

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

**Report of the Trustees and
Financial Statements for the Year Ended 31 March 2018
for**

Kingsway Court Health & Wellbeing Centre



**Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG**

Kingsway Court Health & Wellbeing Centre

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Kingsway Court Health & Wellbeing Centre

Reference and Administrative Details for the Year Ended 31 March 2018

TRUSTEES

Charlotte Boyce (Chairperson)
John Doyle (Vice Chair)
Carine Gordon (Treasurer)
Jane Hanke (resigned 3.10.17)
Rasiah Jeyakumar
Frances Elaine Miller (resigned 27.10.17)
Ikpe Chikwe Okara (appointed 27.10.17)
Patricia Robertson (appointed 27.10.17)

COMPANY SECRETARY

Martin Coyle

REGISTERED OFFICE

50 Kingsway Court
Glasgow
G14 9SR

REGISTERED COMPANY NUMBER

SC375922 (Scotland)

REGISTERED CHARITY NUMBER

SC030788

INDEPENDENT EXAMINER

Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

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 2018. 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 574 people were recorded to have used the Kingsway H&W Centre 6,338 times between 1st April'17 and 31st March 2018.

By citizenship status 316 (55%) were UK Residents; 192 (33%) were Refugees; 37 (6%) were Asylum Seekers; and 29 (5%) were Migrant Workers.

By ethnicity: 180 (31%) White Scottish; 169 (29%) Other; 61 (11%) Other (South) Asian; 57 (10%) African; 33 (6%) Middle Eastern; 25 (4%) Other White; 11 (2%) Chinese; 11 (2%) Pakistani; the remaining 27 (5%) were undefined or spread thin across remaining ethnic categories.

By age category the highest numbers of users were aged between 40-59 = 171 (30%); and in descending order: aged 25-39 = 160 users (28%); aged 5-15 = 72 (12%); aged 60 and over = 59 (10%); unknown = 38 (7%); aged 20-24 = 36 (6%); aged 16-19 = 22 (4%); aged 0-4 = 16 (3%).

The following is a summary of our activity under stated project outcomes for the year:

Project Outcome: BME residents are successful learners, confident individuals and effective contributors by developing language skill.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

ACHIEVEMENT AND PERFORMANCE

Charitable activities ESOL Classes.

Kingsway, in partnership with Clyde College (Annie'sland Campus) delivered 4 x 2hr classes Monday - Thursday mornings during term time from April'17 to March'18. All Annie'sland classes are accredited as Elementary. 10 attended the April to June class recording 143 attendances. The August to March class recorded 17 attending 973 times.

Glasgow ESOL Forum's delivery of classes went through a period of transition over the last year. A formal partnership agreement was drawn up and signed-off by our Board on 7th June 2017. The pool of 5 volunteer tutors was replaced by one salaried tutor provided by the Forum. The classes became accredited at Access 2 Literacies level. Over the 1st quarter, April to June'17, we delivered 3 x 2hr afternoon sessions per week; 7 people registered 93 attendances. From August'17 to March'18 with new funding in place classes moved to two afternoons per week during term time. 19 people attended 340 times over this period. A total of 26 people for the year.

We currently have a waiting list of over 30 people

Tamil Language & Cultural class.

A Kingsway Director and his wife voluntarily facilitate this group for young Sri Lankans. It is aimed primarily at Tamil children to ensure they retain their native language & culture. They meet Monday 5 - 7pm and Saturday 4 - 8pm during term time. 37 children registered 1,224 attendances over the year. Activities this year include: i) organised End of Term Certificate Ceremony & Celebration on 22nd April at St David's Church; ii) organised maths and english exams invigilated and accredited by Tamil Education Development Council UK on 3rd June iii) ran an artistic drawing competition on 14th October; iv) Christmas party, in typical Sri Lankan style, at St David's Church Knightswood on Saturday 23rd 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.

Project Outcome: 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 Job Centre refer relevant clients to utilise service for CV's and job searches. 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 42 people attended 556 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. This year only 3 people have been registered using this service on 37 occasions

Project Outcome:

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

Kingsway Court Health & Wellbeing Centre

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

Women's Group

This group meets on Friday evenings 5-7pm. 21 women have registered 265 attendances over the year with average attendance around 6-9 women. The group work offers a wide variety of activities to build confidence and develop relations such as, sewing, knitting, crochet and cooking as well as discussing and supporting local and global campaigns that affect them and the wider community, such as 'Violence Against Women'.

Between September and November 11 women completed an 8-week personal development programme called 'Discovering Me'. This course was delivered by Thriving Survivors, "a charity that focuses on supporting survivors of trauma. By offering support and extensive training programmes we aim to provide a second chance at a successful career for those who need a helping hand and a little understanding of how trauma significantly effects everyday life".

The women noted a benefit in taking part with them all citing they felt more empowered and confident with a better sense of control. The highlight of the course was when all the women were fitted for a brand new outfit, bag, shoes and accessories.

The women's group is participating in healthy weight and healthy eating workshops funded by the Child Healthy Weight programme. So far they have covered topics on labelling and traffic light system, processed foods and constituents of a 'healthy plate'. This is due for completion late May.

Parent & Toddlers Group (formerly Charming Cherubs)

The group meets once a week on a Thursday morning for 2 hours. 14 mothers and 14 children have registered 116 attendances. The group have also been involved in our healthy weight healthy eating project which involved a couple of 'buggy walk' sessions and learning about the traffic light system and healthy snacks and drinks options for their children. They also had a day trip to the carnival at Christmas time. Due to renovations taking place in the space they use, the group has been on hold since January. It is anticipated the group will resume early May.

Kingsway Men's Group

As noted last year, some success was achieved in establishing another group when a mature student placement set up a group in late 2016. The group met on Monday afternoons and a core of 3-5 men met to socialise. However, the student left the Centre in August 2017 and the group quickly lost momentum and ceased to meet. Two of the men still regularly use the Centre as a drop-in for socialising and a third is now a regular volunteer 'handyman'.

Youth Group.

Youth club for young people aged 8 - 15 year olds on Thursdays 6 - 8pm. Over the year 45 young people attended 436 times. Activities include: arts and crafts, board games, karaoke and, weather permitting, outdoor games.

The group have also been taking part in the healthy weight healthy eating project which has encouraged them to think about food and drink choices. The workshops have included learning about the traffic light system and a number of the members going shopping with the facilitator, which has proved very popular.

The group have recently taken ownership of a plot in the Kingsway Community Garden where they plan to plant and grow vegetables they can use to prepare healthy snacks.

Snack time is incorporated into each session where the facilitators take the opportunity to discuss any issues the young people may have. This time also gives the young people time to put forward ideas about upcoming sessions.

Kingsway Court Health & Wellbeing Centre

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

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 9 young people have registered 116 attendances.

Funding from Youthlink Scotland enabled a project to write, record and produce their own distinctive songs. Research has long shown that writing song lyrics has a number of health, emotional and social benefits. Facilitated by a highly experienced musician/producer and a singer songwriter the young people were encouraged to 'dig deep' and discuss personal experiences, aspirations and views of the world which resulted in the individuals putting together an album of original songs. Some of these songs were performed at both our Harvest Festival and Christmas Open Day. The twelve songs produced have been uploaded to Soundcloud <https://soundcloud.com/leo-saidenough/sets/kingsway-stars>

School Holiday Activities

2 x 2 hour sessions are delivered weekly during the Easter, Summer, October and February, school holidays. 20 sessions in total.

Activities are varied, appropriate and include: arts and crafts, attempts at making fluffy slime (with varied success), preparing pizza's and cookies and outdoor games. During the summer the group had a day trip to Flip Out and Cunnigar Loop. The trip to Cunnigar Loop in particular gave the young people lots of ideas on how they thought the communal space around Kingsway could be better utilised. Ideas ranged from an outdoor gym and climbing frames to tree houses with lifts! A preliminary conversation has taken place with a city councillor and he has expressed an interest in meeting the young people so he can hear their ideas in more detail.

Summer Walking Programme.

15 walks were organised between 28th June and 30th August: 5 Fridays; 5 Wed evenings; & 5 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. 48 people registered for the programme. 11 of those registered did not attend any walks. 37 attended at least one walk. 12 was highest number of walks completed by any one person. 12 was the average group size. With 10-15 attending on 12 walks. The lowest group size was 6. Evaluation feedback highlights that everyone really enjoyed the walks and all reported improvements in their health and wellbeing.

Student Counselling Service.

In partnership with the Counselling Unit, Strathclyde University we agreed to provide a counselling opportunity to a student from the Msc in Counselling & Psychotherapy course. This service began on Tuesday 21st November providing three one hour appointments. Since January the service expanded to include three appointments on Monday afternoons.

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. A total of 300 hours support time is provided over the year.

All 32 raised beds are worked by local residents. The Kurdish Women's Group and the Youth Group were given plots this year and the Gardener has been supporting them in utilising the plots. They have been managing and developing the garden successfully over the last year. Highlights of the year have been

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

Harvest Festival & Gala Day on Saturday 2nd September. Around 200 members of the community came along to take part in a range of activities: face painting, sports games, tombola, bike skills course, retro Fire Brigade and Police Scotland vehicles, music from youth group, free burgers and pakoras cooked by volunteers. This event was supported by Area Committee grant of £450.

A wild life wall was built with spare stones by the gardeners near their pond. Creating a bit of colour and encouraging natural habitat. The area around the entrance to the garden was cleared and new planters established. A new BBQ and fire pit were put to good use.

2017 was the third year we registered with **Keep Scotland Beautiful 'Its Your Neighbourhood'** award scheme. This year we were awarded a 'Thriving' category. The grading assesses: community participation (40%); environmental responsibility (30%); and gardening achievements (30%).

Young people got involved in planting tulips and hyacinths in the 'wild meadow' area being cultivated around the garden.

Child Healthy Weight

This programme began in November 2017 and is due to finish June 2018. It is in the process of delivering 30 workshop sessions with three of our existing groups: Parents & Toddlers; Women's Group; & Youth Group.

Each of the groups has been taking part in sessions which will raise awareness and explore: The Healthy Plate; Types of fat - good and bad; Takeaway versus home made; Food allergies and intolerances; Traffic light labelling; and Healthy Eating on a budget

The Parents & Toddlers group will plan and prepare healthy snacks for their children. We hope to educate the parents and encourage healthy options for their young children

Members of the Women's Group will take turn to plan and prepare a healthy meal from somewhere in the World. As the main planners, purchasers and preparers of meals we aim to educate the members on healthy and affordable options for themselves and their family.

Members of the Youth Group will plan and prepare healthy snacks for their group. They will specifically focus on the documented dangers of high-energy drinks. This group is for children aged 8 to 13 year olds.

Each group will also spend one session in our community garden in spring time. They will learn more about growing fruit and vegetables and get an opportunity to plant seeds of their own, which they will harvest in due course.

Community Events

Kingsway held five community events over the year.

1. Tamil Celebration. End of Term Certificate Ceremony on 22nd April. 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.

2. Harvest Event & Gala Day 2nd Sept. As noted in Garden project

Kingsway Court Health & Wellbeing Centre

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

3. Fundraiser Ceilidh 1st December. St Andrew's themed ceilidh held in the local British Legion. Sold over 80 tickets and we raised over £1,300 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.

4. Xmas Open Day. Was held on Friday 22nd December. Over 70 residents, young and old, attended over the 5 hours and enjoyed traditional fayre and music. Residents particularly enjoyed some great entertaining performances by Youth Music group's members. Around 20 also took advantage of the chair-based massage to help ease the stresses.

5. Tamil Christmas party. As noted in Tamil Group above

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.

Coffee Morning. At the request of Lunch Club members a coffee morning was established on 27th June and runs Tuesdays 10:30am to 2pm.

Kurdish Women's Community Group

A couple of Kurdish women came to meet with Centre's Co-ordinator last summer. They explained that they were part of a larger group of women and children that they were trying to support and needed a place to meet. They began using the Centre late August 2017. A volunteer helped them draft a constitution and aims for their group.

The Group aims to support Kurdish women who feel isolated and have difficulties integrating. Many of the women in the group are refugees and asylum seekers who feel isolated and are in need of friendships with other women in their situation. The group has a clear aim - to support each other, whatever persecution they have been through, whatever their age, and whatever stage of the asylum process they are at.

They meet weekly on Saturdays 11.30am to 2.30pm. Around 40 women and 30 children have registered. Many travel from other areas of the City. Not all can regularly attend due to lack of finance and costs of transport.

Their group work is arranged into 3 activities: i) basic ESOL for those who can't speak any English; ii) children's activities, which they take in turn to supervise (allows the mothers time to focus on other group work); iii) information sessions on appropriate services, such as, health, schools/nurseries, benefit advice, and Scottish Law.

The group pride themselves on the integration work they do while retaining Kurdish culture and language for themselves and their children.

Project Outcome: People are better able to participate in the social, economic and cultural life of the city

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

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

ACHIEVEMENT AND PERFORMANCE

Charitable activities

General Enquiry, Advice & Support Service

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 276 clients who have used the service 1,174 times over this period. The status of clients is recorded as: 16 asylum seekers (6%); 22 migrant workers (8%); 133 refugees (48%); and 105 UK residents (38%).

Over the 1,174 visits some of the 276 clients presented more than one issue. Consequently, 394 types of enquiry or requests for support were made, they were categorised as follows: welfare benefits and financial advice 213 (54%); legal 80 (20%); housing 28 (7%); health 20 (5%); personal & domestic 17 (4%); education 14 (4%); centre activities 10 (3%); others 12 (3%). (for more detail on welfare see outcome b) below.)

Facebook & website

We utilise facebook and our web pages to provide information about the Centre's purpose and what's going on. We also use FB as a photo gallery, celebrating events just past.

Newsletter.

Two newsletters were 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 August'17 and March'18.

b) Local people are supported to manage their finances

General Enquiry, Advice & Support Service'

Of the 276 clients using this service 213 required welfare support over 735 visits. This includes dealing with residents who have been sanctioned or are facing sanction, needing help completing benefit claims forms, liaising with DWP and Job Centre staff on their behalf, requiring advocacy at tribunals or medicals, etc. The ethnicity of those requiring support is as follows: 80 (38%) White Scottish; 54 (25%) Other; 26 (12%) African; 19 (9%) Middle Eastern; 14 (7%); the remaining 20 (9%) made up of other BME population.

Food Bank Referrals & Telephone Requests

Between April & March the Centre referred 56 people on 107 occasions to local food banks based at Blawarthill Church and Drumchapel. Of the 56 referrals 40 were Scottish, 10 African.

Over the same period, 22 people have been assisted on 106 occasions with free (to them) telephone calls to benefit agencies. 18 recipients were Scottish.

Financial Capability Workshops

Only one of the three planned workshops were able to go ahead. Workshop 1 on budgeting was planned for delivery with Govan Law Centre but they failed to turn up. Ws 2 on banking, credit unions and savings on expenditure was planned for delivery in-house but had to be cancelled due to staff illness.

Ws 3 was co-facilitated with Home Energy Scotland. It aimed to provide information and advice on how making your home energy efficient with cheaper bills. 14 welfare benefit clients (all from BME population) were registered for this work shop; 9 attended.

Kingsway Court Health & Wellbeing Centre

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

Additional Activity:

Annual General Meeting. Our AGM was held on Friday 27th October 2017.

Development Day. 5 Directors, 4 staff, 5 sessional staff, 1 volunteer, and 3 centre user met on 21st November at St Margaret's Hospice Conference Centre. The purpose of the day was: i) to develop our understanding of personal growth and wellness; ii) clearly define what we think personal growth is; iii) provide staff team direction for Programme Development over next 3 years. A report is available.

Strengthening Communities Programme. Communities Enterprise in Scotland supported Kingsway to become part of this Scottish Government programme. This capacity-building programme provided funding to: i) employ a community development worker to our staff team to support volunteer development; ii) conduct an IT audit and upgrade equipment; iii) conduct a policy review to ensure all legal and legislative obligations are being fulfilled; iv) undertake a full cost recovery exercise on our services; v) begin a scoping study for a social enterprise zone idea.

Kingsway 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.

Asset Based Community Development. 9th May. 3 directors, 3 staff, 5 sessional staff and 1 resident attended this One day workshop facilitated by CEIS.

Supporting your Volunteers, 28th September. One member of staff attended this one day training session in Stirling

GHA NW Staff Speed Networking Event 11th October. Two directors represented Kingsway Centre at this all day event.

Child Protection Training. 30th October. Two directors, one sessional facilitator and one volunteer attended this 3 hour workshop

Violence Against Women & Children. Basic Awareness Raising Workshop 27th November. One director and one sessional facilitator attended this half day workshop.

Conferences & Networking

Meet the Charity Regulator Event 29th August 2017. Two directors attended this event.

Glasgow's Healthier Future Forum 20. Power, Health and Social Justice.
Tuesday 28th November 2017. Two members of staff attended this half day event

'Boys to Men - building relationships to support boys' learning, wellbeing and development' training conference. Wednesday 07 February 2018, Glasgow. One member of staff attended this all day event.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Representatives from Kingsway attended Glasgow Integration Network Forum meetings, hosted by Judith Hunter at Glasgow City Council.

IMPACT OF SERVICES

As noted in our summary above 574 people have used the Centre on 6,338 times. All of them benefitting, often in a number of ways, from what we provide. The statistical breakdown indicates we support the needs of many residents, irrespective of age, ethnicity or gender. (It is worth noting that although group work with men has proved challenging many men frequently use our other services and activities).

The Enquiry, Advice Support service clearly supports many people with a number of issues such as: completing benefit claim forms; advocacy with benefit problems; liaising between various statutory and public agencies; lawyers claims for refugee status and/or Citizenship; job and passport applications, setting up a bank account; household services (e.g. phone & electricity issues), health and housing issues; and, referrals to appropriate agencies.

The impact of recent welfare reforms and their attachment of work-related conditions to the receipt of benefits have seen a rise in the numbers requiring support. Many people finding themselves sanctioned or ineligible. Such pressures on their physical and mental health & wellbeing can be severe and the support we offer can make quite a difference. The following welfare case study gives a flavour of the issues we deal with and the difference we can make:

Welfare Case study 1

A 66-year-old Scottish male with a number of health problems had reached retirement age and was put on state pension. Consequently, he became worse off financially than when he was on pension credit. He enquired at our service what benefits he was entitled to and was advised that he would be eligible to apply for Attendance Allowance due to his disabilities. The Welfare Advice worker assisted him with filling the application. His claim was successful and he was awarded AA (low rate care component). The man was delighted with the outcome and noted that he was unaware of his entitlement to this allowance.

Welfare Case study 2

A 64-year-old woman, from the Middle-east and spoke Arabic, lost her Employment Support Allowance appeal last year and was deemed fit to work by the DWP despite having many health problems and was blind in one eye. She came to our service for advice. Having assessed her circumstances, she was advised that she was entitled to apply for Pension Credit and arrange for someone from the DWP to visit her at her house to complete the form. The Welfare Advice worker assisted her with interpretation and ensuring she provided all the information requested by the DWP over a period of weeks. The Advice worker noted that "she had been treated terribly by the DWP". Consequently, after persistent support to comply with requests for documentary evidence her claim was eventually awarded. On completion, she noted that dealing with DWP was like "a dark cloud over me" and the support she received had made a huge difference to her circumstances and her wellbeing.

Kingsway Court Health & Wellbeing Centre

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

The **Discovering Me** programme was externally evaluated and gives another good indication of the impact the Centre has on service users. A summary of the evaluation is:

"Over the course of the 8 weeks the majority of participants stated that they have experienced a positive improvement in their mental health and that they have learned about tools and techniques which they can apply to achieve their own personal goals.

"Overall the programme was a great success for everyone who took part. With some people stating that the programme has changed their life, some have decided to follow long lost dreams and for some they have set themselves goals that are both achievable and inspiring. The group have found a new lease of life and are eager to continue on the path of learning."

Service User Comments.

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 strategic 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.

- We look forward to coming along and meeting everyone' (Bite Brew & Blether participant)
- 'It's good company and I enjoy the homemade meal'(Bite Brew & Blether participant)
- 'I would be climbing the walls if I didn't have the group and I'd retreat back into my shell'. (Bite Brew & Blether participant)
- I've made many new friends and will come back to other groups at Kingsway (Volunteer)
- I enjoyed the socialising in the community. (Harvest event participant)
- I feel that it's a given that the walks improved mine and others wellbeing and enhanced connectedness to other people. It was good to meet new members whilst providing exercise. Above all, it was fun. (summer walker)
- Living on my own, evenings are very long, so these walks are a great idea in getting me out of the house and meeting new people. (summer walker)
- Meeting other people gives you a feeling of confidence and encourages you to do more (summer walker)
- Walking is good and helps people to socialise (summer walker)
- Really good, friendly group of people. Chatted away and involved you in the conversations, I looked forward to the next walk, to hear what the others had been doing between walks, got a few hints on walking shoes, jackets, trousers etc. Felt at ease with the group and centre staff / volunteers. (summer walker)
- I find the walking programme helped me get out more, as I had flare ups of arthritis on knees and getting to know more friends. (summer walker)

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

Objective: Participants have increased confidence and self esteem

- 'I intend to take life by the horns now, be more positive in my thoughts, and have a stronger belief in myself'. (Discovering Me participant)
- 'I feel more confident, my sense of self belief has developed and I have gained social skills and techniques that help me deal with daily life'. (Discovering Me participant)
- " 'This programme has changed my life; I understand myself more'. (Discovering Me participant)
- 'I have a better understanding of the English language and my social skills have improved'. (Discovering Me participant)
- 'I am so excited to attend the workshops because I have understood what mind-set is all about and can differentiate growth and fixed mind-set'. (Discovering Me participant)
- 'I feel energised, invigorated and motivated to find out more' (Discovering Me participant)
- 'My confidence, self-esteem and sense of identity have all increased'. (Youth Music Club participant)
- I always had a good feeling within myself after walking. Enjoy the cheery and friendly and happy-go-lucky attitude of the staff and group. A very relaxed atmosphere created by the staff. (summer walker)
- The staff at the Kingsway Centre welcomed me so warmly the very first time they met me. Which made me feel relaxed and very comfortable in their company. (summer walker)
- Look forward to another summer programme next year, even on Sundays, as in the past. Company has helped me to feel more positive and walking is a nice way to speak to people as one can move about easily. (summer walker)
- The walks gave me something to look forward to and enjoyed meeting all different people. It was interesting listening to other peoples' experiences, everyone in the group were friendly and they are the type of walks you can go along on your own to as are always made to feel welcome. (summer walker)

Objective: Participants feel happier and better in themselves

- It was great to have something to do and somewhere to go to meet my pals during the school holidays. (Young person Holiday Activities)
- I wish we could have something like this every year during our school holidays. (Young person Holiday Activities)
- The walks are very easy and times suit me, I am so pleased to be able to see places I would not have seen myself, the walking group gets better when walks are not hard I really enjoy them (summer walker)
- I liked the variety of walks. The walks I attended were not too strenuous and suited my abilities (summer walker)

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

- The walks are very easy and times suit me, I am so pleased to be able to see places I would not have seen myself, the walking group gets better when walks are not hard I really enjoy them. (summer walker)
- Enjoyed walks. I feel I enjoyed one or two of the more challenging gradient walks / hill walks that used to be on the Sunday, but still enjoyed what I did this year. (summer walker)
- The walks I went on were varied and that is what is enjoyable (summer walker)

SERVICE USER FEEDBACK

We use evaluation forms and questionnaires for some of our group work and classes. We also ask for verbal feedback at the end of some sessions and these are noted on flipchart.

In terms of service delivery and development we often use our community events to talk with residents (Meet The Neighbours we call it) and ask them to complete short questionnaires on specific topics, e.g. what they like or dislike about living in the area and what improvements they'd like to see or what they think the Centre could do to for them. On these occasions we often use film and interview techniques and get the participants (mainly younger people) to film and interview each other. In terms of our welfare service, we listen to people's circumstances (their story) and assess their need(s).

Our work with residents in recent years has seen our focus shift from the negative attributes of deprivation, poverty and illness to the more positive attributes of the causes of wellness and personal growth. Over 2017 each of our groups were asked to consider and give their opinions on what personal growth meant to them. Feedback encouraged a shift in focus to personal growth as a means to wellness. We used our Development Day to build on this.

At our Development Day in November 2017 we identified the elements of Wellness as: Self-esteem; Sense of control; Optimistic; Occupation; Outgoing; Flourishing; Supported; Purpose and meaning; Outgoing; Responsibility; and Resilience.

We collectively defined personal growth as: 'a lifelong journey of self-nurturing and aspirations to be a better person for yourself, your loved ones and your community. Personal Growth develops your self-awareness, purpose and meaning, optimism, resilience and sense of responsibility. Personal growth builds the foundations of wellness'

Personal growth and wellness will be reflected in all aspects of our programme

Feedback from young and old has consistently indicated demand for more activity for young people. As part of our capacity building efforts we have developed a programme to comprehensively expand youth service provision. This will involve creating a full time post; increasing activity sessions from 2 to 4 evenings per week; providing activities for all school holidays. This planned work is currently subject to approval of grant funding.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Feedback and developments on personal growth will see new opportunities over next three years. As noted above, personal growth and wellness will be reflected in all aspects of our programme planning and delivery. Some new initiatives are already committed to. E.G. agreements and dates with Lifelink are already in place for delivery of 2 x four week courses of Mindfulness and 1 x five-week emotional literacy course. We will also be trialling an eight-week Health Issues in the Community course.

PARTNERSHIP WORKING

The Kingsway Centre continues to be involved in a range of partnerships. For example:

Glasgow Housing Association. Two directors represented Kingsway Centre at GHA's all day Staff Speed Networking Event. This was an opportunity for GHA staff to get to know about all the agencies working in the west area.

GHA replaced the Better Lives grant officer for the area. Several meetings have been held at Kingsway to consider plans for the area and how they can support us for the benefit of residents.

DRC Environment Trust. The DRCET continues to provide staff, volunteers, transport and expertise to our efforts. As highlighted already, good links have been formed between ourselves, GHA's Neighbourhood Team and the Environment Trust in relation to cleaning up the area and enhancing its appearance. The Trust's links to the Green Gym volunteers is a great benefit to Kingsway. The volunteers not only put in some fantastic efforts to improve the environment; even during their break time in the Centre they are developing contacts and friendships with local residents. Thus helping to fulfil our objective of 'more people have strong and supportive friendships and contacts to draw upon'

NHS Greater Glasgow & Clyde. Two members of staff attended the launch event of NW HSCP strategic plan in June 2017. They continue to provide financial support to meet around a third of the Co-ordinator's salary costs and some funds for activities. They continue to provide a health information leaflet service.

DRC Network. A network of third sector organisations in the G13 & G14 area continues to provide opportunities to meet and learn more about each organisation and the services they offer; supporting each other; developing our understanding of local need; partnership development / joint working

Anniesland Campus continues to provide a tutor for delivery of an accredited course 4 mornings per week.

The Glasgow ESOL Forum. The Forum has went through a restructure over the last year. Consequently we have entered into a formal partnership agreement with them. As reported above, they now deliver accredited classes on two afternoons per week

Through our networking and partnership development service users can benefit in a number of ways; e.g:

- The work between ourselves, GHA's Neighbourhood Team and the Environment Trust provides residents with opportunities to get involved in improvements to their environment.

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Without the contributions made by Anniesland Campus and Glasgow ESOL Forum our ESOL students would not be developing their language skills nor likely to make the connections with other students or indeed the other services at the Centre.
- As workers we learn more about each organisation and the services and resources we each have to offer. We can better signpost staff, volunteers and service users to other useful services provided locally.
- Understanding local need - this covers the needs of communities/public/service users as well as the needs of our own organisations. We can build up a picture of the need, identify duplication and gaps with a view to deliver more effective services for users.
- We can share resources (equipment, skills, space) more effectively between the organisations to meet users needs
- Developing our understanding as workers of the various crisis management services and capacity building services available can help reduce the need for people from re-presenting for crisis management services

EQUALITIES INFORMATION

The Kingsway Centre operates in line with the Equalities Act 2010 and aims to ensure equality of access to services and reduce barriers to engagement, particularly for Protected Characteristics Groups

Kingship's Enquiry Advice & Support service deals with many clients with limited English. Volunteer interpreters are called on as necessary.

Kingsway documentation offers alternative formats available on request.

Kingsway Centre is a fully accessible venue.

STAFFING

In addition to Co-ordinator, Administrator, and Welfare Advice & Support Worker, Kingsway employed a new Community Development worker from September 2017, funded by Scottish Government Strengthening Communities Programme.

Five freelance facilitators were employed on a sessional basis

Fifteen Volunteers supported the Centre's activities

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

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 2017/18 was £172,705 (2017: £148,236) and therefore the target reserves figure is £43,176 (2017: £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 2017/18 accounts show that the general reserves were £22,544 (2017: £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 2018, the charity had total income of £176,617 (2017: £156,697), expenditure of £172,705 (2017: £148,236) leaving a net surplus of £3,912 (2017: £8,461).

The charity's total reserves at 31 March 2018 were £29,468 (2017: £25,556) and of these, the unrestricted reserves total £22,544 (2017: £21,370).

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.

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. The total employer cost of this post (including salary, employer national insurance and employer pension contributions) is £36,441 (2017: £36,075).

Kingsway Court Health & Wellbeing Centre

Report of the Trustees for the Year Ended 31 March 2018

STRUCTURE, GOVERNANCE AND MANAGEMENT

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 on6TH JUNE 2018..... and signed on its behalf by:



.....
Martin Coyle - Secretary

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

I report on the accounts for the year ended 31 March 2018 set out on pages nineteen to thirty one.

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.

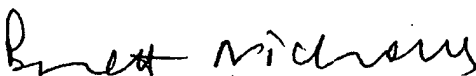
Independent examiner's statement

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
63 Ruthven Lane
Glasgow
G12 9BG

Date: 6th June 2018

Kingsway Court Health & Wellbeing Centre

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2018**

		Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	1,774	170,243	172,017	152,073
Other trading activities	3	1,600	-	1,600	1,610
Investment income	4	-	-	-	14
Other income		3,000	-	3,000	3,000
Total		6,374	170,243	176,617	156,697
EXPENDITURE ON					
Charitable activities	5				
Community development and health initiatives		5,700	165,505	171,205	148,236
NET INCOME		674	4,738	5,412	8,461
Transfers between funds	16	2,000	(2,000)	-	-
Net movement in funds		2,674	2,738	5,412	8,461
RECONCILIATION OF FUNDS					
Total funds brought forward		21,370	4,186	25,556	17,095
TOTAL FUNDS CARRIED FORWARD		24,044	6,924	30,968	25,556

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 2018**

	Notes	2018 £	2017 £
FIXED ASSETS			
Tangible assets	12	1,500	-
CURRENT ASSETS			
Debtors	13	3,771	947
Cash at bank and in hand		31,197	25,113
		<u>34,968</u>	<u>26,060</u>
CREDITORS			
Amounts falling due within one year	14	(5,500)	(504)
NET CURRENT ASSETS		<u>29,468</u>	<u>25,556</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		30,968	25,556
NET ASSETS		<u>30,968</u>	<u>25,556</u>
FUNDS	16		
Unrestricted funds		24,044	21,370
Restricted funds		6,924	4,186
TOTAL FUNDS		<u>30,968</u>	<u>25,556</u>

The notes form part of these financial statements

Kingsway Court Health & Wellbeing Centre

**Balance Sheet - continued
At 31 March 2018**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 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 charitable small companies.

The financial statements were approved by the Board of Trustees on 6TH JUNE 2018
and were signed on its behalf by:


.....
Carine Gordon -Trustee


.....
Charlotte Boyce -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 2018

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Expenditure

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

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.

Tangible fixed assets

All assets over £500 will be capitalised and depreciation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer Equipment -25% straight line method

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 2018

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
Donations	1,774	-	1,774	6,449
Grants	-	170,243	170,243	145,624
	<u>1,774</u>	<u>170,243</u>	<u>172,017</u>	<u>152,073</u>

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

	2018 £	2017 £
CPP Integrated Grant	60,107	63,270
CPP Integrated Grant - West Int. Network	29,388	29,388
GHA - Wider Action	-	32,898
Lottery - Celebrate	-	1,368
GCC Area Committee	1,090	-
Glasgow Life	-	2,700
Greater Glasgow NHS Health Board	15,000	15,000
Community Safety Glasgow	-	1,000
GHA- Better Lives	30,951	-
Strengthening Communities Programme	27,852	-
Youth Link Scotland	4,050	-
CEIS "Our Great Start"	250	-
Child Healthy Weight Programme	1,555	-
	<u>170,243</u>	<u>145,624</u>

3. OTHER TRADING ACTIVITIES

	Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
Room Letting	630	-	630	993
Services Income	240	-	240	575
Printing, Copying, Faxing	48	-	48	32
Miscellaneous	682	-	682	10
	<u>1,600</u>	<u>-</u>	<u>1,600</u>	<u>1,610</u>

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2018**

4. INVESTMENT INCOME

	Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
Bank Interest	-	-	-	14
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

5. CHARITABLE ACTIVITIES COSTS

	Direct costs (See note 6) £	Grant funding of activities (See note 7) £	Totals £
Community development and health initiatives	155,876	15,329	171,205
	<u> </u>	<u> </u>	<u> </u>

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2018

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2018	2017
	£	£
Staff costs	112,499	97,781
Support Costs	4,950	-
GCVS Payroll Fee	465	347
Sessional Fees	200	300
Staff Training	196	1,015
Staff Travel	158	120
Activities	2,546	3,979
Catering Costs	415	220
Facilitation Fees	18,330	14,536
Facilities Hire	-	222
Material and Equipment	1,460	1,869
Publicity and Promotion	-	152
Transport Costs	433	730
Vol Training and Expenses	295	289
Cleaning and Toiletries	3,519	3,543
Computer Services	3,790	678
Insurance	622	618
Board Training & Development	256	156
Office Stationery	337	299
Photocopier	942	1,330
Postage and Carriage	181	174
Provisions & Hospitality	200	207
Repairs and Maintenance	801	1,527
Subscriptions	113	81
Telephone	1,286	1,500
Accountancy Fees	1,134	1,134
Furniture and Fittings	243	-
Performance Fees	-	100
Return of Key Deposits	5	-
Depreciation	500	-
	<u>155,876</u>	<u>132,907</u>

7. GRANTS PAYABLE

	2018	2017
	£	£
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:

	2018	2017
	£	£
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 2018

8. NET INCOME/(EXPENDITURE)

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

	2018	2017
	£	£
Depreciation - owned assets	500	-

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2018 nor for the year ended 31 March 2017.

Trustees' expenses

During the year one trustee received reimbursement of expenses totalling £5 (2017:Nil). These were for travel costs.

10. STAFF COSTS

	2018	2017
	£	£
Wages and salaries	101,695	88,253
Social security costs	9,998	8,820
Other pension costs	806	708
	<u>112,499</u>	<u>97,781</u>

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

	2018	2017
Office and Project Staff (FTE)	<u>4</u>	<u>3</u>

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	6,449	145,624	152,073
Other trading activities	1,610	-	1,610
Investment income	14	-	14
Other income	3,000	-	3,000
Total	<u>11,073</u>	<u>145,624</u>	<u>156,697</u>

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2018**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
EXPENDITURE ON			
Charitable activities			
Community development and health initiatives	3,902	144,334	148,236
Total	3,902	144,334	148,236
NET INCOME	7,171	1,290	8,461
Transfers between funds	150	(150)	-
Net movement in funds	7,321	1,140	8,461
RECONCILIATION OF FUNDS			
Total funds brought forward	14,049	3,046	17,095
TOTAL FUNDS CARRIED FORWARD	21,370	4,186	25,556

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	2,000
DEPRECIATION	
Charge for year	500
NET BOOK VALUE	
At 31 March 2018	1,500
At 31 March 2017	-

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Other debtors	3,771	947

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2018**

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018	2017
	£	£
Trade creditors	<u>5,500</u>	<u>504</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2018 Total funds	2017 Total funds
	£	£	£	£
Fixed assets	1,500	-	1,500	-
Current assets	23,095	11,873	34,968	26,060
Current liabilities	(551)	(4,949)	(5,500)	(504)
	<u>24,044</u>	<u>6,924</u>	<u>30,968</u>	<u>25,556</u>

16. MOVEMENT IN FUNDS

	At 1/4/17	Net movement in funds	Transfers between funds	At 31/3/18
	£	£	£	£
Unrestricted funds				
General fund	21,370	1,174	-	22,544
Fixed Asset Fund	-	(500)	2,000	1,500
	<u>21,370</u>	<u>674</u>	<u>2,000</u>	<u>24,044</u>
Restricted funds				
Greater Glasgow Health Board	3,944	(1,911)	-	2,033
Big Lunch	242	-	-	242
Scottish Government Strengthening Communities Programme	-	5,485	(2,000)	3,485
NHS Child Healthy Weight	-	1,164	-	1,164
	<u>4,186</u>	<u>4,738</u>	<u>(2,000)</u>	<u>6,924</u>
TOTAL FUNDS	<u>25,556</u>	<u>5,412</u>	<u>-</u>	<u>30,968</u>

Kingsway Court Health & Wellbeing Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2018**

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,374	(5,200)	1,174
Fixed Asset Fund	-	(500)	(500)
	<u>6,374</u>	<u>(5,700)</u>	<u>674</u>
Restricted funds			
CPP Integrated Grant	89,495	(89,495)	-
Greater Glasgow Health Board	15,000	(16,911)	(1,911)
GHA Better Lives	30,951	(30,951)	-
GCC Area Committee	1,090	(1,090)	-
Scottish Government Strengthening Communities Programme	27,852	(22,367)	5,485
Youth Link Scotland	4,050	(4,050)	-
NHS Child Healthy Weight	1,555	(391)	1,164
CEIS "Our Great Start"	250	(250)	-
	<u>170,243</u>	<u>(165,505)</u>	<u>4,738</u>
TOTAL FUNDS	<u><u>176,617</u></u>	<u><u>(171,205)</u></u>	<u><u>5,412</u></u>

Comparatives for 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><u>17,095</u></u>	<u><u>8,461</u></u>	<u><u>-</u></u>	<u><u>25,556</u></u>

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2018

16. MOVEMENT IN FUNDS - continued

Comparative 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>

17. RELATED PARTY TRANSACTIONS

The Project Manager also fulfills the role of Company Secretary for administrative purposes but is not a trustee/director.

Kingsway Court Health & Wellbeing Centre

Notes to the Financial Statements - continued for the Year Ended 31 March 2018

18. 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.

GCC Area Committee (2 small grants) i) £450 Funding towards activities during the annual Harvest Festival and Gala Day in Kingsway Court ii) £640 Funding towards a ceilidh fundraising event

Scottish Government Strengthening Communities- To enable Kingsway Court Health & Wellbeing Centre to become a more resilient and sustainable community anchor organisation

Youth Link Scotland- To employ two sessional staff to deliver 30 musical production and recording sessions with young people aged 12 -17yrs. Developing skills in: writing music & lyrics; musical arrangements; sound recording & editing; mixing; and uploading and sharing their music on the internet.

NHS Child Healthy Weight- To deliver 30 healthy weight awareness workshop sessions with three of our existing groups: Parents & Toddlers; Women's Group; & Youth Group. Each group to participate in 10 sessions over the period November 2017 to June 2018

CEIS "Our Great Start"- £250 grant towards adventure day out for 15 children aged 8-13yrs

Designated Fixed Asset Fund- This fund represents the net book value of the Charity's tangible fixed assets. Depreciation is charged to the fund and additions are transferred to it.

Kingsway Court Health & Wellbeing Centre

Detailed Statement of Financial Activities for the Year Ended 31 March 2018

	Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	1,774	-	1,774	6,449
Grants	-	170,243	170,243	145,624
	<u>1,774</u>	<u>170,243</u>	<u>172,017</u>	<u>152,073</u>
Other trading activities				
Room Letting	630	-	630	993
Services Income	240	-	240	575
Printing, Copying, Faxing	48	-	48	32
Miscellaneous	682	-	682	10
	<u>1,600</u>	<u>-</u>	<u>1,600</u>	<u>1,610</u>
Investment income				
Bank Interest	-	-	-	14
Other income				
Employment Allowance	3,000	-	3,000	3,000
	<u>3,000</u>	<u>-</u>	<u>3,000</u>	<u>3,000</u>
Total incoming resources	6,374	170,243	176,617	156,697
EXPENDITURE				
Charitable activities				
Wages	-	101,695	101,695	88,253
Social security	-	9,998	9,998	8,820
Pensions	-	806	806	708
Support Costs	-	4,950	4,950	-
GCVS Payroll Fee	-	465	465	347
Sessional Fees	200	-	200	300
Staff Training	-	196	196	1,015
Staff Travel	8	150	158	120
Activities	193	2,353	2,546	3,979
Catering Costs	145	270	415	220
Facilitation Fees	540	17,790	18,330	14,536
Facilities Hire	-	-	-	222
Material and Equipment	903	557	1,460	1,869
Publicity and Promotion	-	-	-	152
Transport Costs	433	-	433	730
Carried forward	<u>2,422</u>	<u>139,230</u>	<u>141,652</u>	<u>121,271</u>

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Kingsway Court Health & Wellbeing Centre

Detailed Statement of Financial Activities for the Year Ended 31 March 2018

	Unrestricted funds £	Restricted funds £	2018 Total funds £	2017 Total funds £
Charitable activities				
Brought forward	2,422	139,230	141,652	121,271
Vol Training and Expenses	143	152	295	289
Cleaning and Toiletries	1,260	2,259	3,519	3,543
Computer Services	40	3,750	3,790	678
Insurance	-	622	622	618
Board Training & Development	-	256	256	156
Office Stationery	4	333	337	299
Photocopier	-	942	942	1,330
Postage and Carriage	-	181	181	174
Provisions & Hospitality	200	-	200	207
Repairs and Maintenance	801	-	801	1,527
Subscriptions	82	31	113	81
Telephone	-	1,286	1,286	1,500
Accountancy Fees	-	1,134	1,134	1,134
Furniture and Fittings	243	-	243	-
Performance Fees	-	-	-	100
Return of Key Deposits	5	-	5	-
Computer equipment	500	-	500	-
Grants to institutions	-	15,329	15,329	15,329
	<u>5,700</u>	<u>165,505</u>	<u>171,205</u>	<u>148,236</u>
Total resources expended	5,700	165,505	171,205	148,236
	<u>674</u>	<u>4,738</u>	<u>5,412</u>	<u>8,461</u>
Net income	674	4,738	5,412	8,461

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