

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 2019  
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 2019**

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**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

**REPORT OF THE TRUSTEES**

**for the year ended 31 March 2019**

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 2019 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

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 (FRS102) (effective 2015).

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**REPORT OF THE TRUSTEES**  
**for the year ended 31 March 2019**

**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 which fulfils its potential.

**Tag Line**

Being Here for Local Communities

**Priority needs/objectives of BHLC**

- 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 2019**

**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 it manages its 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; economic health; mental wellbeing; health and well-being; access to services and encouraging independent living; also access to accurate and up to date information regarding health and all its related issues for the general public. Throughout the year, **1,093** individuals registered to use a diverse range of services and activities. This would appear to be a significantly down on last year's figure of **1,731** but due to the fact that everyone had to re-register in 2017 because of the new GDPR last year's figure was artificially inflated. However this year figure is a true reflection of the year. These services were delivered through a variety of mechanisms, including the following:

**The Community Café**

The Community Café is open to all the community for food and drink between 9.00am-4.00pm. This year has seen an increase in the use of this facility by the community generally and also by people suffering with physical and mental health issues. The annual footfall figure of people using the Community Café was **12,452** visits.

In line with the ethos of the Centre to respect our clients and to remain accessible, the Community Café only counts footfall figures and does not undertake more detailed monitoring. It is considered to be a welcoming and safe environment and a registered 'Safe Place' for all members of the community and is at the heart of the Brunswick Hub premises, an achievement of which the BHLC is very proud.

The Service provides an affordable healthy menu with a home cooked dish of the day. In addition, the Café provides a local community venue for socialising and informal meetings. Organisations often use the Café to meet clients, both formally and informally, rather than pay room hire costs for meeting space. BHLC welcomes organisations using the space in this way which brings in a wide range of users into the Hub.

One change to the café offering was the change to children's meals for the JayKay's dance school, it was felt these were not cost effective nor a healthy offering so were omitted from the Menu. However, there is a plan in place for this financial year to re-instate this offer along with a whole new Menu for customers.

**Physical Activities for the community**

Programmes of affordable physical activities have been offered to the community. These include: - Sequence Dancing, a range of dance classes for children and young people, Aero Tone, Seated Exercise and Tai Chi. Attendance is regular, indicating that people want to be physically active if the activity is appropriate and at an affordable cost to sustain. On average 5 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: many varied activities that support health and wellbeing in its widest sense are run from the premises; these include dementia services (Singing for the Brain), business meetings, employment support for young people and some private functions. In 2018 we also secured a long term booking with EMIS diabetic eye clinic who run their Eye screening clinic twice a week from our small meeting room, this brings in people from all over the area so great exposure for the HUB

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**REPORT OF THE TRUSTEES**  
**for the year ended 31 March 2019**

**OBJECTIVES AND ACTIVITIES**

**Significant activities**

Room hire rates are kept to an affordable minimum for community use. For statutory and commercial users, the rate is graduated upwards but still affordable. Through the Community Café, BHLC is also able to offer the bonus of healthy eating at a reasonable rate and offers a full catering service to all room hirers if required. 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 is 30. This makes Brunswick Hub one of the best equipped community facilities in Warwick District. Clients have access to the Employment Clubs & Learn My Way, which is part of UK Online, as well as volunteer led sessions, Computer Club and opportunities to use computers independently - I.T. Drop-In and Internet Café.

**Volunteer Programme**

The Volunteer Programme remains an essential component of the Hub. This year **63** volunteers have been supported and offered opportunities to undertake specific roles within the Hub. Recruitment has been through advertising, networking and word of mouth. Volunteers are encouraged to visit the Hub to see what is on offer and to experience a one to one taster session before committing to becoming a full volunteer. 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.

We work in Partnership with WCAVA and use an on-line system to match potential volunteers to opportunities within the HUB

Volunteers contributed **5,580** hours on **1,984** separate occasions throughout the year with an equivalent monetary value of **£99,901**.

We currently don't have a Volunteer Co-ordinator due to them leaving and recruitment not being successful. However, it is felt going forward that this can be managed by the current staff team with the Centre Manager taking overall responsibility for the Volunteering scheme with support from WCAVA.

The Volunteer Programme continues to provide a social value to the community as well as to the individual volunteers.

**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 & social isolation the 'Secret Garden' is a well-used facility in the summer months encouraging gardening skills and social interaction. The Garden has also been enhanced with local companies donating goods and funding being secured.

**Employment Clubs**

The current funding for the Employment Clubs of BHLC comes from a Warwick District Council which the SLA has been awarded again for another 3 years 2018-2021. These employment sessions run to assist clients to increase their employability skills and also offer facilities such as CV writing, interview skills, work experience and general job searches. They run as follows:

Brunswick Hub - Tuesdays & Thursdays

Lillington Library, Lillington - Mondays - This was originally held at 'The Chain' in Lillington however the venue was changed in October 2018 which means we were unable to offer the service until January 2019 when a more suitable venue was found.

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**REPORT OF THE TRUSTEES**  
**for the year ended 31 March 2019**

**OBJECTIVES AND ACTIVITIES**

**Significant activities**

During the year, **286** people attended the Employment Clubs with **41** people gaining employment. Increasingly, the Sessions 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 and also services to help support people to tackle other issues, which can be a barrier to enable them to move into employment.

**Work Experience and College Trainees**

The Work Experience Programme has a 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. This scheme saw 3 people gain valuable work experience within the year.

**Digital Inclusion**

This is another Service that complements our Employment Services and offers access to I.T. skills for the local community. The Digital Inclusion Programme runs on Wednesdays and Fridays each week; the Computer Club on a Friday is a drop-in support session for anyone wishing to learn how to access the Internet and increase their skills. We also offer a drop-in service at Springfield MIND as part of our commitment to partnership working and taking services out to the community. During the year, **416** clients registered for Digital Inclusion Services and **238** used the free-to-access computers in the Community Café area; we are expecting to see a rise in these numbers with the implementation of Universal Credit in the coming year.

**Dementia Café / Triple Link**

This Service is for people affected by dementia and also their carers. **50** sessions were held during the 2018-19 Financial Year, with an average attendance of 25 people per session (attendance ranged from 10 people to 37 people) and the trend is upwards. **74** people are registered for the Service (39 carers and 35 cared for).

The Project provides a stimulating weekly programme of activities whilst being a source of support and information for carers. **15** different activities were provided, including physical activity, music, guest speakers, craft and a carers' support group. We have had visits from the children from a local primary school who have participated in some of the sessions and have entertained our members with singing and chats - intergenerational work with children and older adults has proven beneficial to both ends of the age spectrum. Two successful trips have also taken place - one to Botanical Gardens in Birmingham and one to The British Motor Museum in Gaydon.

8 volunteers supported delivery of the Project.

It has been able to continue throughout the year due to funding that was received from the Big Lottery 'Reaching Communities' Fund which was received in December 2017 and will continue to support the Project going forwards for the next 3 years. This funding will create greater sustainability enabling us to promote and widen the Project. The Annual Report was submitted to and approved by the Reaching Communities funding team.

**Citizens Advice Drop-in**

We are able to offer **6** Citizens Advice appointments a month and this adds much value to other services in the Centre and to the local community at large. A weekly appointment service to see an adviser takes place every Wednesday. We also find it is of particular value to those clients who are seeking advice 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. This service is well attended and appointments are booked well in advance, we are finding more and more people are using it due to knock on effects from Universal credit and those needing debt advice.

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**REPORT OF THE TRUSTEES**  
**for the year ended 31 March 2019**

**OBJECTIVES AND ACTIVITIES**

**Significant activities**

**A Selection of Partners Worked with in the Year .....there are many more**

**Service**

Warwickshire District Council (Community Partnership Team)  
Warwickshire County Council  
South Warwickshire Clinical Commissioning Group  
CSW Sport  
Alzheimers Society  
Waterside Medical Centre  
Lisle Court Medical Centre  
Safer Neighbourhoods Partnership Team  
the SYDNI Centre  
Age UK

**Hire**

Pet-XI  
NHS Property  
Jaykays  
Wiseability  
Remploy  
The M in STEM CIC  
Central England Lipreading Support Trust  
Standguide  
Relate

**Communities Together Network**

BHLC is part of the development of the Warwick District network of community organisations. This Network is an important space to share good practice, support each other and develop collaborations. It regularly 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. It also aims to deliver a more joined up service across the District.



# **BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

## **REPORT OF THE TRUSTEES**

**for the year ended 31 March 2019**

### **ACHIEVEMENT AND PERFORMANCE**

#### **Funding**

#### **Funding**

Funding for the year 2018-19 was generated from five sources

1. Contracted Services/SLA
2. NHS Recharge
3. Big Lottery Fund
4. Room Hire
5. Miscellaneous income

Contracted services and SLA's were awarded by Warwickshire District Council to BHLC for three years commencing in June 2018 for the provision of Employment Services and Social Inclusion Activities.

The NHS Recharge is calculated on an agreed formula of building maintenance cost, building service cost and management cost and is paid quarterly on a 999-year lease. Utilisation of the NHS space has improved significantly in the year, as more Health departments see BHLC as an organisation to provide opportunities to deliver additional services. 2018 saw a revamp of the old dental rooms so Podiatry could run more services including the new 'Shoe fitting service'. We continue to have dialogue with key strategic NHS personnel to maximize the use of the NHS facility.

The Big Lottery Reaching Communities funding received in the Year, allows the Brunswick Hub to run and develop its dementia services for the next 4 years.

Room/facility hire provides a significant income stream for the Charity with a wide range of users from those providing employment support, medical services or community activity. The income from room hire helps towards closing the funding gap from what we receive for contracted/SLA services and the demands on BHLC Ltd from these services, the community and operating out of Brunswick Hub.

Miscellaneous Funding - this includes donations and activities by other organisations.

Future funding in the changing economic environment continues to be a challenge. BHLC will work closely with its current funders and organisation such as Orbit to understand and their needs and how best we can deliver services to meet their needs

Prudent financial management has enabled BHLC to make a surplus within the Year. BHLC has acted responsibly and continues to look at ways 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.

### **FINANCIAL REVIEW**

#### **Principal funding sources**

Our principal funding sources are Warwick District Council, South Warwickshire Clinical Commissioning Group managed by NHS Property and income generated from our room hire.

#### **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 2019 should be £125,000.

The present level of free reserves available to the Charity amounts to £136,500, which is £11,500 higher than the currently estimated needs.

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**REPORT OF THE TRUSTEES**  
**for the year ended 31 March 2019**

**FINANCIAL REVIEW**

**Financial review**

The total incoming resources amounted to £279,202 (2018 - £305,699) of which £49,099 (2018 - £54,473) was for restricted purposes. Donations and legacies decreased by £6,548. Room hire increased by £5,363. Charitable income decreased by £16,079 from £149,477 to £123,398.

The resources expended totalled £297,213 (2018 - £289,198 including £50,158 (2018 - £63,339 spent out of the restricted funds. £144,053 (2018 - £147,296) of this expenditure related to staff costs involved in support services to the charitable activities. There was an unrestricted fund deficit this year of £16,952 compared to a surplus in the 2018 of £25,367.

The total amount of unrestricted funds at the year end amounted to £137,853 of which £1,871 relates to fixed assets (which is treated as a designated fund) leaving free reserves of £135,982 which was in line with expectations.

**FUTURE PLANS**

The consultancy 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 from 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 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**

Three Trustees left the board in the year 2018-19 leaving a total of five Trustees

The Board are actively looking to appoint new Trustees to supplement the skills and dedication of remaining Trustees.

**Induction and training of new Trustees**

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 2019**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Organisational structure**

There is a clear line of management within the Organisation. In 2018/19 a new CEO and Centre Manager were recruited. This partnership seems to work well with CEO having overall responsibility for the Charity's objectives and strategy, with Centre Manager responsible for the day to day running of the Hub.

The Directors and Trustees are elected in accordance with the Governing Document. They have met most months during a year of transition. 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

Interim Strategic Director - from January 2018 - January 2019

CEO - From January 2019 (22 hours/week)

Centre Manager - from end of March 2018 (full time)

Finance Officer (25 hours/week)

Volunteer Coordinator (8 hours/week)

Receptionist (14 hours/week)

Coffee Shop Manager & Coffee Shop Relief Assistant (37.5 hours/week)

Employment Club Advisor (20 hours/week)

Triple Link Project Officer/Social Inclusion (25 hours/week)

Digital Inclusion Project Officer (16 hours/week)

Social Prescriber (total 18 hours)

Caretakers x 2 (37.5 hours/week)

##### **Key Partners**

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

- a) South Warwickshire Clinical Commissioning Group managed by NHS Property Services
- b) Warwick District Council Community Services Department (SLA funding)
- c) Big Lottery Funding

##### **Risk management**

The Trustees actively review the major risks which the Charity faces on a regular basis. The Trustees have also examined other operational and business risks faced by the Charity and have established systems to mitigate the significant risks. Risk management is an ongoing process.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

06181997 (England and Wales)

##### **Registered Charity number**

1125500

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

**REPORT OF THE TRUSTEES**

**for the year ended 31 March 2019**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered office**

98-100 Shrubland Street  
Leamington Spa  
Warwickshire  
CV31 3BD

**Trustees**

J P Lyons	Company Secretary	
Mrs P M Haynes	Elected Chair	- resigned 7.6.19
Dr S J Sakowicz-Librowski		
Miss R J A Gray	Treasurer	- resigned 29.6.18
Dr R C A A Van Schie		
Mrs K K Dayal		- resigned 1.6.18
Mrs M Steven		- appointed 13.6.19
Mrs M Steven		- resigned 31.8.18
Mrs R J Lavelle		
A Wilkinson		- appointed 25.3.19
J S Birdi	Treasurer	- appointed 5.4.19

**Company Secretary**

J P Lyons

**Independent examiner**

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

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 25 July 2019 and signed on its behalf by:

A Wilkinson - Trustee

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

**Independent examiner's report to the trustees of Brunswick Healthy Living Centre Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2019.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCCA which is one of the listed bodies

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

M D Spafford  
FCCA  
LDP Luckmans  
1110 Elliott Court  
Coventry Business Park  
Herald Avenue  
Coventry  
West Midlands  
CV5 6UB

25 July 2019

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)**  
**for the year ended 31 March 2019**

		Unrestricted funds £	Restricted funds £	2019 Total funds £	2018 Total funds £
	Notes				
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	1,145	48,836	49,981	56,529
<b>Charitable activities</b>	5				
Healthy living		123,135	263	123,398	149,477
Other trading activities	3	105,490	-	105,490	99,588
Investment income	4	333	-	333	105
<b>Total</b>		<u>230,103</u>	<u>49,099</u>	<u>279,202</u>	<u>305,699</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	6				
Healthy living		<u>247,055</u>	<u>50,158</u>	<u>297,213</u>	<u>289,198</u>
<b>NET INCOME/(EXPENDITURE)</b>		<u>(16,952)</u>	<u>(1,059)</u>	<u>(18,011)</u>	<u>16,501</u>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>154,805</u>	<u>409,817</u>	<u>564,622</u>	<u>548,121</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>137,853</u>	<u>408,758</u>	<u>546,611</u>	<u>564,622</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

**BALANCE SHEET**

**At 31 March 2019**

		Unrestricted funds £	Restricted funds £	2019 Total funds £	2018 Total funds £
	Notes				
<b>FIXED ASSETS</b>					
Tangible assets	12	1,871	377,896	379,767	388,667
<b>CURRENT ASSETS</b>					
Stocks	13	1,521	-	1,521	938
Debtors	14	25,770	2,140	27,910	52,607
Cash at bank		<u>116,432</u>	<u>28,722</u>	<u>145,154</u>	<u>149,840</u>
		143,723	30,862	174,585	203,385
<b>CREDITORS</b>					
Amounts falling due within one year	15	(7,741)	-	(7,741)	(27,430)
<b>NET CURRENT ASSETS</b>		<u>135,982</u>	<u>30,862</u>	<u>166,844</u>	<u>175,955</u>
<b>TOTAL ASSETS LESS CURRENT</b>					
<b>LIABILITIES</b>		<u>137,853</u>	<u>408,758</u>	<u>546,611</u>	<u>564,622</u>
<b>NET ASSETS</b>		<u>137,853</u>	<u>408,758</u>	<u>546,611</u>	<u>564,622</u>
<b>FUNDS</b>	16				
Unrestricted funds				137,853	154,805
Restricted funds				<u>408,758</u>	<u>409,817</u>
<b>TOTAL FUNDS</b>				<u>546,611</u>	<u>564,622</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**

**BALANCE SHEET - CONTINUED**

**At 31 March 2019**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2019 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 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
- (b) 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 charitable small companies.

The financial statements were approved by the Board of Trustees on 25 July 2019 and were signed on its behalf by:

A Wilkinson -Trustee



**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 March 2019**

**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
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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.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**2. DONATIONS AND LEGACIES**

	2019 £	2018 £
Donations	1,145	2,056
Grants	<u>48,836</u>	<u>54,473</u>
	<u>49,981</u>	<u>56,529</u>

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

	2019 £	2018 £
Warwick District Council	3,700	3,480
Big Lottery Fund	23,293	21,449
Other grants	<u>21,843</u>	<u>29,544</u>
	<u>48,836</u>	<u>54,473</u>

**3. OTHER TRADING ACTIVITIES**

	2019 £	2018 £
Room hire	104,888	99,525
Other income	<u>602</u>	<u>63</u>
	<u>105,490</u>	<u>99,588</u>

**4. INVESTMENT INCOME**

	2019 £	2018 £
Deposit account interest	<u>333</u>	<u>105</u>

**5. INCOME FROM CHARITABLE ACTIVITIES**

	2019 £	2018 £
Community Cafe income	28,984	27,864
Activities	6,414	6,601
Service Level Agreements	<u>88,000</u>	<u>115,012</u>
	<u>123,398</u>	<u>149,477</u>

**6. CHARITABLE ACTIVITIES COSTS**

	Direct costs £	Support costs (See note 7) £	Totals £
Healthy living	<u>291,657</u>	<u>5,556</u>	<u>297,213</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**7. SUPPORT COSTS**

	Governance costs £
Healthy living	<u>5,556</u>

**8. NET INCOME/(EXPENDITURE)**

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

	2019	2018
	£	£
Independent Examiner's fees	1,560	1,440
Independent Examiner's fees for other services	2,266	1,426
Depreciation - owned assets	<u>11,540</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 2019 nor for the year ended 31 March 2018.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2019 nor for the year ended 31 March 2018.

**10. STAFF COSTS**

	2019	2018
	£	£
Wages and salaries	139,071	140,694
Social security costs	4,306	6,200
Other pension costs	676	402
	<u>144,053</u>	<u>147,296</u>

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

2019	2018
<u>12</u>	<u>10</u>

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

Total key management personnel remuneration benefits were £25,676 (2018: £25,667).

**11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	2,056	54,473	56,529
<b>Charitable activities</b>			
Healthy living	149,477	-	149,477

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**

for the year ended 31 March 2019

**11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
Other trading activities	99,588	-	99,588
Investment income	105	-	105
<b>Total</b>	<u>251,226</u>	<u>54,473</u>	<u>305,699</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Healthy living	225,859	63,339	289,198
<b>Total</b>	<u>225,859</u>	<u>63,339</u>	<u>289,198</u>
<b>NET INCOME/(EXPENDITURE)</b>	<u>25,367</u>	<u>(8,866)</u>	<u>16,501</u>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<u>129,438</u>	<u>418,683</u>	<u>548,121</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>154,805</u>	<u>409,817</u>	<u>564,622</u>

**12. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 April 2018	450,671	46,794	497,465
Additions	-	2,640	2,640
At 31 March 2019	<u>450,671</u>	<u>49,434</u>	<u>500,105</u>
<b>DEPRECIATION</b>			
At 1 April 2018	63,762	45,036	108,798
Charge for year	9,013	2,527	11,540
At 31 March 2019	<u>72,775</u>	<u>47,563</u>	<u>120,338</u>
<b>NET BOOK VALUE</b>			
At 31 March 2019	<u>377,896</u>	<u>1,871</u>	<u>379,767</u>
At 31 March 2018	<u>386,909</u>	<u>1,758</u>	<u>388,667</u>

**13. STOCKS**

	2019 £	2018 £
Stocks	<u>1,521</u>	<u>938</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**

for the year ended 31 March 2019

**14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019 £	2018 £
Trade debtors	22,384	29,834
Other debtors	2,413	-
Accrued income	-	13,313
Prepayments	3,113	9,460
	<u>27,910</u>	<u>52,607</u>

**15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019 £	2018 £
Trade creditors	4,094	13,983
Social security and other taxes	107	1,643
Accrued expenses	3,540	3,804
Deferred income	-	8,000
	<u>7,741</u>	<u>27,430</u>

Income is deferred where it relates to service delivery for a specific period of time after the end of the current financial year.

**16. MOVEMENT IN FUNDS**

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
<b>Unrestricted funds</b>				
General fund	153,047	(14,425)	(2,640)	135,982
Designated Fund - Fixed assets	1,758	(2,527)	2,640	1,871
	<u>154,805</u>	<u>(16,952)</u>	<u>-</u>	<u>137,853</u>
<b>Restricted funds</b>				
Regenesis 2 Assets	386,909	(9,013)	-	377,896
Triple Link	9,354	2,857	-	12,211
Breakthrough	1,000	(1,000)	-	-
Asda	-	815	-	815
Hall Refurbishment	2,250	-	-	2,250
Lisle Court	7,166	(6,238)	-	928
Lloyds Enable	1,368	(1,368)	-	-
Sequence dancing	270	(270)	-	-
Young Families	1,500	-	-	1,500
Croft Medical	-	3,458	-	3,458
Sport and Physical Activity	-	1,200	-	1,200
CSW Sport	-	5,000	-	5,000
Heart of England Secret Garden	-	1,000	-	1,000
Love to Move	-	2,500	-	2,500
	<u>409,817</u>	<u>(1,059)</u>	<u>-</u>	<u>408,758</u>
<b>TOTAL FUNDS</b>	<u>564,622</u>	<u>(18,011)</u>	<u>-</u>	<u>546,611</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**16. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	230,103	(244,528)	(14,425)
Designated Fund - Fixed assets	-	(2,527)	(2,527)
	<u>230,103</u>	<u>(247,055)</u>	<u>(16,952)</u>
<b>Restricted funds</b>			
Triple Link	23,556	(20,699)	2,857
Breakthrough	-	(1,000)	(1,000)
Asda	10,925	(10,110)	815
Lisle Court	-	(6,238)	(6,238)
Lloyds Enable	-	(1,368)	(1,368)
Sequence dancing	-	(270)	(270)
Croft Medical	3,458	-	3,458
Sport and Physical Activity	1,200	-	1,200
CSW Sport	5,000	-	5,000
Orbit Boiler	1,170	(1,170)	-
Heart of England Secret Garden	1,000	-	1,000
World War 1	290	(290)	-
Love to Move	2,500	-	2,500
Regenesis 2 Assets	-	(9,013)	(9,013)
	<u>49,099</u>	<u>(50,158)</u>	<u>(1,059)</u>
<b>TOTAL FUNDS</b>	<u>279,202</u>	<u>(297,213)</u>	<u>(18,011)</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**16. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.17 £	Net movement in funds £	At 31.3.18 £
<b>Unrestricted Funds</b>			
General fund	126,030	27,017	153,047
Designated Fund - Fixed assets	<u>3,408</u>	<u>(1,650)</u>	<u>1,758</u>
	129,438	25,367	154,805
<b>Restricted Funds</b>			
Regenesis 2 Assets	395,922	(9,013)	386,909
Breathing Space	100	(100)	-
Dementia Cafe	974	(974)	-
Triple Link	8,341	1,013	9,354
Awards for All	9,285	(9,285)	-
Reboot UK	1,012	(1,012)	-
Breakthrough	3,049	(2,049)	1,000
Hall Refurbishment	-	2,250	2,250
Lisle Court	-	7,166	7,166
Lloyds Enable	-	1,368	1,368
Sequence dancing	-	270	270
Young Families	-	1,500	1,500
	<u>418,683</u>	<u>(8,866)</u>	<u>409,817</u>
<b>TOTAL FUNDS</b>	<u>548,121</u>	<u>16,501</u>	<u>564,622</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**16. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	251,226	(224,209)	27,017
Designated Fund - Fixed assets	-	(1,650)	(1,650)
	<u>251,226</u>	<u>(225,859)</u>	<u>25,367</u>
<b>Restricted funds</b>			
Breathing Space	-	(100)	(100)
Dementia Cafe	-	(974)	(974)
Triple Link	21,449	(20,436)	1,013
Awards for All	-	(9,285)	(9,285)
Reboot UK	-	(1,012)	(1,012)
Breakthrough	3,388	(5,437)	(2,049)
Asda	1,000	(1,000)	-
Hall Refurbishment	2,250	-	2,250
Lisle Court	7,166	-	7,166
Lloyds Enable	14,240	(12,872)	1,368
Cafe Chairs	1,980	(1,980)	-
Sequence dancing	1,500	(1,230)	270
Young Families	1,500	-	1,500
Regenesis 2 Assets	-	(9,013)	(9,013)
	<u>54,473</u>	<u>(63,339)</u>	<u>(8,866)</u>
<b>TOTAL FUNDS</b>	<u>305,699</u>	<u>(289,198)</u>	<u>16,501</u>



**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**16. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
<b>Unrestricted funds</b>				
General fund	126,030	12,592	(2,640)	135,982
Designated Fund - Fixed assets	3,408	(4,177)	2,640	1,871
<b>Restricted funds</b>				
Regenesi 2 Assets	395,922	(18,026)	-	377,896
Breathing Space	100	(100)	-	-
Dementia Cafe	974	(974)	-	-
Triple Link	8,341	3,870	-	12,211
Awards for All	9,285	(9,285)	-	-
Reboot UK	1,012	(1,012)	-	-
Breakthrough	3,049	(3,049)	-	-
Asda	-	815	-	815
Hall Refurbishment	-	2,250	-	2,250
Lisle Court	-	928	-	928
Young Families	-	1,500	-	1,500
Croft Medical	-	3,458	-	3,458
Sport and Physical Activity	-	1,200	-	1,200
CSW Sport	-	5,000	-	5,000
Heart of England Secret Garden	-	1,000	-	1,000
Love to Move	-	2,500	-	2,500
	<u>418,683</u>	<u>(9,925)</u>	<u>-</u>	<u>408,758</u>
<b>TOTAL FUNDS</b>	<u>548,121</u>	<u>(1,510)</u>	<u>-</u>	<u>546,611</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
for the year ended 31 March 2019

**16. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	481,329	(468,737)	12,592
Designated Fund - Fixed assets	-	(4,177)	(4,177)
	<u>481,329</u>	<u>(472,914)</u>	<u>8,415</u>
<b>Restricted funds</b>			
Triple Link	45,005	(41,135)	3,870
Breakthrough	3,388	(6,437)	(3,049)
Asda	11,925	(11,110)	815
Hall Refurbishment	2,250	-	2,250
Lisle Court	7,166	(6,238)	928
Lloyds Enable	14,240	(14,240)	-
Cafe Chairs	1,980	(1,980)	-
Sequence dancing	1,500	(1,500)	-
Young Families	1,500	-	1,500
Croft Medical	3,458	-	3,458
Sport and Physical Activity	1,200	-	1,200
CSW Sport	5,000	-	5,000
Orbit Boiler	1,170	(1,170)	-
Heart of England Secret Garden	1,000	-	1,000
World War 1	290	(290)	-
Love to Move	2,500	-	2,500
Regenesis 2 Assets	-	(18,026)	(18,026)
Breathing Space	-	(100)	(100)
Dementia Cafe	-	(974)	(974)
Awards for All	-	(9,285)	(9,285)
Reboot UK	-	(1,012)	(1,012)
	<u>103,572</u>	<u>(113,497)</u>	<u>(9,925)</u>
<b>TOTAL FUNDS</b>	<u>584,901</u>	<u>(586,411)</u>	<u>(1,510)</u>

**BRUNSWICK HEALTHY LIVING CENTRE LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**for the year ended 31 March 2019**

**16. MOVEMENT IN FUNDS - continued**

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

Regensis 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.

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

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

Asda. This is to fund decoration, community storage and furniture for the centre.

Hall Refurbishment: This fund is to transform the community hall into an adapted, flexible space, able to provide a professional conference experience including quality audio/visual facilities.

Lisle Court: This funding is to support the improvement of health outcomes for patients across the wider determinants of health in Brunswick ward working with health professionals in a GPs surgery.

Lloyds Enable: This fund was for the strategic development of the Hub.

Sequence dancing: This fund is to pump prime the start of a sequence dancing activity.

Young Families: This fund is to support young families and to encourage better health and wellbeing outcomes using physical activity.

Croft Medical. This fund is to support a member of staff in their Social Prescribing work.

Sport and Physical Activity. This fund was from Warwick District Council for the Community Physical Activity Social Prescribing Project.

CSW Sport. This fund is to pilot an approach to social prescribing to community sport and physical activities.

Heart of England Secret Garden. This fund is for a greenhouse and garden materials.

Love to Move. This fund is from Warwick District Council and is for dementia friendly physical activity and training.

**Transfers between funds**

The transfers between funds represent the net movement of fixed assets during the year.

**17. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2019.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.