

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

**DIRECTORS' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

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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 (resigned 30 March 2023) Paula McLoughlin Brian Higgins (appointed 18 May 2022) Niamh Coyne (resigned 26 April 2022) Babafemi Bankole (appointed 16 September 2022) Andrew Jenkinson David Byrne Stuart McLaughlan (resigned 31 January 2022) Triona Ferriter (appointed 18 May 2022)
<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>	Bradwell Ltd. (appointed 7 September 2022) Celine D'Arcy (appointed 18 May 2022, resigned 7 September 2022) Niamh Coyne, (resigned 18 May 2022)
<b>Independent auditor</b>	RBK Business Advisers Chartered Accountants and Statutory Audit Firm Termini 3 Arkle Road Sandyford Dublin 18
<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**  
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**Note from the Chairperson, Paula McLoughlin**

As we reflect on 2022, we look with pride at the ever-increasing impact A Lust for Life programmes and content have had on young peoples' lives. In 2022, we achieved some remarkable milestones. The A Lust for Life Primary Schools Programme expanded into over one in 3 schools. We evaluated our new programme for young people, "Gone Past Talking," and made a pivot to become what will be a bigger and more ambitious programme into 2023 and beyond. We continued to share expert content and stories of people's lived experiences with their own mental health, recognising the power of storytelling to connect, inform and inspire.

In 2023, we will refresh our strategy for the next 3 years. Whilst our plans will evolve and grow in ambition, our mission will remain to empower future generations in relation to their own mental wellness, erode stigma and influence a society that will always catch us when we fall. The generous support of our donors and sponsors has allowed us to continue our vital work. Our Mental Health Advisory Panel, Steering Committees and so many other volunteers and partners also remain at the bedrock of our achievements.

My fellow Board members remain critical to the success of A Lust for Life as they voluntarily give extensive time, expertise and personal passion to governing and evolving the organisation. However, none of our work would be possible without our dedicated, creative, tenacious and passionate team of employees and contractors, who make us proud every day as they continue to drive our mission forward and help countless children and young people better manage their mental health. I would particularly like to acknowledge Bernie Keogh, our new Managing Director, who began with A Lust for Life in June 2022. Bernie came to the role with a wealth of senior leadership experience in consulting, recruitment, executive coaching, marketing and business leadership and has already had a significant impact on the organisation. We look forward to continuing to work with her in the years to come.

As we move forward and grow as an organisation, we are more committed than ever to upholding the highest standards of governance. We will continue to ensure that our operations are financially viable and in compliance with legal/regulatory requirements and best practice and that we continue to meet the needs of our stakeholders in a responsible and sustainable manner. We are proud of the impact we have had to date - but we also know that there is still much work to be done. Looking forward, we know that the challenges we face collectively as a society are daunting, but we are more determined than ever to lead the charge towards positive change.

At A Lust for Life we are committed to empowering young people with the tools they need to navigate the world with confidence and resilience, and we look to the future with a sense of great hope and possibility.

Paula McLoughlin,  
Co-founder and Chairperson



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**DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

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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 2022.

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. 2022 Achievements
- D. 2023 Plans
- E. Governance
- F. 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 charity 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 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

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 (CRA) with Registered Charity Number (RCN) 20157913.

#### **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 (resigned 30 March 2023)  
Paula McLoughlin  
Brian Higgins (appointed 18 May 2022)  
Niamh Coyne (resigned 26 April 2022)  
Babafemi Bankole (appointed 16 September 2022)  
Andrew Jenkinson  
David Byrne  
Stuart McLaughlan (resigned 31 January 2022)

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Triona Ferriter (appointed 18 May 2022)

Bradwell Limited held the position of company secretary from 7 September 2022

Celine D'Arcy held the position of company secretary from 18 May 2022 to 7 September 2022

Niamh Coyne held the position of company secretary till 18 May 2022.

## **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**

The charity's **vision** is a world where humanity is the headline act on the main stage.

The charity's **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

The charity's **strategic objectives** are to:

1. **Empower future generations** with the resources to navigate the ups and downs of life
  - The charity achieves this via the A Lust for Life Schools Programme, which already has reached over 1000 schools, 2,500+ classrooms and 51,800 pupils since its 2020 launch (including 57.14% rural schools, 23.12% DEIS schools). We set a target to be in 1 in 4 schools in 2022, we are now in 1 in 3.
2. **Equip future generations** with tools and voice to be effective custodians of a culture and society that prioritizes its people
  - The charity achieves this via the A Lust for Life 'Gone Past Talking' programme, piloted with two youth groups in 2021 and was evaluated and fully redesigned based on emergent needs of the young people we engaged with in 2021-22.
3. **Facilitate future generations** to lead, connect and learn through content inspired and architected by them
  - The charity achieves this via A Lust for Life digital and social media content that has reached c.46.4m since the charity began back in 2017 (25.5m UUs, 20.9m total Twitter impressions)

### **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:

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

- Emotional Resilience
  - Emotional Literacy
  - 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 provided free of charge and is available at two levels: 3rd and 4th class, and 5th and 6th class. The 1st and 2nd class level programme has been designed and developed and will be piloted in Q1 2023 with a view to being available nationally from October 2023. The final phase of development for junior and senior infants will occur in 2023.
  - It is the charity's ambition to make the A Lust For Life Primary Schools Programme available to every child in primary school by the end of 2024.

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

- In 2021, the charity conducted several pilots of the A Lust for Life Gone Past Talking programme for young people (15-18 years) and subsequent evaluation led to a redesign of the programme to focus on secondary schools and with an initial focus on Transition Year. (See 2022 Achievements).
- This redesigned programme will focus on:
  1. **Prevention** - Giving young people the tools to better understand themselves, their mental health, how they connect with themselves and others and to effectively manage their own minds and emotions
  2. **Positive Change** - Equipping young people with the skills and perspective for positive change, and to advocate for an education system that authentically prioritises their mental health

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

**1. Empower future generations** with the resources to navigate the ups and downs of life through the A Lust for Life Schools Programme

- The A Lust for Life Schools Programme reached:
  - **19,815 children in over 380 schools** over the 2021/2022 academic year
  - A further **22,785 children in over 350 schools** over the 2022/23 academic year so far
  - Over **51,000 children in 1008 primary schools** around Ireland since the Scols Programme launched in September 2020
- In 2022 a 1<sup>st</sup> and 2<sup>nd</sup> class level of the programme was developed under the guidance of an expert Steering Committee, a Mental Health Lead and educational experts and piloted in house over 30 schools. **Feedback is positive from teachers** so far in terms of usability:
  - "The programme is very easy to navigate the lesson slides and teacher notes are very easy to use and are child friendly"
  - One teacher also noted how programme learnings were utilized outside of class, "*since completing lesson 1-4 I have noticed some children choosing themselves to use the dragon breath, finger yoga and other regulatory activities while on the yard*" while another teacher told us that the "*children are now more willing to share things that have happened to them in similar situations or put themselves into a role play as they have seen the children on screen*"
- Findings from the 2021 pilot of the programme have been published in the **Journal of Contextual Behavioural Science**, the **Journal of Behaviour, Research and Therapy** and the **Journal of Research In**

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(continued)

**Childhood Education.** Further submissions have been made to the **Journal Mindfulness** and the **School Psychology International journal**.

- The charity presented the programme to an international audience at the **International Association of Youth Mental Health (IAYMH) conference in Copenhagen**
  - A Lust For Life held a stand at the **Teachers Council 'FEILTE' teaching festival** in October 2022, promoting the programme to hundreds of primary school teachers and principals around Ireland.
  - The charity **launched the Schools Programme formally** in 1WML, Dublin, at an event attended by 50 primary school children and a broader adult audience including numerous teaching, education (DCU school of Education, TCD, Mary Immaculate, NCCA) and mental health representatives (mental health Ireland, Mental health reform); speakers included Niall Muldoon, Ombudsman for Children, Dr Eddie Murphy, and Niall Breslin.
  - A Lust for Life published an **Op Ed in the Irish Independent** about the Primary Schools Programme in October 2022.
  - The charity announced **Google & A Lust For Life Schools Programme Partnership** on Safer Internet Day with Dr. Eddie Murphy hosting an Instagram live covering what it means to be "digitally well", how important it is for our young "digital natives", and how A Lust For Life and Google partnered to create vital aspects of the schools programme.
- 2. Equip future generations** with tools and voice to be effective custodians of a culture and society that prioritises its people through the A Lust for Life Gone Past Talking programme
- To date, the charity has delivered **3 x in person pilots** (with 67 young people in total) of the Gone Past Talking programme with different youth groups (Comhairle na nOg, Arklow Youthreach) and with a TY year in secondary school, which have provided us with invaluable insights and learnings as to the challenges and needs of young people. The charity's aim was to reach 60 young people by the end of 2022 (we reached a total of 67 in January 2023).
  - In 2022, the charity began a redesign of the programme based on the significant learnings from these pilots:
    - Young people need mental health education & tools to be effective guardians of their own minds & to develop the emotional agility & resilience to manage the numerous challenges they face in adolescence.
    - They also need strong connection with their peers, family and community for their wellbeing.
  - Work will continue on designing and piloting the programme in 2023 and will focus on:
    1. **Prevention** - Giving young people the tools to better understand themselves, their mental health, how they connect with themselves and others and to effectively manage their own minds and emotions
    2. **Positive Change** - Equipping young people with the skills and perspective for positive change, and to advocate for an education system that authentically prioritises their mental health
- 3. Facilitate future generations** through content inspired and architected by young people
- The charity's reach through digital channels was c3.6 million people in 2022. We have completed the transition to a younger audience – audience profile now at 40% under 24-year-olds in the last 12 months of youth-oriented content and audience targeting. .
  - The charity continues to share content to connect the charity's strategic objectives with what the A Lust for Life audience are saying they want to see and hear in terms of content and voice:
    - Children & emotional literacy
    - Empowering young people around their mental health & capacity to create social change
    - Support for parents & their children
    - Influencing the narrative around mental health (Educate & inform)
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- In 2022, the charity, ran campaigns across key strategic areas of focus, including:
  - **10 live broadcasts** during **Eating Disorder Awareness Week** to educate about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by eating disorders. One live featured Sociate Reflection YSI - a group of teenagers raising awareness around body image.
  - **'Men's Health Mondays'** where each month Daragh Fleming & Conor Stone (both in their early 20s) host an Instagram live to chat all things Men's Mental Health. In their first live, they talked about therapy through writing, the problem with male violence, and much more.
  - **'The struggles of a First Generation Black-Irish'** a broadcast for Children's Mental Health Awareness Week, where Blessing Dada & Rebecca Adey chatted about their experiences of being 1st generation Black-Irish, childhood, racism, the importance of mental health awareness & everything in between.
  - **'Blue Monday is a Myth' Campaign** devised to critically and creatively challenge the myth that is "Blue Monday". The campaign invited people to rethink Blue Monday, and instead, spread #MeaningfulMonday. The campaign reached over 32,000 people.
  - A Lust For Life's 2022 **Mental Health Awareness Week**, a packed campaign of content for **Men's Mental Health Week**, which featured 5 Live Takeovers from both male and female voices to discuss pertinent issues and challenges surrounding men's mental health. We also reached out to prominent male voices across Ireland to create a video where they answered the question **'How do you manage your mental health?'** Included in the video were: Bressie, Rory's Stories, Tadgh Fleming, Conor O'Keeffe, Femi Bankole, Daragh Fleming, Cormac Ryan, Conor Stone, Zack Tucker, Eric Ehigie, Darragh Stewart and Eoin Kernan.
  - Campaigns in support of **Minority Mental Health Awareness Month** and **Traveller Pride Week** on the charity's social media channels including insightful panel conversations and sharing original content.
  - A series of Instagram Lives around **World Mental Health Day** and a live discussion with **Conor O'Keeffe** for **International Men's Day**
- Overall, 2022 saw **greater emphasis on creating original A Lust For Life content**, to create a stronger, more consistent voice and more engagement across all channels. This strategy is bearing fruit and in Q3 the charity doubled its reach on LinkedIn, with all other channels continuing to grow
- The charity continues to work closely with its **Youth Advisory Panel** to discuss their role as Brand Ambassadors and collaborators with A Lust For Life. The charity's objective is to engage them more closely in continued work, campaigns and events to elevate their voices and content.

#### **D. 2023 Plans**

In 2023, the charity will enter a new strategic planning cycle for the organisation, developing a new strategic plan and roadmap for A Lust for Life to guide the organisation from 2024-2026. The charity's relentless focus on fundraising will also continue to ensure A Lust for Life can centre all effort on current strategic objectives in 2023.

##### **1. Empower Future Generations** with the resources to navigate the ups and downs of life through the A Lust for Life Schools Programme

- Edits and updates will be made to 3rd-6th class content, ensuring it is relevant, engaging and impactful.
- Further UCD led evaluation will occur on 3rd-6th class programmes in 2023 overseen by UCD's Dr Alan Carr.
- The 3rd, 4th, 5th and 6th class levels of the programme will be offered to every school in Ireland.
- The 1st & 2nd class level of the programme will be offered to every school in Ireland upon pilot completion.
- A new level of the programme for Junior and Senior Infants (with corresponding materials, videos and lesson

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**(continued)**

plans) will be developed and created in 2023, and piloted in January 2024.

- In April 2024, the programme will be available at every level in primary schools in Ireland.
- In 2021, the charity set a target to be in 1 in 4 schools by 2022 and is now in 1 in 3 schools.

A Lust For Life aims to be in 1 in 2 schools by the end of 2024.

**2. Equip Future Generations** with tools and voice to be effective custodians of a culture and society that prioritises its people through the A Lust for Life Gone Past Talking programme

- As outlined previously the Gone Past Talking programme (the name of the programme is being revisited as part of ongoing programme redesign) will have a dual focus in 2023:
  1. **Prevention** - Giving young people the tools to better understand themselves, their mental health, how they connect with themselves and other and to effectively manage their own minds and emotions
  2. **Positive Change** - Equipping young people with the skills and perspective for positive change, and to advocate for an education system that authentically prioritizes their mental health
- To that end the charity will build and develop the programme in two parts:

**Part 1 - A Digital, Modular Secondary Schools Mental Health Programme.** Building on the success and learnings of A Lust For Life primary schools programme to:

- Adapt and redesign the Gone Past Talking programme modules and deliver through an online platform with multimedia content, lesson plans, and activities (2023-2024).
- Pilot with 30x transition year classes (average 60 per class = 1800 students) (2024)
- Evaluate and redesign the programme based on the pilot findings (2024-2025)
- Roll out the programme, making it available to all transition year classes nationwide (560 schools, over 30,000 young people) (2026)

(All of the above subject to funding)

**Part 2 - A Youth Summit.** A forum for amplifying the voices of the young people of Ireland:

- To ensure their demands for a more youth centric and wellbeing focused education system are heard and brought into the public consciousness.
  - Hosted annually by A Lust For Life to bring together young people from across in a '**web summit meets live aid...for young people**' format - with the first summit planned for late 2024/early 2025.
- Both parts of the programme will start with Transition Year students but in the medium to long term the charity will work to develop & deploy a programme across the full secondary school cycle on a phased basis.

**3. Facilitate Future Generations through content inspired by and architected by young people**

- Continue to work with the youth content advisory panel to evolve and expand content and campaigns.
- Produce A Lust For Life podcast in collaboration with ISSU
- Convert the most successful articles/personal stories into audio format to extend their reach
- Build the youth audiences by growing the youth contributors to our channels, and expanding the use of new and emerging platforms.
- Continue to build the charity's tribe of engaged young people, expert voices and content creators to contribute to the conversation around mental health through our channels.
- Maintain the consistent impact of the A Lust For Life core voice.
- Build key flagship 'hero' content through live digital events, original podcast/videoseries' and through campaigns around key events, e.g. World Mental Health Day, Eating Disorder Awareness week, etc.
- Create meaningful content that helps people to cope with and manage their mental health.

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**(continued)**

- Aim to grow the charity's annual audience to 10 million in total.

**Most importantly, the charity will continue to make a difference to people's lives...**

Here is just some of the feedback from teachers, parents & young people impacted by A Lust For Life's work in 2022.

**Schools Programme feedback from teachers**

*"This lesson provided an excellent platform for lots of interesting discussions about wellbeing and how important it is and how to look after it. The breathing technique was particularly effective. Thank you"*

*"The children really enjoyed the videos and the in-between exercises, the short bursts of activities are exactly what children this age need. Thank you :)"*

Schools Programme feedback from parents

*"a very good programme in the sense it gets children to kind of open up about what they are feeling",*

*"it had a big impact on my son"*

*"I would hope that it might be something that would become part of the curriculum in the future"*

**Feedback from young people on A Lust for Life's 'Voice'**

*"Amazing week of awareness! Congratulations for them being such a success, and thank you all for your compassion and insight" - Tony*

*"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. Governance**

Since the registration of A Lust for Life as a charity in 2017, it has worked hard to build a sustainable organization that is committed to the highest standards of governance and transparency. In 2022, the charity continued to strengthen these processes and remain fully compliant with relevant legislation and regulatory frameworks governing Irish charities.

**1. The A Lust For Life Board**

All Board members and the A Lust for Life Company Secretary (as outlined above) are registered with both the CRO and Charities Regulatory Authority (CRA) and;

- Receive a full and documented induction to A Lust for Life on joining.
- Sign an 'Obligations of Board of Directors' document to confirm their understanding of and compliance with all responsibilities as Directors/Trustees of the charity. This document is updated on an as needed basis and/or when there is a change in Board member. The most recent version of this document was signed by all Board members in March 2023.
- Collectively provide the skills required by the Board to effectively govern A Lust for Life. These skills are reviewed regularly, and each Board member has a clearly defined role on the Board as outlined in the 'Obligations of Board of Directors' document.
- Meet on a monthly basis with structured agendas and pre-reads circulated one week in advance by the Chair. All meetings are fully minuted by the Company Secretary. These minutes are subsequently reviewed by the Chair and presented to the Board for sign-off at the following meeting.

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

## **2. Organisation management**

In late 2021 the Directors conducted a full organisational assessment which led to a decision to appoint a new Managing Director to increase the effectiveness and focus of operational leadership and compliance at A Lust for Life. Bernie Keogh was appointed in June 2022, bringing 20+ years of senior leadership experience in consulting, recruitment, executive coaching, marketing and business leadership to the role. In her role as Managing Director, Bernie is critical to the governance of A Lust for Life, working with the authority of the Board to:

- Uphold Board approval, reporting and decision making processes.
- Deliver on the agreed strategy, organisational plans and budgets to meet defined KPIs and targets.
- Lead and develop a sustainable organisation with clearly defined organisation structure, documented role descriptions and recruitment practices.
- Ensure a suite of policies and procedures pertinent to A Lust For Life's organisation structure, documented role descriptions and recruitment practices.
- Ensure a suite of policies and procedures pertinent to A Lust For Life's organizational effectiveness and compliance are maintained and applied on a day-to-day basis. These policies are updated regularly - at a minimum they are reviewed annually as part of the annual confirmation of Charities Governance code compliance.
- Ensure any relevant employees and contractors (i.e. Those working with children directly through programme delivery) are fully compliant with the Safeguarding Guidance for Charitable organisations Working with Children issued by the Charities Regulator and are fully Garda vetted before working with children directly.

## **3. Strategic and operational planning**

The charity's 3-year strategic plan 2020-22 set out plans for growth and impact across all three strategic objectives. 2022 was the final year of this strategic cycle, however the Directors decided to extend this strategy for one year to allow strategic planning to take place in 2023 with the new Managing Director firmly in role.

The A Lust for Life strategy is refreshed annually and supported by an annual operational plan which outlines the annual operational activity which will enable A Lust for Life to deliver on its strategy. The strategic plan & annual operational plan are underpinned by two key documents:

1. Annual Integrated Workplan which outlines an integrated timeline of all strategic & operational activity.
2. Annual Budget which defines estimated annual expenditure and income requirements/targets for the year.

All plans and budgets are fully reviewed and signed off by the Directors on an annual basis. The Directors review status against plans on a monthly basis, discussing and agreeing additional/corrective action with the Managing Director where required.

To enable this monthly review, three reports are prepared monthly by the Managing Director (with support from team and accountants) for Directors review and approval (provided as pre-read & discussed per standard Board agenda):

1. Monthly Status Report - a summary of status against all activities in the integrated workplan.
2. Monthly Financial Report & monthly commentary prepared by the A Lust for Life accountant.
3. Monthly Fundraising Report – a summary of status on fundraising progress against the fundraising strategy.

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#### **4. Financial management**

- Reporting/review - In addition to the monthly financial reports outlined above, annual audited accounts are published on the A Lust for Life website. In addition, the A Lust for Life accountants join the monthly Board meeting on a bi-monthly basis to walk through detailed reports & address any Directors concerns or questions.
- Audit - the Directors have instructed an annual audit on its accounts and governance since charity formation. The Directors meet with the auditors annually to review their findings and management letter - subsequently agreeing any action required in response to those findings. These actions are minuted and tracked to completion via the Board minutes.
- Budget management - the charity's annual budget is subject to a quarterly re-forecast, prepared by the Managing Director and signed off by the Directors.

#### **5. Compliance with the Charities Governance Code**

In order to meet Director/Trustee legal duties under the Charities Act 2009, and per the A Lust for Life 2022 CRA Annual Report submission, A Lust for Life is compliant with the Charities Governance Code. Board approval of compliance is scheduled annually in the A Lust for Life annual operational plan where the required Charities Governance Code Compliance Record Form is reviewed and completed to outline:

- Actions that the charity takes to meet each standard of the Charities Governance Code.
- Evidence that backs this up.

#### **6. Legal Management**

- A Lust for Life receives ongoing legal support and advice on a pro bono basis from A&L Goodbody.
- A&L Goodbody worked with the Directors to advise on and implement all current company and charity structures and registrations. They continue to provide ongoing legal advice on an as-needed basis to both the Directors and the Managing Director.
- All employment contracts and/or work carried out by third parties/contractors are governed by contracts prepared by A&L Goodbody and with the sign-off of a Director. All contracts are subject to a detailed contract control process mandated by the Board.

#### **7. Fundraising Governance**

- A Lust for Life works to comply with the Guidelines for Charitable Organisations on Fundraising from the Public. This is published on the A Lust for Life website in parallel to the A Lust for Life Donor Charter.
- The Directors recently agreed to form a Fundraising Board sub-committee. The terms of reference for this subcommittee was signed off by the Directors in January 2023 and is now in the early stages of formation.
- A Lust for Life utilises a CRM system to monitor all stakeholder and fundraising activity.

#### **8. Risk Management**

As outlined in more detail below, the A Lust for Life Directors maintain a Risk Register which outlines an inventory of all potential risks – each with a clear mitigating action and Board owner. This Risk Register is reviewed and updated on a quarterly basis by the Directors

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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 2022**

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(continued)

**9. Additional Governance**

- Expert Steering Committees bring additional external expertise, input and guidance to the governance of the charity's main programmes: A Lust for Life Schools programme and Gone Past Talking programme.
- A Mental Health Advisory Panel brings the requisite expert professional advice (in psychology, psychiatry, neuroscience and mental health) to all of A Lust for Life work and content on an as-needed basis.
- A Lust for Life are also members of The Wheel (<https://www.wheel.ie>) to ensure they remain current on latest regulatory changes and best practice in the charitable sector. The Wheel is also used by A Lust for Life as a source of expert training when required.

**F. BUSINESS AND FINANCIAL REVIEW**

This past year has been a challenging fundraising environment for all charities. The uncertainty of the 'return to normal' period post-Covid 19, an emerging cost-of-living crisis and a change in fundraising personnel in 2022 has impacted funding for A Lust for Life in 2022.

Despite these challenges, supporters have continued to demonstrate their commitment to A Lust for Life's vision and mission and the organisation has worked tirelessly to maintain funding sources, build new sustainable channels of funding and tightly control expenditure. Guided by the A Lust for Life fundraising strategy, the charity's fundraising activity was diversified across 5 primary fundraising channels:

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

Achievement against fundraising targets (established annually by the A Lust for Life Directors) was monitored by the Directors via monthly CRM reports. The charity's funders in 2022 include Irish Youth Foundation, The Care Trust, LEADER, Enterprise Rent A Car, The Scope Community Fund, Community Foundation Ireland, Hibernia REIT, public fundraising donations and a number of private donors.

At the end of the period the company had funds of €255,017 (2021: €335,660). Of the net funds at 31 December 2022 of €255,017, €Nil is attributable to restricted funds.

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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 2022**

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**Reserves policy**

The Directors have agreed to a formal policy with regard to reserves. The policy is in line with "Best Practice" recommendations from the Charities Regulator. The organization recognizes the need for adequate liquid 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 holds a Reserves account with a balance of €255,017 which equates to c.8 months costs at the current rate of spend.

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

**Post balance sheet events**

There have been no significant events affecting the company since the year end.

**Principal risks and uncertainties**

As outlined above, the Directors maintain a Risk Register which outlines an inventory of all potential risks – each with a clear mitigating action and Board owner. This Risk Register is reviewed and updated on a quarterly basis by the Directors.

The Directors have identified that the key risks and uncertainties the Charity faces relate to the risk of:

- A decrease in the level of funding - which in turn impacts the ability to effectively resource the organisation to deliver on strategic plans
- Continued and increasing compliance requirements in accordance with charity regulation, company and other legislation.
- IT security breaches.

The charity mitigates these risks as follows and, per governance practices, outlined above in 'Section E Governance':

- Continually monitors the level of activity, prepares and monitors its budgets targets and projections.
- Has a policy of maintaining significant cash reserves.
- Maintains and reports on status against a strategic and operational plan which allows for the diversification of funding, resources and activities as required.
- Closely monitors emerging changes to regulations and legislation on an on-going basis.
- Complies with the Charities Governance Code on an annual basis.
- Minimises operational/internal control risks by the implementation of procedures for authorisation of all transactions and projects and the requirements for budgets covering all activities.
- Ensures policies and procedures are in place to ensure compliance with all pertinent aspects of the charity's operations - and in particular detailing clear Finance and IT security policies.

In common with many charities, the Directors also monitor and track the risk of reputational damage. Reputation

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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 2022**

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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 and has a defined protocol in the event of an unforeseen issue emerging in this regard.

**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.

**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**

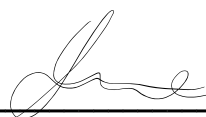
In accordance with Section 383 (2) of the Companies Act 2014, the independent auditor, RBK Business Advisers and Statutory Audit Firm, have expressed their willingness to continue in office.

On behalf of the Board:



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**Paula McLoughlin**  
Director



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**Babafemi Bankole**  
Director

Date: 9th August 2023



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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 2022**

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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 surplus or deficit 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:



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**Paula McLoughlin**  
Director



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**Babafemi Bankole**  
Director

Date: 9th August 2023

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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 2022 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 2022 and of its deficit 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

Termini

3 Arkle Road

Sandyford

Dublin 18

Date: 05/09/2023

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

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Note	Restricted funds 2022 €	Unrestricted funds 2022 €	Total funds 2022 €	Total funds 2021 €
<b>Income from:</b>					
Donations and grants	4	165,020	185,646	350,666	392,928
Other income	5	-	2,238	2,238	123
		<u>165,020</u>	<u>187,884</u>	<u>352,904</u>	<u>393,051</u>
<b>Expenditure on:</b>					
Charitable activities	6	260,756	172,791	433,547	358,985
		<u>260,756</u>	<u>172,791</u>	<u>433,547</u>	<u>358,985</u>
<b>Net (expenditure)/income</b>					
Transfers between funds	15	(95,736) 95,736	15,093 (95,736)	(80,643) -	34,066 -
		<u>-</u>	<u>(80,643)</u>	<u>(80,643)</u>	<u>34,066</u>
<b>Reconciliation of funds:</b>					
Total funds brought forward		-	335,660	335,660	301,594
Net movement in funds	15	-	(80,643)	(80,643)	34,066
		<u>-</u>	<u>255,017</u>	<u>255,017</u>	<u>335,660</u>
<b>Total funds carried forward</b>	15	<u>-</u>	<u>255,017</u>	<u>255,017</u>	<u>335,660</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 23 to 36 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 2022**

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	Note	2022 €	2021 €
<b>Current assets</b>			
Debtors	13	5,737	34,121
Cash at bank and in hand	18	370,024	389,110
		<u>375,761</u>	<u>423,231</u>
Creditors: amounts falling due within one year	14	(120,744)	(87,571)
		<u>255,017</u>	<u>335,660</u>
<b>Net current assets</b>		<u>255,017</u>	<u>335,660</u>
<b>Total net assets</b>		<u><u>255,017</u></u>	<u><u>335,660</u></u>
<b>Charity funds</b>			
Unrestricted funds	15	255,017	335,660
<b>Total funds</b>		<u><u>255,017</u></u>	<u><u>335,660</u></u>

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



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**Paula McLoughlin**  
Director



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**Babafemi Bankole**  
Director

Date: 09/08/2023

The notes on pages 23 to 36 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 2022**

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	<b>2022</b>	<b>2021</b>
	<b>€</b>	<b>€</b>
Net cash (used in)/provided by operating activities	<b>(19,086)</b>	<b>67,152</b>
<b>Adjustment for:</b>		
<b>Cash flows from financing activities</b>		
<b>Net cash provided by financing activities</b>	<b>-</b>	<b>-</b>
<b>Change in cash and cash equivalents in the year</b>	<b>(19,086)</b>	<b>67,152</b>
Cash and cash equivalents at the beginning of the year	<b>389,110</b>	<b>321,958</b>
<b>Cash and cash equivalents at the end of the year</b>	<b>370,024</b>	<b>389,110</b>

The notes on pages 23 to 36 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 2022**

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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 2022.

**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**

**Statement of compliance**

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 prepared financial statements on the going concern basis which assumes that the entity has the ability to meet its liabilities as they fall due and will continue in operational existence for the foreseeable future.

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 approval 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 2022**

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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 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.

**2.6 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.

**2.7 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.

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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 2022**

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**2. Accounting policies (continued)**

**2.8 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.

**2.9 Employee benefits**

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

*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.

**2.10 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.

**2.11 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.

**2.12 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.

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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 2022**

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**2. Accounting policies (continued)**

**2.13 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.

**2.14 Reserves**

The Directors have agreed a formal policy with regard to reserves. The policy is in line with "Best Practice" recommendations from the Charities Regulator. The organization recognizes the need for adequate liquid 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 holds a Reserves account with a balance of €255,017 which equates to c.8 months costs at the current rate of spend.

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

**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 "€".

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**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.

**4. Income from donations and grants**

	<b>Restricted funds 2022 €</b>	<b>Unrestricted funds 2022 €</b>	<b>Total funds 2022 €</b>	<i>Total funds 2021 €</i>
Donations and grants	165,020	185,646	<b>350,666</b>	392,928
<b>Total 2022</b>	<u>165,020</u>	<u>185,646</u>	<u><b>350,666</b></u>	<u>392,928</u>
<i>Total 2021</i>	<u>148,736</u>	<u>244,192</u>	<u>392,928</u>	

**5. Other income**

	<b>Unrestricted funds 2022 €</b>	<b>Total funds 2022 €</b>	<i>Total funds 2021 €</i>
Other income	2,238	<b>2,238</b>	123
<b>Total 2022</b>	<u>2,238</u>	<u><b>2,238</b></u>	<u>123</u>
<i>Total 2021</i>	<u>123</u>	<u>123</u>	

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

	<b>Restricted funds 2022 €</b>	<b>Unrestricted funds 2022 €</b>	<b>Total funds 2022 €</b>	<i>Total funds 2021 €</i>
Staff costs (Note 7)	121,454	32,853	<b>154,307</b>	134,058
Programme costs (Note 8)	139,302	130,958	<b>270,260</b>	219,330
Governance costs (Note 9)	-	8,980	<b>8,980</b>	5,597
<b>Total 2022</b>	<u>260,756</u>	<u>172,791</u>	<u><b>433,547</b></u>	<u>358,985</u>
<i>Total 2021</i>	<u>255,569</u>	<u>103,416</u>	<u>358,985</u>	

**7. Staff costs**

	<b>2022 €</b>	<i>2021 €</i>
Wages and salaries	<b>140,265</b>	120,793
Social security costs	<b>14,042</b>	13,265
	<u><b>154,307</b></u>	<u>134,058</u>

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

	<b>2022 No.</b>	<i>2021 No.</i>
Administration	<u><b>3</b></u>	<u>3</u>

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

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**8. Programme costs**

	<b>Restricted funds 2022 €</b>	<b>Unrestricted funds 2022 €</b>	<b>Total funds 2022 €</b>	<i>Total funds 2021 €</i>
Direct programme costs	91,782	-	<b>91,782</b>	78,533
Recruitment	-	7,380	<b>7,380</b>	-
Insurance	398	265	<b>663</b>	718
Printing, postage and stationery	122	81	<b>203</b>	790
Telephone	266	177	<b>443</b>	171
Travelling and entertainment	1,331	333	<b>1,664</b>	986
Fundraising costs	-	39,631	<b>39,631</b>	16,086
Accountancy	-	31,611	<b>31,611</b>	22,293
Bank charges	-	1,394	<b>1,394</b>	1,828
Staff entertainment	-	672	<b>672</b>	-
General expenses	475	317	<b>792</b>	1,493
Subscriptions	591	886	<b>1,477</b>	1,955
Website and IT infrastructure costs	13,500	13,500	<b>27,000</b>	27,594
Consultancy	30,837	34,674	<b>65,511</b>	60,569
Legal Fees	-	37	<b>37</b>	6,314
<b>Total 2022</b>	<b>139,302</b>	<b>130,958</b>	<b>270,260</b>	<b>219,330</b>
<i>Total 2021</i>	<i>147,990</i>	<i>71,340</i>	<i>219,330</i>	

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**9. Governance costs**

	<b>Unrestricted funds 2022 €</b>	<b>Total funds 2022 €</b>	<i>Total funds 2021 €</i>
Auditors' remuneration	7,012	<b>7,012</b>	5,597
Strategic review	1,968	<b>1,968</b>	-
<b>Total 2022</b>	<u>8,980</u>	<u><b>8,980</b></u>	<u>5,597</u>
<i>Total 2021</i>	<u>5,597</u>	<u>5,597</u>	

**10. Auditor's remuneration**

	<b>2022 €</b>	<i>2021 €</i>
Fees payable to the Charity's auditor for the statutory audit of the Charity's annual accounts only	<b>5,707</b>	5,597

**11. Directors' remuneration and expenses**

During the year, no Directors received any remuneration or other benefits (2021 - €NIL).

During the year ended 31 December 2022, no Director expenses have been incurred (2021 - €NIL).

**12. 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.

**13. Debtors**

	<b>2022 €</b>	<i>2021 €</i>
Other debtors	<b>4,752</b>	33,736
Prepayments and accrued income	<b>985</b>	385
	<u><b>5,737</b></u>	<u>34,121</u>



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**NOTES TO THE FINANCIAL STATEMENTS**  
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**14. Creditors: Amounts falling due within one year**

	<b>2022</b>	<i>2021</i>
	<b>€</b>	<b>€</b>
Bank overdrafts	<b>140</b>	<i>70</i>
Trade creditors	<b>31,013</b>	<i>10,529</i>
PAYE/PRSI	<b>3,674</b>	<i>4,245</i>
Accruals	<b>5,917</b>	<i>7,727</i>
Deferred income	<b>80,000</b>	<i>65,000</i>
	<b>120,744</b>	<i>87,571</i>
	<b>2022</b>	<i>2021</i>
	<b>€</b>	<b>€</b>
Deferred income at 1 January 2022	<b>65,000</b>	<i>-</i>
Resources deferred during the year	<b>80,000</b>	<i>65,000</i>
Amounts released from previous periods	<b>(65,000)</b>	<i>-</i>
	<b>80,000</b>	<i>65,000</i>

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**NOTES TO THE FINANCIAL STATEMENTS  
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**15. Statement of funds**

**Statement of funds - current year**

	Balance at 1 January 2022 €	Income €	Expenditure €	Transfers in/(out) €	Balance at 31 December 2022 €
<b>Unrestricted funds</b>					
General funds	155,660	187,884	(172,791)	(95,736)	75,017
Operational reserve	180,000	-	-	-	180,000
	<u>335,660</u>	<u>187,884</u>	<u>(172,791)</u>	<u>(95,736)</u>	<u>255,017</u>
<b>Restricted funds</b>					
Restricted	-	165,020	(260,756)	95,736	-
	<u>-</u>	<u>165,020</u>	<u>(260,756)</u>	<u>95,736</u>	<u>-</u>
<b>Total of funds</b>	<u><u>335,660</u></u>	<u><u>352,904</u></u>	<u><u>(433,547)</u></u>	<u><u>-</u></u>	<u><u>255,017</u></u>

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**15. Statement of funds (continued)**

**Statement of funds - prior year**

	<i>Balance at 1 January 2021 €</i>	<i>Income €</i>	<i>Expenditure €</i>	<i>Transfers in/(out) €</i>	<i>Balance at 31 December 2021 €</i>
<b>Unrestricted funds</b>					
Unrestricted 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>
	<i>Balance at 1 January 2021 €</i>	<i>Income €</i>	<i>Expenditure €</i>	<i>Transfers in/(out) €</i>	<i>Balance at 31 December 2021 €</i>
<b>Restricted funds</b>					
Reserves	97,454	148,736	(255,569)	9,379	-
	<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>

**16. Summary of funds**

**Summary of funds - current year**

	<b>Balance at 1 January 2022 €</b>	<b>Income €</b>	<b>Expenditure €</b>	<b>Transfers in/(out) €</b>	<b>Balance at 31 December 2022 €</b>
Unrestricted Funds	335,660	187,884	(172,791)	(95,736)	255,017
Restricted funds	-	165,020	(260,756)	95,736	-
	<u>335,660</u>	<u>352,904</u>	<u>(433,547)</u>	<u>-</u>	<u>255,017</u>

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**NOTES TO THE FINANCIAL STATEMENTS  
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**16. Summary of funds (continued)**

**Summary of funds - prior year**

	<i>Balance at 1 January 2021 €</i>	<i>Income €</i>	<i>Expenditure €</i>	<i>Transfers in/(out) €</i>	<i>Balance at 31 December 2021 €</i>
Unrestricted 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>

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

	<b>2022 €</b>	<b>2021 €</b>
Net (expenditure)/income for the year (as per Statement of Financial Activities)	<b>(80,643)</b>	34,066
<b>Adjustments for:</b>		
Decrease/(Increase) in debtors	<b>28,384</b>	(34,121)
Increase in creditors	<b>33,173</b>	67,207
<b>Net cash (used in)/provided by operating activities</b>	<b>(19,086)</b>	<b>67,152</b>

**18. Analysis of cash and cash equivalents**

	<b>2022 €</b>	<b>2021 €</b>
Cash at bank and in hand	<b>370,024</b>	389,110
<b>Total cash and cash equivalents</b>	<b>370,024</b>	<b>389,110</b>

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

	At 1 January 2022 €	Cash flows €	At 31 December 2022 €
Cash at bank and in hand (Note 18)	389,110	(19,086)	370,024
Bank overdrafts repayable on demand (Note 14)	(70)	(70)	(140)
	<u>389,040</u>	<u>(19,156)</u>	<u>369,884</u>

**20. Contingent liabilities**

There were no contingent liabilities as at 31 December 2022.

**21. Capital commitments**

There were no capital commitments as at 31 December 2022.

**22. Related party transactions**

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:

	2022 €	2021 €
Salaries and other short-term employee benefits	154,307	134,058
	<u>154,307</u>	<u>134,058</u>

There were no further transactions entered into with the directors.

**23. Post balance sheet events**

There have been no significant events affecting the company since the year end.

**24. Controlling party**

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

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**25. 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).

**26. Approval of financial statements**

The board of directors approved these financial statements and authorised them for issue on 18th May 2023