which leads to training issues for volunteers. Being a smaller helpline, Lifeline is able to respond to any changes very quickly.

The forthcoming year is looking equally exciting as we take forward the Zero Suicide initiative, the work on supporting people bereaved by suicide and continue to raise awareness of those in distress needing the right support at the right time.

Do take care of yourself, and remember Lifeline is here for YOU

“Thank you for being there; you really are my Lifeline”

Carole Morgan - Lifeline Manager and Deputy Manager of Lifecraft
COUNSELLING SERVICE

“Counselling has helped lift my mood from a negative to a positive”

The Counselling Service has seen a number of changes this year all of which have had a positive impact on the service we are able to offer to Members.

With our quota of counsellors once more down to six, after three counsellors left our team having been with Lifecraft for a number of years and now deciding to move on to private practice, we ran another three day training programme for new prospective volunteers. This took place on three Saturdays in June and July once again covering the topics of mental health in general, Lifecraft in particular, self-harm, suicide, abuse and dissociation. There were eight participants from whom we appointed five people who began counselling with us between August and September and brought our team back up to eleven with a twelfth counsellor hoping to return soon from long term sick leave.

When all these counsellors were at full capacity, by the end of November, we were able to offer counselling to thirty three Members, greatly reducing our waiting list.

We were able to increase our capacity, from a maximum of 10 to 12 counsellors, by cost saving due to the changes in our supervision provision. The counsellors all have external supervision as before, but now for one hour per month and the second hour is made up by attendance at the in-house supervision groups of which we now have three. This means they still meet BACP requirements for the level of supervision but they have the chance to participate in discussion and exchange of ideas at the same time as giving support to each other in a facilitated setting. This is invaluable as a source of learning especially for those who are comparatively new to counselling.

“I had been to counselling before, but was not able to access long-term, free counselling until I found Lifecraft which has made all the difference”

In November last year we were approached by the Institute for Arts in Therapy in Islington asking us to take two trainee arts therapists on placement. We were delighted to do so and following interviews ran a training day adapted from our three day recruitment training for both of them and they began seeing Members here in January. After initial responses of “I can’t draw”, which of course they don’t need to be able to do, the service has proved very popular and has added a new dimension to our service. In return for providing placement opportunity for their students the Institute offers two CPD days per year for supervisors and placement managers and the first of these will be in April this year and I am looking forward to finding out more about their course and meeting other placement managers.

“I feel I can trust [my Art Therapist] more than a lot of people. It’s a safe-space to talk without prejudice or detrimental judgement. It’s life-changing”

March this year was the deadline for ensuring that the whole of Lifecraft conformed to Information Governance guidelines. This included checking and updating some of the counselling service policies and procedures and for all counsellors to complete the Information Governance and Data
Security Essentials Workbook, along with all other staff and volunteers. Both tasks were completed and the counselling service now meets the required Information Governance criteria.

“I now feel more calm and confident in my abilities and feel less anxious and worried than before”

Cathy Fusniak – Counselling Service Manager
STEP BY STEP PROJECT REPORT

We continue to support people with mental health problems to explore themselves and discover meaningful occupation. Trying new experiences through volunteering or paid work can help to build confidence, develop identify, add structure to someone’s day and create new social networks.

In 2016-17, thirty-two people accessed bespoke, individualised support through our Step by Step project. Participants meet regularly with the Project Coordinator to identify their often hidden or underappreciated skills and strengths, setting goals and breaking them down into smaller tasks, building the confidence to pursue their aspirations and ambitions. Practical help is also offered to assist with searching for vacancies, developing a CV and supporting people with sending emails and making phone calls. The project also offers the opportunity for participants to take on paid Member Employment positions within Lifecraft to gain important experience in developing good work behaviours – reliability, conscientiousness, accountability, self-responsibility, and building effective working relationships.

What participants say

- 81% report increased basic employability skills, reduced isolation/increased social networks
- 59% report feeling better able to manage their mental health issues and improved self-esteem/confidence
- 44% obtained paid Member Employment positions. Two of these went on to return to full time employment with external organisations and another has created a new and ongoing foreign language class within Lifecraft.
- 44% have engaged in regular volunteering

“The Step by Step programme acknowledges the impact across your life that mental health conditions have. The goals that I set for myself are practical and specific, stemming from my own interests and experiences, rooted in my day to day life. Regular meetings enabled me to persevere through the worst times. The focus is kept on what I can do, learn and contribute, rather than seeing me as a failure, a problem, or a collection of symptoms and behaviours that have to be cured. With the project coordinator’s help, I have been able to follow this up with practical steps. I have had opportunities to contribute to research in mental health and to look into the possibility of training to be a peer support worker in the future. I feel less useless, less isolated and I have more meaningful interactions with others and have found interest and happiness in new activities”.  Step by Step Participant, now in a volunteering role

Leisha O’Brien – Step By Step Co-ordinator
LIFECRAFT GROUP REPORTS

“Lifecraft Groups are beneficial to my mental health wellbeing they help to broaden my horizons and try new things in a supportive group environment and not to be isolated at home”

Art Group

Over the last year the Art Group made several drawing trips to the Botanical Gardens in Cambridge and visited the David Parr house in Gwydir Street. New art work has been framed and is displayed in reception at Lifecraft. Our projects over the last year include a large collaborative poppy collage to commemorate Remembrance Day and a themed project inspired by the northern lights. Artwork produced by Members in the Friday Art Group is currently on display at the Woodlands GP Surgery on Bateman Street.

Lifecraft has given me the opportunity to gain the confidence and experience that I needed in order to lead an art group. I like to encourage Members of the art group to try out different media and art techniques, and it's great to see all the wonderful art that has been produced. It is good to be in an environment where I feel supported and to work with other people who have experience and understanding of mental health issues.

“Improved my confidence in painting and drawing”

“Art is very joyful and relaxing. It helps you bring light into a dark room. I love art as it is fun and creative, but also we have a lot of laughs.”

Karen Kellet

Bonjour! Everyday French Group

This group grew from a Member in the Step By Step project and the desire for Lifecraft Members to learn new skills in a supportive environment. It was Members of the French Group who first suggested Lifecraft organising a trip to France.

“This group will help me speak French on this coming France trip” “Bon!”

Fun With Words

The group has had another enjoyable year. Several new Members have been welcomed to the group, boosting our numbers. We have tried a wide variety of types of writing and had some wide ranging discussions. Visits have included the Archaeology and Anthropology Museum and the Botanic Gardens.

“We heard the words, wrote the words and lived the words of Lifecraft action which helped me find some direction in a crazy world and meet interesting people”

Graham Bunnett
Hearing Voices Group

The group has been going for over two years and was the first to form when CCG Commissioners asked local charities to start up groups. It is currently facilitated by Michael and Matthew. It is a friendly well attended group with long standing Members and new people turning up to Lifecraft every Tuesday at 2.30pm. Laura who was a facilitator has left to go to a full time job, which is great news and we wish her the best in the future. The group thanks to her for the work she has done, especially on developing the Hearing Voices Cambridgeshire website (www.hearingvoicescambridgeshire.org.uk). Meanwhile, Lizzy has shown an interest in becoming a facilitator.

“I was very depressed and feeling hopeless before coming to Lifecraft. The interaction with other people has been very beneficial and I now feel loved much more of the time.”

An average meeting starts with a round robin where everyone is given the opportunity to say how they have been over the past week. Then it is generally conversation with ample time for chat about anything. However it is always remembered what the group is for which is hearing voices. People can talk if they want to or remain silent if that is the right thing for them to do. The group leads itself so if there are any issues we go back to the group to decide what to do. We regularly go for coffee or tea at a nearby café or do other activities such as bowling, watching podcasts on the internet and having pizza. We have had several visitors during the last year and we like them to join in not just sitting observing.

“It’s a fantastic group of lovely people, I’ve already learned so much from peoples experiences and feel inspired and much more hopeful for the future because of them.”

One of Facilitators set about consulting service users in Lifecraft and in the other Hearing Voices Cambridgeshire groups, and through this consultation set up a Hearing Voices webpage. This reflects our commitment to work to establish a Hearing Voices network - in fact, we feel we have achieved this, this year particularly as we held a Cambridgeshire Hearing Voices conference in Huntingdon, and set ourselves planning objectives for the year ahead.

In September, just before the AGM and in time for inclusion in Annual Report, we evaluated the impact of our Hearing Voices Group. A measurement questionnaire which the CCG Commissioners had asked us to use was completed by the group to track the improvement in peoples wellbeing over time. Considering that membership of the group has varied, there were some Members who had completed questionnaires at different stages. We were interested to find out the way in which Members thought that the group was most helpful. Nearly all of the Members reported that the group was most helpful in that by coming they ‘felt more useful’. We think this is because the group runs in a strongly participatory way, so that everyone feels that by being there, they can, and do have a part to play. This is a credit to the style and approach of the group facilitator, we feel. Next in importance, Members ranked the attribute of ‘feeling closer to other people. Considering the personal sense of isolation that ‘hearing voices' and having other sensory experiences, can mean to people, ‘feeling closer' we thinking reflects that the group has what is terms 'social cohesion.' People come, get to know one another, and those who continue to come, develop trust and friendship through the support they give.
“Lifecraft makes me wonder how I can help other people as well as myself.”

After those two measures, three others were all ranked as having impact in equal measure. They were: “feeling more optimistic”; “feeling good about myself”; “feeling confident”.

We are grateful to all those who support this group - Lifecraft’s Manager, Andrew, and James Plaistow, Consultant Psychologist at Union House. James has regularly provided support for Group Leaders, and with the charities’ managers and CPFT staff, has developed a Supervision & Evaluation Strategy.

“It is a genuine forum to exchange experiences and views with others”

Matthew Barker

Meditation and Mindfulness Group

Meditation has been defined as ‘doing one thing at a time, in the present moment, with your full attention and with acceptance’. In the group we practice a series of led mindfulness meditations, with an emphasis on changing our relationship to experiences, rather than changing the experiences themselves. This year the group became Member-led and continues to explore different forms of meditation.

“Helps me to reboot my mind and turn down the volume knob of stress”

Singing Group

Lifecraft provides a space for singing! Singing supports health and wellbeing by promoting good posture through physical and vocal warm ups. We have fun singing seasonal songs into delicious harmonies and when we sing together something magical happens.

“I get such a lift from singing with Lifecraft Singers”
“Aw very enjoyable fun group that moves you to joy.”

The group has continued to meet every Thursday throughout the year. It has provided a safe space to explore voice, listen to music, share a song, or sing a song supported by a listening audience. Friendships and support have flourished in the group and Members have been supported when experiencing difficult times. Days out, shopping trips and meeting up for coffee is enjoyed.

“I look forward to the singing group. It gives me a reason to get up in the morning, and I always feel better after I’ve had a good sing.”

This year the group took a trip to Fulbourn at the invitation of John Nicolson, the Chaplin of Fulbourn Hospital. They visited the wards to perform and to sing with people. The group also enjoyed singing at the Mill Road Winter Fair and were supported by the community choir ReSound.
“Nice cheerful atmosphere getting songs right is very fulfilling. If we get it wrong it doesn’t matter we have lots of laughs.”

Penny Lutoslawska

Decluttering Group

This year saw a new group being offered at Lifecraft to support those who want to declutter their homes. Lifecraft staff offered a weekly session of an hour and a half. A total of six Members attended, and the weekly sessions covered a wide range of helpful topics and theses. All the sessions were designed to help Members gain a deeper understanding of why they have cluttered homes.

An important feature was that each week, Members were supported to think of tasks which they could undertake and then report back on at the following week’s session. As time went on, the number attending reduced to a core of four Members.

Lifecraft also held meetings with the recovery College staff, and worked with staff there so that people attending the short Decluttering Group at the Recovery College had the option to come into the Lifecraft group. Lifecraft staff also attended a session at the Recovery College, so that the learners there could be given information about the Lifecraft Group.

A Lifecraft Member has reflected on their experience of the Lifecraft group:

“A structure for the discussion was laid out, to allow attendees to feel comfortable, have space and able to discuss private and confidential matters (if they so desired). To this end everyone had to give an undertaking to respect confidentiality.

We started by discussing clutter, what it meant to the individual participants and how it affected them.

In brief the consensus was that clutter is anything that is not helpful to live our lives and wastes our time.

Clutter is normally regarded as tangible, such as household items, old CD’s, records, cassettes, clothing, paperwork, old magazines, tins of food past it’s use by date in some cases by years. Garages and lofts of houses are full of stored items that may one day come in useful!!

The group discussion brought out that clutter can also include mental, and emotional issues, as well as poisonous relationships with other people.

However the main focus of the group remained on possessions we had acquired, how to reduce and then to maintain this state.

Foundations of how to declutter and its benefits were discussed. Solutions were tailored for the individual.
We developed the ethos that since we had created the clutter than we were responsible for dealing with it.

The group had to be an action shop and not a talking shop.

We were each asked to identify an area of our house to start and how we would deal with it.

In my case I first wanted to declutter my shed so as to be able to put my bicycle under cover.

I took a photo of my shed and then visualized how I would like it to be when finished.

I made a plan on paper and then worked to it. The following week I had to report back to the group of my progress.

It was emphasized that declutter does not mean “neatify” or just move objects around. Items actually had to leave the shed or house!

I found the decluttering self-help group very useful and recommend it to anyone who wants to improve themselves, their environment and be more efficient.”
TREASURER’S REPORT

At the AGM last year, Matthew Barker became Chair of Lifecraft and I was appointed as Treasurer.

As always, the year has been a tough one financially but we have improved on the unrestricted amount in Lifecraft. This is always the important figure as we are required under Charity Commission regulations to maintain as much as possible as unrestricted funds to cover the costs in the event of the charity having to cease its activities. Our unrestricted funds increased from £16720 at the end of 2016 to £22236 at the end of this financial year. With funds already set aside (designated funds) we have been able to increase this total from £14883 to £31135. This puts us closer to where we need to be to cover redundancy and other costs in the event of us having to wind the charity up.

This year, apart from the continued core funding and grants for major projects detailed elsewhere in this report, we are extremely grateful to the Fundraising Group at Lifecraft, led by Kate Collins, one of our trustees. Through hard work we raised almost £6000 through donations and fund-raising activities such as the Mill Road Winter Fair. The latter also benefitted from Lloyds Bank which match funded our efforts.

Like many small charities we do not have a designated Fundraising Officer and the majority of the fundraising work is done by the dedicated volunteers on the Fundraising Sub-Committee or Lifecraft staff. Lifecraft staff all support fundraising through submitting grant applications or supporting events. As such it is hard to calculate what proportion of its budget Lifecraft spends on fundraising, only that we estimate it to be very small.

We continue to investigate all possible means of income generation, including applications for new project grants, which help contribute towards our core costs. We also continue a close working relationship with our core funders, to whom we are grateful for their continued support of the charity. Our budget is tight, and as always the future is not as guaranteed as we would like it to be. However, we have a strong team whose efforts in maintaining Lifecraft are extremely valued.

Alex Radford - Treasurer
### SUMMARY STATEMENT OF FINANCIAL ACTIVITIES

**Lifcraft**

**Accounts for the year ended 31 March 2017**

**Statement of Financial Activities**

<table>
<thead>
<tr>
<th></th>
<th>2017 Funds</th>
<th>2016 Funds</th>
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</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
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<td></td>
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<tr>
<td>Incoming resources from generated funds:</td>
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<tr>
<td>Investment income</td>
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<td>Grants and Donations</td>
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<td>Other Income</td>
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<tr>
<td><strong>Total Income</strong></td>
<td>80,205</td>
<td>149,034</td>
</tr>
</tbody>
</table>

| **Expenditure**       |            |            |
| Charitable activities | 65,075     | 158,967    |
| **Total Expenditure** | 65,075     | 158,967    |
| Transfers             | -9,614     | 16,252     |
| **Net income/(expenditure) and net movement in funds for the year** | 5,516 | 16,252 |
| Reconciliation of Funds |            |            |
| Total Funds brought forward | 16,720 | 14,883 |
| Total Funds carried forward   | 22,236 | 31,135 |

**Statement of Total Recognised Gains and Losses**

There were no recognised gains or losses for 2017 or 2016 other than those included in the Statement of Financial Activities.
**LIFECRAFT ANNUAL REPORT 2016/2017**

**Lifecraft**

**Accounts for the year ended 31 March 2017**

**Balance Sheet**

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<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
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<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
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<tr>
<td><strong>Fixed Assets</strong></td>
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<td>Tangible assets</td>
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<td><strong>Total Fixed Assets</strong></td>
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<td><strong>Current Assets</strong></td>
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<td>Cash at bank and in hand</td>
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<td><strong>Total Current Assets</strong></td>
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<td><strong>Liabilities</strong></td>
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<td>Creditors: amounts falling due within one year</td>
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<td><strong>Net Current Assets</strong></td>
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**The funds of the charity**

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<th></th>
<th>2017</th>
<th>2016</th>
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<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
</tr>
<tr>
<td>Unrestricted Funds</td>
<td>22,236</td>
<td>16,720</td>
</tr>
<tr>
<td>Designated Funds</td>
<td>31,135</td>
<td>14,883</td>
</tr>
<tr>
<td>Restricted Funds</td>
<td>18,961</td>
<td>35,532</td>
</tr>
<tr>
<td><strong>Total charity funds</strong></td>
<td>72,332</td>
<td>67,135</td>
</tr>
</tbody>
</table>
OUR FUNDERS

Cambridgeshire and Peterborough NHS Foundation Trust

Cambridgeshire and Peterborough Clinical Commissioning Group

LLOYDS BANK FOUNDATION

England & Wales

Golden Bottle Trust

Rotary Cambridge South

Church of the Good Shepherd

Churchill College

Corpus Christi College

Emmanuel College

Girton College

Jesus College

Queen’s College

Sidney Sussex College

Trinity College