

**A LUST FOR LIFE**  
**(A company limited by guarantee)**

**DIRECTORS' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**A LUST FOR LIFE**  
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**REFERENCE AND ADMINISTRATIVE DETAILS**

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<b>Directors</b>	Niall Breslin Colm McCormack Paula McLoughlin Sinead McSweeney (resigned 31 January 2021) Niamh Coyne Babafemi Bankole (appointed 16 September 2021) Andrew Jenkinson David Byrne Stuart McLaughlan
<b>Company registered number</b>	559049
<b>Charity registered number (CHY)</b>	CHY 21993
<b>Charity registered number (CRA)</b>	20157913
<b>Registered office</b>	Arachova 16 Newgrove Avenue Dublin 4 D04 KW32
<b>Company secretary</b>	Niamh Coyne
<b>Acting CEO</b>	Paula McLoughlin
<b>Independent auditor</b>	RBK Business Advisers Chartered Accountants and Statutory Audit Firm Parkview House Beech Hill Office Campus Clonskeagh Dublin 4
<b>Bankers</b>	Allied Irish Bank 1 Lower Baggot Street Dublin 2
<b>Solicitors</b>	A&L Goodbody Solicitors International Financial Services Centre North Wall Quay Dublin 1

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**DIRECTORS' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**Note from the Chairperson, Paula McLoughlin**

We are incredibly proud of the depth of impact our programmes and online channels have had on people's lived experiences this year. This is in no small part down to the team of passionate, innovative people we have built over the past number of years and who work to drive our mission forward every day. They are a source of daily pride for me and the rest of the board of A Lust for Life.

After much debate, analysis and planning, we made a strategic decision in 2019 to focus our work on future generations. More specifically, we decided to play our part in ensuring that the elevator that goes back down to the next generation is filled with a world they want to live in. A world they can be proud of, that they themselves have architected and one that consistently catches people when they fall. A world in which young people can thrive and flourish because they have access to skills, tools and support that enables them to take care of and understand their own minds.

We started A Lust for Life with core beliefs and values rooted in deep principles of equality and compassion. Those same values drive us today and we remain resolute in our belief that we can end the stigma surrounding mental health, and that we have a part to play in ensuring people have less barriers to accessing support. We will continue to make that vision a reality by working to ensure we equip future generations with the tools they need to face the world - no matter what their circumstances.

2021 was an incredible year for A Lust for Life, with the continued expansion of our Schools Programme into over 500 schools and the piloting of a brand new programme for young people 'Gone Past Talking'. In parallel we continued to share stories of people's lived experiences of mental health. Stories help us make sense of the world, they can support, they can connect, they can provide hope and insight – and they can create new discourses that in turn become new norms. That's why stories remain at our core today and why we will continue to hand the microphone over to young people as often as we can, giving them a platform to express their experiences and provide support to one another.

2022 promises to be an interesting journey. We are living through a post-COVID moment where we have the insight and the opportunity to reclaim our shared humanity and nurture what really matters in the world. We of course continue to live with crisis and uncertainty but we also live with opportunity - the opportunity to change things for the better. We at A Lust for Life are determined to continue to step up to the challenge of leading that change.

Paula McLoughlin,  
Co-founder, Chairperson and Acting CEO



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**DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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The Directors present their annual report together with the audited financial statements of the Charity for the financial year ended 31 December 2021.

The financial statements prepared by A Lust for Life are in accordance with accounting standards issued by the Financial Reporting Council, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2019.

The charity has applied the Charities SORP on a voluntary basis as its application is not a requirement of the current regulations for charities registered in the Republic of Ireland however it is considered best practice.

The content of the directors report is set out in the following headings:

- A) Reference and Administrative details
- B) Principal activities and Objectives
- C) Achievements and Performance
- D) Operations, Governance and Fundraising
- E) Business and Financial review

#### **A) REFERENCE AND ADMINISTRATIVE DETAILS**

The charity was set up under a Memorandum of Association which established the objects and powers of the charitable company and is governed by a Constitution and is managed by a Board of Directors. The main object for which the company was established was to promote and advance humanity, mental health and wellbeing in society and to educate and provide training to the community in connection therewith, which shall include amongst other things, leading and developing focused campaigns and interventions through various forums, including media (website and digital) advocacy and hosting various events to:

- Support and inspire and empower people to take care of their own minds;
- Change societal/cultural norms around mental health; and
- Change societal infrastructure

The organisation is a charitable company with a registered office at Arachova, 16 Newgrove Avenue, Dublin 4, D04 KW32. The Charity trades under the name A Lust For Life. The companies registered number is 559049.

The charity has been granted charitable tax status under Sections 207 and 208 of the Taxes Consolidation Act 1997, Charity No CHY 21993 and is registered with the Charities Regulatory Authority.

#### **Directors and secretary**

The names of persons who at any time during the financial period and since the period end unless otherwise stated were directors of the company are as follows:

Niall Breslin  
Colm McCormack  
Paula McLoughlin  
Sinead McSweeney (resigned 31 January 2021)  
Niamh Coyne  
Babafemi Bankole (appointed 16 September 2021)  
Andrew Jenkinson  
David Byrne  
Stuart McLaughlan

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**DIRECTORS' REPORT (CONTINUED)**  
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(continued)

Niamh Coyne held the position of company secretary during the entire financial period.

## **B. PRINCIPAL ACTIVITIES AND OBJECTIVES**

A Lust for Life is a multi-award winning Irish mental health charity that uses content, campaigns and events to facilitate young people to be effective guardians of their own mind - and to be the leaders that drive our society towards a better future.

### **About us**

Our **vision** is a world where humanity is the headline act on the main stage.

Our **mission** is to:

- Empower future generations to be effective guardians of their own minds
- Destroy the stigma that attempted to destroy previous generations
- Drive a shift in society where we put people first

Our **strategic objectives** are to:

1. **Empower future generations** with the resources to navigate the ups and downs of life
  - We achieve this via the A Lust for Life Schools Programme, which already has reached over 500 schools and 21,800+ pupils since its 2021 launch (including 49.27% rural schools, 18.87% DEIS schools), and is on track to be in 1 in 4 schools in 2022.
2. **Equip future generations** with tools and voice to be effective custodians of a culture and society that prioritises its people
  - We achieve this via the A Lust for Life 'Gone Past Talking' programme, piloted with two youth groups in 2021 and will be fully launched in 2022
3. **Facilitate future generations** to lead, connect and learn through content inspired and architected by them
  - We achieve this via our digital and social media channels that have reached c.42.8m since we began back in 2017 (23.2m UUs, 19.5m total Twitter impressions).
4. **About our Programmes**

### **A Lust for Life Schools Programme**

- A programme created by A Lust for Life with the support and expert guidance of psychologists, educational specialists, digital & content specialists, teachers, parents and children to equip children to navigate the ups and downs of life by building:
  - Emotional Resilience
  - Emotional Literacy

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**DIRECTORS' REPORT (CONTINUED)**  
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**(continued)**

- Emotional Awareness
- Built around a 'Netflix'-style platform, children can access engaging mental wellbeing content that covers both personal, social cultural and digital wellbeing, in an accessible, fun and scalable way, using language and issues that resonate
- Accompanied by teacher-led lesson plans, activities and resources to bring the digital content to life.

The programme is available at two levels: 3<sup>rd</sup> and 4<sup>th</sup> class, and 5<sup>th</sup> and 6<sup>th</sup> class. The third phase of development for 1<sup>st</sup> and 2<sup>nd</sup> class children is now underway. The 5<sup>th</sup> and 6<sup>th</sup> programme was piloted in late 2020 and has been available in all schools nationwide since September 2021. The 3<sup>rd</sup> and 4<sup>th</sup> class programme was piloted in September 2021 and will be launched into all schools in February 2022.

#### **A Lust for Life Gone Past Talking Programme**

- A 26 week educational and mentoring programme empowering young people to be constructive and courageous change catalysts, challenging and crafting the world they want to inherit.
- Through the programme, young people will create a better, fairer and more just world by tackling a range of intersectional, intergenerational social challenges in their way, in their community.
- Through the programme, they will create social change in our policies, education system, and communities in our country at local and national level across a wide spectrum of equality issues from mental health to climate change.

Getting young people involved in tackling social challenges in their communities and world has proven to have profoundly positive impacts on their mental and emotional wellbeing, creating a positive sense of community, purpose, connection and identity.

Through this programme, we also aim to build a group of young change-makers in every community in Ireland. They will be young leaders who will have the skills at a micro level to be brave, disruptive, informed, empathic and constructive cage-rattlers, and the knowledge and tools at a macro level to build change through intergenerational campaigns for social justice, or compelling social innovations to change their local communities and ultimately, their worlds.

#### **C. ACHIEVEMENTS AND PERFORMANCE**

2019 was a key strategic turning point for A Lust for Life when, following a detailed strategic planning process, we refocused our objectives and our work on empowering future generations.

In 2021, part of our strategic phase 2020-22, we have had a number of key achievements in each of our main areas of focus:

##### **1. *Empower future generations* through the A Lust for Life Schools Programme**

In 2021, the A Lust for Life Schools Programme:

- Reached **21,800 children in 500+ primary schools** around Ireland.
- A 3<sup>rd</sup> and 4<sup>th</sup> class level of the programme was developed under the expert guidance of an expert Steering Committee, our Mental Health Lead and educational experts.
- The 3<sup>rd</sup> and 4<sup>th</sup> class programme was piloted and evaluated by the **Department of Psychology in UCD** and the **Department of Education in DCU**.

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**(continued)**

- Initial feedback on the programme at this level is that teachers are: "thoroughly enjoying the programme and have found it to be very valuable", saying "[the children] use some of the breathing techniques at home when they're angry or upset". One teacher remarked: "As well as the kids enjoying the programme so far, I am really enjoying delivering it", another saying "I'll definitely miss it when we're done!"
- We made improvements to the 5<sup>th</sup> and 6<sup>th</sup> class programme, refining the teachability and **maximising impact** based on detailed feedback from teachers and children.
- Findings from last year's pilot have now been published in the **Journal of Contextual Behavioural Science** with two additional articles submitted for publication into the **Journal of Educational Psychology** and the **Journal of Behaviour Research and Therapy**. Findings were also presented by DCU at the **SPHE teachers annual conference** in October 2022.

**2. Equip future generations** through the Gone Past Talking Programme

The Gone Past Talking programme:

- Was developed in 2020-21 under the guidance of a highly experienced **inter-generational steering committee**.
- Through detailed research, focus groups and development work, it evolved into a full **26 week educational and mentoring programme** empowering young people to be constructive and courageous change catalysts, challenging and crafting the world they want to inherit.
- Phase One of our Gone Past Talking programme was successfully rolled out with two groups in Co Wicklow: young people from Wicklow Comhairle Na NOg (group 1, at The Whale Theatre, Greystones) and young people from Arklow Youthreach (group 2, at Arklow Youthreach Centre) reaching 15 young people during October and November 2021.
- The programme was evaluated by Dr Sarah Lynch as an internal "prototype", the formal pilot of the programme will be evaluated in 2022 by **DCU School of Education**.
- The young people who participated gave us incredible **feedback on the programme**: "I'll remember this week for the rest of my life"; "Its been so insightful to learn from those as truly committed to mental health and youth participation as ye"; "You really helped me to follow the dopamine!"; "You empowered us to do it for ourselves, rather than just giving us tools"; "Great to have my values to check back in – [understanding if something] aligns with what I believe in".
- We ended the year with a '**Showcase Event**' on December 6th, with special guest speaker Dr Ailbhe Smith, where the young participants shared their journey on the programme with us, and how they intend to continue to grow their campaigns moving forward.

**3. Facilitate future generations** through content inspired and architected by young people

- Our reach through our digital channels was between 450,000 and 600,000 each month in 2021; **over 6 million people**. We have completed our transition to a younger audience – our audience profile now at 40% under 24 year olds in the last 12 months of youth-oriented content and audience targeting.
- A Lust for Life was once again a winner in the **Headline Mental Health Media awards** in the 'Best Digital Content'; and also a finalist in the 'Headline Impact Award' category. We won for our Instagram Live 'Coping with intrusive thoughts' with Zack (OCDstigmatize) and Mairead Ruane.
- We made changes to our social channels and content (tone, look and feel, timings of posts) based on engagement with our youth advisory panel and it has been testing really positively with our audiences - with reach on Instagram up +83% among our target audience. We have built six conversation pillars for all social channels based on connecting our strategic objectives with what our audience are telling us they want to see and hear:



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- Children & emotional literacy
- Empowering young people around their mental health & capacity to create social change
- Parents: support for them & their children
- Influencing the narrative around mental health (Educate & Inform)
- We held a number of **live broadcasts** from: leaving cert students hosts of 'The Student Perspective' podcast; "Accredited Grades, Accounting and Anxiety: Leaving Cert 2021 in review; 'The importance of talking about the struggles we face' with Amelhyne (The Talk About It Podcast) and Brandon (TikToker) and 'Mindfulwest Run Takeover in aid of A Lust For Life', with the Mindfulwest runners.
- Many of our new youth content creators will be working with us over the longer term; and we're building up a bank of youth content creators who are making waves on social media to increase our connectedness with a younger audience in an authentic way.
- We had a significant line-up of events for **World Mental Health Day** featuring videos, book readings, podcasts, live interviews and content by young people, for young people. Over 100,000 people engaged with the content we produced for WMH day this year.
- We created a 12-part radio series, produced and hosted by A Lust for Life **called The Selfie Show**, broadcast weekly on South East FM and accompanying podcast. This series is a 12 part exploration on being human, our sense of self, and managing the big emotions we face. Each episode interviews a young person and an 'expert' on a particular emotion: from determination to bravery to grief; the young people we interviewed spanned a range of human experiences.

#### **D. OPERATIONS, GOVERNANCE AND FUNDRAISING**

Since our registration as a charity in 2017, we have worked hard to build a sustainable organisation that is committed to the highest standards of governance and transparency. In 2021, we continued to strengthen these processes. We are fully compliant with relevant legislation and regulatory frameworks governing Irish charities.

##### **Operations**

To ensure achievement against our strategic objectives we work to a clearly defined set of strategic governing documents which are reviewed and signed off by the A Lust for Life board:

- 3 year strategic plan – reviewed and refreshed annually
- Annual budget
- Annual integrated workplan
- Annual operational plan
- Annual fundraising strategy

Progress against our plans and budgets is monitored by the board on a monthly basis via:

- Monthly status reports
- Monthly financial reports
- Monthly CRM reports
- Monthly Digital Media reports
- The A Lust for Life Risk Register – reviewed and updated quarterly by the A Lust for Life board

In 2021, the board of directors conducted a full organisation review and planned restructure. This organisational review was led by our board with pro bono support from a senior HR consultant. The review demonstrated that a Managing Director was required to drive operations and senior leadership. It was agreed to recruit for this role in Q1 2022. Some other elements of restructure were also deemed to be required in order to fortify the senior

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leadership team to drive A Lust for Life to the next phase of growth and development.

### **Governance**

We have continued to maintain the highest standards of governance by:

- Being fully compliant with the Governance Code for Community, Voluntary and Charitable Organisations since 2020
- Signing up to Guidelines for Charitable Organisations Fundraising from the Public
- Publishing a Donor Charter
- Adopting Charities SORP (FRS102) compliant accountancy practices
- Publishing our annual audited financial statements
- Upholding documented board approval and management decision making processes via a documented RACI analysis
- Developing a sustainable organisation structure with clearly defined and documented role descriptions, management structures and recruitment practices
- Ensuring, clear contractual agreements are in place
- Maintaining an inventory of A Lust for Life policies and procedure reviewed/ maintained annually
- Ensuring tight financial controls are maintained via A Lust for Life financial policy
- Maintaining a Master Record of all income (reconciled against bank)
- Utilising a CRM system to monitor all stakeholder and fundraising activity
- Maintaining strict GDPR policy with board oversight via IT services

### **Compliance**

- A Lust for Life is committed to complying with the Guidelines for Charitable Organisations on Fundraising from the Public and has formally discussed and adopted the Guidelines at a meeting of the governing body.
- A Lust for Life prepares financial reports consistent with the requirements of the Charities Act 2009 and the Charities Regulator which include a statement concerning the extent to which control of the organisation is independent of its funding sources.
- A Lust for Life is fully compliant with all tax obligations via Revenue through appointment of a dedicated outsourced financial services team, managed by the Director and overseen by the Treasurer of the board
- A Lust for Life is fully compliant with GDPR legislation, having a full set of controls in place to monitor how we store, process, control and share data, and our systems are reviewed annually
- A Lust for Life is fully compliant with employment legislation and related health and safety regulations through our employee handbook, employee contracts, the A Lust for Life safety statement, and regular oversight by management on day-to-day compliance issues as they arise
- A Lust for Life relevant staff and contractors are trained in Children's First and are fully compliant with the Safeguarding Guidance for Charitable Organisations Working With Children issued by the Charities Regulator
- A Lust for Life is registered with the CRO and completes an annual return (Form B1) and accounts (financial statements) under Section 898 Companies Act 2014.

### **Fundraising**

Guided by our annual fundraising strategy, our fundraising activity is diversified across 5 primary fundraising channels:

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**(continued)**

1. Trusts and Foundations
2. Corporate Partners
3. Social Investors (Our Sound 7)
4. Public / community funding
5. Core Product (e.g., The A Lust for Life 'Little Book of Sound')

Fundraising targets are established annually by the A Lust for Life board and achievement against target is monitored via monthly CRM reports presented to the board.

Our funders in 2021 include:

- Irish Youth Foundation
- The Care Trust
- LEADER
- Rethink Ireland: Innovate Together Fund
- Community Foundation Ireland
- Deloitte
- Hibernia REIT
- A number of private donors
- Public fundraising donations
- Our flagship fundraising event, The Mindfulwest Run

Our Plans For the Future

Our 3 year strategic plan 2020-22 sets out our plans for growth and impact across all three strategic objectives for 2022, the final year of this strategic cycle:

**1. *Empower future generations*** through the A Lust for Life Schools Programme

- The 5<sup>th</sup> and 6<sup>th</sup> class level of our programme will be offered to every school in Ireland at two intakes: January and September
- The 3<sup>rd</sup> and 4<sup>th</sup> class level of our programme will be offered to every school in Ireland at two intakes: February and September
- A brand new level of the programme for 1st and 2nd class, and corresponding educational materials, videos and lesson plans, will be developed and created in 2022, and piloted in January 2023
- A framework for Junior classes will be developed in 2022, and this programme will be created in 2023

**2. *Equip future generations*** through the Gone Past Talking Programme

- A formal, DCU-evaluated pilot will take place in Q2, 2022
- We aim to develop two approaches to the programme: an open intake (recruiting via open enrolment for all young people in Ireland); and a partner-based programme, where we co-design and develop the programme aimed specifically at meeting the needs of that group, e.g. co-design and delivery with Youthreach; aimed at reaching underserved or marginalised groups, e.g. Travelling Community youth, or LGBTQIA+ young people etc.
- Our targets for 2022 are to reach 60 young people – we significantly revised back our quantitative targets as we developed the depth of this programme, we will revise these aims post-pilot

**3. *Facilitate future generations*** through content inspired and architected by young people\_

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**(continued)**

- In line with our mission, the next strategic phase will see us map out how we expand connection, communication and positive progression via our 'Voice' support. 'Voice' includes all original content across our website, social media and podcasts, alongside our campaigns and events
- In 2021, we will be: continuing to work with our youth content advisory panel to evolve and expand our voice, campaigns and messages
- Building our youth audiences by growing the youth contributors to our channels, and expanding the use of new and emerging platforms
- Continuing to build our tribe of engaged young people, expert voices and content creators to contribute to the conversation around mental health through our channels
- Maintaining the consistent impact of our core voice
- Building key flagship 'hero' content through live "An Evening With..." events, original podcast/video series' and through campaigns around key events, e.g. World Mental Health Day
- Building key flagship 'hero' content through live "An Evening With..." events, original podcast/video series' and through campaigns around key events, e.g. World Mental Health Day

New area of focus: We have identified a growing need to support parents, guardians and caregivers in helping the young people in their lives to be mentally well. We aim to develop a programme to meet these needs in the next strategic phase.

**We will maintain a relentless focus on opportunities for continuous improvement as we continue to build and maintain a sustainable organisation that is committed to the highest standards in operations, governance and fundraising.**

In 2022, we will enter a new strategic planning cycle for the organisation, and will develop a new strategic plan and roadmap for A Lust for Life to guide us from 2023-2025.

Most importantly, we will continue to make a difference to people's lives.

See below for some detailed feedback from children, teachers and young people who our work has impacted in 2021.

### **Schools Programme feedback**

Pupils learned...*"to always stand up for what's right"* that *"everyone has an inner warrior"*. *"That you've got to stand up for yourself and others, include others and don't bully, tell an adult if someone is being unfair with you"*. When asked what the best part of the programme was some pupils responded that they liked the *"Video demonstrations"*, *"The breathing exercises"*, the *"Square breathing"* and *"Internet Safety"*.

"A stand out recommendation came from one of my students during the school closures who credits the wellbeing lesson 1 for getting her sleep back on track after months of restless nights and lack of sleep" (6th class teacher)

"I have honestly loved exploring each of these lessons so far...I really noticed a big gap in Irish education in this area. I feel this is exactly what the children of Ireland need to enhance and prioritise their own self-care and wellbeing" (5th class teacher)

### **Gone Past Talking feedback**

*Case Study from Youthreach Wicklow – Sharon Hughes*

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**(continued)**

- One particular learner increased her self-awareness for e.g. the power of campaigning and bringing about social change. The impact of the guest speaker was so transformative that the learner understood that any change starts as something small but ultimately can change a nation.
- The participation of the learner in the presentation online and in person on the Friday was monumental. It equipped the learner with the skills, competencies and self-confidence to enable her to transfer the learning into skills demonstration i.e. allowing her to make presentations for QQI which is now easier for her.
- After the programme, she developed a confidence in making and expressing her opinions. She better understands that her opinions and voice matter not only in the centre but also society in general.
- The programme reinforced the learners' skills to set a goal, breaking it into simple steps to achieve her personal aim. The learner used the transferable skills embedded within the programme to not only get a job but also one which deals with the public. The learner lacked confidence with people in authority and who were older than herself. Gone Past Talking enabled her to feel the fear and do it anyway.

**Our Voice feedback**

"I get a lot out of your daily posts, really helpful nuggets that validate my thought patterns or make me realise what I'm feeling is completely normal. Such a positive social media account makes a change from a lot of the others out there. I've told my daughter to follow you guys too. I really enjoyed the live meditations you did a while back. You guys do amazing stuff." - Marica

"Fantastic daily posts and provider of vital information & services for National School Pupils & Teachers. Really valuable guides to deal with mental health issues from a young age. These tools given to young children will set them up for life. Congratulations to all involved" - Joanie

"A bit of positivity every day keeps us going!" - Deborah

"Really enjoy the daily posts, positive quotes, the really interesting articles and all resources for mental health." - Sarah

"Amazing, thank you!" - Sarah

"You have helped me with every post you put up. It's all about the lived experience for me - hearing from people who have lived it has a bigger impact than just hearing psychologists speak. Keep up the wonderful work you do for this country and beyond!!!" – Jennifer

**E. BUSINESS AND FINANCIAL REVIEW**

The charity, with the aid of sound financial management and the support of both its staff and volunteers generated a very positive financial outcome for the year. The retained surplus for the financial year amounted to €34,066 (2020: €150,343) and this was transferred to reserves at the period end. The principal source of funding for the charity are donations and fundraising.

At the end of the period the company had funds of €335,660 (2020: €301,594). Of the net funds at 31 December 2021 of €335,660, €Nil is attributable to restricted funds.

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(continued)

**Reserves policy**

The charity needs reserves to:

- Ensure the charity can continue to provide a stable service to those who need them.
- Meet contractual obligations as they fall due;
- Meet unexpected costs;
- Provide working capital when funding is paid in arrears;
- Meet the costs of winding up in the event that was necessary
- Be adequate to cover 6 months of current expenditure.

The charity operates a savings account where the target is to transfer 10% of unrestricted income raised per month into this account and this account will be used in the circumstances where there is no income.

Based on this, the trustees are satisfied that it holds sufficient reserves to allow the charity to operate successfully.

**Post balance sheet events**

In relation to the COVID 19 pandemic, Management and Directors are continually monitoring the impact of this on A Lust for Life operations both in the short term and long term. A Lust for Life continues to play a role in supporting people both during and in the aftermath of this pandemic. A Lust for Life has remained fully operational since arrival of COVID 19. Staff are working remotely and the only notable change to service delivery is the reduction in face to face meetings. Meetings are continued virtually where possible and face to face meetings will resume when it is safe and appropriate to do so. There have been no other significant events affecting the organisation since year end.

**Principal risks and uncertainties**

The Directors have identified that the key risks and uncertainties the Charity faces relate to the risk of a decrease in the level of donations and the potential increase in compliance requirements in accordance with company, health and safety, taxation and other legislation.

The charity mitigates these risks as follows:

- The charity continually monitors the level of activity, prepares and monitors its budgets targets and projections. The charity has a policy of maintaining significant cash reserves and it has also developed a strategic plan which will allow for the diversification of funding and activities; and
- The charity closely monitors emerging changes to regulations and legislation on an on-going basis.

Operational/internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects and the requirements for budgets covering all activities. Procedures are in place to ensure compliance with health and safety of staff and volunteers.

Reputational risk – In common with many charities, the company's principal risk is reputational damage. Reputation damage could be caused by an event either within or outside the company's control. In order to mitigate this risk the charity continues to adopt best practices.

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**DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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(continued)

**Future developments**

Our 3 year strategic plan sets out our plans for growth and impact across all three strategic objectives for 2021 – 2022:

**1. Empower future generations** through the A Lust for Life Schools Programme

- The 5th and 6th class level of our programme was live in 200 school in April 2021 and launched nationwide in September 2021
- The 3rd and 4th class content was piloted in September 2021
- A framework for 1st and 2nd class content will be developed and content created in 2022
- A framework for Junior classes will be developed and content created in 2022-23
- Recruitment is underway for a new Engagement Officer who will join the team to manage schools outreach and teacher liaison

**2. Equip future generations** through the Gone Past Talking Programme

- Was piloted in September 2021
- Will be evaluated and rolled out to a wider cohort in 2022+ (target is 250 groups in 2022, 1000+ groups in 2023)
- In 2023, we also plan to launch “Gone Past Talking Live” – a flagship festival-style event for young activists

**3. Facilitate future generations** through content inspired by and architected by young people

- Engaging a youth content panel to evolve and expand our voice and content
- Building our youth audiences by growing the youth contributors to our channels, and expanding the use of new and emerging platforms
- Continuing to build our tribe of engaged young people, expert voices and content creators to contribute to the conversation around mental health through our channels
- Maintaining the consistent impact of our core voice
- Building key flagship ‘hero’ content through live “An Evening With...” events, original podcast/video series’ and through campaigns around key events, e.g. World Mental Health Day

**Accounting records**

The Directors acknowledge their responsibilities under Sections 281 to 285 of the Companies Act 2014 to keep adequate accounting records for the company.

In order to comply with the requirements of the act, the charity engages professional advisors. The accounting records of the company are kept at the registered office at Arachova, 16 Newgrove Avenue, Dublin 4, D04 KW32.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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(continued)

**Statement on Relevant Audit Information**

In accordance with Section 330 of the Companies Act 2014, the Boards of Directors at the date of this report have each confirmed that:

- there is no relevant audit information, being information needed by the auditor in connection with preparing its report, of which the auditor is unaware.
- each Director has taken all the steps that ought to have been taken as a Director in order to be aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

**Independent Auditor**

In accordance with Section 383 (2) of the Companies Act 2014, the independent auditor, RBK Business Advisers and Statutory Audit Firm, have expressed their willingness to continue in office.

On behalf of the board:

**Paula McLoughlin**

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**Paula McLoughlin**  
Director

**Colm McCormack**

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**Colm McCormack**  
Director

Date: 19 May 2022



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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**STATEMENT OF DIRECTORS' RESPONSIBILITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish Company law requires the Directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and accounting standards issued by the Financial Reporting Council including FRS 102 The Financial Reporting Standard applicable in the UK and Ireland (Generally Accepted Accounting Practice in Ireland) as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2019.

Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the charitable company as to the financial year end and of the profit or loss of the charitable company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The directors are responsible for ensuring that the charitable company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the charitable company, enable at any time the assets liabilities, financial position and profit or loss of the charitable company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

On behalf of the board:

**Paula McLoughlin**

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**Paula McLoughlin**  
Director

**Colm McCormack**

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**Colm McCormack**  
Director

Date: 19 May 2022

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF A LUST FOR LIFE**

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**Opinion**

We have audited the financial statements of A Lust For Life (the 'charitable company') for the year ended 31 December 2021 which comprise the Statement of financial activities, the balance sheet, the statement of cash flows and the related notes, including a summary of significant accounting policies.

The financial reporting framework that has been applied in their preparation is applicable Irish law and Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2019.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the charitable company as at 31 December 2021 and of its surplus for the year then ended;
- have been properly prepared in accordance with Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

**Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the Republic of Ireland including the Financial Reporting Council's Ethical Standards as issued by the Irish Auditing and Accounting Supervisory Authority ("IAASA") Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

**Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Directors with respect to going concern are described in the relevant sections of this report.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF A LUST FOR LIFE (CONTINUED)**

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**Other information**

The Directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**Opinions on other matters**

In our opinion, based on the work undertaken in the course of the audit:

- we have obtained all the information and explanations which we consider necessary for the purposes of our audit;
- the accounting records of the charitable company were sufficient to permit the financial statements to be readily and properly audited;
- the financial statements are in agreement with the accounting records;
- the information given in the Director's Report is consistent with the financial statements; and
- the Director's Report has been prepared in accordance with the Companies Act 2014.

Based on the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

**Responsibilities of Directors**

As explained more fully in the directors' responsibilities statement, the Directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF A LUST FOR LIFE (CONTINUED)**

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**Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Directors.
- Conclude on the appropriateness of the Directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in my auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF A LUST FOR LIFE (CONTINUED)**

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**The purpose of our audit work and to whom we owe our responsibilities**

This report is made solely to the charitable company's trustees, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



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**Ronan Kilbane**

**for and on behalf of**

**RBK Business Advisers**

Chartered Accountants and Statutory Audit Firm

Parkview House

Beech Hill Office Campus

Clonskeagh

Dublin 4

19 May 2022

**A LUST FOR LIFE**  
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 DECEMBER 2021**

	Note	Restricted funds (12 months) 2021 €	Unrestricted funds (12 months) 2021 €	Total funds (12 months) 2021 €	<i>Total funds (18 months) 2020 €</i>
<b>Income from:</b>					
Donations and grants	4	148,736	244,192	392,928	554,394
Other income		-	123	123	-
<b>Total income</b>		<u>148,736</u>	<u>244,315</u>	<u>393,051</u>	<u>554,394</u>
<b>Expenditure on:</b>					
Charitable activities	5	255,569	103,416	358,985	404,051
<b>Total expenditure</b>		<u>255,569</u>	<u>103,416</u>	<u>358,985</u>	<u>404,051</u>
<b>Net (expenditure)/income</b>					
Transfers between funds	14	(106,833) 9,379	140,899 (9,379)	34,066 -	150,343 -
<b>Net movement in funds</b>		<u>(97,454)</u>	<u>131,520</u>	<u>34,066</u>	<u>150,343</u>
<b>Reconciliation of funds:</b>					
Total funds brought forward		97,454	204,140	301,594	151,251
Net movement in funds	14	(97,454)	131,520	34,066	150,343
<b>Total funds carried forward</b>	14	<u>-</u>	<u>335,660</u>	<u>335,660</u>	<u>301,594</u>

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 23 to 35 form part of these financial statements.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**  
**REGISTERED NUMBER: 559049**

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**BALANCE SHEET**  
**AS AT 31 DECEMBER 2021**

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	Note	2021 €	2020 €
<b>Current assets</b>			
Debtors	12	34,121	-
Cash at bank and in hand	17	389,110	321,958
		<u>423,231</u>	<u>321,958</u>
Creditors: amounts falling due within one year	13	(87,571)	(20,364)
		<u>335,660</u>	<u>301,594</u>
<b>Net current assets</b>		<b>335,660</b>	<b>301,594</b>
<b>Total net assets</b>		<b>335,660</b>	<b>301,594</b>
<b>Charity funds</b>			
Restricted funds	14	-	97,454
Unrestricted funds	14	335,660	204,140
		<u>335,660</u>	<u>301,594</u>
<b>Total funds</b>		<b>335,660</b>	<b>301,594</b>

The financial statements were approved and authorised for issue by the Directors and signed on their behalf by:

**Paula McLoughlin**

**Colm McCormack**

\_\_\_\_\_  
**Paula McLoughlin**  
Director

\_\_\_\_\_  
**Colm McCormack**  
Director

Date: 19 May 2022

The notes on pages 23 to 35 form part of these financial statements.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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	<b>(12 months)</b>	<i>(18 months)</i>
	<b>2021</b>	<i>2020</i>
	<b>€</b>	<i>€</i>
Net cash used in operating activities	<b>65,324</b>	<i>151,102</i>
<b>Adjustment for:</b>		
Interest payable	<b>1,828</b>	<i>1,330</i>
<b>Net cash provided by investing activities</b>	<b>1,828</b>	<i>1,330</i>
<b>Cash flows from financing activities</b>		
<b>Net cash provided by financing activities</b>	<b>-</b>	<i>-</i>
<b>Change in cash and cash equivalents in the year</b>	<b>67,152</b>	<i>152,432</i>
Cash and cash equivalents at the beginning of the year	<b>321,958</b>	<i>169,526</i>
<b>Cash and cash equivalents at the end of the year</b>	<b>389,110</b>	<i>321,958</i>

The notes on pages 23 to 35 form part of these financial statements



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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**1. General information**

A Lust for Life is a company limited by guarantee and not having share capital, incorporated in the Republic of Ireland. The Registered Office is Arachova, 16 Newgrove Avenue, Dublin 4, D04 KW32, and its company registration number is 559049. The nature of the Charity's operations and its principal activities are set out in the Director's Report.

These financial statements comprising the Statement of Financial Activities, the Statement of Financial Position and the related notes constitute the financial statements of A Lust for Life for the financial year ended 31 December 2021.

**2. Accounting policies**

The charity has applied the Charities SORP on a voluntary basis as its application is not a requirement of the current regulations for charities registered in the Republic of Ireland however it is considered best practice. As noted below, the directors consider the adoption of the SORP requirements as the most appropriate accounting practice and presentation to properly reflect and disclose the activities of the organisation.

The significant accounting policies adopted by the Company and applied consistently are as follows:

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared on the going concern basis, under the historical cost convention, in accordance with "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102), the 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) (Charities SORP (FRS 102)) and the Companies Act 2014.

A Lust for Life meets the definition of a public benefit entity under FRS 102.

The financial statements are prepared in Euro which is the functional currency of the company.

**2.2 Going concern**

The Directors have carefully considered the impact of COVID 19, noting the widespread disruption to normal activities and the uncertainty over the duration of this disruption. The Directors have considered available resources and have also considered the availability of future funding and the support of its funders. The Directors are in a position to manage the activities of the organisation such that existing funds available to the directors together with committed funding will be sufficient to meet the organisation's obligations and to continue as a going concern for a period of at least 12 months from the date of the financial statements.

On that basis, the Directors do not consider that a material uncertainty exists in relation to going concern and have deemed it appropriate to prepare the financial statements on a going concern basis. The financial statements do not include any adjustments that would result if the organisation was unable to continue as a going concern.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**2. Accounting policies (continued)**

**2.3 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donations are credited to income in the period in which they are receivable. Donations received in advance for specified periods are carried forward as deferred income.

**2.4 Expenditure**

Expenditure is recognised on an accruals basis as a liability is incurred.

Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees, costs of legal advice for trustees and costs linked to the strategic management of the charity including the cost of trustee meetings.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource.

**2.5 Government grants**

Revenue Grants are credited to statement of financial activities as the related expenditure is incurred. Government grants relates to government supports received in relation to wages during the COVID-19 pandemic. The charity has not availed of government grants since mid 2020 as seen in note 6.

**2.6 Taxation**

No charge to current or deferred taxation arises as the charity has been granted charitable status under Sections 207 and 208 of the Taxes Consolidation Act 1997, Charity No CHY 21993. Irrecoverable value added tax is expended as incurred.

**2.7 Trade and other debtors**

Trade and other debtors are recognised initially at transaction price (including transaction costs) unless a financing arrangement exists in which case they are measured at the present value of future receipts discounted at a market rate. Subsequently these are measured at amortised cost less any provision for impairment.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**2. Accounting policies (continued)**

**2.8 Cash at bank and in hand**

Cash and cash equivalents include cash on hand, demand deposits and other short-term highly liquid investments with original maturities of three months or less. Bank overdrafts are shown within borrowings in current liabilities on the statement of financial position.

**2.9 Trade and other creditors**

Trade and other creditors are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

**2.10 Employee benefits**

The company provides a range of benefits to employees, including annual bonus arrangements, paid holiday arrangements and defined contribution pension plans.

(i) Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

(ii) Defined contribution pension plans

The Company operates a defined contribution plan. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate fund. Under defined contribution plans, the company has no legal or constructive obligations to pay further contributions if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

For defined contribution plans, the company pays contributions to privately administered pension plans on a contractual or voluntary basis. The company has no further payment obligations once the contributions have been paid. The contributions are recognised as employee benefit expense when they are due. Prepaid contributions are recognised as an asset to the extent that a cash refund or a reduction in the future payments is available.

**2.11 Provisions**

Provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Where there are a number of similar obligations, the likelihood that an outflow will be required in settlement is determined by considering the class of obligations as a whole. A provision is recognised even if the likelihood of an outflow with respect to any one item included in the same class of obligations may be small.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the statement of financial activities as a finance cost.

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**2. Accounting policies (continued)**

**2.12 Contingencies**

Contingent liabilities, arising as a result of past events, are not recognised when (i) it is not probable that there will be an outflow of resources or that the amount cannot be reliably measured at the reporting date or (ii) when the existence will be confirmed by the occurrence or non-occurrence of uncertain future events not wholly within the company's control. Contingent liabilities are disclosed in the financial statements unless the probability of an outflow of resources is remote.

Contingent assets are not recognised. Contingent assets are disclosed in the financial statements when an inflow of economic benefits is probable.

**2.13 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**2.14 Fund accounting**

Unrestricted funds includes general funds and designated funds and it represent amounts which are expendable at the discretion of the Directors/Trustees in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Restricted funds represent grants, donations and sponsorships received which can only be used for particular purposes specified by the donors or sponsorship programmes binding on the directors/trustees. Such purposes are within the overall aims of the charity.

**2.15 Functional and presentation currency**

Items included in the financial statements of the company are measured using the currency of the primary economic environment in which the company operates ("the functional currency"). The financial statements are presented in euro, which is the company's functional and presentation currency and is denoted by the symbol "€".

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**A LUST FOR LIFE**  
**(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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**3. Critical accounting estimates and areas of judgement**

Judgements and estimates are continually evaluated and are based on historical experiences and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The company makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below:

**Going concern**

The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the company's ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the directors consider it appropriate to prepare the financial statements on a going concern basis. Accordingly, these financial statements do not include any adjustments to the carrying amounts and classification of assets and liabilities that may arise if the company was unable to continue as a going concern.

**4. Income from donations and grants**

	<b>Restricted funds (12 months) 2021 €</b>	<b>Unrestricted funds (12 months) 2021 €</b>	<b>Total funds (12 months) 2021 €</b>	<i>Total funds (18 months) 2020 €</i>
Donations and grants	148,736	244,192	<b>392,928</b>	554,394
<i>Total 2020</i>	<u>218,937</u>	<u>335,457</u>	<u>554,394</u>	

**A LUST FOR LIFE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**5. Analysis of expenditure on charitable activities**

	<b>Restricted funds (12 months) 2021 €</b>	<b>Unrestricted funds (12 months) 2021 €</b>	<b>Total funds (12 months) 2021 €</b>	<b>Total funds (18 months) 2020 €</b>
Staff costs (Note 6)	107,579	26,479	<b>134,058</b>	71,753
Programme costs (Note 7)	147,990	71,340	<b>219,330</b>	327,467
Governance costs (Note 8)	-	5,597	<b>5,597</b>	4,831
<b>Total 2021</b>	<u>255,569</u>	<u>103,416</u>	<u><b>358,985</b></u>	<u>404,051</u>
<i>Total 2020</i>	<u>242,983</u>	<u>161,068</u>	<u>404,051</u>	

**6. Staff costs**

	<b>(12 months) 2021 €</b>	<b>(18 months) 2020 €</b>
Wages and salaries	<b>120,793</b>	78,764
Social security costs	<b>13,265</b>	5,608
Government grants	-	(12,619)
	<u><b>134,058</b></u>	<u>71,753</u>

The average number of persons employed by the Charity during the year was as follows:

	<b>2021 No.</b>	<b>2020 No.</b>
Administration	<u><b>3</b></u>	<u>2</u>

No employee received remuneration amounting to more than €60,000 in either period.

**A LUST FOR LIFE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**7. Programme costs**

	<b>Restricted funds (12 months) 2021 €</b>	<b>Unrestricted funds (12 months) 2021 €</b>	<b>Total funds (12 months) 2021 €</b>	<b>Total funds (18 months) 2020 €</b>
Direct programme costs	78,533	-	<b>78,533</b>	144,663
Insurance	431	287	<b>718</b>	1,277
Printing, postage and stationery	403	387	<b>790</b>	1,050
Telephone	103	68	<b>171</b>	1,062
Travelling and entertainment	789	197	<b>986</b>	4,613
Fundraising costs	-	16,086	<b>16,086</b>	44,289
Accountancy	13,376	8,917	<b>22,293</b>	16,404
Bank charges	-	1,828	<b>1,828</b>	1,330
Bad debts	-	-	-	1,600
General expenses	1,183	310	<b>1,493</b>	1,221
Subscriptions	782	1,173	<b>1,955</b>	1,422
Website and IT infrastructure costs	13,557	14,037	<b>27,594</b>	41,037
Charitable donations	-	-	-	250
Editorial costs	32,833	27,736	<b>60,569</b>	67,249
Legal Fees*	6,000	314	<b>6,314</b>	-
<b>Total 2021</b>	<b>147,990</b>	<b>71,340</b>	<b>219,330</b>	<b>327,467</b>
<i>Total 2020</i>	<i>242,983</i>	<i>84,484</i>	<i>327,467</i>	

\*The €6,000 restricted legal costs were donated services.

**8. Governance costs**

	<b>(12 months) 2021 €</b>	<b>(18 months) 2020 €</b>
Auditors' remuneration	<b>5,597</b>	4,831
	<b>5,597</b>	4,831

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**9. Auditor's remuneration**

	<b>(12 months)</b>	<i>(18 months)</i>
	<b>2021</b>	<i>2020</i>
	€	€
Fees payable to the Charity's auditor for the audit of the Charity's annual accounts only	<b>5,597</b>	<i>4,831</i>

**10. Directors' remuneration and expenses**

During the year, no Directors received any remuneration or other benefits (2020 - €NIL).

During the year ended 31 December 2021, no Director expenses have been incurred (2020 - €NIL).

**11. Tax on surplus on ordinary activities**

No charge to current or deferred taxation arises as the charity has been granted charitable status under Sections 207 and 208 of the Taxes Consolidation Act 1997.

**12. Debtors**

	<b>2021</b>	<i>2020</i>
	€	€
Other debtors	<b>33,736</b>	-
Prepayments and accrued income	<b>385</b>	-
	<b>34,121</b>	-



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**13. Creditors: Amounts falling due within one year**

	<b>2021</b>	<i>2020</i>
	<b>€</b>	<b>€</b>
Bank overdrafts	<b>70</b>	<i>10</i>
Trade creditors	<b>10,529</b>	<i>13,789</i>
Other taxation and social security	<b>4,245</b>	<i>2,042</i>
Accruals	<b>7,727</b>	<i>4,400</i>
Deferred income	<b>65,000</b>	<i>123</i>
	<hr/> <b>87,571</b> <hr/>	<hr/> <i>20,364</i> <hr/>
	<b>2021</b>	<i>2020</i>
	<b>€</b>	<b>€</b>
Deferred income at 1 January 2021	-	-
Resources deferred during the year	<b>65,000</b>	-
Amounts released during the year	-	-
<b>Deferred income at 31 December 2021</b>	<hr/> <b>65,000</b> <hr/>	<hr/> <i>-</i> <hr/>

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**14. Statement of funds**

**Statement of funds - current year**

	Balance at 1 January 2021 €	Income €	Expenditure €	Transfers in/out €	Balance at 31 December 2021 €
<b>Unrestricted funds</b>					
General funds	24,140	244,315	(103,416)	(9,379)	155,660
Operational reserve	180,000	-	-	-	180,000
	<u>204,140</u>	<u>244,315</u>	<u>(103,416)</u>	<u>(9,379)</u>	<u>335,660</u>
<b>Restricted funds</b>					
Reserves	<u>97,454</u>	<u>148,736</u>	<u>(255,569)</u>	<u>9,379</u>	<u>-</u>
<b>Total of funds</b>	<u><u>301,594</u></u>	<u><u>393,051</u></u>	<u><u>(358,985)</u></u>	<u><u>-</u></u>	<u><u>335,660</u></u>

**Statement of funds - prior year**

	<i>Balance at 1 July 2019 €</i>	<i>Income €</i>	<i>Expenditure €</i>	<i>Balance at 31 December 2020 €</i>
<b>Unrestricted funds</b>				
Reserves	<u>29,751</u>	<u>335,457</u>	<u>(161,068)</u>	<u>204,140</u>
<b>Restricted funds</b>				
Reserves	<u>121,500</u>	<u>218,937</u>	<u>(242,983)</u>	<u>97,454</u>
<b>Total of funds</b>	<u><u>151,251</u></u>	<u><u>554,394</u></u>	<u><u>(404,051)</u></u>	<u><u>301,594</u></u>

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**15. Summary of funds**

**Summary of funds - current year**

	Balance at 1 January 2021 €	Income €	Expenditure €	Transfers in/out €	Balance at 31 December 2021 €
General funds	204,140	244,315	(103,416)	(9,379)	335,660
Restricted funds	97,454	148,736	(255,569)	9,379	-
	<u>301,594</u>	<u>393,051</u>	<u>(358,985)</u>	<u>-</u>	<u>335,660</u>

**Summary of funds - prior year**

	<i>Balance at 1 July 2019 €</i>	<i>Income €</i>	<i>Expenditure €</i>	<i>Balance at 31 December 2020 €</i>
General funds	29,751	335,457	(161,068)	204,140
Restricted funds	121,500	218,937	(242,983)	97,454
	<u>151,251</u>	<u>554,394</u>	<u>(404,051)</u>	<u>301,594</u>

**16. Reconciliation of net movement in funds to net cash flow from operating activities**

	2021 €	2020 €
Net income for the year (as per Statement of Financial Activities)	<u>34,066</u>	<u>150,343</u>
<b>Adjustments for:</b>		
Dividends, interests and rents from investments	(1,828)	(1,330)
(Increase)/decrease in debtors	(34,121)	7,773
Increase/(decrease) in creditors	67,207	(5,684)
<b>Net cash provided by operating activities</b>	<u>65,324</u>	<u>151,102</u>

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**17. Analysis of cash and cash equivalents**

	2021 €	2020 €
Cash at bank and in hand	389,110	321,958
<b>Total cash and cash equivalents</b>	<b>389,110</b>	<b>321,958</b>

**18. Analysis of changes in net debt**

	At 1 January 2021 €	Cash flows €	At 31 December 2021 €
Cash at bank and in hand	321,958	67,152	389,110
Bank overdrafts repayable on demand	(10)	(60)	(70)
	<b>321,948</b>	<b>67,092</b>	<b>389,040</b>

**19. Contingent liabilities**

There were no contingent liabilities as at 31 December 2021.

**20. Capital commitments**

There were no capital commitments as at 31 December 2021.

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**21. Related party transactions**

There was a balance owing to a company connected with one of the Directors of €16,899 as at 30 June 2019, 50% was repaid in 2020 and the remaining balance was given as a donation to the charity.

Key management includes the Board of Directors (executive and non-executive), all members of the company's management. The compensation paid or payable to key management for employee services is shown below:

	<b>(12 months)</b>	<i>(18 months)</i>
	<b>2021</b>	<i>2020</i>
	<b>€</b>	<i>€</i>
Salaries and other short-term employee benefits	<b>134,058</b>	<i>71,753</i>
	<b>134,058</b>	<i>71,753</i>

There were no further transactions entered into with the directors.

A previous director of the charity provides consultancy services to the charity on normal commercial terms.

**22. Post balance sheet events**

In relation to the COVID 19 pandemic, Management and Directors are continually monitoring the impact of this on A Lust for Life operations both in the short term and long term. A Lust for Life continues to play a role in supporting people both during and in the aftermath of this pandemic. A Lust for Life has remained fully operational since arrival of COVID 19. Staff are working remotely and the only notable change to service delivery is the reduction in face to face meetings. Meetings are continued virtually where possible and face to face meetings will resume when it is safe and appropriate to do so. There have been no other significant events affecting the organisation since year end.

**23. Controlling party**

The Board of Directors is considered the ultimate controlling party of the Charity.

**24. Share capital and members liabilities**

The company is limited by guarantee, not having a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding two Euro (€2).

**25. Approval of financial statements**

The board of directors approved these financial statements and authorised them for issue on 19 May 2022.