

REGISTERED COMPANY NUMBER: 06181997 (England and Wales)
REGISTERED CHARITY NUMBER: 1125500

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE
YEAR ENDED 31 MARCH 2017
FOR
BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

LDP Luckmans
1110 Elliott Court
Coventry Business Park
Herald Avenue
Coventry
West Midlands
CV5 6UB



BRUNSWICK HEALTHY LIVING CENTRE LIMITED

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for the year ended 31 March 2017**

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BRUNSWICK HEALTHY LIVING CENTRE LIMITED

**REPORT OF THE TRUSTEES
for the year ended 31 March 2017**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2017. The trustees have adopted the provisions of 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) (effective 1 January 2015).

The Trustees who are also the Directors of the Charity for the purposes of the Companies Act 2006, present their report with the financial statements of the Charity for the year ended 31 March 2017 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the Charity and its principal activities as stated in the Memorandum and Articles of Association are as follows:

The promotion for the public benefit of urban or rural regeneration in areas of social and economic deprivation and in particular in Leamington Old Town area of Warwickshire (within the municipal district of Warwick) by all or any of the following means:

- A. The relief of poverty;
- B. The advancement of education, training and retraining, particularly among unemployed people, and providing unemployed people with work experience;
- C. The provision of financial assistance, technical assistance, or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help:
 - (i) In setting up their own business; or
 - (ii) To existing businesses;
- D. The maintenance, improvement or provision of public amenities;
- E. The provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disablement, poverty or social or economic circumstances have need of such facilities;
- F. The provision of public health facilities and childcare, in particular by the establishment and operation of a healthy living centre in the area;
- G. Such other means as may from time to time be determined subject to the prior written consent of the Charity Commissioners of England and Wales.'

The Aims and Objectives as with many charities are very broad. The way the Objectives are met and delivered are through the following identified priority needs and by following the Organisation's vision and core values stated:

Vision

A healthy community fulfilling it's potential.

Tag Line

Being Here for Local Communities

Priority needs/objectives of BHLC & Network

- Physical activity/physical health
- Healthy eating
- Mental wellbeing
- Economic health
- Supporting independent living
- Access to accurate and up to date information regarding health and its related issues for the general public

Core Values

- Non-judgemental
- Inclusive/welcoming/open & transparent
- Creating a safe environment
- To empower our customer
- Removing barriers and improving access
- Value and respect individuals

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

OBJECTIVES AND ACTIVITIES

Significant activities

Public Benefit

Brunswick Hub is a multi-service venue which Brunswick Healthy Living Centre (BHLC) Limited manages and coordinates. Warwickshire NHS services reside in a third of the building. While they manage their own services the Hub staff team do have an overall coordinating role to play. Through partnership working the Hub acts as a holistic venue, offering services to the community addressing health and wellbeing issues.

BHLC is committed to identifying areas of need and developing services to address these needs. Partnership development and collaborative working is fundamental to the way BHLC works within the community and aims to develop future services and activities.

How our activities deliver public benefit

In shaping our objectives for the year and planning our activities the Trustees have considered the Charity Commission's guidance on public benefit.

The main activities focus on: digital inclusion; physical activity; mental wellbeing; healthy eating; general wellbeing; economic health; supporting independent living and also access to accurate and up to date information regarding health and its related issues for the general public. Throughout the year, 1617 individuals registered to use a diverse range of services and activities. These are delivered through the following mechanisms:

The Community Café

The Community Café is open to all the community and offers an 8:30-4.30pm service. This year has seen an increasing use of this facility by people generally and by people with physical and mental health difficulties. The annual footfall figure of people using the Community Café was 8639 visits. In order to remain an accessible and unobtrusive service the Community Café is only able to count footfall figures and not undertake more detailed monitoring. It is considered to be a welcoming and safe environment for all members of the community and something of which the BHLC is very proud.

The service provides an affordable healthy menu with all home cooked items. In addition the Café provides a local community meeting venue for socialising and informal meetings. Organisations are increasingly using the Café to meet their clients, rather than have to meet room hire costs to pay for meeting space. BHLC welcomes organisations using the space in this way. This has however, had an impact on room hire income as room hire is equally affected by reduced bookings.

Physical Activities for the community

Programs of affordable and diverse physical activities have been offered to the community. These have included: Dance for all ages, Dance Aerobics, Body Toning, Movement to Music (Seated exercise), and Tai Chi. Attendance has been regular, indicating that people want to be physically active if the activity is appropriate and at an affordable cost to sustain. On average 8 different activities have been offered on a weekly basis.

Room Hire

BHLC provides affordable room hire to a variety of community and commercial groups throughout the week: physical activities and other activities to support health and wellbeing; including dementia services; business meetings; and, some private functions. Room hire rates are kept to a minimum for community use. A slightly higher rate for statutory users and again for commercial users is charged. Through the Community Café, BHLC is able to offer healthy eating at an affordable cost and offers a full catering service to all room hirers. Any income derived from room hire and catering services helps to sustain the Community Café and supports the Organisation to deliver community activities and services.

Community Computer Facilities-digital Inclusion

The total number of computers available for community use are 33. This makes BHLC one of the best equipped community facilities in Warwick District.

Clients have access to the Employment Clubs & UK Online, as well as volunteer led sessions and opportunities to use computers independently - IT Drop In and Internet Café.

Volunteer Programme

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

OBJECTIVES AND ACTIVITIES

Significant activities

The Volunteer Programme remains an essential component of the Hub. This year **77** volunteers have been supported and offered opportunities to undertake specific roles within the Hub. Recruitment has been through advertising, networking, word of mouth and following visits where they can look around to see what is on offer. Volunteers have an essential role in the smooth running of the Hub; it relies heavily on their input for the day to day running across all services and activities delivered. BHLC is proud of its inclusive volunteering programme offering volunteering opportunities to all. Volunteers are valued and supported whilst learning new skills and gaining valuable experience. Volunteers contributed **7071 hours** throughout the year with an equivalent monetary value of **£93,973.59**. The volunteer programme continues to provide a social value to the community as well as to the individual volunteers. Throughout the year, **15** volunteers went on to gain employment demonstrating the value that volunteering can bring. During the year, funding was received from the Big Lottery Awards for All programme to enable BHLC run a Volunteer into Confidence training programme in 2017/18.

Gardening

Physical activity can take many forms and BHLC is committed to finding ways to get people active and increase the amount of activity and participation. The gardening projects are ideal ways of increasing activity. They are managed through volunteers led by experienced gardeners. Volunteers maintain the Secret Garden adjacent to the Hub as well as maintain community flower beds in Charles Gardener Square. Our gardening volunteers entered Leamington in Bloom this year and were 'Highly Commended' for their efforts.

Employment Clubs

The current funding for the Employment Clubs of BHLC comes from a Warwick District SLA and Orbit Heart of England SLA which jointly funds from 2015-2018. These employment sessions run to assist clients to increase their employability skills such as CV writing, interview skills, work experience and general job searches. They run as follows:-

Brunswick Hub - Tuesdays & Thursdays
Southern Court - Lillington on Mondays
The Gap - Warwick on Wednesdays

During the year, **284** people engaged in the employment clubs with **61** people gaining employment. Increasingly, the employment clubs are working with people who are the furthest away from the job market and with multiple issues. Our strong partnerships with other agencies enable us to refer people who are in need of debt and welfare advice services to help support people tackle such issues to enable them move into employment.

Work Experience and College Trainees

The Work Experience Programme has developed a new partnership with Warwickshire College in the year. This, together with our strong links with Job Centre Plus, allows us to offer work placement opportunities to all age groups including young people. Throughout the year, **12** work placements have been completed.

Dementia Café

The service for people affected by dementia and their carers has been able to continue throughout the year due to funding that was received from the Joint Healthy South Warwickshire and a Private Donation. Funding secured in December 2016, of £102,857 from the Big Lottery 'Reaching Communities' Fund will support the project going forwards for the forthcoming 5-years. This funding will create greater sustainability enabling us to promote and widen the project. The project provides a stimulating programme of activities whilst being a source of support and information for carers. This project is running twice monthly but will increase to a weekly service in the next financial year.

Breathing Space Project

A weekly drop-in money advice service in partnership with Warwick Citizens Advice, Orbit Housing, Bromford Housing, Waterloo Housing, and Warwick District Council. It provides a weekly appointment system for all residents on financial/ housing advice issues. BHLC facilitates and hosts the sessions.

Citizens Advice Drop-in New

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

OBJECTIVES AND ACTIVITIES

Significant activities

A weekly appointment service to see an adviser takes place every Wednesday. This adds value to other services provided by BHLC and is a particularly valuable service for people who need advice to help them into employment. In this regard, it dovetails with the Employment Club, Work Experience and Volunteering into employment services.

Bounce Back Support Group (Breast Cancer Support Group)

This important support group continued to meet at the Hub for most of the year. However, due to limitations in available space for the group to meet due to the increase in group numbers, the group relocated in December.

Partners worked with during the year

Rosa
Safeline
HealthWatch Warwickshire
The CHAIN
The SYDNI Centre
The Gap
Guideposts Carers Service
Springfield MIND
Remploy
WCAVA
Safer Neighbourhoods Partnership Team
WDC Community Partnership Team
Orbit Heart of England
Leamington Jobs Fair Team 2016
And many more

Communities Together Network

As part of the SLA tendering process, BHLC led the development and creation of a new Warwick District network of community organisations. This network is an important space to share good practice, support each other and develop collaborations. It meets bi-monthly with membership consisting of Warwick District Community Hubs: WCAVA; Citizens Advice; SYDNI, The Gap and the Chain. All Members hold contracts with WDC and some also with Orbit Heart of England. The over-arching aim is to maximise resources at all levels for the communities that are served.

Summary of approach

BHLC is a one-stop-shop for health services, advice and information. Health and wellbeing is the Charity's priority and the key reason it exists. Improving access for all members of the community is its remit, which in turn is believed to help address health inequalities and improve the health of the community it serves.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Monitoring and evaluation is undertaken for all BHLC services and activities. A bespoke monitoring system Community Counts was developed in 2014 to capture statistics relating to usage of services and activities not only for BHLC but also for two other local community organisations. The system helps us report back to funders and supporters by providing data intelligence in relation to all our services and activities.

Community Counts has enabled BHLC to track the growing number of people that use our services on a daily basis. The number of clients registered for services 2016-2017 was **1617** individuals. Many of those registered, access BHLC for multiple services and activities. For example, a person registering to use the Employment Club may also register as a volunteer to gain work experience. They then may need support with budgeting and money advice. This person may then also use the drop in public computers of BHLC.

The number of job starts declined in this year to **61** from those reported in 2015/16, when the number of job starts was **90**. This is because people need more support to get back into work. It reflects the additional time spent by staff supporting people with complex issues and this client group is significantly increasing. At BHLC, we are fortunate to work with many different agencies and partners and during the year, **125** people were referred to other, more specialist agencies for support. During the year also, **707** individuals were signposted to organisations and agencies for information and guidance.

The investment in IT facilities in the previous year has reaped rewards for the local community. The public computers are in constant use. The IT suite is used by Remploy to support people with additional support needs on a weekly basis, whilst our own BHLC Employment Club is finding that twice weekly sessions are often oversubscribed. During the year, we have forged a partnership with the probation hostel in Leamington Spa. This enables us to provide tailored support to people who are struggling to get back into the workplace.

The Volunteer Programme at BHLC has seen **77** individuals volunteering throughout the year at BHLC of whom **15** secured employment as a direct result of their volunteering. Volunteering spans across the organisation where volunteers gave **7071** hours contributing to running the Coffee Shop, Reception, Digital Services, the Employment Club and a whole host of other services. From this, **61** volunteers are continuing their volunteering into 2017/18.

Triple Link is a project funded for 5 years by the Big Lottery and provides a twice monthly services for people with dementia and their carers. It is a valuable local resource that provides support and respite for carers whilst offering a varied and stimulating programme of activities for people affected by dementia. The staff and volunteers who work on this project have chosen to become Dementia Friends and as an organisation, BHLC has pledged to work towards becoming Dementia Friendly and have signed up to the Dementia Action Alliance.

BHLC is a registered Safe Place with the Warwickshire County Council. Good mental health and feeling of well-being is fundamental in BHLC's approach. Anecdotal evidence tells us that clients feel safe, feel valued and are not judged. They are encouraged to be who they want to be and are able to access services that they need. The social value of BHLC is considered high.

Working in partnership to ensure local needs are met remains a key activity. The Chief Executive sits on the South Leamington Community Forum planning group. Other partnerships include: Mental Health Task & Finish group (facilitated by WCAVA). Our partnership work with Remploy provides a link between the employment programme of BHLC, Job Centre Plus to support people with additional support needs get into employment. Springfield MIND host a weekly drop in the coffee shop. Funding received in the year from Reboot UK has provided an opportunity for BHLC to work in partnership with Springfield MIND and the Salvation Army Way Ahead project to deliver digital services on an outreach basis for people affected by mental ill health.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Funding

Future funding with the changing economic environment continues to be a challenge. Business planning and review is ongoing to ensure sustainability of the Organisation. In the forthcoming year, funding is being sought to enable BHLC develop a new strategic plan aligned with the priorities of our key funders, the community including local health and wellbeing priorities. It is expected that this work will be undertaken in 2017/18.

NHS space in BHLC has been underutilised since the consolidation of community dental services to Leamington Rehabilitation Hospital in 2014. This year, dialogue has been opened with key strategic NHS personnel that will result in maximising the use of the NHS facility at BHLC in 2017/18. NHS Property Services has also agreed an acceptable funding formula with BHLC for the maintenance and management of the clinical space.

Income is generated from renting space within the Hub for a variety of activities/ uses to maximise the use of the BHLC building. Venue hire income generation supports our work in the local community allowing BHLC to continue to run its services and activities for the local community.

Prudent financial management has enabled BHLC to make a small surplus within the year. BHLC has acted responsibly and looked at way to reduce costs, enhance efficiency and improve sustainability. A review of all service contracts has result in significant savings which will continue into the next financial year.

Funding received from the Big Lottery Awards for All programme secured within this financial year, will enable BHLC run a much needed Volunteer into Confidence training programme for all volunteers which will be delivered and expanded to other local organisations in the 2017/18 year.

The Big Lottery Reaching Communities funding received in the year, will allow BHLC run its dementia services for the next 5 years.

In March, Trustees, volunteers and staff engaged in a review of organisational strengths which identified three key areas for development: a need to implement a national quality standard for the organisation, develop a marketing plan and investigate and implement new impact reporting procedures. During 2017/18, the priorities will form part of the strategic work of BHLC as outlined above.

FINANCIAL REVIEW

Principal funding sources

Our principal funding sources are Warwick District Council and Orbit Heart of England.

Investment policy

Any surplus funds are placed on short term deposit.

Reserves policy

Reserves are needed to bridge the gap between the spending and receiving of resources and to cover unplanned emergency repairs and other expenditure. Due to the uncertainty of future funding and the ability of such funding to meet inflation the Trustees consider that the level of free reserves (that is the unrestricted funds not committed or invested in tangible fixed assets) at 31 March 2017 should be £125,000

The present level of free reserves available to the charity amounts to £124,690 which is lower than currently estimated needs.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

FINANCIAL REVIEW

Financial review

The deficit in previous years was in line with budget.

The total incoming resources amounted to £320,712 (2016 - £246,823) of which £38,993 (2016 - £19,859) was for restricted purposes. Donations and legacies increased by £19,409. Room hire increased by £62,150 mainly due to the negotiation with Warwickshire NHS over the amount payable for their use of the Hub. Charitable income decreased by £10,017 from £156,456 to £146,439: mainly due to an decrease of income from service level agreements.

The resources expended totalled £269,340 (2016 - £278,060 including £30,957 (2016 - £36,633) spent out of the restricted funds. £162,636 (2016 - £181,738) of this expenditure related to staff costs involved in support services to the charitable activities. There was an unrestricted fund surplus this year of £43,346 compared to a deficit in the 2016 of £14,463.

The total amount of unrestricted funds at the year end amounted to £129,438 of which £3,408 relates to fixed assets (which is treated as a designated fund) leaving free reserves of £126,030 which was in line with expectations.

FUTURE PLANS

The work undertaken in the last year has placed the Charity in a much better position than 12 months ago.

Work to develop the new Strategic Plan in the forthcoming year and work stemming for the organisational strengths review will be a firm focus of our work in the next 12 months.

There are six main Strategic Priorities for the coming year

To develop a strategic plan to ensure that future services and activities meet local need and priorities.

To implement the priorities identified in the Organisational Strengths Review.

To maximise income and ensure the future sustainability and efficiency of the organisation.

To work with Warwick District Council and Orbit Heart of England to ensure our contractual obligations are met and to ensure that the organisation is in a strong position to enter into new contracting arrangements for 2018-2021.

To recruit new trustees to the Board who have a strong local connection.

To continue and expand the work we do to support and sustain our local community.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document -Memorandum and Articles of Association. The Company was incorporated on 23rd March 2007 as a Company Limited by Guarantee. The objectives within the Memorandum and Articles of Association were amended by special resolution at the Annual General Meeting on 30th June 2008 following consultation with the Charity Commission.

Charitable status was secured on 13th August 2008.

Recruitment and appointment of new trustees

One Trustee joined the Board in August 2017. The Charity is working towards recruiting new trustees who work, live or access services in the local area.

New trustees are given a Trustee Handbook of roles and responsibilities which includes information about the history, organisation and management of the Charity. New trustees are then taken through a recruitment process. This includes an interview with existing trustees which provides a platform from which they can outline their contribution to the organisation.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

REPORT OF THE TRUSTEES for the year ended 31 March 2017

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

There is a clear line of management within the organisation. The Chief Executive oversees the organisation on a day to day basis and is responsible for implementation of policy and decisions of the Board and who reports to and is managed by the Chair of the Board.

The Directors and Trustees are elected in accordance with the Governing Document. They have met Bi-monthly during the year. No policy or major financial decisions can be taken without the approval of a majority of the Directors/Trustees being present and quorate.

The staffing structure continues to be proactively reviewed during the year to meet business growth.

The current structure is as follows:-

Board of Directors

Chief Executive

PA/ Centre Administrator

Finance Officer

Volunteer Coordinator

Receptionist

Coffee Shop Manager

Coffee Shop Relief Assistant

Employment Club Advisor & Project Officer x 2

Caretakers x 2

Key Partners

Brunswick Healthy Living Centre Ltd has had three key partners this year:

- a) Warwickshire NHS
- b) Warwick District Council (SLA funding)
- c) Orbit Heart of England (SLA funding)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06181997 (England and Wales)

Registered Charity number

1125500

Registered office

98-100 Shrubland Street
Leamington Spa
Warwickshire
CV31 3BD

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

**REPORT OF THE TRUSTEES
for the year ended 31 March 2017**

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

| | |
|---------------------------|---|
| J P Lyons | Retired Local Government Officer |
| Mrs Z Parkin | Senior Case Worker- resigned 31.7.16 |
| Mrs P M Haynes | Retired Business Person (Elected Chair) |
| Dr S J Sakowicz-Librowski | Lecturer & Landlord |
| Miss R J A Gray | Accounts Manager - appointed 10.8.16 |
| Dr R C A A Van Shie | Company Director - appointed 26.5.17 |
| Mrs K K Dayal | Quality Assurance &- appointed 26.5.17 |
| | Patient Experience L |

Company Secretary

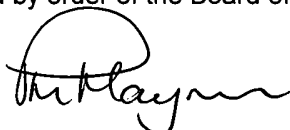
J P Lyons

Independent examiner

LDP Luckmans
1110 Elliott Court
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This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 28 June 2017 and signed on its behalf by:



Mrs P M Haynes - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

I report on the accounts for the year ended 31 March 2017 set out on pages thirteen to twenty one.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of FCCA.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of 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) (effective 1 January 2015)

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



M D Spafford
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28 June 2017

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the year ended 31 March 2017**

| | Notes | Unrestricted funds £ | Restricted funds £ | 2017 Total funds £ | 2016 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 694 | 38,993 | 39,687 | 20,278 |
| Charitable activities | 5 | | | | |
| Healthy living | | 146,439 | - | 146,439 | 156,456 |
| Other trading activities | 3 | 134,520 | - | 134,520 | 69,875 |
| Investment income | 4 | 66 | - | 66 | 214 |
| Total | | <u>281,719</u> | <u>38,993</u> | <u>320,712</u> | <u>246,823</u> |
| EXPENDITURE ON | | | | | |
| Charitable activities | 6 | | | | |
| Healthy living | | <u>238,373</u> | <u>30,967</u> | <u>269,340</u> | <u>278,060</u> |
| NET INCOME/(EXPENDITURE) | | <u>43,346</u> | <u>8,026</u> | <u>51,372</u> | <u>(31,237)</u> |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>86,092</u> | <u>410,657</u> | <u>496,749</u> | <u>527,986</u> |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>129,438</u></u> | <u><u>418,683</u></u> | <u><u>548,121</u></u> | <u><u>496,749</u></u> |

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

**BALANCE SHEET
At 31 March 2017**

| | Notes | Unrestricted funds £ | Restricted funds £ | 2017 Total funds £ | 2016 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 12 | 3,408 | 395,922 | 399,330 | 409,993 |
| CURRENT ASSETS | | | | | |
| Stocks | 13 | 1,293 | - | 1,293 | 1,205 |
| Debtors | 14 | 50,315 | - | 50,315 | 8,917 |
| Cash at bank | | 89,221 | 22,761 | 111,982 | 87,975 |
| | | <u>140,829</u> | <u>22,761</u> | <u>163,590</u> | <u>98,097</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 15 | (14,799) | - | (14,799) | (11,341) |
| NET CURRENT ASSETS | | <u>126,030</u> | <u>22,761</u> | <u>148,791</u> | <u>86,756</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>129,438</u> | <u>418,683</u> | <u>548,121</u> | <u>496,749</u> |
| NET ASSETS | | <u>129,438</u> | <u>418,683</u> | <u>548,121</u> | <u>496,749</u> |
| FUNDS | 16 | | | | |
| Unrestricted funds | | | | 129,438 | 86,092 |
| Restricted funds | | | | <u>418,683</u> | <u>410,657</u> |
| TOTAL FUNDS | | | | <u>548,121</u> | <u>496,749</u> |

The notes form part of these financial statements

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

BALANCE SHEET - CONTINUED

At 31 March 2017

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2017.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2017 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 28 June 2017 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'P M Haynes', written in a cursive style.

Mrs P M Haynes -Trustee

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2017

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

| | |
|-----------------------|-------------------------------|
| Fixtures and fittings | - 3 to 10 years straight line |
|-----------------------|-------------------------------|

Expenditure of less than £1,000 is treated as revenue expenditure. Tangible assets costing more than £1,000 are capitalised and included at cost.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the year ended 31 March 2017

2. DONATIONS AND LEGACIES

| | 2017 | 2016 |
|-----------|---------------|---------------|
| | £ | £ |
| Donations | 11,314 | 867 |
| Grants | 28,373 | 19,411 |
| | <u>39,687</u> | <u>20,278</u> |

Grants received, included in the above, are as follows:

| | 2017 | 2016 |
|--------------------------|---------------|---------------|
| | £ | £ |
| Warwick District Council | 500 | - |
| Big Lottery Fund | 22,606 | - |
| Other grants | 5,267 | 19,411 |
| | <u>28,373</u> | <u>19,411</u> |

3. OTHER TRADING ACTIVITIES

| | 2017 | 2016 |
|--------------|----------------|---------------|
| | £ | £ |
| Room hire | 129,187 | 67,037 |
| Other income | 5,333 | 2,838 |
| | <u>134,520</u> | <u>69,875</u> |

4. INVESTMENT INCOME

| | 2017 | 2016 |
|--------------------------|-----------|------------|
| | £ | £ |
| Deposit account interest | 66 | 214 |
| | <u>66</u> | <u>214</u> |

5. INCOME FROM CHARITABLE ACTIVITIES

| | Activity | 2017 | 2016 |
|--------------------------|----------------|----------------|----------------|
| | | £ | £ |
| Community Cafe income | Healthy living | 20,601 | 23,202 |
| Activities | Healthy living | 2,992 | 2,600 |
| Service Level Agreements | Healthy living | 122,846 | 130,654 |
| | | <u>146,439</u> | <u>156,456</u> |

6. CHARITABLE ACTIVITIES COSTS

| | Direct costs | Support costs (See note 7) | Totals |
|----------------|----------------|-------------------------------|----------------|
| | £ | £ | £ |
| Healthy living | <u>260,220</u> | <u>9,120</u> | <u>269,340</u> |

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the year ended 31 March 2017

7. SUPPORT COSTS

| | |
|----------------|------------------|
| | Governance costs |
| | £ |
| Healthy living | 9,120 |
| | <u>9,120</u> |

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | | |
|--|---------------|---------------|
| | 2017 | 2016 |
| | £ | £ |
| Independent Examiner's fees | 2,640 | 2,460 |
| Independent Examiner's fees for other services | 4,242 | 1,084 |
| Depreciation - owned assets | 10,663 | 10,663 |
| | <u>10,663</u> | <u>10,663</u> |

The charity paid £Nil for Directors' and officers' indemnity insurance. Last year £Nil.

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2017 nor for the year ended 31 March 2016.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2017 nor for the year ended 31 March 2016.

10. STAFF COSTS

| | | |
|-----------------------|----------------|----------------|
| | 2017 | 2016 |
| | £ | £ |
| Wages and salaries | 155,355 | 172,336 |
| Social security costs | 7,281 | 9,402 |
| | <u>162,636</u> | <u>181,738</u> |

The average monthly number of employees during the year was as follows:

| | |
|-----------|-----------|
| 2017 | 2016 |
| 11 | 12 |
| <u>11</u> | <u>12</u> |

No employees received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | | | |
|-----------------------------------|--------------------|------------------|-------------|
| | Unrestricted funds | Restricted funds | Total funds |
| | £ | £ | £ |
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 419 | 19,859 | 20,278 |
| Charitable activities | | | |
| Healthy living | 156,456 | - | 156,456 |
| Other trading activities | 69,875 | - | 69,875 |
| Investment income | 214 | - | 214 |

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the year ended 31 March 2017

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| Total | 226,964 | 19,859 | 246,823 |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Healthy living | 241,427 | 36,633 | 278,060 |
| Total | 241,427 | 36,633 | 278,060 |
| NET INCOME/(EXPENDITURE) | (14,463) | (16,774) | (31,237) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 100,555 | 427,431 | 527,986 |
| TOTAL FUNDS CARRIED FORWARD | 86,092 | 410,657 | 496,749 |

12. TANGIBLE FIXED ASSETS

| | Freehold property £ | Fixtures and fittings £ | Totals £ |
|-----------------------------------|---------------------------|-------------------------------|-------------|
| COST | | | |
| At 1 April 2016 and 31 March 2017 | 450,671 | 46,794 | 497,465 |
| DEPRECIATION | | | |
| At 1 April 2016 | 45,736 | 41,736 | 87,472 |
| Charge for year | 9,013 | 1,650 | 10,663 |
| At 31 March 2017 | 54,749 | 43,386 | 98,135 |
| NET BOOK VALUE | | | |
| At 31 March 2017 | 395,922 | 3,408 | 399,330 |
| At 31 March 2016 | 404,935 | 5,058 | 409,993 |

13. STOCKS

| | 2017 £ | 2016 £ |
|--------|-----------|-----------|
| Stocks | 1,293 | 1,205 |

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the year ended 31 March 2017

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2017 | 2016 |
|---------------|---------------|--------------|
| | £ | £ |
| Trade debtors | 5,143 | 3,718 |
| Accruals | 41,457 | - |
| Prepayments | 3,715 | 5,199 |
| | <u>50,315</u> | <u>8,917</u> |

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2017 | 2016 |
|---------------------------------|---------------|---------------|
| | £ | £ |
| Trade creditors | 2,849 | 2,682 |
| Social security and other taxes | - | 3,555 |
| Deferred income | - | 1,310 |
| Accrued expenses | 2,640 | 3,794 |
| Deferred income | 9,310 | - |
| | <u>14,799</u> | <u>11,341</u> |

16. MOVEMENT IN FUNDS

| | At 1.4.16 | Net movement in funds | At 31.3.17 |
|--------------------------------|----------------|-----------------------------|----------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 81,034 | 44,996 | 126,030 |
| Designated Fund - Fixed assets | 5,058 | (1,650) | 3,408 |
| | <u>86,092</u> | <u>43,346</u> | <u>129,438</u> |
| Restricted funds | | | |
| Regenesis 2 Assets | 404,935 | (9,013) | 395,922 |
| Breathing Space | 1,826 | (1,726) | 100 |
| Dementia Cafe | 3,896 | (2,922) | 974 |
| Tripple Link | - | 8,341 | 8,341 |
| Awards for All | - | 9,285 | 9,285 |
| Reboot UK | - | 1,012 | 1,012 |
| Breakthrough | - | 3,049 | 3,049 |
| | <u>410,657</u> | <u>8,026</u> | <u>418,683</u> |
| TOTAL FUNDS | <u>496,749</u> | <u>51,372</u> | <u>548,121</u> |

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|--------------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 281,719 | (236,723) | 44,996 |
| Designated Fund - Fixed assets | - | (1,650) | (1,650) |
| | <hr/> 281,719 | <hr/> (238,373) | <hr/> 43,346 |
| Restricted funds | | | |
| Breathing Space | 500 | (2,226) | (1,726) |
| Volunteers | 3,000 | (3,000) | - |
| Dementia Cafe | 7,232 | (10,154) | (2,922) |
| Access Works | 1,017 | (1,017) | - |
| Tripple Link | 13,058 | (4,717) | 8,341 |
| Awards for All | 9,548 | (263) | 9,285 |
| Reboot UK | 1,250 | (238) | 1,012 |
| Breakthrough | 3,388 | (339) | 3,049 |
| Regenesi 2 Assets | - | (9,013) | (9,013) |
| | <hr/> 38,993 | <hr/> (30,967) | <hr/> 8,026 |
| TOTAL FUNDS | <hr/> <hr/> 320,712 | <hr/> <hr/> (269,340) | <hr/> <hr/> 51,372 |

Purposes of Designated Funds

Fixed Assets: The fixed assets fund is the value of unrestricted funds represented by the tangible fixed assets owned by the charitable company.

Purposes of Restricted Funds

Regenesi 2 Assets: This was the value of assets granted to the charity. The balance is reducing as the assets depreciate. Until 18 August 2023 no disposition of the registered estate known as 98-100 Shrubland Street, Leamington Spa, CV31 3BD is to be registered without written permission of the Big Lottery Fund. There is a potential clawback of any grants received towards this property.

Breathing Space Fund: This was to offer a weekly drop in money advice service.

Big Lottery-Awards for All: This is to develop the Volunteer into Confidence Programme.

Triple Link Dementia Cafe: This is to expand and further develop a service for those suffering from dementia together with support for their carers.

Reboot UK: This is to develop digital services for people affected by mental ill health.

Breakthrough: This is a partnership project to provide support to people with complex needs who are seeking employment.

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2017.