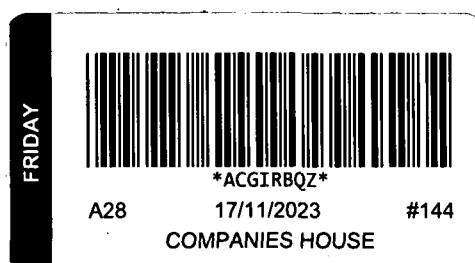


Registered Company Number: 6181997
Registered Charity Number: 1125500

BRUNSWICK HEALTHY LIVING CENTRE LIMITED

Report of the Trustees and
Unaudited Financial Statements
for the year ended 31st March 2023



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BRUNSWICK HEALTHY LIVING CENTRE LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2023

Trustees:	Deborah Saunders John Lyons Dr Stanislaw Sakowicz-Librowski Rosalind Lavelle Laura Bowmer Ann Mawdsley
Company Number:	6181997
Charity Number:	1125500
Registered Office & Charity Address:	98-100 Shrubland Street Leamington Spa Warwickshire CV31 3BD
Independent Examiner:	Steven Mugglestone BA(Hons) FCA Michael Harwood & Co Greville House 10 Jury Street Warwick CV34 4EW

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
TRUSTEES' ANNUAL REPORT (incl. Directors' Report)
FOR THE YEAR ENDED 31ST MARCH 2023

The Trustees, who are also the Directors of the Charity for the purposes of the Companies Act 2006, present their report and the Financial Statements of the Charity for the year ended 31st March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the Annual Report and Financial Statements of the Charity.

OBJECTIVES AND ACTIVITIES

Aims and Objectives

The objectives of the Charity and its principal activities, as stated in the Memorandum and Articles of Association, are the promotion for the public benefit of urban or rural regeneration in areas of social and economic deprivation and in particular in the 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 Charity's vision and cores 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 and transparent
- Creating a safe environment
- Empowering customers
- Removing barriers and improving access
- Valuing and respecting individuals

Significant Activities

Brunswick Hub is a multi-service venue which Brunswick Health Living Centre Limited (BHLC) manages and coordinates. Warwickshire NHS services reside in a third of the building. While the NHS 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.

In shaping the Charity's objectives and planning its activities, the Trustees have considered the Charity Commission's guidance on public benefit.

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.

Cost of Living: As we emerged from the pandemic into a cost-of-living crisis the HUB remained a leading source of support for the local community with its main activities focusing on: economic health; digital and employment; mental wellbeing; health and well-being; access to services and encouraging independent living; It has also been able to support through food provision and fuel poverty advice

Throughout the year, **773 NEW** individuals registered to use a diverse range of services and activities in addition to last year's figure we now have **3376** individuals registered to use our services.

Physical Activities for the community

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 and employment in its widest sense are run from the premises;

From April 22 we have seen an increase of footfall from the NHS, Emis eyecare (**footfall of 2763**) and Jaykays dance. We also have a very successful baby/toddler group who have been using our Community Hall and this service alone has seen a **footfall of 1339** all operating to full capacity now restrictions from Covid have been lifted.

We have also had venue hire bookings for other physical activity sessions, such as Yoga, Hula hooping, Boxing fitness for Teens, Salsa dancing.

Room hire rates have continued to be kept to an affordable minimum for community use. For statutory and commercial users, the rate is graduated upwards but still affordable.

Community Computer Facilities-digital inclusion

The total number of computers available for community use is 15 This was reduced from 30 to take into consideration social distancing and privacy when completing Universal Credit claims. This still makes Brunswick Hub one of the best equipped community facilities in Warwick District. Clients have access to the Employment Clubs and digital support as well as access to 3 public computers that can be used daily for any purpose.

Volunteer Programme

We have a volunteer programme offering opportunities to work in and around the hub on different projects or in rolls such as Reception/Admin, Foodbank, and triple link. Recruitment is 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. 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 The Volunteer Programme continues to provide an invaluable social value to the community as well as to the individual volunteers. In this period we had **13 New** volunteers sign up as well as being able to offer 4 young individual's work experience through their schools

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. We have several volunteers overseeing the garden including representatives from The Wildlife Trust. It has been visited by many different groups throughout the Year.

Employment Clubs

The current funding for the Employment Services of BHLC comes from a Warwick District Council SLA. These employment services assist clients to increase their employability through offering support with CV writing, interview skills, job searching, free access to computers and assistance with universal credit accounts.

Over this financial year we have registered **136 New** people for employment services and have had **81** individuals with job offers.

Our dedicated Employment Facebook page has continued to grow with **620** followers.

A partnership was created with Warwickshire County Council Adult Learning Team enabling us to offer Functional Skills English & Maths, as well as several different computer courses.

Health & Wellbeing Activities

Chilled Foodbank Project (Set up during Covid – Sept 2020)

After setting up this scheme in the pandemic it became apparent that the 'Emergency Chilled Goods for Families' was a service that needed to continue and is now one of our leading projects and in this financial year we have managed to secure extra funding to cover the cost of food and a dedicated project worker to oversee the coordination. Chilled goods bags offer families and individuals Approximately £20 worth of goods including bread, milk, cheese, eggs, frozen and chilled meats – Dietary requirements were also catered for where needed) through this scheme we have been able to identify any additional help they may need and referred

them to either our own health & wellbeing or employment officers and in some cases to other external partnering agencies. We also work in partnership with the Sydni centre to provide a large bag of fruit & Veg for just £5.

Another initiative that the Project offer started is **FREE FOOD THURSDAY & FRIDAY**, by linking in with local supermarkets and food providers surplus stock is collected from stores or delivered directly to the HUB which is a put out in the mornings and the local community can come and collect what they need.

NHS

The NHS use a third of our building to deliver several different clinics throughout the week, these include Podiatry, Health visiting services, speech and language, orthoptist, dietitians and the Sexual health Clinic. We also have some services like the Diabetic eye screening that hire a room 3 times a week. These services are well attended and bring an extra footfall to the HUB.

Digital Inclusion

This is another Service that complements our Employment Services and offers access to I.T. skills for the local community. The decision was made to incorporate these services within the employment support offer and we have been able to run several courses throughout this year enhancing participants computer skills.

Functional skills English
Functional skills Maths
Digital Gateway to Work
Essential Digital Skills Entry level
Essential Digital Skills Level 1
Microsoft Word
Microsoft Publisher
Microsoft Excel
Census Support Centre
ESF Energise return to Work Course

Dementia Café / Triple Link

We have 79 members registered with over 37 attending weekly.

The Project provides a stimulating weekly programme of activities whilst being a source of support and information for carers. 15 different activities were provided on a rota basis, including physical activity, music, guest speakers, craft and a carers' support group. There have also been some external trips organised including visits to Stratford, British Motor Museum, National Memorial Arboretum and the local Panto at Christmas. We have 5 volunteers who currently support delivery of the Project.

ASD (Autism Spectrum Disorder) Support

We have over **27 new** families registered helping with things such as Early Help meetings and general advice. Totalling over **75** registered in total. In doing this we work alongside many different agencies including Schools, nurseries, health visitors, safeline, family support, social workers, adult provision and many more. We have set up online meetings and a Facebook page (closed for parents) with **76** parents interacting with each other for support.

Bereavement Support

This service has become a vital part of our support to the local community, we have 121 face-to-face and telephone support as well as some group sessions. Over **72** individuals have benefitted from this and 4 successful groups continue to run, one of which is a long-term support group.

Menopause Support

The menopause group was set up in February 23 to give ladies going through the menopause the opportunity to share experiences and gain knowledge and support to help them have a more positive experience. The group has enabled members to find a voice when approaching the medical professionals to be given the correct support and HRT if it was felt appropriate. We have had outside speakers come in to provide information about the menopause and other services and support available.

Crown Routes

In April 22 we were awarded another Warwick District Council SLA to run a small community Café in the Lillington area of the district, As well as providing very low cost 2 course meals 3 days, The Café has also delivered events such as Afternoon Tea for the Queens Jubilee and a very successful Christmas Lunch which was attended by 56 people from the local community.

We are also tasked with taking some of our support services across from the HUB which cover Health & Wellbeing & Employment. We have a 'drop-in' 2 days of the week for the local people to come and access these services. This financial year we have helped **36** individuals with support as well as partnering with local primary school, Children's centre and Youth centre. Crown Routes helped to deliver a day of activities at the Children's centre during the half term which was well attended by local families. We also funded a seaside trip for the young people who attend the Youth Centre many of who had never been to the beach.

A Selection of Partners Worked with in the Yearthere are many more

Service

Warwickshire District Council (Community Partnership Team)
 Warwickshire County Council
 South Warwickshire Clinical Commissioning Group
 Early Help
 Alzheimers Society
 Waterside Medical Centre
 Lisle Court Medical Centre
 Safer Neighbourhoods Partnership Team
 The SYDNI Centre
 Age UK
 NHS – Health Visitors, Podiatry, Dietitian, Speech & language, Sexual Health & orthoptist

Hire

Adventure babies
 NHS Property
 Jaykays
 Hereward College
 Wiseability
 ROSA/IAPT
 Yoga groups
 Havana Salsa
 Boxing
 Relate
 ICS/Health

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.

ACHIEVEMENTS AND PERFORMANCE

Funding for the year 2022-2023 was generated from many different sources

1. 3 Contracted Services/SLA – Warwick District Council
2. NHS Recharge
3. Big Lottery Fund
4. Room Hire

5. Orbit Housing
6. Heart of England
7. Warwickshire County council
8. Miscellaneous income

Contracted services and SLAs were awarded by Warwickshire District Council to BHLC for the provision of Employment Services and Health & Wellbeing 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 and we now have 6 different services running from the area including child health (Health Visitors, Orthoptist & Speech & Language)

The Big Lottery Reaching Communities funding has been extended in 2023 for another 5 years allowing the Brunswick Hub to run and develop its dementia services

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.

Orbit Housing provided BHLC with a 2-year (Jan 2021- Dec 2022) SLA to provide wellbeing services to all its customers this has now been extended for a further year

Warwickshire County Council and Heart of England have ensured that funding has been available for our Chilled Food provision

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

BHLC will work closely with its current funders and organisations to understand their requirements and how best we can deliver services to meet the needs of the community

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 resulted in significant savings, which will continue into the next financial year.

In 2023 Brunswick Hub received a Leamington Mayor Award for the work we do in the community

STRUCTURE, GOVERNANCE & MANAGEMENT

Governing Document

The Charity is controlled by its Memorandum and Articles of Association. The Company was incorporated on the 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 the 30th June 2008 following consultation with the Charity Commission. Charitable status was secured on the 13th August 2008.

Trustees

There is a total of six Trustees on the Board.

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

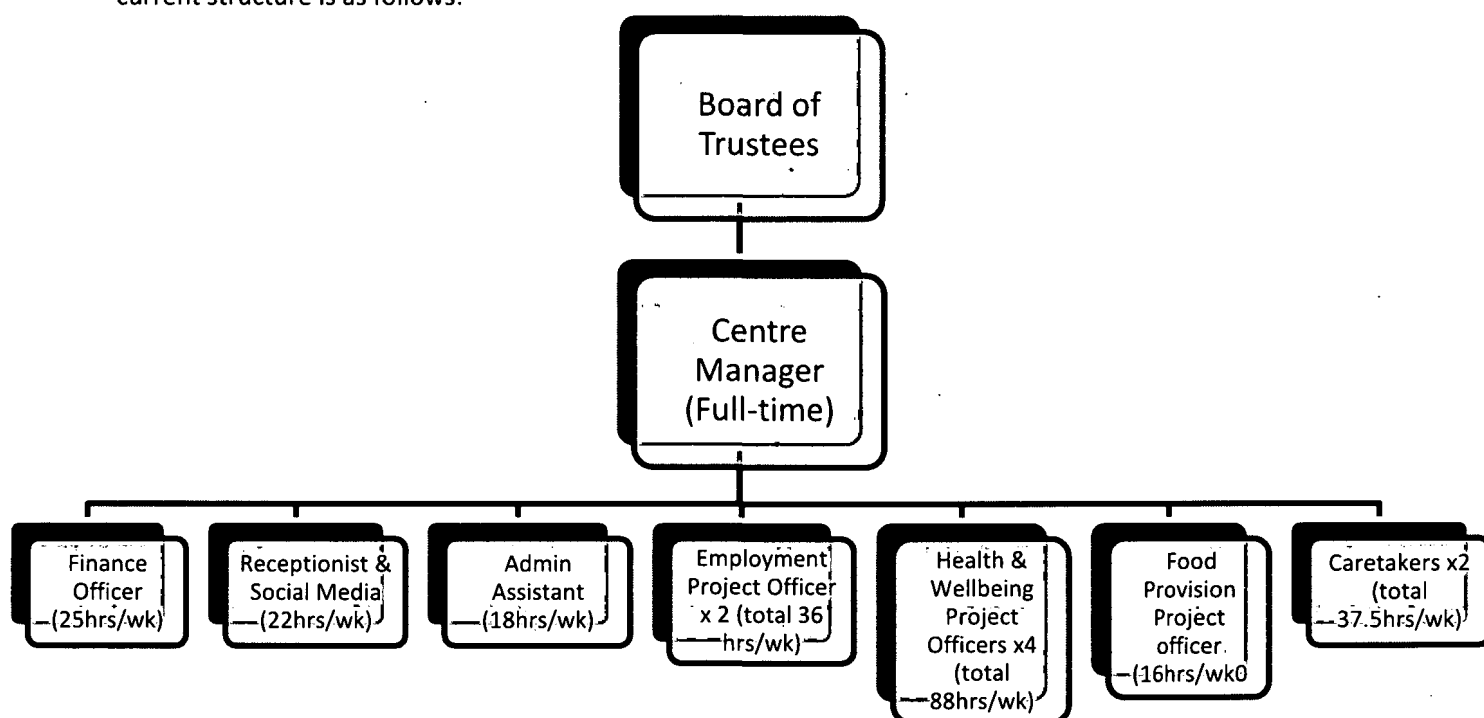
New Trustees are given a Trustee Handbook of roles and responsibilities, which includes information about the history, organisation and management of the Charity. New Trustees are then taken through a recruitment process. This includes an interview with existing Trustees, which provides a platform from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

Organisational Structure

There is a clear line of management with the organisation. The Centre Manager is now responsible for the day-to-day running of the Hub reporting directly to the Trustees.

The Trustees are elected in accordance with the governing document. They have met 6 times during the year. No policy or major financial decisions can be taken without the approval of a majority of the 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:



Key Partners

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

1. South Warwickshire Clinical Commissioning Group managed by NHS Property Services
2. Warwick District Council Community Services Department (SLA funding)
3. Big Lottery Funding
4. Orbit

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.

FINANCIAL REVIEW

Total income amounted to £351,924 (2022 - £263,019) of which £83,538 (2022 - £99,866) was for restricted purposes. Donations and grants decreased by £16.1k. However, Service Level Agreements income increased by £72.3k and room hire income increased by £22.7k. Our principal funding sources are Warwick District Council, South Warwickshire Clinical Commissioning Group managed by NHS Property and income generated from room hire.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
TRUSTEES' ANNUAL REPORT (incl. Directors' Report)
FOR THE YEAR ENDED 31ST MARCH 2023

Expenditure totalled £335,881 (2022 - £250,324) including £75,758 (2022 - £65,582) spent out of the restricted funds. £199,916 (2022 - £151,561) of this expenditure related to staff costs involved in support services to the charitable activities.

There was an unrestricted fund surplus this year of £8,263 compared to a deficit in 2022 of £21,589.

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 31st March 2023 should be at least £125,000.

The present level of free reserves available to the Charity amounts to £152,347 which is £27,347 higher than the currently estimated needs.

INVESTMENT POLICY

Any surplus funds are placed on short term deposit.

FUTURE PLANS

Work to develop the new Strategic Plan for the 3 years (2021-2024) is ongoing and will clearly outline and take into consideration the needs of the community in the ever-changing economy.

There are six main Strategic Priorities for the coming year:

1. To develop a Strategic Plan to ensure that future services and activities meet local needs and priorities.
2. To implement the priorities identified through the ever-changing pandemic fallout.
3. To maximise income and ensure the future sustainability and efficiency of the Charity.
4. To work with Warwick District Council and Orbit Heart of England to ensure our contractual obligations are met to ensure that the Charity is in a strong position to enter into new contractual arrangements for 2021-2024.
5. To recruit new Trustees to the Board who have a local connection.
6. To continue and expand the work we do to support and sustain our local community.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Company Law and Charity Law require the Trustees to prepare Financial Statements for each financial year, which give a true and fair view of the state of affairs of BHLC and of the surplus or deficit for that period. In preparing those Financial Statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the Financial Statements on an ongoing concern basis unless it is inappropriate that the Charity will continue in operation.

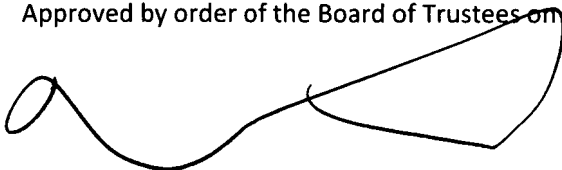
BRUNSWICK HEALTHY LIVING CENTRE LIMITED
TRUSTEES' ANNUAL REPORT (incl. Directors' Report)
FOR THE YEAR ENDED 31ST MARCH 2023

The Trustees are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of BHLC and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

The Trustees are responsible for ensuring that the Charity maintains an adequate system of internal control designed to provide reasonable assurance that assets are safeguarded against material loss or unauthorised use to prevent and detect fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on *06/11/2023* and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'Deborah Saunders', written over a dotted line.

Deborah Saunders
Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
BRUNSWICK HEALTHY LIVING CENTRE LIMITED
FOR THE YEAR ENDED 31 MARCH 2023**

I report on the accounts of the Charity for the year ended 31 March 2023 which are set out on pages 12 to 23.

Responsibilities and basis of report

As the Charity 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 Company'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 the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, 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 that in any material respect:

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.



Steven Mugglestone BA(Hons) FCA
Michael Harwood & Co
Chartered Accountants
Greville House
10 Jury Street
Warwick
CV34 4EW

Dated: 08/11/2023

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31ST MARCH 2023

	Note	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Income from:							
Donations and grants	2	1,371	82,967	84,338	1,260	99,223	100,483
Charitable activities	3	150,857	35	150,892	70,968	221	71,189
Other trading activities	4	114,560	536	115,096	90,838	422	91,260
Investments		1,598	-	1,598	87	-	87
Total Income		268,386	83,538	351,924	163,153	99,866	263,019
Expenditure on:							
Charitable activities	5	260,123	75,758	335,881	184,742	65,582	250,324
Total Expenditure		260,123	75,758	335,881	184,742	65,582	250,324
Net income / (expenditure)		8,263	7,780	16,043	(21,589)	34,284	12,695
Transfers between funds		-	-	-	-	-	-
Net movement in funds		8,263	7,780	16,043	(21,589)	34,284	12,695
Total funds brought forward		144,084	445,589	589,673	165,673	411,305	576,978
Total funds carried forward	12	152,347	453,369	605,716	144,084	445,589	589,673

The notes on pages 15 to 23 form part of these financial statements

BRUNSWICK HEALTHY LIVING CENTRE LIMITED (company no. 6181997)
BALANCE SHEET
AS AT 31st MARCH 2023

		2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Fixed Assets	Note						
Tangible assets	8	-	356,410	356,410	-	350,857	350,857
Current Assets							
Stocks		269	544	813	429	292	721
Debtors	9	50,080	3,535	53,615	21,634	3,197	24,831
Cash at bank and in hand		112,078	95,408	207,486	130,805	92,954	223,759
		162,427	99,487	261,914	152,868	96,443	249,311
Creditors							
Amounts falling due within one year	10	(10,080)	(2,528)	(12,608)	(8,784)	(1,711)	(10,495)
Net Current Assets		152,347	96,959	249,306	144,084	94,732	238,816
Total assets less current liabilities		152,347	453,369	605,716	144,084	445,589	589,673
Net Assets		152,347	453,369	605,716	144,084	445,589	589,673
Funds of the Charity							
Unrestricted	12			152,347			144,084
Restricted	12			453,369			445,589
Total Charity Funds				605,716			589,673

The charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

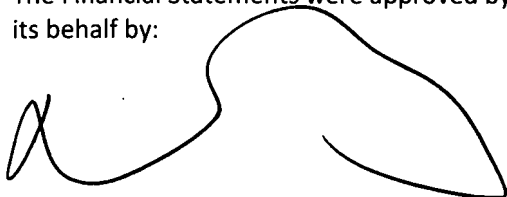
The directors acknowledge their responsibility for:

- 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 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

BRUNSWICK HEALTHY LIVING CENTRE LIMITED (company no. 6181997)
BALANCE SHEET
AS AT 31st MARCH 2023

The Financial Statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The Financial Statements were approved by the Board of Trustees on 06/11/2023 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'Deborah Saunders', written over a horizontal line.

Deborah Saunders
Trustee

The notes on pages 15 to 23 form part of these financial statements

1. Accounting Policies

a) Basis of Preparation

The Charity constitutes a public benefit entity as defined by FRS 102. The Financial Statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The Financial Statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling, which is the functional currency of the charity, and rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Company Status

The Charity is a company limited by guarantee in England & Wales. The members of the Company are the Trustees. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

c) Income

All incoming resources are included in the Statement of Financial Activities (SOFA) when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. No amounts are included in the Financial Statements for services donated by volunteers.

d) Government Grants

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

e) Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Support costs are allocated to particular charitable activities on a basis consistent with the use of the resources.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. staff time.

1. Accounting Policies (continued)

f) Tangible Fixed Assets and Depreciation

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

Depreciation is provided at rates calculated to write off the cost or valuation less estimated residual value of each asset over its expected useful life, as follows:

Freehold property	50 Years Straight Line Basis
Fixtures and Fittings	3 to 10 Years Straight Line Basis

g) Stock

Stock consists of purchased goods for resale and is valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow-moving items.

h) Debtors and Creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

i) Pensions

The Company operates a defined contribution pension scheme. The assets of the scheme are held separately from the company in an independently administered Fund. Contributions payable to the scheme are charged to the SOFA in the period in which they relate.

j) Taxation

The Charity is exempt from income tax and capital gains tax within the exemption granted by sections 521 – 536 of the Income Taxes Act 2007. The Charity has borne VAT on its expenditure where appropriate.

k) Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

2. Donations and Grant Income

	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Donations	510	6,901	7,411	1,260	860	2,120
Warwick District Council	-	3,000	3,000	-	7,730	7,730
Warwickshire County Council	-	7,504	7,504	-	21,644	21,644
Leamington Town Council	-	1,572	1,572	-	-	-
Big Lottery Fund	-	7,375	7,375	-	7,773	7,773
Orbit	-	9,791	9,791	-	18,757	18,757
European Social Fund	-	14,066	14,066	-	311	311
Heart of England Community Foundn	-	2,000	2,000	-	36,000	36,000
WCAVA	-	3,259	3,259	-	-	-
South Warwickshire GP Federation	-	5,000	5,000	-	-	-
Vinci Foundation	-	5,000	5,000	-	-	-
National Grid	-	5,600	5,600	-	-	-
Think Active	-	6,428	6,428	-	-	-
Other grants	861	5,471	6,332	-	6,148	6,148
	1,371	82,967	84,338	1,260	99,223	100,483
	=====	=====	=====	=====	=====	=====

3. Charitable Activities Income

	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Community Café	7,828	-	7,828	31	221	252
Activities	695	35	730	937	-	937
Service Level Agreements	142,334	-	142,334	70,000	-	70,000
	150,857	35	150,892	70,968	221	71,189
	=====	=====	=====	=====	=====	=====

4. Other Trading Activities Income

	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Room hire	112,639	-	112,639	89,960	-	89,960
Other income	1,921	536	2,457	878	422	1,300
	114,560	536	115,096	90,838	422	91,260
	=====	=====	=====	=====	=====	=====

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

5. Charitable Activities Expenditure

	2023	2023	2023	2022	2022	2022
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Direct Costs						
Staff costs (note 6)	165,780	34,136	199,916	116,545	35,016	151,561
Consultants & staff expenses	3,293	899	4,192	654	156	810
Volunteer expenses	260	183	443	83	302	385
Premises utilities	23,980	-	23,980	22,080	-	22,080
Premises maintenance	9,043	-	9,043	11,381	200	11,581
Security	4,225	-	4,225	3,810	-	3,810
Insurance	2,924	-	2,924	2,883	-	2,883
Telephone	4,553	609	5,162	4,092	994	5,086
Printing, postage & stationery	3,995	1,375	5,370	5,703	2,079	7,782
IT & computer costs	7,082	1,380	8,462	8,139	3,123	11,262
Sundry equipment	116	16	132	492	-	492
Publicity	305	367	672	-	17	17
Sundry expenses	2,736	-	2,736	1,335	1,114	2,449
Hospitality	105	1,233	1,338	586	270	856
Community Café purchases	10,897	382	11,279	468	829	1,297
Project costs	14,311	22,807	37,118	912	12,469	13,381
Donations	510	-	510	-	-	-
Depreciation	1	12,371	12,372	-	9,013	9,013
Bad debts	2	-	2	-	-	-
	254,118	75,758	329,876	179,163	65,582	244,745
Support Costs						
Independent Examiner's fees	1,680	-	1,680	1,545	-	1,545
Legal & professional fees	3,982	-	3,982	3,775	-	3,775
Bank charges	343	-	343	259	-	259
	6,005	-	6,005	5,579	-	5,579
	260,123	75,758	335,881	184,742	65,582	250,324
	=====	=====	=====	=====	=====	=====

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

6. Staff Costs

	2023	2022
	£	£
Staff costs during the year amounted to:		
Salaries and wages	190,532	144,908
Social security costs	6,262	4,153
Pension costs	3,122	2,270
Recruitment costs	-	230
	-----	-----
	199,916	151,561
	=====	=====

No employee received emoluments over £60,000.

The average number of staff during the year was 13 (2022 – 11).

7. Trustees' Remuneration and Benefits

No Trustees received any remuneration, benefits or expenses during the current or prior year.

8. Tangible Fixed Assets

	Freehold Property £	Fixtures & Fittings £	Total £
Cost			
At 1 April 2022	450,671	48,360	499,031
Additions	-	17,925	17,925
Disposals	-	-	-
	-----	-----	-----
At 31 March 2023	450,671	66,285	516,956
	-----	-----	-----
Accumulated Depreciation			
At 1 April 2022	99,814	48,360	148,174
Charge for period	9,013	3,359	12,372
Disposals	-	-	-
	-----	-----	-----
At 31 March 2023	108,827	51,719	160,546
	-----	-----	-----
Net Book Values			
At 31 March 2023	341,844	14,566	356,410
	=====	=====	=====
At 31 March 2022	350,857	-	350,857
	=====	=====	=====

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

9. Debtors

	2023	2022
	£	£
Trade debtors	50,952	22,745
Prepayments	2,663	2,086
	-----	-----
	53,615	24,831
	=====	=====

10. Creditors: Amounts Falling Due Within One Year

	2023	2022
	£	£
Trade creditors	4,712	6,609
Social security & other taxes	2,091	-
Other creditors	767	134
Accruals	5,038	3,752
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	12,608	10,495
	=====	=====

11. Related Party Transactions

There were no related party transactions during the year.

12. Movements on Funds

	Balance At 01.04.22	Incoming Resources	Resources Expended	Transfers In Period	Balance At 31.03.23
	£	£	£	£	£
(i) Unrestricted funds:					
General Funds	144,084	268,386	(260,123)	-	152,347
(ii) Restricted funds:					
Regenesis 2 Assets	350,857	-	(9,013)	-	341,844
Triple Link Dementia Café	30,407	7,938	(4,850)	-	33,495
Young Families	127	-	-	-	127
Sport and Physical Activity	929	-	-	-	929
CSW Sport	278	-	-	-	278
Orbit	(3,975)	10,253	(16,205)	-	(9,927)
Secret Garden	1,004	20	(131)	-	893
Bereavement	1,849	-	(298)	-	1,551
Social Prescribing	2,456	-	-	-	2,456
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Carried forward	383,932	18,211	(30,497)	-	371,646

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

12. Movements on Funds (continued)

	Balance At 01.04.22 £	Incoming Resources £	Resources Expended £	Transfers In Period £	Balance At 31.03.23 £
Brought forward	383,932	18,211	(30,497)	-	371,646
Homework Club	1,043	-	-	-	1,043
Physical Activity	610	-	-	-	610
Census Support Good Things Foundation	854	-	(386)	-	468
Enhanced Foodbank	10,248	15,681	(21,645)	-	4,285
ESF Employment and Digital	(1,298)	14,066	(4,094)	-	8,674
WDC CEV Fund	310	-	-	-	310
WDC COMF	5,903	-	-	-	5,903
Heart of England Community Foundation	23,200	2,000	(2,364)	-	22,836
WCC Long Covid Support	14,805	9,011	(11,679)	-	12,138
WDC Social Isolation	5,982	-	-	-	5,982
Baron Davenport Charity	-	295	(295)	-	-
Hardship Fund	-	3,734	(457)	-	3,277
Lloyds Bank Foundation	-	500	-	-	500
National Grid Warm Packs	-	5,600	(3,125)	-	2,475
Think Active CSW	-	6,428	-	-	6,428
Vinci Foundation	-	5,000	(486)	-	4,514
Warwickshire Rural	-	500	(49)	-	451
WCAVA	-	500	(500)	-	-
WCC Healthy Eating	-	1,500	-	-	1,500
William Cadbury Trust	-	512	(181)	-	331
	445,589	83,538	(75,758)	-	453,369
TOTAL FUNDS	589,673	351,924	335,881	-	605,716

13. Restricted Funds

Regenesis 2 Assets	This was the value of assets granted to the Charity. The balance is reducing as the assets depreciate. Until 18 th 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 Café	This is to expand and further develop a service for those suffering from dementia together with support for their carers.
Young Families	This fund is to support young families and to encourage better health and wellbeing outcomes using physical activity.
Sport and Physical Activity	This fund was from Warwick District Council for the Community Physical Activity Social Prescribing Project.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

13. Restricted Funds (continued)

CSW Sport	This fund is to pilot an approach to social prescribing to community sport and physical activities.
Orbit	This is a 2 year contract (Jan 21-Dec 22) to deliver health & wellbeing support to all Orbit customers
Secret Garden	This fund is for a greenhouse and garden materials.
Bereavement	This fund is to support people who have suffered a bereavement.
Social Prescribing	This fund is for Social Prescribing work.
Homework Club	This fund is to enable support for homework.
Physical Activity	This fund is to support physical activity.
Census Support Good Things Foundation	This fund is for supporting the community with the online census.
Enhanced Foodbank	This fund is to provide local families with 'chilled' goods up to the value of £20.
ESF Employment and Digital	This fund is for money to run targeted employment skills programmes.
WDC CEV Fund	This fund is for providing vital support to local Clinically Extremely Vulnerable residents.
WDC COMF	This fund is for Covid Outbreak Communication and support of those in lockdown isolation.
Heart of England Community Foundation	This Fund is for recruitment of a 'Community Food provision project worker' to support the Chilled foodbag scheme that was set up in COVID.
WCC Long Covid Support	This fund is for providing 'Long Covid support groups' to those affected throughout South Warwickshire.
WDC Social Isolation	This fund is to cover costs associated with the 'Emergency Chilled Food scheme'.
Baron Davenport Charity	Grant received to cover the costs of new carpets for a local resident in need
Hardship Fund	Donations from various sources to be used for emergency for clients in financial crisis.
Lloyds Bank Foundation	Donation used towards the hardship fund.

BRUNSWICK HEALTHY LIVING CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2023

13. Restricted Funds (continued)

National Grid Warm Packs	Warm packs to be distributed to local residents during the winter and cost of living crisis.
Think Active CSW	Grant received for physical activity.
Vinci Foundation	Grant received for the purchase of new staff computers which have been capitalised and are now being depreciated over their estimated useful life.
Warwickshire Rural	Grant received for Crown Routes to provide warm packs and tea & toast for a local walking for health group.
WCAVA	Grant received for the purchase of a new public computer.
WCC Healthy Eating	Grant to be used to promote healthy eating.
William Cadbury Trust	Funding for 'English for Speakers of Other Languages' (ESOL).