

REGISTERED COMPANY NUMBER: SC375922 (Scotland)
REGISTERED CHARITY NUMBER: SC030788

**Report of the Trustees and
Financial Statements for the Year Ended 31 March 2017
for**

Kingsway Court Health & Wellbeing Centre

Brett Nicholls Associates
Ruthven Mews, 57 Ruthven Lane
Glasgow
G12 9BG

THURSDAY



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17/08/2017

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COMPANIES HOUSE

Kingsway Court Health & Wellbeing Centre

Contents of the Financial Statements for the Year Ended 31 March 2017

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 14
Independent Examiner's Report	15
Statement of Financial Activities	16
Balance Sheet	17 to 18
Notes to the Financial Statements	19 to 26
Detailed Statement of Financial Activities	27 to 28

Kingsway Court Health & Wellbeing Centre

**Reference and Administrative Details
for the Year Ended 31 March 2017**

TRUSTEES

John Doyle (Chairperson)
Charlotte Boyce (Vice Chair)
Frances Elaine Miller (Treasurer)
Martin Coyle
Jane Hanke (appointed 26.8.16)
Carine Gordon (appointed 26.8.16)
Rasiah Jeyakumar
Cherie Murphy (resigned 26.8.16)
Eljesa Thaqi (Treasurer) (resigned 26.8.16)
Samuel Cook (resigned 26.8.16)
Margaret Montgomery Smith (resigned 26.8.16)
Rafal Swiatkowski (resigned 26.4.16)
Halima Muhumed Ali (resigned 26.8.16)
Ryan Cook (resigned 26.8.16)

REGISTERED OFFICE

50 Kingsway Court
Glasgow
G14 9SR

**REGISTERED COMPANY
NUMBER**

SC375922 (Scotland)

**REGISTERED CHARITY
NUMBER**

SC030788

INDEPENDENT EXAMINER

Brett Nicholls Associates
Ruthven Mews, 57 Ruthven Lane
Glasgow
G12 9BG

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2017. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The company's objects are:

"to enable the residents of Kingsway Court and surrounding area, who experience disadvantage, inequity and poor health, to proactively participate in the delivery of the changes necessary to improve their health and wellbeing, by developing and delivering services, activities and events through strong and active partnerships with statutory and voluntary agencies in pursuit of equal opportunity, personal growth and a stable, secure and vibrant community."

Summary of Activity

A total of 520 people were recorded to have used the Kingsway H&W Centre 6,050 times between 1st April'16 and 31st March 2017.

By citizenship status 300 (58%) were UK Residents; 163 (31%) were Refugees; 28 (5%) were Asylum Seekers; and 29 (6%) were Migrant Workers.

By ethnicity: 201 (39%) White Scottish; 122 (23%) Other; 65 (13%) African; 48 (9%) Other (South) Asian; 21 (4%) Other White; 19 (4%) Chinese; 15 (3%) Pakistani; the remaining 29 (6%) were undefined or spread thin across remaining ethnic categories.

By age category the highest numbers of users were aged between 40-59 = 179 (34%); and in descending order: aged 25-39 = 155 users (33%); aged 5-15 = 61 (12%); aged 60 and over = 61 (12%); aged 20-24 = 17 (3%); unknown = 22 (4%); aged 16-19 = 16 (3%); aged 0-4 = 9 (2%).

The following is a summary of our activity under each of the stated project outcomes in Part C:

BME residents are successful learners, confident individuals and effective contributors by developing language skills

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

ESOL Classes

Kingsway, in partnership with Clyde College (Anniesland Campus) delivered 4 x 2hr classes Monday - Thursday mornings during term time From April16 to March17. All Anniesland classes are accredited. 10 attended the April to June class recording 160 attendances. The August to March class recorded 26 attending 879 times.

In partnership with Glasgow ESOL Forum, who provide 5 volunteer tutors, we delivered 3 x 2hr afternoon sessions of informal beginners-level classes per week April to June and August to March. 10 people attended 118 times pre summer and another 19 attended 491 times since August.

Tamil Language & Cultural class

A Kingsway Director and his wife voluntarily facilitate this group of 24 young Sri Lankans. It is aimed primarily at Tamil children to ensure they retain their native language & culture. They meet every Monday 5 - 7pm and Saturday 4 - 8pm. Over the year they have: i) organised End of Term Certificate Ceremony & Celebration on 21st May at St David's Church; ii) performed traditional dances at Glasgow Mela in June; iii) ran an artistic drawing competition on 1st October; iv) organised a rather beautiful event Diwahli (Festival of Light) in November; v) they organised a Christmas party, in typical Sri Lankan style, at St David's Church Knightswood on Saturday 17th December. 110 adults attended and 60 children received a gift from Santa. A nativity play performed by the young Sri Lankans, food, fun and games were enjoyed by all.; and vi) organised a Thaipongal (Tamil New Year) event at St Davids church hall on 14th January with around 100 participants.

Local people are successful learners and more confident computer users.

Online Computing Drop-in Class.

Kingsway, in collaboration with GHA Better Lives and ICT Mobile, delivered 2 x 2hr drop-in sessions per week. The classes are informal and are about helping people develop their knowledge and skills with online facilities to: job searches; online form filling for benefit claims; set up email and social media accounts; pay bills; and do on line shopping. Over the year 41 people attended 416 times.

Community Computer

The Centre provides a computer with internet access for local residents during opening times Monday to Friday. This is sited in the main room and people can drop-in during office hours. At least 9 people used this facility on 212 occasions

More people have strong and supportive friendships and contacts to draw upon.
More people have community connections

Kingsway Women's Group

This group meets on Friday evenings 6-8pm. 24 women have registered 260 attendances over the year with average attendance around 8-10 women. The group work offers a wide variety of activities to build confidence and develop relations.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Over the last year the group have created a beautiful new banner depicting the Centre and its activities. They have also delivered some great food from garden produce at our Cooking Demonstrations for our celebratory Harvest Event on 3rd September. In collaboration with students from City of Glasgow College the group arranged an indulgent nails and facials pamper session on 9th December. On 12th January they attended our pantomime trip to the Pavilion Theatre to see Elfish Magical Adventure.

Charming Cherubs Mothers & Toddlers Group

Over the course of the year, this group has moved from twice weekly meetings on Thursday & Friday mornings to meeting only on Thursdays now. Family circumstances for the volunteer facilitator were the main reason for this. 13 mothers and 16 children registered 416 attendances.

Kingsway Men's Group

In June 2016 a local resident volunteer had a go at establishing a men's group on Tuesdays 2-4pm. His awareness of depression and mental health issues among men was his motivation. Like so many previous attempts at working with men, this initiative failed to attract local men.

In November, a mature student on a 2 year placement at the Centre set up a men's drop-in on Mondays 2-4pm. This session provides space for men to meet and socialise with a view to getting them more involved in their community. 8 men have registered with 3-5 attending at any one session. It is worth noting that as a consequence of these meetings two things have happened: i) a couple of men are using the Centre more frequently as a meeting place and volunteering to help with the maintenance and 'handy man' jobs needing done; and ii) one of the volunteers has now established a men's music club session on Wednesday evenings 6-8pm. 10 men regularly attend these sessions.

Kingsway Youth Group.

Youth club for young people aged 8 - 15 year olds on Thursdays 6 - 8pm. Over the year 39 young people attended 296 times.

The main activities over the year have been: arts & crafts, board games, playing music and dancing. When the weather permits outdoor games are organised.

This group has proved to be challenging since its inception back in 2012. Social behaviour issues and confrontational attitude are right at the heart of it. That said, signs of group cohesion are evident as the staff strive to meet the values of youth work as outlined in the National Occupational Standards:

- * Participation and active involvement
- * Equity, diversity and inclusion:
- * Partnership with young people and others
- * Personal, social and political development

<http://www.nya.org.uk/wp-content/uploads/2014/06/National-Occupation-Standards-for-Youth-Work.pdf>

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

At every session we have snack time this is organised on a rota system with the young people preparing toast or sandwiches. They take the orders. Make the snack and set up the room and serve. The snack time is very conducive to bringing the group together to discuss issues, plan future events or sessions, or just have a quiz or sharing jokes.

Kingsway Music Club

The facilitators of this club look to identify and develop talent on keyboards, drums, guitars, vocals and lyric writing. A music club for young people aged 12 - 18 year olds on Tuesdays 6 - 8pm. Over this period 16 young people have registered. Apart from their weekly tutorial and 'jamming' sessions, the group also performed their singing and musical skills at our Community Garden Harvest and Christmas Open Day events.

Kingsway School Holiday Activities

2 x 2 hour activity sessions were organised for each week of the Summer, October and February holidays.

2 sessional staff and two volunteers worked collaboratively to deliver activities which included: tent building, cinema day, mask making, plaster letter making, cooking sessions (pizza making and cake making sessions) and outdoor play sessions. The age range was between 5-18 years old and between 2 to 30 young people involved in each session. The ground rules were established early on by the group and included a no-phone policy, which worked well and helped the young people concentrate on the activities.

The indoor activities were fairly well attended, although given the restraints of the community space, 18 young people was the maximum we could comfortably accommodate. The young people seemed to enjoy the cooking sessions the most, bringing in recipe ideas, which we incorporated into the sessions. We used these sessions to discuss healthy diets and lifestyle choices.

We tried to make the best of the weather and encourage the young people to use the park area, this helped promote the sessions and there were many young people who joined the sessions this way. Games included; rounders, football, beat the goalie, and various hide and seek type games which the young people knew or devised themselves. These sessions were really enjoyable, encouraged teamwork, co-operation and reiterated the importance of working collaboratively - took some time to agree on the rules!

The young people were given a snack every session which included juice, fruit and a biscuit. Snack time was used to have a group discussion about the session and discuss the activities for the next session.

Summer Walking Programme.

15 walks were organised between 29th June and 31st August: 5 Sundays; 4 Wed evenings; & 6 Wed afternoons. The walks range from easy going walks in the park to a bit more strenuous woodland and low level walks to some challenging hills and glens. 61 people registered for the programme. 14 of those registered did not attend any walks. 47 attended at least one walk. 7 was highest number of walks completed by any one person. 4 people achieved this. 8 was the average group size. On 6 occasions 10 attended and on 4 occasions the group size was 5 or less. Evaluation feedback highlights that everyone really enjoyed the walks and all reported improvements in their health and wellbeing.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Kingsway Garden Project

Our sessional gardener is available on Mondays 2 - 4pm; Wednesday 2 - 4pm; Friday 11am - 1pm & Saturdays 11am - 2pm. A Gardeners Group meeting is held monthly on Sundays.

All 32 raised beds are worked by local residents. They have been managing and developing the garden successfully over the last year. Highlights of the year have been, 3 new rose beds, 6 flowering cherry trees, creating a wildflower meadow, a gardener making a garden sign and holding a Summer Solstice event. Enhancing the grass areas out with the garden have had a significantly positive effect on the community with many locals commenting on and praising the wildflower area in particular.

2016 was the second year we registered with Keep Scotland Beautiful 'Its Your Neighbourhood' award scheme. At the end of July an Assessor from Keep Scotland Beautiful attended to inspect and grade our garden efforts. The grading assesses: community participation (40%); environmental responsibility (30%); and gardening achievements (30%). This year we excelled 2015's grading of 'Thriving' and achieved the top 'Outstanding' category. Two of the gardeners attended the annual award ceremony in Stirling in October

In partnership with DRC Environment Trust a couple of developments have been progressed. Funds were secured for new planters to be built for our fruit trees which were ailing in poor soil conditions and the construction of a polytunnel for 'bringing on' seedlings. Volunteers from Mitie helped redistribute a large mound of earth to back fill hollows & holes around the Kingsway grounds - a labour intensive piece of work.

We held our community garden Harvest Event on Saturday 3rd September. This year we focussed the event on welcoming the residents recently moved into the 116 new-build flats and apartments at Kingsway. The event was enhanced by a £1,300 grant from the Lottery Celebrate Fund. This enabled us to buy-in sessional staff from Glasgow Life and A&M Training to deliver some of the activities.

Activities included: Food demonstrations and tasters using garden produce; Sports & games for children and adults; Face painting; Music, singing and dancing; Traditional dance performance from local Tamil group; Bicycle skills obstacle course; Children's entertainment (balloons, bubbles, arts & crafts). Around 150 adults and children enjoyed a great day.

Over the final quarter, an additional £1,000 pounds was secured from Community Safety Glasgow for environmental improvements; enabling community involvement, social inclusion and a reduction in antisocial behaviour within the area.

Community Events

Five community events were held over the year.

1. Tamil Celebration, End of Term Certificate Ceremony on 21st May. A five hour event held in St David's Church Hall to celebrate the groups achievements over previous year. Over 120 people, mainly from the Tamil Sri Lankan community, attended. The student children all received certificates of achievement and everyone was entertained with traditional dance, music and food.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

2. Summer Solstice. The Community Garden Group organised an all day event on Saturday 16th June to celebrate the solstice. Over 50 local residents participated at some point during the celebrations and reported having a fantastic day.

3. Meet The Neighbours. This event was held on the afternoon of Friday 22nd July. It aimed to welcome our new residents to the area, introduce them to the Centre's services and activities and promote our Harvest celebration event.

4. Harvest Event 3rd Sept. As above

5. Fundraiser 28th October. Our annual fancy dress party sold around 80 tickets and we raised nearly £1,600 this year. This event is a good exercise in community participation with over a dozen people (staff and volunteers) helping with the organisation. Over 20 local businesses support with donations collected by volunteers who also spend many hours in the local shopping centre promoting the event and selling tickets and raffles.

6. Xmas Open Day. Was held on Friday 23rd December. Over 70 residents, young and old, attended over the 5 hours and enjoyed traditional fayre and music. Residents particularly enjoyed the Youth Music group's performances. Around 20 also took advantage of the chair-based massage to help ease the stresses.

7. Thai Pongal (Tamil Hindu Harvest Festival) 14th Jan 2017. Over 100 people came to St David's to celebrate the winter harvest festival. The Tamil group put on another colourful and traditional display of costumes, dance, music and food.

In addition to stated project outputs the following was delivered:

A Bite A Brew & A Blether: Lunch Club and Drop-In

This group has 7 regular attendees and particularly during the summer months plays host to all the volunteers from the Green Gym who come to work in the garden area. The group members take their turn in preparing food for lunch. They meet between 11am and 2pm on Thursdays and after some food they chat or play board games.

Local people are more informed about social and cultural activity in their area

General Enquiry Service (see General Enquiry, Advice & Support Service below)

Newsletter.

Our newsletter was designed and published in-house and hand delivered by volunteers to every household in the 4 high-rise flats (456) and the new build apartments (116) in May and December.

Local people are supported to manage their finances

General Enquiry, Advice & Support Service

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We provided at least 20hrs.p.wk general enquiry service; 4hrs.p.wk welfare advice drop-in and further 12hrs.p.wk appointments for case work. A minimum of 36hrs.p.wk was delivered. Our Welfare Advice & Support Worker has dealt with 273 clients who have used the service 1,306 times over this period. The status of clients is recorded as: 21 asylum seekers (5%); 29 migrant workers (7%); 188 refugees (46%); and 167 UK residents (41%).

Over the 1,306 visits some of the 273 clients presented more than one issue. 405 types of enquiry or requests for support were made, they were categorised as follows: welfare benefits and financial advice 783 (60%); centre activities 239 (18%); legal 141 (11%); health 41 (3%); personal & domestic 41 (3%); housing 38 (3%); employment 11 (1%); others 12 (1%).

Of the 273 clients 225 required welfare support. Of the people requiring welfare support service there has been an increasing number of requests for food bank referrals and use of a telephone for benefit enquiries. This year we began recording data on these requests.

Kingsway Food Bank Referrals & Telephone Requests

Between April & March the Centre referred 68 people on 163 occasions to local food banks based at Blawarthill Church and Drumchapel. Of the 68 referrals 57 were Scottish and 11 were BME population

Over the same period, 34 people have been assisted on 154 occasions with free (to them) telephone calls to benefit agencies. 32 recipients were Scottish.

Financial Capability Workshops

Our Welfare Officer was supported by a member of Money Advice Scotland staff (an ex-banker) to run these workshops. A group of 18 people attended three consecutive workshops between 5th December and 6th March. Work shop 1 looked at shopping on a budget - getting the most out of your money; looking at the savings to be made from shopping around and alternatives to big brand labels; WS2 looked at income and expenditure and setting a budget; WS3 looked at banking options and banking facilities, explaining the pros and cons of bank accounts and interest rates including credit unions.

As all the participants were in receipt of benefit, each workshop had an element of Benefit advice to them as questions were put to the facilitators.

Local men are more aware that VAW is a men's issue Local men campaign to tackle VAW

The Centre did not have the capacity to deliver the stated outputs for these outcomes. i.e. staff time to: plan workshop content; cost; apply for funds; and deliver (if delivery was to be successful a significant amount of time would need to be devoted to recruiting a group of men)

Additional Activity not covered by original stated output:

Kingsway H&W Centre Annual General Meeting. Our AGM was held on Friday 26th August 2016. Three new Directors joined the four existing / remaining Directors.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Staff & Board Development Day. 2 Directors, 3 staff, 5 sessional staff, 1 student, 1 volunteer and 1 centre user met on 7th March at St Margaret's Hospice Conference Centre to spend time together considering the challenges and stresses impacting on Centre and its plans for developments and our capacity to manage them. A report is available.

Student Placement. The Centre has supported two students on placement this year. One is a 3rd year BA Community Development student from Glasgow University. The other is studying HNC Working With Communities at Anniesland Campus.

Staff & Volunteer Training. The following training was undertaken by staff and volunteers:

Office of the Immigration Services Commissioner (OISC). Our Welfare Advice & Support Worker is a regulated advisor with OISC and completed his annual online training and registration in February.

Social Media Training. Two members of staff attended a one day training course at the Yoker Resource Centre IT Suite on the 13th of April. This event was led by the Third Sector Lab.

Mental Health Foundation Amaan Community Conversations: Training for Trainers. One sessional worker attended this 3 day course in October. Amaan Community Conversations is a community development approach that works with refugee and asylum seeking women in an empowering way using the arts to provide a safe and nurturing environment to discuss and explore mental health issues and to help them gain better access to mainstream health and social services.

Social Media Fundamentals. Two members of staff attended this half day session on Monday 24th October 2016. This event was led by the Third Sector Lab

Minibus Driver Awareness Training. Two members of staff took part in this two day certificated course on 22nd and 23rd February 2017.

Governance For Board Members. Two Directors attended this on Monday 6th February, 1.15pm-4.15pm at Knightswood Community Centre

IGF Workshop: Role of Chairs & Managers. The Chair and Co-ordinator attended this half day session on 27th February 2017 at the Albany Centre.

Conferences & Networking

Go-Well Panel of Residents. Three local residents (one a Board member at Kingsway) attended The GoWell Panel learning workshop on 26 July and again in December. These workshops aimed to show what GoWell have achieved during the Panel sessions and a celebration of the Panel's work and a thank you to their local groups for their support. They were also able to find out about the Place Standard tool and try it for themselves.

DRC Network Meeting. The Co-ordinator attended this networking session of Voluntary Sector agencies in the Dumbarton Road Corridor on Thursday 29th September

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Beautiful Scotland & It's Your Neighbourhood Annual Seminar 2017. Two of our volunteer gardeners attended this event in Stirling on 28th October and collected our award as an 'Outstanding' garden project.

Glasgow Makes Connections. Co-ordinator attended this event on Thursday January 26th 2017. A funding and support event for community and third sector organisations to come together to meet and talk to funders and support agencies operating in Glasgow.

Find A Solution: Glasgow University. Since January this year, the Co-ordinator has been liaising with the Internship Hub at Glasgow University with a view to securing two Computing Science students to conduct a thorough review of our information management needs.

What some people have told us about our services and activities:

We believe increasing people's confidence, esteem, sense of connectedness and belonging is likely to be the most effective contribution our organisation can make to addressing the health inequalities and improving health and wellbeing within the community. Set out below are some of our stated objectives and some comments from residents taking part in activities. These comments from service users are a reflection of how the Centre is impacting on the lives of residents:

Objective: More people have strong and supportive friendships and contacts to draw upon.

"I find it a safe community group that promotes friendship and where I can discuss ideas and problems and take part in activities." (Women's Group member)

"I look forward to Friday evenings and meeting the other women, it's nice to be able to chat about women's issues and hear other women's news." (Women's Group member)

"The programme has made me feel more healthier, they are interesting and you can tell other people about them, which initiates communication to people that you have just met and starts conversation. The programme gives you something to look forward to" (summer walker)

"Like the fact that you can talk to various people in the course of a day during the walk as well as a little time just walking quietly and enjoying the scenery. The exercise gives you a lift and listening to others can be informative and lead to further avenues." (summer walker)

"I enjoyed the walks with beautiful scenery, which I had not known there was so many Parks in Glasgow and outside Glasgow it was really inspiring." (summer walker)
|Out of the frantic nature of the city when people converse they have a mutual appreciation for nature, this mutuality created a feeling of connectedness to other people. (summer walker)

"It was good to get out into the Parks and countryside and mixing with a variety of people." (summer walker)

"They make you fitter, which is great. You are taken to places that you've not been to before or can't get to by public transport. You get to meet new people and learn new things." (summer walker)

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

"Just watching how others react on their first outing, they are just amazed about the walks and take it with open arms, also make friends easy, also the banter, who wouldn't want to go on these walks. The people you meet and the things you see. Please keep them coming. Thank you so much." (summer walker)

"I've made many new friends and will come back to other groups at Kingsway" (Volunteer)

"I've made so many new friends and will continue to meet up and use the Centre for the other classes and to meet up for coffee". (Volunteer)

"I enjoyed the socialising in the community." (resident at Harvest event)

"I mean before that, I didn't know M**** or A*** or E***** and we would walk by each other and not say hi cos we didn't know each other whereas now because of all these things, like the groups its like if you're out shopping and see each other its 'oh hi, how are you doing?'" (Parent & Toddler group member)

"We're like a small family, if I want to go over quickly to the shops, I can just say to A*** or anyone and they will watch the kids for me and I can just go and come back quickly. And we trust each other. We have been around only for just over one year together. And its good, you don't have to worry about your children" (Parent & Toddler group member)

Objective: Participants have increased confidence and self esteem

"I feel relaxed and relieved and I'm able to be myself away from the stress of Family life, and the support from the women makes me feel appreciated, and not judged." (Women's Group Member)

"amazing would have it every day, well worth every minute, would use it whenever it was here, helped a lot" (massage client)

"Just thank you, really enjoyed the walk, so sorry I couldn't manage any of the other walks, but the first one inspired us to go off and do our own thing. Definitely been a boost to my partners confidence in himself and his health, so thank you for that, as well as what I got out of it, which was a clearer head, felt lovely and relaxed afterwards, and really appreciated the free minibus." (summer walker)

"A walk can renew interest in the beauty of the Scottish countryside and breathing good quality air. Also it can renew motivation. I really hope the walking programme will run again from Kingsway flats." (summer walker)

"The walks are a good way to unwind, making me feel relaxed and energised. I like meeting other people and feel this is an ideal way to do so." (summer walker)

"Enjoyment of the outdoors, nature, pleasant company, improvement in mental and physical health." (summer walker)

"After having been out a couple of times with the group and enjoying it, I was encouraged to complete a 5k walk for charity and will do this again." (summer walker)

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

"I'm loving helping the weans make different kinds of arty stuff." (School Holidays Activities Volunteer)

Objective: Participants feel happier and better in themselves

"I enjoy walking, it makes me feel good to be alive! A chance to see some lovely countryside, get some exercise and enjoy good company." (summer walker)

"Company, fresh air, fitter, release the happy endorphins, good for everyone." (summer walker)

"Its been good to get 'out and about'. The mini bus is a real asset. Transport is generally being cut. As it means going further afield. I also enjoyed meeting new people and felt very relaxed in their company." (summer walker)

"Loved the programme. Wished there was more of them. Encouraged you to walk and experience a different way of life. Feel good factor after walk. Make friends." (summer walker)

"It has been great to get out and about and making good friends, having fun and laughter, that in itself makes you feel good, and is good for wellbeing, but that is what the centre does." (summer walker)

"Walking is great exercise. It lightens your mood. As you walk you talk to others. You can have a laugh. Great if you are used to being on your own in life, I have found it very helpful." (summer walker)

"Enjoyed getting out and about in the country, meeting new people, having a laugh, enjoying the chat and just having a lovely day out." (summer walker)

"I have very much enjoyed the walks and they are very well organised, and led with much knowledge and experience." (summer walker)

"The kids are all smiling and enjoying themselves with their pals. Good to see them away from their computer screens!" (School Holidays Activities Volunteer)

"It's been great; I've loved playing the game rounders with the kids" (School Holidays Activities Volunteer)

"It was great to have something to do and somewhere to go to meet my pals during the school holidays." (School Holidays Activities Participant)

"I loved the bike sessions with Paul especially the slow races!" (School Holidays Activities Participant)

"I wish we could have something like this every year during our school holidays." (School Holidays Activities Participant)

"Learning to ride a bike was awesome!" (School Holidays Activities Participant)

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

ACHIEVEMENT AND PERFORMANCE

Charitable activities

"I enjoyed the massage it was the best, I feel relaxed now" (Open Day massage client)

"My massage was so relaxing, and out of 10 I would give him an 11! It was amazing feel great knots are away." (Open Day massage client)

"Fantastic massage again" (Open Day massage client)

"Well needed and well delivered" (Open Day massage client)

"Very stress relieving, half asleep when I came off. Recommended!" (Open Day massage client)

FINANCIAL REVIEW

Reserves policy

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. They have established a policy whereby the unrestricted funds should be approximately three months of normal operating expenditure. The expenditure for 2016/17 was £148,236 and therefore the target reserves figure is £37,047 in general unrestricted funds.

The Trustees are confident that at this level they would be able to continue the current activities of the charity in the short term in the event of a significant drop in funding. The 2016/17 accounts show that the general reserves were £21,370, significantly short of the above target level. The Trustees have an intention to increase the level of general reserves as far as possible so as to reach this target.

Results

During the year to 31 March 2017, the charity had total income of £156,697 (2016: £149,694), expenditure of £148,236 (2016: £144,454) leaving a net surplus of £8,461 (2016: £5,240).

The charity's total reserves at 31 March 2017 were £25,556 (2016: £17,095) and of these, the unrestricted reserves total £21,370 (2016: £14,049).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is ruled under the terms of its memorandum and articles of association (known informally as 'the constitution') and was formed in March 2010. It is recognised as a Scottish Charity by the Scottish Charity Regulator (OSCR).

Recruitment and appointment of new trustees

The trustees are appointed at the annual general meeting of the charity. They are selected on the basis of their interest and energy in enhancing the Kingsway Court high rise flats and the area immediately around the flats.

The Constitution states that trustees must be local residents.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2017

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Day-to-day operational responsibility is delegated to the Community Health & Development Co-ordinator, known as the 'Project Manager', Mr Martin Coyle. Staff members report directly to the Project Manager who in turn is responsible to the Board

Board meetings are held approximately every month and the Project Manager circulates a report to the board approximately one week before the meeting.

Key management remuneration

In the opinion of the trustees there is only one key management personnel - the Community Health & Development Co-ordinator. This post was paid a gross salary of £32,451 in 2016/17.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The aims of the charity's risk management policy are to:

- Promote client (resident), employee and public safety
- Protect personnel and assets
- Minimise loss and insurance costs
- Improve contingency planning for dealing with risks and their impact

Approved by order of the board of trustees on 9/8/17 and signed on its behalf by:


.....
John Doyle - Trustee

**Independent Examiner's Report to the Trustees of
Kingsway Court Health & Wellbeing Centre**

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

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met; or

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



Brett Nicholls CA (NZ) FCIE
Association of Charity Independent Examiners
Brett Nicholls Associates
Ruthven Mews, 57 Ruthven Lane
Glasgow
G12 9BG

Date: 14 August 2017

Kingsway Court Health & Wellbeing Centre

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2017**

	Notes	Unrestricted fund £	Restricted funds £	2017 Total funds £	2016 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	6,449	145,624	152,073	146,764
Other trading activities	3	4,610	-	4,610	2,888
Investment income	4	14	-	14	42
Total		11,073	145,624	156,697	149,694
EXPENDITURE ON					
Charitable activities	5				
Community development and health initiatives		3,902	144,334	148,236	144,454
NET INCOME		7,171	1,290	8,461	5,240
Transfers between funds	14	150	(150)	-	-
Net movement in funds		7,321	1,140	8,461	5,240
RECONCILIATION OF FUNDS					
Total funds brought forward		14,049	3,046	17,095	11,855
TOTAL FUNDS CARRIED FORWARD		21,370	4,186	25,556	17,095

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

Kingsway Court Health & Wellbeing Centre

**Balance Sheet
At 31 March 2017**

	Notes	2017 £	2016 £
CURRENT ASSETS			
Debtors	11	947	623
Cash at bank and in hand		25,113	19,418
		<u>26,060</u>	<u>20,041</u>
CREDITORS			
Amounts falling due within one year	12	(504)	(2,946)
		<u>25,556</u>	<u>17,095</u>
NET CURRENT ASSETS			
		<u>25,556</u>	<u>17,095</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		25,556	17,095
NET ASSETS		<u>25,556</u>	<u>17,095</u>
FUNDS	14		
Unrestricted funds		21,370	14,049
Restricted funds		4,186	3,046
TOTAL FUNDS		<u>25,556</u>	<u>17,095</u>

The notes form part of these financial statements

Kingsway Court Health & Wellbeing Centre

Balance Sheet - continued

At 31 March 2017

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

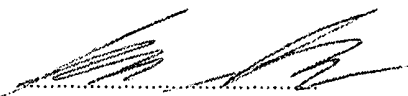
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2017 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for


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

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

The financial statements were approved by the Board of Trustees on9/8/17.....
and were signed on its behalf by:



Frances Elaine Miller -Trustee



John Doyle -Trustee

The notes form part of these financial statements

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements for the Year Ended 31 March 2017

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' EFA, 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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

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.

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.

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2017

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
Donations	6,449	-	6,449	2,902
Grants	-	145,624	145,624	143,862
	<u>6,449</u>	<u>145,624</u>	<u>152,073</u>	<u>146,764</u>

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

	2017 £	2016 £
CPP Integrated Grant	63,270	66,600
CPP Integrated Grant - West Int. Network	29,388	29,388
GHA - Wider Action	32,898	30,814
Lottery - Celebrate	1,368	-
Glasgow Life	2,700	-
Glasgow Gold Community Chest	-	500
Greater Glasgow NHS Health Board	15,000	14,000
Community Safety Glasgow	1,000	2,060
Big Lunch Seed Fund	-	500
	<u>145,624</u>	<u>143,862</u>

3. OTHER TRADING ACTIVITIES

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
Room Letting	993	-	993	438
Creche Income	575	-	575	200
Printing, Copying, Faxing	32	-	32	103
Employment Allowance	3,000	-	3,000	2,000
Miscellaneous	10	-	10	147
	<u>4,610</u>	<u>-</u>	<u>4,610</u>	<u>2,888</u>

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2017**

4. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	2017 Total funds	2016 Total funds
	£	£	£	£
Bank Interest	14	-	14	42
	<u>14</u>	<u>-</u>	<u>14</u>	<u>42</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct costs (See note 6)	Grant funding of activities (See note 7)	Totals
	£	£	£
Community development and health initiatives	132,907	15,329	148,236
	<u>132,907</u>	<u>15,329</u>	<u>148,236</u>

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2017

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2017	2016
	£	£
Staff costs	97,781	96,079
GCVS Payroll Fee	347	331
Sessional Fees	300	175
Staff Training	1,015	20
Staff Travel	120	120
Activities	3,979	2,366
Catering Costs	220	207
Creche Services	-	50
Facilitation Fees	14,536	13,972
Facilities Hire	222	70
Material and Equipment	1,869	2,902
Publicity and Promotion	152	88
Return of Key Deposits	-	30
Transport Costs	730	411
Vol Training and Expenses	289	322
Bank Charges	-	12
Cleaning and Toiletries	3,543	3,476
Computer Services	678	715
Insurance	618	691
Board Training	156	160
Office Stationery	299	480
Photocopier	1,330	1,407
Postage and Carriage	174	234
Provisions & Hospitality	207	156
Repairs and Maintenance	1,527	763
Subscriptions	81	673
Telephone	1,500	1,705
Accountancy - Independent Exam	1,134	1,080
Furniture and Fittings	-	430
Performance Fees	100	-
	<u>132,907</u>	<u>129,125</u>

7. GRANTS PAYABLE

	2017	2016
	£	£
Community development and health initiatives	<u>15,329</u>	<u>15,329</u>

The total grants paid to institutions during the year was as follows:

	2017	2016
	£	£
West Integration Network	<u>15,329</u>	<u>15,329</u>

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2017

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

9. STAFF COSTS

	2017 £	2016 £
Wages and salaries	88,253	87,379
Social security costs	8,820	8,700
Other pension costs	708	-
	<u>97,781</u>	<u>96,079</u>

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

	2017	2016
Office and Project Staff (FTE)	<u>3</u>	<u>3</u>

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,402	143,362	146,764
Other trading activities	2,888	-	2,888
Investment income	42	-	42
Total	<u>6,332</u>	<u>143,362</u>	<u>149,694</u>
EXPENDITURE ON			
Charitable activities			
Community development and health initiatives	3,315	141,139	144,454
Total	<u>3,315</u>	<u>141,139</u>	<u>144,454</u>

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2017**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME	3,017	2,223	5,240
RECONCILIATION OF FUNDS			
Total funds brought forward	11,032	823	11,855
TOTAL FUNDS CARRIED FORWARD	<u>14,049</u>	<u>3,046</u>	<u>17,095</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2017 £	2016 £
Trade debtors	-	623
Other debtors	947	-
	<u>947</u>	<u>623</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2017 £	2016 £
Trade creditors	504	2,908
Other creditors	-	38
	<u>504</u>	<u>2,946</u>

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted funds £	2017 Total funds £	2016 Total funds £
Current assets	21,874	4,186	26,060	20,041
Current liabilities	(504)	-	(504)	(2,946)
	<u>21,370</u>	<u>4,186</u>	<u>25,556</u>	<u>17,095</u>

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued
for the Year Ended 31 March 2017

14. MOVEMENT IN FUNDS

	At 1/4/16 £	Net movement in funds £	Transfers between funds £	At 31/3/17 £
Unrestricted funds				
General fund	14,049	7,171	150	21,370
Restricted funds				
Greater Glasgow Health Board	2,691	1,253	-	3,944
Glasgow Life	-	150	(150)	-
Big Lunch	355	(113)	-	242
	<u>3,046</u>	<u>1,290</u>	<u>(150)</u>	<u>4,186</u>
TOTAL FUNDS	<u>17,095</u>	<u>8,461</u>	<u>-</u>	<u>25,556</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	11,073	(3,902)	7,171
Restricted funds			
CPP Integrated Grant	92,658	(92,658)	-
Greater Glasgow Health Board	15,000	(13,747)	1,253
GHA Better Lives	30,951	(30,951)	-
Lottery - Celebrate	1,368	(1,368)	-
Glasgow Life	2,700	(2,550)	150
Community Safety Glasgow	1,000	(1,000)	-
Big Lunch	-	(113)	(113)
GHA Better Lives Xmas Grants	1,947	(1,947)	-
	<u>145,624</u>	<u>(144,334)</u>	<u>1,290</u>
TOTAL FUNDS	<u>156,697</u>	<u>(148,236)</u>	<u>8,461</u>

15. RELATED PARTY DISCLOSURES

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

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2017

16. FUND DESCRIPTIONS

General - The unrestricted, 'free reserves' of the Charity

CPP Integrated Grants Fund - Funding for staff costs, core running costs and a contribution to programme activity (walking programme and groupwork)

Greater Glasgow Health Board - Contribution to the co-ordinator's salary and support of programme activity

GHA Better Lives - Contribution to welfare workers and a contribution toward youth club and community garden

Community Safety Glasgow - Environmental Works for the Kingsway Garden and Community area at Kingsway Court. Enabling community involvement, social inclusion and a reduction in antisocial behaviour within this area.

Big Lunch Fund - An Eden Project aimed at engaging communities who may face barriers to taking part, to encourage a wider section of the community to get involved.

Big Lottery Celebrate - Over the last few months new residents have taken up occupancy of the 116 newly built homes within the Kingsway complex. This year's 5th annual harvest event provides an opportunity to: i) invite and welcome our new residents to the neighbourhood; ii) raise awareness of our services and activities; and iii) promote the new residents sense of connectedness, belonging and involvement in the community.

Glasgow Life Community Alcohol Campaign - A devised 'public performance' for teenagers, rehearsal process culminating in a live performance in 5 local park hangouts/areas of youth activity on Friday/weekend evenings. The live play will be followed with a social discussion, healthy drinks and leaflets of local activities/centres. The performance group will consist of 5 local young people and 5 local adults in long-term recovery from alcohol misuse.

Kingsway Court Health & Wellbeing Centre

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2017**

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	6,449	-	6,449	2,902
Grants	-	145,624	145,624	143,862
	<u>6,449</u>	<u>145,624</u>	<u>152,073</u>	<u>146,764</u>
Other trading activities				
Room Letting	993	-	993	438
Creche Income	575	-	575	200
Printing, Copying, Faxing	32	-	32	103
Employment Allowance	3,000	-	3,000	2,000
Miscellaneous	10	-	10	147
	<u>4,610</u>	<u>-</u>	<u>4,610</u>	<u>2,888</u>
Investment income				
Bank Interest	14	-	14	42
	<u>11,073</u>	<u>145,624</u>	<u>156,697</u>	<u>149,694</u>
Total incoming resources				
	11,073	145,624	156,697	149,694
EXPENDITURE				
Charitable activities				
Wages	-	88,253	88,253	87,379
Social security	-	8,820	8,820	8,700
Pensions	-	708	708	-
GCVS Payroll Fee	-	347	347	331
Sessional Fees	300	-	300	175
Staff Training	785	230	1,015	20
Staff Travel	-	120	120	120
Activities	646	3,333	3,979	2,366
Catering Costs	52	168	220	207
Creche Services	-	-	-	50
Facilitation Fees	-	14,536	14,536	13,972
Facilities Hire	-	222	222	70
Carried forward	1,783	116,737	118,520	113,390

This page does not form part of the statutory financial statements

Kingsway Court Health & Wellbeing Centre

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2017**

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
Charitable activities				
Brought forward	1,783	116,737	118,520	113,390
Material and Equipment	55	1,814	1,869	2,902
Publicity and Promotion	-	152	152	88
Return of Key Deposits	-	-	-	30
Transport Costs	335	395	730	411
Vol Training and Expenses	-	289	289	322
Bank Charges	-	-	-	12
Cleaning and Toiletries	84	3,459	3,543	3,476
Computer Services	-	678	678	715
Insurance	-	618	618	691
Board Training	-	156	156	160
Office Stationery	-	299	299	480
Photocopier	-	1,330	1,330	1,407
Postage and Carriage	-	174	174	234
Provisions & Hospitality	207	-	207	156
Repairs and Maintenance	1,417	110	1,527	763
Subscriptions	21	60	81	673
Telephone	-	1,500	1,500	1,705
Accountancy - Independent Exam	-	1,134	1,134	1,080
Furniture and Fittings	-	-	-	430
Performance Fees	-	100	100	-
Grants to institutions	-	15,329	15,329	15,329
	<u>3,902</u>	<u>144,334</u>	<u>148,236</u>	<u>144,454</u>
Total resources expended	3,902	144,334	148,236	144,454
	<u>7,171</u>	<u>1,290</u>	<u>8,461</u>	<u>5,240</u>
Net income				

This page does not form part of the statutory financial statements