

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales · Charity number 1066070

Details

Status Registered

Legal form Charitable company

Company number [03435602](#)

Registered 1997-11-21

Register [View on the Charity Commission register](#)

Contact

Address Burnham Park Hall
Windsor Lane
Burnham
Slough
SL1 7HR

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Website <http://www.bhpt.org.uk>

Activities

Objects: (A) PROMOTING THE ADVANCEMENT OF PUBLIC EDUCATION INTO THE NEED TO TAKE RESPONSIBILITY FOR THEIR OWN HEALTH AND REDUCE ILLNESS THROUGH A CO ORDINATED AND VARIED PROGRAM PROMOTING THE PROTECTION AND PRESERVATION OF GOOD HEALTH DELIVERED TO MANY POINTS IN THE COMMUNITY; (B) THE PROTECTION AND PRESERVATION OF THE GOOD HEALTH OF THE PUBLIC BY EDUCATING RESEARCH INTO , THE CAUSES AND PREVENTION OF ILLNESSES AND SPORTS INJURIES, AND PUBLISHING THE USEFUL RESULTS THEREOF.

Activities: The principle aims of the Trust are to promote good health and well-being in the people of Burnham, Buckinghamshire, particularly the young and the elderly. The Trust is also involved in the relief of sickness.

Classification

- **How:** Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** BERKS AND BUKINGHAMSHIRE
- Buckinghamshire
- Slough
- Windsor And Maidenhead

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£110,979	£202,772	-	-
2023-09-30	£133,708	£173,170	-	-
2022-09-30	£108,575	£150,781	-	-
2021-09-30	£89,122	£142,034	-	-
2020-09-30	£105,345	£139,705	-	-

Trustees

Name	Role	Appointed
Debroy Kenneth Barrett		2025-09-29
Dr SIMON DAVID JOHN DAILY		2013-03-06
Francis Henry Hughes		2019-05-28
Jacqueline Laver		2021-02-05

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales - Charity number 1066070

Accounts



THE BURNHAM HEALTH PROMOTION TRUST

**(A Charitable Company Limited by Guarantee
and not having Share Capital)**

FINANCIAL STATEMENTS

30 SEPTEMBER 2024

Company No. 3435602

Charity No. 1066070

THE BURNHAM HEALTH PROMOTION TRUST

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THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2024. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and 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 published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

The Burnham Health Promotion Trust (BHPT) is a charitable organisation set up by a grant from the late Louis and Valerie Freedman.

The principal aims of the Trust are to promote, sustain and enhance physical, emotional and mental health and well-being for all in the Burnham Community. We do this by:

- Promoting education in the Community to encourage and enable people to take responsibility for, and to maximize their own health.
- Creating an environment and providing initiatives which promote, sustain and enhance physical, emotional and mental health and wellbeing.
- Carrying out research into areas of local interest or concern, to observe national trends and to collate data to be distributed, published and used as appropriate for the public good.
- Encouraging replication of the BHPT model more widely, where viable and possible.

In planning the activities for the year, the Trustees kept in mind the Charity Commission's guidance on public benefit. The activities benefit the people of Burnham, Buckinghamshire, particularly the young and the elderly and do not give rise to any detriment or harm to the public.

PROGRESS IN ACHIEVING OBJECTIVES

The Trust capital is invested with charity specialist fund managers to generate an income of not less than £50,000 per annum.

The Trust income is supplemented by grants from another charity with a common founder - the Louis and Valerie Freedman Settlement. These grants are now made to BHPT to support charitable initiatives which BHPT could not otherwise undertake from its income but are dependent on BHPT submitting a grant funding request to the Louis and Valerie Freedman Settlement each time the Charity is applying for a grant, and providing feedback to the Louis and Valerie Freedman Settlement on the impact the grant has made to the Burnham Community.

To date there has been no major fund-raising element involved.

The Trust does, on occasion, receive other donations either from other bodies who are involved in joint ventures with the Trust or from members of the public in the form of legacies or gifts. The Trust also receives payments from participants for certain of its activities.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

PROGRESS IN ACHIEVING OBJECTIVES -continued

A major part of the income from the Trust is used to pay staff salaries and associated costs. During the 2023/24 financial year the Trust employed five part time members of staff.

The Trust also has a small team of volunteers who assist with specific projects.

The Trust's income is also used to fund ongoing projects and to make grants, mainly related to the needs of the young or elderly and always related to health promotion and wellbeing or to relieve distress in some way. The requests for grants are investigated by members of the team and are usually made with the unanimous approval of all Trustees. If the situation is urgent, and a trustee is away, it has been agreed that a quorum of two Trustees is sufficient. The Trustees meet on a quarterly basis, and informally at other times, and major decisions are made by them all together and in unanimity.

The Trust currently has three Trustees, Dr Simon Daily (Chair), Francis Hughes and Jacqueline Laver.

The Trust Offices

The Trust's relocation to Burnham Park Hall continues to be beneficial to the BHPT as Burnham Park Hall provides more space and options to allow BHPT to deliver both current and future projects. The Wellbeing events have been held in the largest Dropmore Hall with several hundred people attending the event.

The move has elevated the Trust's profile. There is the added benefit that we are on-site to be able to accept donations and help to organise the Care & Share foodbank which operates from Burnham Park Hall on Tuesday and Friday afternoons from the foyer. There is storage space provided at no charge by Burnham Parish Council, with further storage space provided following the siting of a container to the rear of the building which the Parish Council has approved.

The Trustees and Staff would like to place on record their continued thanks to the Parish Councillors and the Staff at Burnham Park Hall for their continued support of BHPT and the Care & Share Foodbank initiative.

Update to the Trust Logo and strapline

It was felt by both staff and Trustees that the Trust's logo was looking outdated. After much staff and Trustee consultation, a new logo was agreed upon which reflects not only the evolutionary process of change that the Trust has taken over the years but also represents a more modern and forward-thinking trust which is the image the Trust wishes to project.

A new strapline "Burnham's Community Wellbeing Trust" was also agreed upon.

A digital suite of documents incorporating the new logo and strapline is gradually being incorporated into existing documents and adopted on our website.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

PROGRESS IN ACHIEVING OBJECTIVES -continued

The new logo is shown below: -



ON-GOING BHPT PROJECTS

Care and Share

Burnham Care and Share is a joint initiative between BHPT, St Peters Church and Foodshare Maidenhead and operates under the umbrella of Foodshare Maidenhead who requested that it should be set up as an independent charity.

During the year a strategy panel comprising 10 people including representatives from BHPT, St Peter's Church, Maidenhead Foodshare and others from the local community was formed to manage the set-up of the new charity and the transition of responsibilities.

In October 2024 Burnham Care & Share was formed as a CIO with Company number - CE037947 & Charity number – 1210583 - <https://register-of-charities.charitycommission.gov.uk/en/charity-search/-/charity-details/5250426/contact-information>.

The Charity will run independently of Maidenhead Foodshare but will still work alongside them to support those in need in the local community.

The strategy panel are now actively looking to recruit additional trustees from within the local community to add to the existing Board of Trustees.

Care & Share continues to be very well supported with donations of food and monetary donations from the local community. Local churches and schools have donated the highest ever amount of harvest festival collections this year and in addition, several local businesses are now setting up food drives and collection baskets for Care & Share. Other local charities continue to support us by making financial contributions and paying for food purchases.

BHPT continue to provide staff to assist with the organising of the Care and Share Foodbank which enables the scale and impact of the initiative to the Burnham community to be significantly enhanced.

The current economic climate continues to mean that some families are struggling to make ends meet. They face many difficulties and are often unable to purchase the food they need. Additionally, they experience fuel poverty, face debt issues and difficulties in applying for and obtaining the correct benefits and suffer with mental health issues.

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT - continued****FOR THE YEAR ENDED 30 SEPTEMBER 2024****PROGRESS IN ACHIEVING OBJECTIVES -continued**

BHPT's continued role within Care & Share, allows us to signpost these vulnerable people quickly and efficiently on to other support agencies, such as Helping Hands at Bucks CC, Slough Borough Council and Citizens Advice Bureau who will hopefully be able to alleviate some of the challenges they are experiencing.

In the year ended 30th September 2024 Care & Share supported 576 families equating to 2,723 adults and children in total, a slight decrease from 2023, but still highlighting the significant need for this foodbank to support the Burnham community.

In January 2024, Care & Share welcomed the arrival of a half size storage container, which is located in a secure area at the back of Burnham Park Hall. This was purchased by Care & Share with funding supplied by Helping Hands at Buckinghamshire County Council through the Government Housing Support Fund.

The groundworks for the container were funded by the local Beeches Community Board. We are grateful to both Buckinghamshire County Council and the Beeches Community Board for the grant funding which has facilitated the acquisition and siting of the container. The extra storage space has enabled us to purchase larger stock quantities of tinned food and household items and has enabled us to store the very generous Harvest Festival donations we received this year. BHPT and Care & Share would like to thank the councillors of Burnham Park Hall for kindly agreeing to the siting of the container.

We would particularly like to thank to all those at St Peter's Church who give their time and effort tirelessly, and work alongside us to continue to deliver this initiative to the community. Thank you to those at Foodshare for their endless help, support and direction especially in setting up the CIO.

We would also like to thank our volunteers who provide stock room support and our duty managers, drivers and listeners, who have given their time so selflessly without which we would not be able to continue to operate.

Last, but certainly not least, we would also like to thank everyone who has donated food items or money to Care & Share, however small which has enabled this initiative to continue.

Number 22 Mental Health Provision

The Trust's two mental health initiatives, "Hold My Hand" for young persons and "Hope" for adults have continued to offer fast track support to the GP Surgery at Burnham Health Centre and the local Burnham Community during the past year.

The "Hold My Hand" initiative for young persons which commenced in November 2020 has been providing 8 hours of counselling support to the GP surgery each week with well over 100 referrals having been made since the commencement of the intervention. Young patients aged from 11 to 21 living in the Burnham area are able to access this early intervention mental health support.

The "Hope" initiative for adults commenced in October 2022 following the success of the "Hold My Hand" initiative and provided 8 hours of counselling support for the benefit of patients at the GP surgery. As from November 2023, following additional monetary support received from the Louis and Valerie Freedman Charitable Settlement this was subsequently increased to 12 hours to

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT - continued****FOR THE YEAR ENDED 30 SEPTEMBER 2024****ON-GOING BHPT PROJECTS - continued**

meet the increased level of need. The counsellor delivering the support is experienced at working with clients with suicidal ideation amongst other issues and the patients are offered 10 sessions of therapy.

The objective of these initiatives is to improve the emotional wellbeing of young patients and adults struggling with mental health issues who are registered at the Health Centre and/or who live in or around the Burnham area thereby reducing visits to their GP's and further to reduce the burden on the already stretched NHS resources.

Patients present with varying issues but typically include depression, anxiety, low self-esteem, family and relationship issues, anger, attempted suicide/suicidal ideation, sexual abuse, drug and alcohol abuse, self-harm, pregnancy, infertility, finance and anxiety, bereavement, issues with food, stress at school and bullying.

In April 2024 Number 22 counsellors visited the Health Centre to discuss the projects with the GP's. This successfully promoted the benefits that these two initiatives offer to the Health Centre that are financed over and above the limited provision that might be accessed via the NHS.

The impact of the initiatives is measured using a range of tools and approaches which include both qualitative and quantitative methods including a clinical evaluation form, case studies and feedback directly from the clients. The evaluation process is currently under review to ensure that the most suitable and accurate method is being used. Direct feedback has also started to be gathered from patients via an online survey. Refinements to this process are ongoing.

Counsellors have noticed a marked increase in the number of older patients referred with some patients being in their 80's and 90's presenting with long standing unresolved issues.

Evidence suggests that there is a lack of support for older people suffering from mental health issues particularly those aged 65+ and that this is a recognised national trend which in turn is leading to an increased need to access support locally by the more elderly in the community.

Our relationship with Number 22 has continued to grow and both the "Hold My Hand" and "Hope" initiatives continue to be run from the "Mental Health Hub" established in Burnham Park Hall following our move there in December 2022. This is a collaborative project between BHPT and Number 22 and delivers support locally in the very heart of Burnham.

Once again, this year, need has outstripped support available. The BHPT would not be able to offer either of these initiatives without the very generous support of the Louis and Valerie Freedman Charitable Settlement who have provided grants to fund both initiatives and have for 2025 increased their total grant by £5,000 to enable the successful "Hope" initiative to be expanded.

The BHPT is extremely grateful for the generosity of the Trustees of the Freedman Charitable Trust.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

ON-GOING BHPT PROJECTS - continued

Schools Project

BHPT continue to offer support to schools for projects that work with young children and families, particularly with a focus on mental health, wellbeing and resilience. With the continued support from the Louis and Valerie Freedman Charitable Settlement, BHPT were again able to invite applications from the schools for grants and five further grants were awarded by the Trustees during the financial year ending 30th September 2024.

Details of the grants awarded during the year are as follows: -

Lynch Hill School was awarded £6,200 to create a Sensory Garden / Forest School.

Dropmore School was awarded £5,000 to create an Outdoor Learning Project/Forest School

Our Lady of Peace Catholic Primary and Nursery School was awarded £5,000 to implement the Nuffield Early Intervention programme which offers support for early years children.

St. Peters School was awarded £5,000 to implement an OPAL system to ensure play helps with wellbeing

St Nicolas CE Combined School was awarded £1,265 for playground equipment and reference resources with a focus on playground leadership and playing games to increase speech, language and communication.

BHPT would not be able to offer the Schools Project grants without the very generous support of the Louis and Valerie Freedman Charitable Settlement who have provided grants to support the initiative, and have agreed to continue to do so in 2025.

The BHPT is extremely grateful for the generosity of the Trustees of the Freedman Charitable Settlement.

Job Club

Job Club, which is free to attend, is the brainchild of Gemma Ford, and it continues to provide support to those in the Burnham Community looking for employment. It runs from Burnham Community Library on a weekly basis.

Free Wi-Fi and tablets for job searching are made available to those attending. Attendees receive help with CV's, form filling, covering letters and job searching as well as the moral support that a group setting provides.

This year the club has been fortunate to receive an Education, Training and Employment grant of £1,334 from John Lewis Community Grants. The majority of the grant has been spent on the purchase of laptops, technology, stationary and the provision of some IT skills workshops.

The market for "unskilled" jobs currently still appears to be highly competitive and issues being encountered are lack of skills, being unemployed for long periods, for example due to illness or home caring responsibilities for the elderly or for children. A lack of confidence of applicants is also a major issue.

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT - continued****FOR THE YEAR ENDED 30 SEPTEMBER 2024****ON-GOING BHPT PROJECTS – continued****Job Club – continued**

So far, the Job Club has succeeded in helping 19 people back into employment and The Club continues to grow and to gain greater recognition in the Community.

Job Club is open to all and attracts attendees from all backgrounds, ages and nationalities and has helped attendees apply for jobs in all sectors from local government, to schools, retail, hospitality and construction.

Singing for Your Memory

Singing for Your Memory runs on a Tuesday for an hour on the first and third week of each month and it is free to attend.

The group has up to 35 regular attendees and includes children who bring along their parents, neighbours who come together and local care homes who bring their patients, some attend with their carer, and some come on their own to enjoy the social aspect.

The participants primarily suffer from issues connected with Alzheimer's and other forms of dementia but recently we have taken enquiries from members of the public asking if the sessions would be suitable for menopausal ladies suffering from "brain fog" and this something we are exploring further.

The pianist is a retired music teacher who has been volunteering for several years now. The Trustees and Staff wish to thank her for all the time and effort she puts into the sessions to make them so enjoyable for others.

The group was nominated for the Beeches Community Board's Pride of Bucks, Outstanding Community Group Award. The BHPT Trustees and staff are pleased to announce that the initiative won First Prize for delivering excellent provision in the local Burnham Community.

Menopause Support Group

We are currently considering the most effective way to present information and to support women affected by the Menopause following a pilot of the project that gave BHPT some useful feedback as to what those in the community would find helpful.

It has been identified that there is a reluctance by users to pay for support and so the Trustees are giving consideration as to how this can best be provided. It is hoped that in the future, we will be able to collaborate with a local GP who specializes in Menopausal issues.

Wellbeing Sessions

Following the success of the Wellbeing afternoons held in 2023 a further Wellbeing afternoon was held this year on 15th September 2024 at Burnham Park Hall, and was the most successful to date.

118 tickets were sold for the event and 21 vendors paid to attend, selling and demonstrating health & wellbeing items such as ginger products, beeswax candles and natural beauty products or offering services such as menopause support and life coaching.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

ON-GOING BHPT PROJECTS - continued

Wellbeing Sessions - continued

Additionally, a 'spa experience' was set up comprising nine local beauty & holistic therapists offering taster sessions, such as facials, reflexology and massage.

Those who attended were also treated to three free workshops available throughout the afternoon and included Qi Gong (similar to Tai Chi), Pelvic Floor Balancing and meditation, which were all very well received.

BIHPT sold raffle tickets at the event and raised £211.10, with all profits going to the Care & Share Foodbank.

Burnham Intergenerational Project (LaST)

The Trust's previous CEO Shirley Shaw continues to deliver projects locally using the LaST resources.

There are currently three LaST projects successfully running in Burnham. The original Perry House and St Peter's School Project celebrated its 21st birthday this year whilst Lent Rise School is now supporting two projects, one with Burnham Community Association's Monday Club (which commenced in January) and one with Nicholas House (Abbeyfield) Care Home, since March.

The Trustees wish to thank Shirley for the time she spends on this initiative enthusiastically delivering local projects which delight those lucky enough to be involved and also for the work and refinements she continues to make to the LaST resources. The endless passion she has demonstrated for intergenerational projects is astonishing.

Further refinements to the website which makes available the LaST toolkit continue to be made at www.learningandsharingtogether.org.uk where it is possible to download trial modules and to purchase the toolkit itself to facilitate the easy running of an inter-generational group.

Donations

The Trust continues to occasionally provide financial support to other organisations enabling them to provide activities and services for the benefit of the local community. This year the Trust supported the Rotary Club through BIHPT's sponsorship of the Donkey Derby.

Annual Grants

School Uniform Vouchers

Last year, the Trust distributed vouchers to Care & Share clients at Easter and Christmas time for fresh meat and produce. Following the closure of the local butcher who facilitated the voucher scheme, BIHPT Trustees decided instead to fund £900 worth of £50 School Uniform vouchers from School Days Direct, a local uniform supplier and these were distributed to families in need to help with the high costs of obtaining school uniform items, especially where there are several children of school age in the family.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

ON-GOING BHPT PROJECTS - continued

School Uniform Vouchers -continued

Priority was given to those families with senior school aged children as purchasing uniform for this age group is more expensive than that required for primary school aged children. Each child within a family was allocated £50 which contributed towards the purchase of more expensive items such as blazers and jumpers with the school's logo on. Feedback from the parents was very positive and the vouchers were gratefully received especially as many children were starting in year 7 at a senior school and would require all new school uniform.

The Trustees also awarded additional small grants to support a variety of different local organisations.

Beaver Scouts Fire Pits Project

In Spring of 2024, the 1st Lent Rise & Dorney Beaver Scouts received a £2,500 grant from BHPT towards groundworks and the purchase of 4 fire pits, to be used by the scouts as part of their outdoor activities at their Burnham Scout hut.

Work was duly completed, and BHPT were invited to attend an opening ceremony on Saturday the 7th of September. The scouts had prepared and set up three of the fire pits and were cooking pitta pockets, breadsticks and toasting marshmallows. The age range of the scouts varied from the very young 6/7 year old Beavers to the older 16 year old Explorers. It was good to see the older children supporting the younger ones.

A presentation plaque was made and unveiled which is now situated inside the scout hut for all visitors to see which commemorates the BHPT donation and overall support for the project.

The Trust has subsequently been advised that, whereas previously, scout groups had to travel further afield to other camp sites, with the associated costs that entailed, the BHPT grant has enabled many other local scout groups across the Burnham area to use the fire pits and cooking facilities more locally.

Bucks Vision

A grant of £800 was made to Bucks Vision, a local charity who provide help and support to the blind and those visually impaired. The grant enabled the production of the charity's Sense and Sensibility brochure, advertising leaflets and the printing of greeting cards for sale to generate further funding for them. BHPT staff subsequently visited the group in December 2024 and were very impressed by the quality and diversity of the support being offered and the enthusiasm of the volunteers who run the group.

Methodist Church Summer Outing and Christmas Lunch

Burnham Methodist Church was awarded £1,000 towards the annual Summer Outing and Christmas lunch organised primarily for the elderly in the community.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

ON-GOING BHPT PROJECTS – continued

Annual Grants - continued

Red Kites Walking Football

£596 was awarded to Red Kites Walking Football for the provision of new kit displaying the BHPT logo as sponsor.

Grant Income

The Trust again received a £26 commission in relation to selling Bucks County Lottery tickets and was also awarded a John Lewis Employment, Education and Training Grant of £1,334 which BHPT were delighted to receive.

The remaining donations in the year were received from the Louis and Valerie Freedman Charitable Settlement.

FUTURE PLANS

The Trustees consider that the impact and consequences of Covid 19 on daily life will continue to be felt for many years, and the impact of deaths and bereavement, separation, restricted schooling and social contact will all have significant, negative consequences on the local population, particularly for those families and individuals with the least resources, both physical (money, space, facilities) and personally, (emotionally, cognitively, sense of place and self-knowledge of health and self-protection).

BHPT will continue with current initiatives including ensuring continued access by the Burnham community to Care and Share, and as a result of an additional £5,000 grant from the Louis and Valerie Freedman Charitable Settlement to continue with the "Hold my Hand" mental health early intervention project for young people and expand the "Hope" initiative to continue to provide support to those adults referred from the GP's at the Health Centre.

Additionally, with the continuance of further grants from Louis and Valerie Freedman Charitable Settlement, the Schools Project will continue to support young children and their families with a focus on mental health, wellbeing and building resilience for the future.

The Trustees and staff are satisfied that many of last year's future plans have been implemented with the Job Club being able to offer refurbished laptops and iPads to those in need to help them apply for jobs online. This has been achieved with the assistance of Martin Carter of Haymill Computers who has carried out the refurbishment of donated items. New items have also been purchased with the monies received from the John Lewis Community Grant.

The anticipated acquisition and siting of the container to provide more storage space for Care & Share has now taken place.

Following further research carried out by BHPT staff into the possibility of the Trust being able to trial a support group for those caring for adults and children with ADHD/Autism/Dyspraxia and associated neuro diverse conditions, it was felt that such a delivery was not a viable proposition at

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

FUTURE PLANS – continued

the current time due to the child to adult ratios involved and requirement for specialist teachers and support staff with the associated costs that would accompany the provision.

The provision of more physical exercise classes and/or social outdoor pursuits available to all for free or at a modest fee would be a good addition to the BHPT's portfolio of offerings and although aspirations to achieve this during the past year were a little disappointing, the BHPT understands the value and benefit of holding social events for the benefit of the community. Such events reduce isolation and encourage social cohesion.

BHPT is exploring the offering of "Seated Yoga" classes to support those in the community with health-related issues that may prevent them from attending other general exercise groups.

The opportunity to hold a future Family Fun Day is being explored whereby children and adults will be encouraged to participate in outdoor games and pursuits. It is hoped that such an event will encourage social interaction at a fun community event for all and will encourage both adults and children to spend more time outdoors generally and away from screen-based devices.

A possible lunch time club for the elderly incorporating a social club with lunch included is also being considered.

Additionally, following on from the success of previous Wellbeing Afternoons, a further Wellbeing Afternoon is planned for September 2025.

The Trust also plans to attend the Annual Donkey Derby

BHPT will continue to work to ensure the smooth transfer of the Care & Share initiative to a CIO and to enable it to continue to serve the local community and to see it flourish and grow

BHPT would like to continue to award small grants into the community which it is felt has been particularly impactful and represents good value for money with far reaching benefits.

We are looking into the viability of offering a "Money Management" course to support the community in understanding how to manage their money, and in understanding credit ratings and interest rates of loans etc.

Many aspirational targets will be achieved by drawing on the experience of others. The BHPT therefore continues to be committed to establishing further links with other charities and organisations and to work collaboratively with them on future projects to help us achieve our goals.

A medium-term objective of the Trust is to maximize the use of the new Mental Health Hub established in Burnham Park Hall which can further evolve into a centre of excellence to support those with mental health difficulties.

It is considered that these activities will ensure BHPT promotes, supports and enhances the physical, mental, and social well-being of all of the Burnham Community and so meet its objectives.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

INVESTMENT POLICY AND PERFORMANCE

The trustee's investment strategy is to set a balance between income and capital growth, predominantly in UK-based equities which generate high yields in accordance with the investment guidelines set by the Trustees as explained in the Risk Management section of this report.

This investment policy is implemented by the charity's investment managers JM Finn & Co to protect the value of the capital and income of the charity in real terms over the medium term.

All investments have been acquired within the trustee's powers of investment. At 30 September 2024 the portfolio was valued at £1,894,191 (2023 - £1,782,972). Sales during the year realised gains of £35,585 in addition there were unrealised gains of £145,131 on the revaluation of the portfolio as at 30 September 2024, resulting in total gains of £180,716 (2023 – losses £61,948).

FINANCIAL RESULTS

Details of the results of the charity's activities for the year are set out on pages 17 to 19 and in the notes to the financial statements on pages 20 to 28.

Incoming Resources

During the year the Trust received donations totalling of £47,465 from the Louis and Valerie Freedman Charitable Settlement. Although the Trust does not undertake any fundraising, it does from time to time receive donations and legacies, which are usually from other local bodies that are involved in joint ventures with the Trust. In 2024 these totalled £1,360 (2023 - £476) £1,334 of this related to the John Lewis Employment, Education and Training Grant referred to above.

The charity also received contributions from participants in health promotion activities of £897 (2023- £1,736).

The other income was comprised of investment income of £61,257 (2023: £60,091).

Charitable Expenditure

Total charitable expenditure, incorporating governance costs, increased from £156,241 in 2023 to £185,784 in the current year.

Financial Result For The Year

The result for the year shows a deficit of incoming resources of £91,793 (2023 -- a deficit of £39,422)

Reserves and financial position

The Trustees have examined the charity's requirements for reserves in light of the main risks to the charity. Following the diversification of the investment portfolio, the Trustees no longer have a minimum cash requirement. The charity will ensure it holds low risk assets with a value that is in excess of one year's operating overheads at all times and it will only expend income that it has received in the year on charitable activities.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

FINANCIAL RESULTS - continued

At the balance sheet date, the level of reserves available excluding any restricted funds, stands at £1,921,628 (2023 - £1,832,951).

Reserves and financial position -continued

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate exposure to the major risks.

A risk identified is that additional grants from the Louis and Valerie Freedman Charitable Trust are not received, but this risk is mitigated each year as the activities for the forthcoming year are only planned when it is clear what level of additional funding is likely to be donated.

Measures have been taken to safeguard the fund by taking on more secure investments and fixed interest bonds.

The risk assessment is reviewed annually by the Trustees to ensure that the reserves of the charity are at the level required to enable the charity to achieve its objectives.

RISK MANAGEMENT

The Trust has in place an executive and professional liability insurance policy to provide indemnity for the Trustees.

RELATED CHARITIES

The charity has no official arrangement with other parties or charities nor has it entered into any transactions in which the Trustees had an interest.

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

The Burnham Health Promotion Trust is a charitable company limited by guarantee and has no share capital. The company was established under a Memorandum and Articles of Association, which established the objectives and powers of the company and is governed under its Articles of Association. The Company was formed on 17 September 1997 and became a registered charity, number 1066070 on 21 November 1997.

Structure

The Board of Trustees consists of a minimum of three Trustees, who continue in office until retirement or death. New Trustees are selected by the existing Trustees, and are people who live in, work in or have an interest or association with the Burnham area as well as a specific interest in promoting the aims of the Trust. They are appointed by Special Resolution in an Extraordinary General Meeting.

Specific Investment Powers of the Trustees

These are listed in the Company's Memorandum and Articles of Association.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2024

STRUCTURE GOVERNANCE AND MANAGEMENT – continued

The Trustees will invest any money as they in their absolute discretion think fit, subject to any specific donor requirements of which there are none at this time.

Trustee Induction and Training

New Trustees undergo an induction to brief them of their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other Trustees and are encouraged to experience some of the Trust's projects and activities at first hand.

In house training is provided to Trustees through quarterly meetings and occasional Away Days when Trustees are updated about changes which impact on the work of the Trust and their role as Trustees.

As a member organisation of Community Impact Bucks, the Trust receives regular newsletters and Trustees have opportunities to participate in training as appropriate.

KEY MANAGEMENT PERSONNEL REMUNERATION

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. The Trustees are also Directors for the purposes of the Companies Act 2006

All trustees give freely of their time and no trustee remuneration was paid in the year. Details of trustees' expenses and related party transactions are disclosed in note 2 to the accounts.

REFERENCE AND ADMINISTRATION INFORMATION

Trustees

Dr Simon Daily
Francis Hughes (also Company Secretary)
Jacqueline Laver

Principal Office and Registered Office

First Floor
Burnham Park Hall
Windsor Lane
Burnham
Bucks
SL1 7HR

TRUSTEES STATEMENT OF RESPONSIBILITIES

The Trustees, who are also Directors for the purpose of the Companies Act are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).


Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

BY ORDER OF THE BOARD


Francis Hughes
TRUSTEE

Approved by the trustees on 4th March 2025.

THE BURNHAM HEALTH PROMOTION TRUST
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE BURNHAM HEALTH PROMOTION TRUST
FOR THE YEAR ENDED 30 SEPTEMBER 2024

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 30 September 2024, which are set out on pages 17 to 28.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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


Birch Riddle & Co. Ltd.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date **4th March 2025**

THE BURNHAM HEALTH PROMOTION TRUST

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

		Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
	Notes				
INCOME					
Incoming resources from generated funds					
Donations and gifts	3	26	48,799	48,825	53,881
Investment income	4	61,257	-	61,257	60,091
Miscellaneous Income	5	-	-	-	18,000
Contributions to health promotion	6	897	-	897	1,736
		-----	-----	-----	-----
Total Income		62,180	48,799	110,979	133,708
		-----	-----	-----	-----
EXPENDITURE					
Costs of raising funds					
Stockbroker's Administration Fees		16,988	-	16,988	16,889
Expenditure on charitable activities					
Grants, expenditure on health promotion and related costs	7	137,231	48,553	185,784	156,241
		-----	-----	-----	-----
Total Expenditure		154,219	48,553	202,772	173,130
		-----	-----	-----	-----
Net (expenditure)/income and net movements in funds before gains/(losses) on investments	8	(92,039)	246	(91,793)	(39,422)
Net gains/(losses) on investments	10	180,716	-	180,716	(61,948)
		-----	-----	-----	-----
Net Movement in Funds for the Year		88,677	246	88,923	(101,370)
		-----	-----	-----	-----
Reconciliation of Funds					
Total funds brought forward		1,832,951	-	1,832,951	1,934,321
Transfers in/(out)	15	-	-	-	-
		-----	-----	-----	-----
Total funds carried forward	13	1,921,628	246	1,921,874	1,832,951
		=====	=====	=====	=====

All incoming resources and resources expenses derive from continuing activities.

The notes on pages 20 to 28 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**BALANCE SHEET AT 30 SEPTEMBER 2024**

		2024		2023	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	9		1,863		2,212
Investments	10		1,894,191		1,782,972
			-----		-----
			1,896,054		1,785,184
CURRENT ASSETS					
Debtors	11	360		2,053	
Cash at bank		64,041		69,853	
		-----		-----	
		64,401		71,906	
CREDITORS: Amounts falling due within one year	12	(38,581)		(24,139)	
		-----		-----	
NET CURRENT ASSETS			25,820		47,767
			-----		-----
NET ASSETS			1,921,874		1,832,951
			=====		=====
UNRESTRICTED FUNDS	13		1,921,628		1,832,951
RESTRICTED FUNDS	13		246		-
			-----		-----
			1,921,874		1,832,951
			=====		=====

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

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

Approved by the Board on 4th March 2025
and signed on its behalf by



Francis Hughes
DIRECTOR & TRUSTEE

The notes on pages 20 to 28 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF CASH FLOWS
YEAR ENDED 30 SEPTEMBER 2024

	Notes	2024 £	2023 £
Net cash used in operating activities	14	(136,566)	(29,558)
		-----	-----
Cash flows from investing activities			
Investment income	4	61,257	60,091
Miscellaneous Income	5	-	18,000
Net disposals/(purchases) of investments	10	69,497	(93,296)
		-----	-----
Net cash provided/(absorbed) by investing activities		130,754	(15,205)
		-----	-----
Change in cash in the year		(5,812)	(44,763)
Cash brought forward		69,853	114,616
		-----	-----
Cash carried forward		64,041	69,853
		=====	=====

The notes on pages 20 to 28 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024****1. ACCOUNTING POLICIES****1.1 Basis of preparation and going concern**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trust constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2024-25, the most significant areas of uncertainty that affect the carrying value of assets held by the Trust are the level of investment return and the performance of investment markets (see the investment policy and performance and risk management sections of the trustees' annual report for more information)

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required

1.3 Incoming Recognition

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods, or where donor conditions have not been fulfilled, and then the income is deferred. Contributions to health promotion activities received from participants are included when received. Where restrictions are placed on a donation it is accounted for as restricted funds and expended in the way the donor specified. Investment income is accounted for when receivable.

1.4 Expenditure Recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. The notification gives the recipient a reasonable expectation that they will receive the one-year or multi-year grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Trust.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty as to the timing of the grant or the amount of grant payable.

1.5 Fund Accounting

The Charity has both restricted and unrestricted funds. The Unrestricted Funds are expendable at the discretion of the Trustees in furtherance of the objects of the Charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds can only be used for particular purposes within the objectives of the charity when specified by the donor

1.6 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation, which is provided in annual instalments over the estimated useful lives of the assets. The rates of depreciation applied to the assets are:

Office Furniture & Fittings	- 25% reducing balance
Computers	- 33.33% straight line

Donated assets are valued at a fair market value and capitalised, with an equivalent amount being included in Donations.

1.7 Allocation of governance costs

Governance costs are those costs associated with meeting the constitutional and statutory requirements of the charity. They include the costs of preparing the statutory accounts, the cost of the independent examination, and costs linked to the strategic management of the charity. These costs have been allocated to expenditure on charitable activities.

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

Costs of charitable activities include grants made, healthy initiatives and governance costs.

1.10 Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Trust does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity markets and investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024- continued****1. ACCOUNTING POLICIES (Continued)****1.10 Investments (continued)**

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

1.11 Pension costs

The charity has a defined contribution pension scheme and pension costs charged in the statement of financial activities represents the contributions payable by the charity in the year. The assets of this scheme are held separately from those of the charity and administered separately by a pension agency. During the year the trust paid £3,766 (2023: £3,326) to the pension scheme.

1.12 Contingent liabilities

A contingent liability is identified and disclosed for those grants resulting from:

- a possible obligation which will only be confirmed by the occurrence of one or more uncertain future events not wholly within the trustees' control; or
- a present obligation following a grant offer where settlement is either not considered probable; or
- the amount has not been communicated in the grant offer or the amount cannot be estimated reliably

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2023: £nil). In the year Hughes Collett, a firm controlled by Francis Hughes, a trustee, provided accountancy and payroll services to the trust in the sum of £8,520 (2023: £6,000).

The trust paid £Nil to the Burnham Health Centre towards utilities and support costs (2023 - £1,080), which represented an arm's length transaction for the services received. Dr Simon Daily is a partner in the doctors' practice operating from the Burnham Health Centre.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024- continued

3. DONATIONS AND GIFTS

The following donations were received during the year:

	2024	2023
	£	£
Unrestricted:-		
The Louis and Valerie Freedman Charitable Settlement	-	10,000
Bucks County Council Lottery Ticket Sales	26	26
Burnham Parish Council	-	450
	-----	-----
Total Unrestricted Donations	26	10,476
	-----	-----
Restricted:-		
The Louis and Valerie Freedman Charitable Settlement	47,465	43,405
John Lewis Grant	1,334	-
	-----	-----
Total Restricted Donations	48,799	43,405
	-----	-----
Total Donations	48,825	53,881
	=====	=====

4. INVESTMENT INCOME

	2024	2023
	£	£
Income from listed investments	61,223	59,986
Bank and other interest receivable	34	105
	-----	-----
	61,257	60,091
	=====	=====

5. MISCELLANEOUS INCOME

	2024	2023
	£	£
Surplus on repayment of loan to Burnham Medical Centre	-	18,000
	-----	-----

The Trust's Offices and community room at Burnham Health Centre were vacated by the Trust in November 2022 and the Trust moved to its new premises in Burnham Park Hall in December 2022. £100,000 was repaid by the Burnham Health Centre to the Trust in January 2023, £82,000 of which was used to settle the outstanding debt and the balance of £18,000 was recognised as Miscellaneous Income in the 2023 financial statements. For further information see note 15 below.

6. CONTRIBUTIONS TO HEALTH PROMOTION

	2024	2023
	£	£
Contributions from participants in activities	897	1,736
	-----	-----

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued****7. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES**

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Grants - Schools Project: -				
Lynch Hill Primary School Project	-	6,200	6,200	3,330
Dropmore Infant School Project	-	5,000	5,000	-
Our Lady of Peace Catholic School	-	5,000	5,000	-
St Peters C of E Primary School Project	-	5,000	5,000	7,334
St Nicholas C of E School Project	-	1,265	1,265	-
Dorney School Project	-	-	-	10,501
Lent Rise School Project	-	-	-	3,510
	-----	-----	-----	-----
	-	22,465	22,465	24,675
Other Community Grants & Donations: -				
Dorney Scout Group	2,500	-	2,500	-
Methodist Church Summer Outing	1,000	-	1,000	-
School Days Uniform gift vouchers	900	-	900	-
Bucks Vision	800	-	800	-
Red Kites Walking Football	596	-	596	-
Rotary Club Donkey Derby	295	-	295	295
Burrows Family Butcher - Care & Share	-	-	-	1,500
Singing for the Memory	-	-	-	309
Royal British Legion – Poppy Appeal	-	-	-	25
	-----	-----	-----	-----
Total Grants	6,091	22,465	28,556	26,804
	=====	=====	=====	=====
Health Initiatives and projects				
Hold My Hand mental health project	2,221	8,365	10,586	9,078
Hope mental health project	2,222	16,635	18,857	11,948
Job Club	767	1,088	1,855	-
Sundry others	2,314	-	2,314	1,501
	-----	-----	-----	-----
	7,524	26,088	33,612	22,527
	=====	=====	=====	=====
Salaries and employee costs				
Salaries and employee costs	86,576	-	86,576	71,435
	=====	=====	=====	=====
Governance costs				
Utilities and Support Costs	10,200	-	10,200	9,580
Independent Examiner's Fee	2,100	-	2,100	2,100
Other administrative costs	24,740	-	24,740	23,795
	-----	-----	-----	-----
	37,040	-	37,040	35,475
	=====	=====	=====	=====
Total Expenditure	137,231	48,553	185,784	156,241
	=====	=====	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 – continued****8. NET INCOME**

	2024	2023
	£	£

Net incoming resources are stated after charging:

Depreciation	349	213
Independent Examiner's Fee	2,100	2,100

Employees: No employee has received emoluments above £60,000 during either year.

	2024	2023
	£	£

The employee costs for the Charity were:

Wages and Salaries	82,190	68,109
Social Security Costs	620	-
Contributions to Pension Scheme	3,766	3,326

	86,576	71,435
--	--------	--------

Average number of staff	5	3
-------------------------	---	---

9. TANGIBLE FIXED ASSETS

	Office Furniture & Fittings £	Computers £	Total £
Cost			
At 1 October 2023	4,672	8,445	13,117
Additions	-	-	-
Disposals	-	-	-
At 30 September 2024	4,672	8,445	13,117
Depreciation			
At 1 October 2023	4,672	6,233	10,905
Charge for year	-	349	349
Disposals	-	-	-
At 30 September 2024	4,672	6,582	11,254
Net Book Value			
at 30 September 2023	-	2,212	2,212
Net Book Value			
at 30 September 2024	-	1,863	1,863

All tangible fixed assets are used for charitable purposes.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 – continued****10. FIXED ASSETS INVESTMENTS****Movement in fixed asset listed investments**

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Market value at 1 October 2023	1,782,972	1,751,624
Additions at cost	363,372	356,131
Disposals at carrying value	(397,284)	(253,459)
Net unrealised gains/(losses) in the year	145,131	(71,324)
	-----	-----
Market value at 30 September 2024	1,894,191	1,782,972
	=====	=====

Net cash released from/(invested in) investments in the year:

	2024 £	2023 £
Disposal proceeds	432,869	262,835
Additions at cost	(363,372)	(356,131)
	-----	-----
Net cash released/(invested)	69,497	(93,296)
	=====	=====

Net gains/(losses) on investments:

	2024 £	2023 £
Net realised gains on disposals in the year	35,585	9,376
Net unrealised gains/(losses) in the year	145,131	(71,324)
	-----	-----
Net gains/(losses) on investments	180,716	(61,948)
	=====	=====

Listed investments

	2024 £	2023 £
Stocks and shares	1,711,937	1,561,222
Fixed Interest	182,254	221,750
	-----	-----
	1,894,191	1,782,972
	=====	=====

The significance of financial instruments to the ongoing financial sustainability of the Trust is considered in the financial review and investment policy and performance sections of the Trustees Annual Report.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued**

11. DEBTORS		2024	2023
		£	£
Other debtors		360	2,053
		=====	=====
12. CREDITORS - amounts falling due within one year		2024	2023
		£	£
Trade creditors		1,569	1,195
Other Creditors		627	550
Accrued Grants Payable		28,585	16,094
Accruals		7,800	6,300
		-----	-----
		38,581	24,139
		=====	=====
13. ANALYSIS OF NET ASSETS BETWEEN FUNDS			
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	
Tangible fixed assets	1,863	-	1,863
Investments	1,894,191	-	1,894,191
Current assets	35,570	28,831	64,401
Creditors - amounts falling due within one year	(9,996)	(28,585)	(38,581)
	-----	-----	-----
Net assets as at 30 September 2024	1,921,628	246	1,921,874
	=====	=====	=====
14. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES			
		2024	2023
		£	£
Net movement in funds		88,923	(101,370)
Deduct investment income		(61,257)	(60,091)
Deduct miscellaneous income		-	(18,000)
Add back depreciation		349	213
Deduct purchase of fixed assets		-	(2,286)
(Gains)/losses on investments		(180,716)	61,948
Decrease in debtors		1,693	80,936
Increase in creditors		14,442	9,092
		-----	-----
Net Cash Outflow from Operating Activities		(136,566)	(29,558)
		=====	=====

THE BURNHAM HEALTH PROMOTION TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024 – continued

15. RESTRICTED FUNDS

Restricted Funds re Burnham Health Centre

	2024	2023
	£	£
Funds brought forward at 1 October 2023	-	82,000
Miscellaneous Income	-	18,000
Transfer to Unrestricted Funds	-	(100,000)
	-----	-----
Restricted Funds re Burnham Health Centre at 30 September 2024	-	-
	=====	=====

£100,000 was repaid by the Burnham Health Centre to the Trust in January 2023 following the relocation of the Trust to its new premises in Burnham Park Hall. £82,000 of the amount received was used to settle the outstanding debt and the balance of £18,000 was recognised as miscellaneous income in the 2023 financial statements. The donor agreed that the funds received can be used for the general purposes of the Trust and they were reclassified as unrestricted funds accordingly (see also note 5 above).

Restricted Funds re Projects

	2024	2023
	£	£
Funds brought forward at 1 October 2023	-	-
Restricted Donations received	47,465	43,405
Expenditure on Charitable Activities	(47,465)	(43,405)
	-----	-----
Restricted Funds re Projects at 30 September 2024	-	-
	=====	=====

Restricted Funds re Health Initiatives

	2024	2023
	£	£
Funds brought forward at 1 October 2023	-	-
Restricted Donations received	1,334	-
Expenditure on Charitable Activities	(1,088)	-
	-----	-----
Restricted Funds re Health Initiatives at 30 September 2024	246	-
	=====	-----
Total Restricted Funds at 30 September 2024	246	-
	-----	=====

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales - Charity number 1066070

Accounts

THE BURNHAM HEALTH PROMOTION TRUST

**(A Charitable Company Limited by Guarantee
and not having Share Capital)**

FINANCIAL STATEMENTS

30 SEPTEMBER 2023

Company No. 3435602

Charity No. 1066070

THE BURNHAM HEALTH PROMOTION TRUST
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FOR THE YEAR ENDED 30 SEPTEMBER 2023

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THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2023. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and 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 published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

The Burnham Health Promotion Trust is a charitable organisation set up by a grant from the late Louis and Valerie Freedman.

The principal aims of the Trust are to promote, sustain and enhance physical, emotional and mental health and well-being for all in the Burnham Community. We do this by:

- Promoting education in the Community to encourage and enable people to take responsibility for, and to maximize their own health.
- Creating an environment and providing initiatives which promote, sustain and enhance physical, emotional and mental health and wellbeing.
- Carrying out research into areas of local interest or concern, to observe national trends and to collate data to be distributed, published and used as appropriate for the public good.
- Encouraging replication of the BHPT model more widely, where viable and possible.

In planning the activities for the year, the Trustees kept in mind the Charity Commission's guidance on public benefit. The activities benefit the people of Burnham, Buckinghamshire, particularly the young and the elderly and do not give rise to any detriment or harm to the public.

PROGRESS IN ACHIEVING OBJECTIVES

The Trust capital is invested with charity specialist fund managers to generate an income of not less than £50,000 per annum.

The Trust income is supplemented by grants from another charity with a common founder - the Louis and Valerie Freedman Settlement. These grants are now made to BHPT to support charitable initiatives which BHPT could not otherwise undertake from its income, but are dependent on BHPT submitting a grant funding request to the Louis and Valerie Freedman Settlement each time the Charity is applying for a grant, and providing feedback to the Louis and Valerie Freedman Settlement on the impact the grant has made to the Burnham Community.

To date there has been no major fund-raising element involved.

The Trust does, on occasion, receive other donations either from other bodies who are involved in joint ventures with the Trust or from members of the public in the form of legacies or gifts. The Trust also receives payments from participants for certain of its activities.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

PROGRESS IN ACHIEVING OBJECTIVES -continued

A major part of the income from the Trust is used to pay staff salaries and associated costs. During the 2022/23 financial year the Trust employed three part time members of staff. Two further part time members of staff were employed during the latter part of the financial year.

The Trust also has a small team of volunteers who assist with specific projects.

The Trust's income is also used to fund ongoing projects and to make grants, mainly related to the needs of the young or elderly, and always related to health promotion and wellbeing or to relieve distress in some way. The requests for grants are investigated by members of the team and are usually made with the unanimous approval of all Trustees. If the situation is urgent, and a trustee is away, it has been agreed that a quorum of two Trustees is sufficient. The Trustees meet on a quarterly basis, and informally at other times, and major decisions are made by them all together and in unanimity.

The Trust currently has three Trustees, Dr Simon Daily (Chair), Francis Hughes and Jacqueline Laver.

Staff News

Following the Trust's move to Burnham Park Hall in December 22 and its increased profile, two further part time members of staff were employed during the latter part of the financial year; Janneke Willems was recruited to provide additional Clerk to the Trustees and administrative duties and Margaret Townsend to act as a Session Duty Manager for the Care & Share joint Foodbank.

The Trust Offices

The Trust's relocation to Burnham Park Hall took place in December 2022 as planned. The move has been very successful. Burnham Park Hall is a public building which houses the Parish Council and is in the heart of the community. This is not only more convenient for the Trust but also provides more space options to allow us to deliver both current and future projects.

The move has elevated the Trust's profile. There is the added benefit that we are on-site to be able to accept donations and organise our Care & Share foodbank which operates from Burnham Park Hall on Tuesday and Friday afternoons from the foyer. We now have storage space provided at no charge by Burnham Parish Council.

Further storage space has been provided since the year end with the siting of a container to the rear of the building which the Parish Council has approved, and this will further enhance the capacity of the Care & Share joint Foodbank.

The Trustees and Staff would like to place on record their sincere thanks to the Parish Councillors and the Staff at Burnham Park Hall for ensuring our move went smoothly and for making us feel so welcome, and for their continued support of BHPT and in particular of the Care & Share Foodbank initiative.

A consequence of the move from Burnham Health Centre to Burnham Park Hall was that a grant made by the Louis and Valerie Freedman Charitable Settlement to assist the doctors in the financing of an extension to the Health Centre to provide BHPT with a base, became repayable and the Trust received £100,000.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS

Care and Share

This joint initiative between BHPT, St Peters Church and Foodshare Maidenhead continues to grow.

BHPT's input to Care and Share is the provision of staff to organise the Care and Share Foodbank which enables the scale and impact of the initiative to the Burnham community to be significantly enhanced.

The current economic climate means that some families are really struggling to make ends meet. Many are experiencing difficulties in being able to purchase the food they need, suffering fuel poverty, facing debt issues, the difficulties applying for or obtaining the correct benefits and also mental health issues.

This year Care & Share has supported 3,047 people, 1,407 of which have been children.

The Trust has distributed vouchers at Easter and Christmas for fresh meat and produce to be redeemed from the local butcher. A £1,500 grant was paid to the butcher to support this project,

The additional benefit of the Care and Share initiative is that it enables BHPT to provide signposting to the users of the service to other services including Buckinghamshire County Council's 'Helping Hands' service, Slough Borough Council and pastoral support in conjunction with St Peters Church and to the CAB which BHPT helps to ensure is available to the community.

Care & Share continues to be very well supported with donations of food and monetary donations from the local community. Local churches and schools have donated harvest festival collections and local companies have provided food and gifts at Christmas. Other local charities support us by making financial contributions and paying for food purchases.

Our community profile continues to be elevated and goes from strength to strength, with record numbers of groups wanting to be involved with this initiative.

We regularly receive many offers of help from prospective volunteers and currently have a waiting list of those wishing to assist. The age range of volunteers varies from young university students to retirees enabling valuable intergenerational collaboration to take place.

We would particularly like to thank to all those at St Peter's Church who give their time and effort tirelessly and work alongside us to continue to deliver this initiative to the community and also those at Foodshare for their endless help, support and direction.

We would also like to thank everyone who has given of their time by volunteering or otherwise or has made a donation of produce, specifically requested items or money however small without which this initiative could not continue.

We would like to thank the councillors and staff at Burnham Park Hall who have continued to allow us once again to deliver this initiative to the community from the Burnham Park Hall premises free of charge.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Number 22 Mental Health Provision

The Trust's "Hold My Hand" Mental Health provision has continued to provide children and youngsters aged from 11 to 21 living in Burnham with fast-track early intervention mental health support delivered by qualified counsellors provided by Number 22.

The objective of this initiative is to improve the emotional wellbeing of young patients struggling with mental health issues who are registered at the Health Centre and who live in or around the Burnham area thereby reducing visits to their GP's and further to reduce the burden on the already stretched NHS resources.

This early intervention support has been a great benefit to the Health Centre in providing the doctors a way to support these young people in a timely way, thereby helping to reduce or prevent the occurrence of more serious issues later in life.

As the "Hold My Hand" initiative was so successful, BHPT Trustees decided to offer the provision to adults and the "Hope" initiative commenced in October 2022. This provides 1:1 counselling for adults with varying issues but typically includes attempted suicide/suicidal ideation, sexual abuse, drug and alcohol abuse, relationship issues, self-harm, pregnancy, infertility, finance and anxiety.

Our relationship with Number 22 has continued to grow and both the "Hold My Hand" and "Hope" initiatives run from our new "Mental Health Hub" established in Burnham Park Hall following our move there in December 2022. This is a collaborative project between BHPT and Number 22 and delivers support locally in the very heart of Burnham.

BHPT would not be able to offer either of these initiatives without the very generous support of the Louis and Valerie Freedman Charitable Settlement who have provided grants to fund both. BHPT is extremely grateful for the generosity of the Trustees of the Freedman Charitable Trust.

Schools Project

Research has shown that post covid, children's development has been affected by the measures introduced during the pandemic and the closure of schools during that time. The impact has been seen in speech and language, attachment, play skills and many aspects of mental health and wellbeing particularly in nursery and early years settings.

In 2022 BHPT launched a new initiative to offer support to schools for projects that supported work with young children and families, particularly with a focus on mental health, wellbeing and resilience, and invited applications from the schools for grants.

With the support of a matching donation from the Louise and Valeries Freedman Charitable Settlement, four grants were awarded by the Trustees in 2023 (2022: five). Details of these and the grants awarded in the 2022 financial year were as follows: -

In 2023 £5,251 was awarded to Dorney Schools towards the provision of a Forest School to facilitate outdoor learning sessions to build resilience and to allow children to reconnect to nature especially post covid. A further £5,250 was also awarded to provide an Outdoor Reading Room to improve access to reading especially for those children who are disadvantaged or with special educational needs.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Schools Project - continued

In 2023 £7,334 was awarded to St Peters School to embed Zones of Regulation. In 2022 £5,000 was awarded to implement 'Zones of Regulation' which is a traffic light system to help children identify and express how they feel and equip them with tools and strategies to help them cope with their emotions. This commenced as a year group initiative but has been so successful, it has been introduced throughout the school and is practised daily. Parents have asked how to get involved so that they can implement the system at home.

In 2023 £3,510 was awarded to Lent Rise School to fund an iRock project to enable ten pupils receiving pupil premium to learn musical skills; this is an holistic approach to build self-confidence and self-esteem in disadvantaged children. This follows a £4,000 grant in 2022 to provide Drama Therapy for a group of selected children who had a mixture of complex issues such as emotionally based school avoidance, selective mutism, lack of self-confidence, being unable to socialize, being unable to vocalize what they need and crying and being unable to eat and play in front of others.

In 2023 £3,330 was awarded to Lynch Hill School for the provision of Nursery Sensory Room resources and equipment for children with Special Educational Needs who have been identified as currently working below their appropriate level of development for their age. A £5,000 grant was also made in 2022 to purchase Wellcomm Assessment Toolkits for early years plus additional resources to support speech, language and communication for children aged 3 to 6 years. The toolkits are enabling teachers to identify specific aspects of a child's speech, language and social communication skills that are a cause for concern and provide targeted support where needed.

In 2022 £10,900 was awarded to Dropmore School to establish a Wellbeing Project to be embedded throughout the school with provision of a Wellbeing Lead, Wellbeing Garden and Wellbeing Hub resources. Introduction of a range of holistic techniques to help children develop lifelong skills to overcome barriers to learning including NLP (neuro linguistic programming) tapping, yoga and breathing exercises and mindfulness. There was no further grant this year.

In 2022 £1,081 was awarded to St Nicholas School to purchase resources to support the ELSA (Emotional Literacy Support Assistant) who provides 1:2:1 support to those children with complex issues. There was no further grant this year.

Job Club

Our new Job Club, which is free to attend, commenced in February 2022 running from the Burnham Community Library on a weekly basis. Free Wi-Fi and tablets for job searching are made available to those attending. Attendees receive help with CV's, form filling, covering letters and job searching as well as moral support that a group setting provides.

The market for "unskilled" jobs currently appears highly competitive and issues being encountered are lack of skills, being out of work for long periods, for example due to illness or home caring responsibilities for the elderly or for children. A lack of confidence of applicants is also a major issue.

So far, we have managed to help eight people back into work and one back into education. The Club continues to grow and to gain greater recognition in the Community.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Singing for Your Memory

Singing for Your Memory has attendees of all ages, carers with parents, friends and family, care homes and patients, neighbours and people who pop along on their own.

Group numbers have increased significantly over the last year or so following local advertising and word of mouth recommendation.

The group is thriving under a volunteer ex teacher who is an excellent pianist with a warm welcoming manner, who manages the sessions. The Trustees and Staff wish to thank her for all the time and effort she puts into the sessions to make them so enjoyable for others.

Menopause Support Group

We are currently considering the most effective way to present information and to support women affected by the Menopause following a pilot of the project that gave BHPT some good feedback as to what those in the community would find helpful.

It has been identified that there is a reluctance by users to pay for support and so the Trustees are giving consideration as to how this can best be provided. It is hoped that in the future, we will be able to collaborate with a local GP who specializes in Menopausal issues.

Wellbeing Sessions

A spin off from the Menopause Support Group was that BHPT held two Wellbeing Afternoons last year, one in January 2023 and a second one in September 2023. The first session was aimed at women in the peri menopause and menopause, and BHPT offered vendors the opportunity to sell products and services suitable for women with a smaller hall containing therapists giving free taster sessions of wellbeing treatments aimed at menopausal women. The second event in September was promoted as an all-age Women's Wellbeing Afternoon. Both events were successful with 73 and 83 attendees respectively. It is planned to hold a further event in 2024

Burnham Intergenerational Project (LaST)

The Trust's previous CEO Shirley Shaw continues to deliver projects locally using the LaST resources.

The Trustees wish to thank Shirley for the time she spends on this initiative enthusiastically delivering local projects which delight those lucky enough to be involved and also for the work and refinements she continues to make to the LaST resources. The endless passion she has demonstrated for intergenerational projects is astonishing.

Further refinements to the website which makes available the LaST toolkit continue to be made at www.learningandsharingtogether.org.uk where it is possible to download trial modules and to purchase the toolkit itself to facilitate the easy running of an inter-generational group.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Burnham Intergenerational Project (LaST) – continued

Longer term, the Trust hopes that LaST and the Toolkit can find a more suitable umbrella organisation whose primary aims are in promoting intergenerational relationships which can act as a springboard and promote the LaST resource modules and therefore help them to be more widely used. The search for such an organisation continues.

In the meantime, BHPT continues to promote the importance of intergenerational working which form part of the school curriculum.

BHPT fulfilling its role in the Community

The Trust continues to be a constant and continual source of information, education, and advice to the Community, providing help and support during these times of difficult economic hardship.

BHPT tries to ensure there is a safety net for those in need.

The Trust receives many different enquiries from the Burnham community, some requiring signposting to organisations such as Citizens Advice and others requiring assistance which BHPT provides. We also produce on-going information displays and post regular articles in the community newspaper Round and About.

Local Events

In December 2022 we hosted a table at The Lions Christmas Fayre to raise funds for Burnham Care & Share. This annual event takes place in Burnham High Street every year and is popular with locals and visitors. The Fayre raised £377.00 from the gift and bottle Tombola stall.

In May 2023 we participated in the annual Donkey Derby by running a gift and bottle Tombola and raised £300.27. There was a good turnout for this annual event in Burnham Park.

In July 2023 BHPT participated in the Burnham Community Association's Summer Fete and raised £336.00 plus an additional £50.00 for winning the Eco float prize themed around "Volunteering Makes The World Go Round".

The Trust was invited to attend the Hitchin & Taplow Village Green Party as their charity of choice in June 2023. Following a presentation at the Hitchin & Taplow Parish Council meeting, we in our capacity as representatives for Care & Share collected raffle prizes and sold raffle tickets at the event raising a total of £1,104.30.

All funds raised were paid to Care & Share Burnham to allow the initiative to continue.

We wish to thank all those who supported us with their time and generosity enabling us to participate in these events.

Website

Our website is continually reviewed and refined to ensure it contains relevant useful information and work on our social media presence is ongoing.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Donations

The Trust continues to occasionally provide financial support to other organisations enabling them to provide activities and services for the benefit of the local community. Organisations supported this year were the Poppy Appeal with a small donation, the Singing for the Memory initiative, which received a new keyboard, and the Rotary Club through BHPT's sponsorship of the Donkey Derby.

Annual Small Grants

Ongoing annual support for the Tai Chi sessions held at Burnham Park Hall has now ceased, the Trustees preferring to award small grants at their discretion to support a variety of different local organisations. This was deemed to be a fairer and more equitable way to distribute small grant funding.

Grant Income

The Trust received a £26 commission in relation to selling Bucks County Lottery tickets and a £450 grant from Burnham Parish Council which BHPT were delighted to receive.

The remaining donations in the year were received from the Louis and Valerie Freedman Charitable Settlement.

The restriction that was originally placed on the grant of £100,000 made by the Louis and Valerie Freedman Charitable Settlement which was loaned to the Burnham Health Centre to ensure they provided office space and a meeting room for BHPT at Burnham Health Centre, was removed. The Louis and Valerie Freedman Charitable Settlement agreed that the funds received by BHPT from the loan repayment could be used by BHPT to further the general objectives of the Charity.

The Trustees are very grateful to the trustees of the Louis and Valerie Freedman Charitable Settlement for agreeing to remove this restriction which has been a huge cashflow boost to BHPT in the year.

FUTURE PLANS

The Trustees consider that the impact and consequences of Covid 19 on daily life will continue to be felt for many years, and the impact on deaths and bereavement, separation, restricted schooling and social contact will all have significant, negative consequences on the local population, particularly for those families and individuals with the least resources, both physical (money, space, facilities) and personally, (emotionally, cognitively, sense of place and self-knowledge of health and self-protection).

BHPT will continue with current initiatives including ensuring continued access by the Burnham community to Care and Share, the CAB and are hopeful that they will be successful in obtaining further grants from the Louis and Valerie Freedman Charitable Settlement to continue with the "Hold my Hand" mental health early intervention project for young people and the "Hope" initiative to provide support to those adults referred from the GP's at the Health Centre.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

FUTURE PLANS – continued

Additionally, with the continuance of further grants from Louis and Valerie Freedman Charitable Settlement further grants can be made to local Schools to allow them to put in place projects that will continue to support young children and their families with a focus on mental health, wellbeing and building resilience for the future.

We would also like to build on the successful launch of our “Job Club” and hope to offer refurbished laptops and ipads to those who need them to enable them to apply for jobs online.

The siting of the new container to the rear of Burnham Park Hall will allow us to better provide food assistance to those in the community and we are looking to address the underlying issues that cause people to present at our Food Bank.

We are looking into the viability of offering a “Money Management” course to support the community in understanding how to respect money, and in understanding credit ratings and interest rates of loans etc.

The provision of a pop-up café/community shop is also being considered.

The provision of more physical exercise classes and/or social outdoor pursuits available to all for free or at a modest fee would be a good addition to the BHPTs portfolio of offerings. Many aspirational targets will be achieved by drawing on the experience of others. We therefore welcome the opportunity of possible future collaborative working with the Oasis Partnership and The Clare Foundation and others to help us achieve our goals.

The Trust also hopes to trial a support group pitching to those caring for adults and children with ADHD/Autism/Dyspraxia and associated conditions. Research is currently ongoing to establish need and avoid duplication.

A medium-term objective of the Trust is to maximize the use of the new Mental Health Hub established in Burnham Park Hall which can further evolve into a centre of excellence to support those with mental health difficulties.

It is considered that these activities will ensure BHPT promotes, supports and enhances the physical, mental, and social well-being of all of the Burnham Community and so meet its objectives.

INVESTMENT POLICY AND PERFORMANCE

The trustee’s investment strategy is to set a balance between income and capital growth, predominantly in UK-based equities which generate high yields in accordance with the investment guidelines set by the Trustees as explained in the Risk Management section of this report.

This investment policy is implemented by the charity’s investment managers JM Finn & Co to protect the value of the capital and income of the charity in real terms over the medium term.

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT – continued****FOR THE YEAR ENDED 30 SEPTEMBER 2023****INVESTMENT POLICY AND PERFORMANCE -continued**

All investments have been acquired within the trustee's powers of investment. At 30 September 2023 the portfolio was valued at £1,782,972 (2022 - £1,751,624). Sales during the year realised gains of £9,376 in addition there were unrealised losses of £71,324 on the revaluation of the portfolio as at 30 September 2023, resulting in net losses of £61,948 (2022 - £330,087).

FINANCIAL RESULTS

Details of the results of the charity's activities for the year are set out on pages 15 to 17 and in the notes to the financial statements on pages 18 to 26.

Incoming Resources

During the year the Trust received donations totalling of £53,405 from the Louis and Valerie Freedman Charitable Settlement. Although the Trust does not undertake any fundraising, it does from time to time receive donations and legacies, which are usually from other local bodies that are involved in joint ventures with the Trust. In 2023 these totalled £476 (2022 - £86)

The charity also received contributions from participants in health promotion activities of £1,736 (2022- £250).

The other income totalling £78,091 was comprised of investment income of £60,091 (2022: £62,256) and £18,000 being the excess of the amount of the loan to Burnham Health Medical Centre that was repaid during the year, over its carrying value.

Charitable Expenditure

Total charitable expenditure, incorporating governance costs, increased from £131,944 in 2022 to £156,241 in the current year.

The result for the year shows a deficit of incoming resources of £39,422 (2022 - £42,206)

Reserves and financial position

The Trustees have examined the charity's requirements for reserves in light of the main risks to the charity. Following the diversification of the investment portfolio, the Trustees no longer have a minimum cash requirement. The charity will ensure it holds low risk assets with a value that is in excess of one year's operating overheads at all times and it will only expend income that it has received in the year on charitable activities.

At the balance sheet date, the level of reserves available excluding any restricted funds, stands at £1,832,951 (2022 - £1,852,321).

Restricted funds totalled £82,000 at 30 September 2022 which is the balance of an initial £100,000 donation used by the Burnham Health Promotion Trust to fund an extension to the premises of the Burnham Health Medical Centre to provide accommodation for the Trust. The funds were repaid in full during the year and the donor has agreed that the funds received can be used for the general purposes of the Trust and they have been reclassified as unrestricted funds accordingly.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

FINANCIAL RESULTS – continued

Reserves and financial position -continued

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate exposure to the major risks.

A risk identified is that additional grants from the Louis and Valerie Freedman Charitable Trust are not received, but this risk is mitigated each year as the activities for the forthcoming year are only planned when it is clear what level of additional funding is likely to be donated.

Measures have been taken to safeguard the fund by taking on more secure investments and fixed interest bonds.

The risk assessment is reviewed annually by the Trustees to ensure that the reserves of the charity are at the level required to enable the charity to achieve its objectives.

RISK MANAGEMENT

The Trust has in place an executive and professional liability insurance policy to provide indemnity for the Trustees.

RELATED CHARITIES

The charity has no official arrangement with other parties or charities nor has it entered into any transactions in which the Trustees had an interest.

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

The Burnham Health Promotion Trust is a charitable company limited by guarantee and has no share capital. The company was established under a Memorandum and Articles of Association, which established the objectives and powers of the company and is governed under its Articles of Association. The Company was formed on 17 September 1997 and became a registered charity, number 1066070 on 21 November 1997.

Structure

The Board of Trustees consists of a minimum of three Trustees, who continue in office until retirement or death. New Trustees are selected by the existing Trustees, and are people who live in, work in or have an interest or association with the Burnham area as well as a specific interest in promoting the aims of the Trust. They are appointed by Special Resolution in an Extraordinary General Meeting.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

STRUCTURE GOVERNANCE AND MANAGEMENT - continued

Specific Investment Powers of the Trustees

These are listed in the Company's Memorandum and Articles of Association. The Trustees will invest any money as they in their absolute discretion think fit, subject to any specific donor requirements of which there are none at this time.

Trustee Induction and Training

New Trustees undergo an induction to brief them of their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other Trustees and are encouraged to experience some of the Trust's projects and activities at first hand.

In house training is provided to Trustees through quarterly meetings and occasional Away Days when Trustees are updated about changes which impact on the work of the Trust and their role as Trustees.

As a member organisation of Community Impact Bucks, the Trust receives regular newsletters and Trustees have opportunities to participate in training as appropriate.

KEY MANAGEMENT PERSONNEL REMUNERATION

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis. The Trustees are also Directors for the purposes of the Companies Act 2006

All trustees give freely of their time and no trustee remuneration was paid in the year. Details of trustees' expenses and related party transactions are disclosed in note 2 to the accounts.

REFERENCE AND ADMINISTRATION INFORMATION

Trustees

Dr Simon Daily
Francis Hughes (also Company Secretary)
Jacqueline Laver

Principal Office and Registered Office

First Floor
Burnham Park Hall
Windsor Lane
Burnham
Bucks
SL1 7HR

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

TRUSTEES STATEMENT OF RESPONSIBILITIES

The Trustees, who are also Directors for the purpose of the Companies Act are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

BY ORDER OF THE BOARD


Francis Hughes
TRUSTEE

Approved by the trustees on 5th February 2024.

THE BURNHAM HEALTH PROMOTION TRUST
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE BURNHAM HEALTH PROMOTION TRUST
FOR THE YEAR ENDED 30 SEPTEMBER 2023

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 30 September 2023, which are set out on pages 15 to 26.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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


Birch Riddle & Co. Ltd.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date 9th February 2024

THE BURNHAM HEALTH PROMOTION TRUST

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
INCOME					
Incoming resources from generated funds					
Donations and gifts	3	10,476	43,405	53,881	46,069
Investment income	4	60,091	-	60,091	62,256
Miscellaneous Income	5	-	18,000	18,000	-
Contributions to health promotion	6	1,736	-	1,736	250
		-----	-----	-----	-----
Total Income		72,303	61,405	133,708	108,575
		-----	-----	-----	-----
EXPENDITURE					
Costs of raising funds					
Stockbroker's Administration Fees		16,889	-	16,889	18,837
Expenditure on charitable activities					
Grants, expenditure on health promotion and related costs	7	112,836	43,405	156,241	131,944
		-----	-----	-----	-----
Total Expenditure		129,725	43,405	173,130	150,781
		-----	-----	-----	-----
Net expenditure/(income) and net movements in funds before losses on investments					
	8	(57,422)	18,000	(39,422)	(42,206)
Net losses on investments	10	(61,948)	-	(61,948)	(330,087)
		-----	-----	-----	-----
Net Movement in Funds for the Year		(119,370)	18,000	(101,370)	(372,293)
		-----	-----	-----	-----
Reconciliation of Funds					
Total funds brought forward		1,852,321	82,000	1,934,321	2,306,614
Transfer in/(out)	15	100,000	(100,000)	-	-
		-----	-----	-----	-----
Total funds carried forward	12	1,832,951	-	1,832,951	1,934,321
		=====	=====	=====	=====

All incoming resources and resources expenses derive from continuing activities.

The notes on pages 18 to 26 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**BALANCE SHEET AT 30 SEPTEMBER 2023**

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible Assets	9		2,212		139
Investments	10		1,782,972		1,751,624
			-----		-----
			1,785,184		1,751,763
CURRENT ASSETS					
Debtors	11	2,053		82,989	
Cash at bank		69,853		114,616	
			-----	-----	
			71,906		197,605
CREDITORS: Amounts falling due within one year	12	(24,139)		(15,047)	
			-----	-----	
NET CURRENT ASSETS			47,767		182,558
NET ASSETS			-----	-----	
			1,832,951		1,934,321
			=====		=====
UNRESTRICTED FUNDS	13		1,832,951		1,852,321
RESTRICTED FUNDS	13		-		82,000
			-----		-----
			1,832,951		1,934,321
			=====		=====

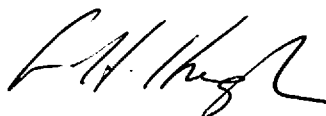
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

**Approved by the Board on 5th February 2024
and signed on its behalf by**



**Francis Hughes
DIRECTOR & TRUSTEE**

The notes on pages 18 to 26 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF CASH FLOWS
YEAR ENDED 30 SEPTEMBER 2023

	Notes	2023 £	2022 £
Net cash used in operating activities	14	(29,558)	(98,034)
		-----	-----
Cash flows from investing activities			
Investment income	4	60,091	62,256
Miscellaneous Income	5	18,000	-
Net (purchases)/disposals of investments	10	(93,296)	115,065
		-----	-----
Net cash (absorbed)/provided by investing activities		(15,205)	177,321
		-----	-----
Change in cash in the year		(44,763)	79,287
Cash brought forward		114,616	35,329
		-----	-----
Cash carried forward		<u>69,853</u>	<u>114,616</u>

The notes on pages 18 to 26 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1. ACCOUNTING POLICIES

1.1 Basis of preparation and going concern

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trust constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2023-24, the most significant areas of uncertainty that affect the carrying value of assets held by the Trust are the level of investment return and the performance of investment markets (see the investment policy and performance and risk management sections of the trustees' annual report for more information)

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required

1.3 Incoming Recognition

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods, or where donor conditions have not been fulfilled, and then the income is deferred. Contributions to health promotion activities received from participants are included when received. Where restrictions are placed on a donation it is accounted for as restricted funds and expended in the way the donor specified. Investment income is accounted for when receivable.

1.4 Expenditure Recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. The notification gives the recipient a reasonable expectation that they will receive the one-year or multi-year grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Trust.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty as to the timing of the grant or the amount of grant payable.

1.5 Fund Accounting

The Charity has both restricted and unrestricted funds. The Unrestricted Funds are expendable at the discretion of the Trustees in furtherance of the objects of the Charity. Such funds may be held in order to finance both working capital and capital investment. Restricted funds can only be used for particular purposes within the objectives of the charity when specified by the donor

1.6 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation, which is provided in annual instalments over the estimated useful lives of the assets. The rates of depreciation applied to the assets are:

Office Furniture & Fittings	- 25% reducing balance
Computers	- 33.33% straight line

Donated assets are valued at a fair market value and capitalised, with an equivalent amount being included in Donations.

1.7 Allocation of governance costs

Governance costs are those costs associated with meeting the constitutional and statutory requirements of the charity. They include the costs of preparing the statutory accounts, the cost of the independent examination, and costs linked to the strategic management of the charity. These costs have been allocated to expenditure on charitable activities.

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

Costs of charitable activities include grants made, healthy initiatives and governance costs.

1.10 Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Trust does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity markets and investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023- continued****1. ACCOUNTING POLICIES (Continued)****1.10 Investments (continued)**

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

1.11 Pension costs

The charity has a defined contribution pension scheme and pension costs charged in the statement of financial activities represents the contributions payable by the charity in the year. The assets of this scheme are held separately from those of the charity and administered separately by a pension agency. During the year the trust paid £3,326 (2022: £2,927) to the pension scheme.

1.12 Contingent liabilities

A contingent liability is identified and disclosed for those grants resulting from:

- a possible obligation which will only be confirmed by the occurrence of one or more uncertain future events not wholly within the trustees' control; or
- a present obligation following a grant offer where settlement is either not considered probable; or
- the amount has not been communicated in the grant offer or the amount cannot be estimated reliably

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2022: £nil). In the year Hughes Collett, a firm controlled by Francis Hughes, a trustee, provided accountancy and payroll services to the trust in the sum of £6,000 (2022: £5,232).

The trust paid £1,080 to the Burnham Health Centre towards utilities and support costs (2022 - £7,200), which represented arm's length transaction for the services received. Dr Simon Daily is a partner in the doctors' practice operating from the Burnham Health Centre.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023- continued****3. DONATIONS AND GIFTS**

The following donations were received during the year:

	2023	2022
	£	£
Unrestricted:-		
The Louis and Valerie Freedman Charitable Settlement	10,000	20,000
Bucks County Council Lottery Ticket Sales	26	36
Give As You Live	-	50
Burnham Parish Council	450	-
	-----	-----
Total Unrestricted Donations	10,476	20,086
Restricted:-		
The Louis and Valerie Freedman Charitable Settlement	43,405	25,983
	-----	-----
Total Donations	<u>53,881</u>	<u>46,069</u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Income from listed investments	59,986	62,240
Bank and other interest receivable	105	16
	-----	-----
	<u>60,091</u>	<u>62,256</u>

5. MISCELLANEOUS INCOME

	2023	2022
	£	£
Surplus on repayment of loan to Burnham Medical Centre	18,000	-
	-----	-----
	<u>18,000</u>	<u>-</u>

The Trust's Offices and community room at Burnham Health Centre were vacated by the Trust in November 2022 and the Trust moved to its new premises in Burnham Park Hall in December 2022.

£100,000 was repaid by the Burnham Health Centre to the Trust in January 2023, £82,000 of which has been used to settle the outstanding debt and the balance of £18,000 has been recognised as Miscellaneous Income in these financial statements. For further information see note 15 below.

6. CONTRIBUTIONS TO HEALTH PROMOTION

	2023	2022
	£	£
Contributions from participants in activities	1,736	250
	-----	-----
	<u>1,736</u>	<u>250</u>

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023 - continued****7. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES**

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Grants and Sponsorship				
Burrows Family Butcher - Care & Share	1,500		1,500	-
Dorney School Project	-	10,501	10,501	-
St Peters C of E Primary School Project	-	7,334	7,334	5,000
Lent Rise School Project	-	3,510	3,510	4,000
Lynch Hill Primary School Project	-	3,330	3,330	5,000
Dropmore Infant School Project	-	-	-	10,900
St Nicholas C of E School Project	-	-	-	1,083
	----- 1,500	----- 24,675	----- 26,175	----- 25,983
	=====	=====	=====	=====
Health Initiatives and projects				
Hold My Hand mental health project	1,148	7,930	9,078	-
Hope mental health project	1,148	10,800	11,948	-
Sundry others	1,501	-	1,501	4,874
	----- 3,797	----- 18,730	----- 22,527	----- 4,874
	=====	=====	=====	=====
Donations				
Burnham Youth Club Garden Project	-	-	-	1,000
Sundry others (< £1,000)	629	-	629	332
	----- 629	----- -	----- 629	----- 1,332
	=====	=====	=====	=====
Salaries and employee costs				
Salaries and employee costs	71,435	-	71,435	68,118
	=====	=====	=====	=====
Governance costs				
Utilities and Support Costs	9,580	-	9,580	7,200
Independent Examiner's Fee	2,100	-	2,100	2,100
Other administrative costs	23,795	-	23,795	22,337
	----- 35,475	----- -	----- 35,475	----- 31,637
	=====	=====	=====	=====
Total Expenditure	----- 112,836	----- 43,405	----- 156,241	----- 131,944
	=====	=====	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023 – continued****8. NET INCOME**

	2023	2022
	£	£
Net incoming resources are stated after charging:		
Depreciation	213	345
Independent Examiner's Fee	2,100	2,100
	<u> </u>	<u> </u>

Employees: No employee has received emoluments above £60,000 during either year.

	2023	2022
	£	£
The employee costs for the Charity were:		
Wages and Salaries	68,109	64,857
Social Security Costs	-	334
Contributions to Pension Scheme	3,326	2,927
	<u> </u>	<u> </u>
	71,435	68,118
	<u> </u>	<u> </u>
Average number of staff	3	3
	<u> </u>	<u> </u>

9. TANGIBLE FIXED ASSETS

	Office Furniture & Fittings £	Computers £	Total £
Cost			
At 1 October 2022	4,672	6,159	10,831
Additions	-	2,286	2,286
Disposals	-	-	-
	<u> </u>	<u> </u>	<u> </u>
At 30 September 2023	4,672	8,445	13,117
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 October 2022	4,672	6,020	10,692
Charge for year	-	213	213
Disposals	-	-	-
	<u> </u>	<u> </u>	<u> </u>
At 30 September 2023	4,672	6,233	10,905
	<u> </u>	<u> </u>	<u> </u>
Net Book Value			
at 30 September 2022	-	139	139
	<u> </u>	<u> </u>	<u> </u>
Net Book Value			
at 30 September 2023	-	2,212	2,212
	<u> </u>	<u> </u>	<u> </u>

All tangible fixed assets are used for charitable purposes.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023 – continued****10. FIXED ASSETS INVESTMENTS****Movement in fixed asset listed investments**

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Market value at 1 October 2022	1,751,624	2,196,777
Additions at cost	356,131	223,337
Disposals at carrying value	(253,459)	(385,407)
Net unrealised losses in the year	(71,324)	(283,083)
	-----	-----
Market value at 30 September 2023	1,782,972	1,751,624
	=====	=====
Net cash (invested)/released from investments in the year:		
	2023 £	2022 £
Disposal proceeds	262,835	338,402
Additions at cost	(356,131)	(223,337)
	-----	-----
Net cash (invested)/released	(93,296)	115,065
	=====	=====
Net losses on investments:		
	2023 £	2022 £
Net realised gains/(losses) on disposals in the year	9,376	(47,004)
Net unrealised losses the year	(71,324)	(283,083)
	-----	-----
Net losses on investments	(61,948)	(330,087)
	=====	=====
Listed investments		
	2023 £	2022 £
Stocks and shares	1,561,222	1,711,339
Fixed Interest	221,750	40,285
	-----	-----
	1,782,972	1,751,624
	=====	=====

The significance of financial instruments to the ongoing financial sustainability of the Trust is considered in the financial review and investment policy and performance sections of the Trustees Annual Report.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023 - continued****11. DEBTORS**

	2023	2022
	£	£
Other debtors	2,053	989
Loan to Burnham Health Medical Centre	-	82,000
	-----	-----
	2,053	82,989
	=====	=====

The loan to Burnham Health Medical Centre was repaid in January 2023.

12. CREDITORS - amounts falling due within one year

	2023	2022
	£	£
Trade creditors	1,195	6,391
Other Creditors	550	1,756
Accrued Grants Payable	16,094	-
Accruals	6,300	6,900
	-----	-----
	24,139	15,047
	=====	=====

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds
Tangible fixed assets	2,212	-	2,212
Investments	1,782,972	-	1,782,972
Current assets	55,812	16,094	71,906
Creditors - amounts falling due within one year	(8,045)	(16,094)	(24,139)
	-----	-----	-----
Net assets as at 30 September 2023	1,832,951	-	1,832,951
	=====	=====	=====

14. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023	2022
	£	£
Net movement in funds	(101,370)	(372,292)
Deduct investment income	(60,091)	(62,256)
Deduct miscellaneous income	(18,000)	-
Add back depreciation	213	345
Deduct purchase of fixed assets	(2,286)	-
Add losses on investments	61,948	330,087
Decrease/(increase) in debtors	80,936	(552)
Increase in creditors	9,092	6,634
	-----	-----
Net Cash Outflow from Operating Activities	(29,558)	(98,034)
	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023 – continued****15. RESTRICTED FUNDS****Restricted Funds re Burnham Health Centre**

	2023	2022
	£	£
Funds brought forward at 1 October 2022	82,000	82,000
Miscellaneous Income	18,000	-
Transfer to Unrestricted Funds	(100,000)	-
	-----	-----
Restricted Funds re Burnham Health Centre at 30 September 2023	-	82,000
	=====	=====

The £82,000 relates to the £100,000 donated by the Louis and Valerie Freedman Charitable Settlement for the express purpose of building the new office and community room at the Burnham Health Centre for the use of The Burnham Health Promotion Trust.

The new facilities were previously being depreciated over their estimated useful life of 50 years, at 2% on a straight-line basis. However further to a formal agreement signed in September 2014, this £82,000 was recognised as a debt repayable on the sale or closure of the Burnham Health Medical Centre.

£100,000 was repaid by the Burnham Health Centre to the Trust in January 2023 following the relocation of the Trust to its new premises in Burnham Park Hall. £82,000 of the amount received has been used to settle the outstanding debt and the balance of £18,000 has been recognised as miscellaneous income in these financial statements. The donor has agreed that the funds received can be used for the general purposes of the Trust and they have been reclassified as unrestricted funds accordingly (see also note 5 above).

Restricted Funds re Projects

	2023	2022
	£	£
Funds brought forward at 1 October 2022	-	262
Restricted Donations received	43,405	25,983
Expenditure on Charitable Activities	(43,405)	(26,245)
	-----	-----
Restricted Funds re Projects at 30 September 2023	-	-
	=====	=====
Total Restricted Funds at 30 September 2023	-	82,000
	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales - Charity number 1066070

Accounts

C.11/11/17
Commission

THE BURNHAM HEALTH PROMOTION TRUST

(A Charitable Company Limited by Guarantee
and not having Share Capital)

FINANCIAL STATEMENTS

30 SEPTEMBER 2022

Company No. 3435602

Charity No. 1066070

THE BURNHAM HEALTH PROMOTION TRUST

INDEX TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022

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14	Balance Sheet
15	Statement of Cash Flows
16-24	Notes to the Financial Statements

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2022. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and 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 published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

The Burnham Health Promotion Trust is a charitable organisation set up by a grant from the late Louis and Valerie Freedman.

The principal aims of the Trust are to promote, sustain and enhance physical, emotional and mental health and well-being for all in the Burnham Community. We do this by:

- Promoting education in the Community to encourage and enable people to take responsibility for, and to maximize their own health.
- Creating an environment and providing initiatives which promote, sustain and enhance physical, emotional and mental health and wellbeing.
- Carrying out research into areas of local interest or concern, to observe national trends and to collate data to be distributed, published and used as appropriate for the public good.
- Encouraging replication of the BHPT model more widely, were viable and possible.

In planning the activities for the year, the Trustees kept in mind the Charity Commission's guidance on public benefit. The activities benefit the people of Burnham, Buckinghamshire, particularly the young and the elderly and do not give rise to any detriment or harm to the public.

PROGRESS IN ACHIEVING OBJECTIVES

The Trust capital is invested with charity specialist fund managers to generate an income of not less than £50,000 per annum.

From time to time the Trust is supplemented by grants from another charity with a common founder - the Louis and Valerie Freedman Settlement. These grants have been reducing over a 5-year period, to the current level of £20,000 per annum and an agreement has now been reached that annual donations will continue at this level to enable BHPT to achieve more in the Burnham community. To date there has been no major fund-raising element involved. The Trust does, on occasion, receive other donations either from other bodies who are involved in joint ventures with the Trust or from members of the public in the form of legacies or gifts. The Trust also receives payments from participants for certain of its activities.

A major part of the income from the Trust is used to pay staff salaries and associated costs. During the 2021/22 financial year the Trust employed three part time members of staff.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The Trust also has a small team of volunteers who assist with specific projects.

The Trust's income is also used to fund the Trust's ongoing projects and to make grants, mainly related to the needs of the young or elderly, always related to health promotion and wellbeing or to relieve distress in some way. The requests for grants are investigated by, and are usually made with the unanimous approval of all Trustees. If the situation is urgent, and a trustee is away, a quorum of two Trustees is sufficient. The Trustees meet on a quarterly basis, and informally at other times, and major decisions are made by them all together and in unanimity.

The Trust currently has three Trustees, Dr Simon Daily (Chair), Francis Hughes and Jaqueline Laver.

Richard Shircore resigned as a Trustee on 27th May 2022. The Trustees wish to place on record their thanks to Richard for all his efforts in helping to steer BHPT through its transition throughout the time he was a Trustee.

Staff News

It was with great sadness that the Trustees announced the death in February 2022 of one of its employees Marisa Di Bartolomeo. During the seven years she was employed by the Trust Marisa worked in many different roles and was particularly instrumental in ensuring that despite the pandemic the BHPT intergenerational project, now known as LaST was able to move online and continue operating. Hosting these online sessions was such a joy to Marisa who loved the community aspects of her work so much. She will be greatly missed.

The Trust Offices

During the year the Trust had two offices which were situated at the Burnham Health Centre. There was a community room and the Trust Office

When the Covid 19 restrictions were lifted, the staff returned to the Trust Office although the pandemic resulted in a hybrid of both office and home working. The use of the community room slowly increased during the subsequent period.

The Trust has grown since its incorporation some twenty years ago and to facilitate current initiatives, future plans and to alleviate the overcrowding situation in the Health Centre, the Trust relocated to alternative suitable premises in Burnham Park Hall in December 2022. This will allow the Trustees and staff to deliver more effectively to the community.

ON-GOING BHPT PROJECTS

Many of the Trust's initiatives such as, Simply Walk, Tai Chi and Singing for the Memory have gradually resumed during the year.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

BHPT Helpline

The Helpline has now discontinued although the staff continue to offer support to the community over the telephone on an ad hoc basis.

The Trust receives many different enquiries from the public some requiring signposting and others requiring assistance which included the following during the year: -

- Provision of vouchers for food assistance and onward referral of the caller to other agencies for additional support , if appropriate.
- Provision of general information to Burnham residents outlining the support options available to them.

Care and Share

This joint initiative between BHPT, St Peters Church and Foodshare Maidenhead commenced at the outbreak of the Covid19 pandemic in 2020.

This year the collaborative partnership has supported more people than ever before. We issued 1,045 vouchers of varying value depending on need, and in the process supported 628 family units, which along with individuals meant that Care and Share provided support to 2,789 people.

The initiative also provides signposting to other services including Buckinghamshire County Council's 'Helping Hands' service, Slough Borough Council and pastoral support in conjunction with St Peters Church and to the CAB which BHPT helps to ensure is available to the community.

Care and Share continues to be very well supported with donations of food and monetary donations from the local community. Local churches and schools have donated harvest festival collections and local companies have provided food and gifts at Christmas. Other local charities support us by making financial contributions and paying for food purchases.

Our community profile has been elevated and gone from strength to strength, with record numbers of groups than ever wanting to be involved with this initiative.

With 16 members, we have the largest volunteer workforce in Burnham and have a current waiting list of 4 people of all ages wanting to help. It is heartening to note that we are attracting many young people who wish to assist us ranging from university students volunteering to support those in need to school children selling homemade jewellery to raise funds for Care and Share.

We would particularly like to thank to all those at St Peter's Church who give their time and effort tirelessly and work alongside us to continue to deliver this initiative to the community.

We would also like to thank everyone who has given of their time by volunteering or otherwise or has made a donation however small without which this initiative could not continue.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

We would like to thank the councillors and staff at Burnham Park Hall who have made us feel so welcome and who have allowed us to deliver this initiative to the community from the premises free of charge.

Number 22 Mental Health Provision

The Trust's "Hold My Hand" Mental Health provision for youngsters has continued to be delivered during the year moving slowly from virtual online support back to face to face meetings again after the pandemic.

This initiative delivers talking therapy to children and young adults aged between 11 to 21 and since its inception at the end of 2019 just before the outbreak of Covid 19 there have been 53 referrals from the GPs at Burnham Health Centre.

This early intervention support has been a great benefit to the Health Centre giving them a way to support these young people in a timely way, thereby helping to reduce or prevent the occurrence of more serious issues later in life.

The Trust's collaboration with Number 22 counselling services has proved very positive in all respects and for both parties.

Carers Support Group

This initiative has not restarted following the end of the pandemic owing to changes in the way that Buckinghamshire County Council deliver this provision.

Burnham Intergenerational Project (LaST)

Following the pandemic, The Intergenerational Project has returned to Perry House with small groups of year 6 children meeting with residents on a weekly basis.

The Trust's previous CEO Shirley Shaw has been successful in recruiting a volunteer to help her deliver the initiative along with a teaching assistant and volunteer from the school.

Further modules have been created for the Intergenerational Toolkit known as LaST, the latest of which relates to "Food" and there have been visits to the school by a local baker to share his knowledge with the children. The creation of a "recipe book" is in progress whereby all the children and adults will submit their favourite recipes.

There are new intergenerational partnerships being developed bringing together children from Lent Rise School with members of Burnham Community Association's Monday Club and possibly Lent Rise School with the residents of Abbeyfield Care Home.

Two pilot LaST projects have been set up by the Guinness Partnership. Project One is an extra care housing scheme in Swindon and Project Two is a retirement housing scheme in Exeter. There is also the possibility of a further project in Newhaven.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Further refinements to the website continue to be made at www.learningandsharingtogether.org.uk where it is possible to download trial modules and the toolkit to facilitate the easy running of an inter-generational group.

BHPT continues to promote the importance of intergenerational working which forms part of the school curriculum.

Men in Sheds

Since the Covid 19 restrictions were lifted the Men in Sheds group has returned to holding regular sessions.

The number of participants has continued to grow and it has developed into a large group comprising both men and women. Members continue to learn and teach woodworking, gardening and crafts. It provides an opportunity to socialize especially for those who may otherwise be isolated in their own homes.

They have had a good presence at local Burnham events such as the Donkey Derby and Summer Fete where they have taken a stall and displayed some of their hand-crafted items for sale which is helping the group be self-sufficient.

With previous monies provided by BHPT the 'Shedders', as they are known locally, now have a large shed and an impressive greenhouse. They continue to grow fruit and vegetables which they have given to Care and Share initiative for those in need.

The group now requires minimum assistance but BHPT continues to support and nurture it by advertising the times of the sessions when the group meets, sharing information and online posts.

Local Events

On 7th December 2021, BHPT staff participated in The Lions Christmas Fayre and raised £347.00 from the Tombola stall.

On 28th May 2022 we participated in the annual Donkey Derby by running a Tombola and Arts and Crafts stall and raised £235.00.

On 9th July 2022 BHPT participated in the Burnham Community Association's Summer Fete and raised £323.00 plus an additional £50.00 for winning the Eco float prize.

All amounts raised were donated to Burnham Care and Share to allow the initiative to continue.

We wish to thank all those who supported us with their time and generosity enabling us to participate in these events.

Information

We continue to provide the community with information, education and advice and promote the Five Ways to Wellbeing adopted by Buckinghamshire County Council. We deal with individual enquiries from the community and produce on-going information displays and post regular articles in the community newspaper Round and About.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Our website is continually being reviewed and refined to ensure it contains relevant useful information and work on our social media presence is ongoing.

Donations

The Trust periodically continues to provide financial support to other organisations enabling them to provide activities and services for the benefit of the local community. Organisations supported this year include Burnham Youth Club garden project, and the Burnham Football Club to purchase kit for the girls team.

The Trust received £86 of donations in the year other than from the Louis and Valerie Freedman Charitable Settlement.

With the support of a donation from, the Louis and Valerie Freedman Charitable Settlement BHPT has launched a grant initiative to work in partnership with schools to support initiatives which the schools bid for support for with a particular with a focus on mental health, wellbeing, and resilience post Covid 19. The outcomes of these initiatives will be shared with other schools in Burnham hopefully leading to better educational outcomes for all the children in Burnham.

BHPT has invited applications for grants to be submitted and has encouraged schools to apply for a grant to support a project in their school with a focus on Nursery and Early Years although a specific project for a different age group has not been ruled out.

The project will be initially for one term (10 weeks) but if the school can demonstrate a positive impact there may be opportunities to extend it. The project will need to address some or all the following:

- Mental health and wellbeing for children and families
- Speech, language, and communication
- Resilience
- Development of play and social skills

FUTURE PLANS

The Trustees consider that the impact and consequences of Covid 19 on daily life will continue to be felt for many years, and the impact on deaths and bereavement, separation, restricted schooling and social contact will all have significant, negative consequences on the local population, particularly for those families and individuals with the least resources, both physical (money, space, facilities) and personally, (emotionally, cognitively, sense of place and self-knowledge of health and self-protection).

The focus on building on its current initiatives will continue and in particular attempting to ensure continued access to the Burnham community to Care and Share, the CAB and also to the “Hold my Hand” Mental Health early intervention project for young people.

The Trust intends to expand its current mental health support to adults with the forthcoming “Hope” initiative which will provide support to those adults referred from the GP’s at the Health Centre and such support will include those individuals more severely afflicted.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

FUTURE PLANS - Continued

It is considered that these activities will ensure BHPT promotes, supports and enhances the physical, mental, and social well-being of all of the Burnham Community and so meet its objectives.

The Trust will be trialing a Hormones & Happiness initiative pitching to peri and menopausal women.

A new "Job Club" has been proposed to help young people and adults struggling to find work to find employment. The aim will be to help with CV writing and provide advice on how to submit applications

A medium term objective of the Trust is the establishment of a new Mental Health Hub in Burnham which can evolve into a centre of excellence to support those with mental health difficulties.

INVESTMENT POLICY AND PERFORMANCE

The trustee's investment strategy is to set a balance between income and capital growth, predominantly in UK-based equities which generate high yields in accordance with the investment guidelines set by the Trustees as explained in the Risk Management section of this report.

This investment policy is implemented by the charity's investment managers JM Finn & Co to protect the value of the capital and income of the charity in real terms over the medium term.

All investments have been acquired within the trustee's powers of investment. At 30 September 2022 the portfolio was valued at £1,751,624 (2021 - £2,196,777). Sales during the year realised losses of £47,004, in addition there were unrealised losses of £283,083 on the revaluation of the portfolio as at 30 September 2022, resulting in net losses of £330,087 (2021 – gains £247,617).

FINANCIAL RESULTS

Details of the results of the charity's activities for the year are set out on pages 13 to 15 and in the notes to the financial statements on pages 16 to 24.

Incoming Resources

During the year the Trust received donations totalling of £45,983 from the Louis and Valeric Freedman Charitable Settlement. Although the Trust does not undertake any fundraising, it does from time to time receive donations and legacies, which are usually from other local bodies that are involved in joint ventures with the Trust. In 2022 these totalled £86 (2021 - £261)

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT – continued****FOR THE YEAR ENDED 30 SEPTEMBER 2022****FINANCIAL RESULTS (continued)**

The charity also received contributions from participants in health promotion activities of £250 (2021- £364).

The other income totalling £62,256 (2021: £63,497) was all derived from its investments.

Charitable Expenditure

Total charitable expenditure, incorporating governance costs, increased from £122,668 in 2021 to £131,944 in the current year.

The result for the year shows a deficit of incoming resources of £42,206 (2021: - deficit £52,912)

Reserves and financial position

The Trustees have examined the charity's requirements for reserves in light of the main risks to the charity. Following the diversification of the investment portfolio, the Trustees no longer have a minimum cash requirement. The charity will ensure it holds low risk assets with a value that is in excess of one year's operating overheads at all times and it will only expend income that it has received in the year on charitable activities.

At the balance sheet date, the level of reserves available excluding the restricted funds, stands at £1,852,321 (2021 - £2,224,352).

Restricted funds totalled £82,000 at 30 September 2022 which is the balance of an initial £100,000 donation used by the Burnham Health Promotion Trust to fund an extension to the premises of the Burnham Health Medical Centre to provide accommodation for the Trust. Whilst this fund does not represent a realisable asset, the Trustees consider that the asset should be retained within the Trust's accounts, so as to identify the existence of the contribution to the Health Centre towards the provision of the rooms that the Trust occupy in the Health Centre rent free.

The Trustees have an undertaking from the Partners in the Doctors practice that operates from the Health Centre that in the event the Health Centre can no longer provide accommodation, the Trust would receive back the £100,000 loan/grant. On the basis that the funds have been repaid in full since the year end, the funds are disclosed as a current asset owed by the Burnham Health Medical Centre in the notes to the Balance Sheet.

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate exposure to the major risks.

A risk identified is that additional grants from the Louis and Valerie Freedman Charitable Trust are not received, but this risk is mitigated each year as the activities for the forthcoming year are only planned when it is clear what level of additional funding is likely to be donated

Measures have been taken to safeguard the fund by taking on more secure investments and fixed interest bonds.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

FINANCIAL RESULTS (continued)

The risk assessment is reviewed annually by the Trustees to ensure that the reserves of the charity are at the level required to enable the charity to achieve its objectives.

RISK MANAGEMENT

The Trust has in place an executive and professional liability insurance policy to provide indemnity for the Trustees.

RELATED CHARITIES

The charity has no official arrangement with other parties or charities nor has it entered into any transactions in which the Trustees had an interest

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

The Burnham Health Promotion Trust is a charitable company limited by guarantee and has no share capital. The company was established under a Memorandum and Articles of Association, which established the objectives and powers of the company and is governed under its Articles of Association. The Company was formed on 17 September 1997 and became a registered charity, number 1066070 on 21 November 1997.

Structure

The Board of Trustees consists of a minimum of three Trustees, who continue in office until retirement or death. New Trustees are selected by the existing Trustees, and are people who live in, work in or have an interest or association with the Burnham area as well as a specific interest in promoting the aims of the Trust. They are appointed by Special Resolution in an Extraordinary General Meeting.

Specific Investment Powers of the Trustees

These are listed in the Company's Memorandum and Articles of Association. The Trustees will invest any money as they in their absolute discretion think fit, subject to any specific donor requirements of which there are none at this time

Trustee Induction and Training

New Trustees undergo an induction to brief them of their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other Trustees and are encouraged to experience some of the Trust's projects and activities at first hand.

In house training is provided to Trustees through quarterly meetings and occasional Away Days when Trustees are updated about changes which impact on the work of the Trust and their role as Trustees.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2022

STRUCTURE GOVERNANCE AND MANAGEMENT (continued)

As a member organisation of Community Impact Bucks, the Trust receives regular newsletters and Trustees have opportunities to participate in training as appropriate.

KEY MANAGEMENT PERSONNEL REMUNERATION

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis. The Trustees are also Directors for the purposes of the Companies Act 2006

All trustees give freely of their time and no trustee remuneration was paid in the year. Details of trustees' expenses and related party transactions are disclosed in note 2 to the accounts.

REFERENCE AND ADMINISTRATION INFORMATION

Trustees

Dr Simon Daily

Francis Henry Hughes (also Company Secretary)

Jacqueline Laver

Richard Shircore (resigned 27th May 2022)

Principal Office and Registered Office

First Floor

Burnham Park Hall

Windsor Lane

Burnham

Bucks

SL1 7HR

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT – continued****FOR THE YEAR ENDED 30 SEPTEMBER 2022****TRUSTEES STATEMENT OF RESPONSIBILITIES**

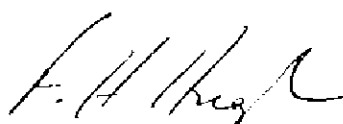
The Trustees, who are also Directors for the purpose of the Companies Act are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

BY ORDER OF THE BOARD

Francis Henry Hughes
TRUSTEE

Approved by the trustees on 24th March 2023.

THE BURNHAM HEALTH PROMOTION TRUST

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE BURNHAM HEALTH PROMOTION TRUST**

FOR THE YEAR ENDED 30 SEPTEMBER 2022

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 30 September 2022, which are set out on pages 13 to 24.

Responsibilities and basis of report

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


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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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


Birch Riddle & Co. Ltd.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date 24th March 2023

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
INCOME					
Incoming resources from generated funds					
Donations and gifts	3	20,086	25,983	46,069	25,261
Investment income	4	62,256	-	62,256	63,497
Contributions to health promotion	5	250	-	250	364
		-----	-----	-----	-----
Total Income		82,592	25,983	108,575	89,122
		-----	-----	-----	-----
EXPENDITURE					
Costs of raising funds					
Stockbroker's Administration Fees		18,837	-	18,837	19,366
Expenditure on charitable activities					
Grants, expenditure on health promotion and related costs	6	105,699	26,245	131,944	122,668
		-----	-----	-----	-----
Total Expenditure		124,536	26,245	150,781	142,034
		-----	-----	-----	-----
Net expenditure and net movements in funds before (losses)/gains on investments	7	(41,944)	(262)	(42,206)	(52,912)
Net (losses)/gains on investments	9	(330,087)	-	(330,087)	247,617
		-----	-----	-----	-----
Net Movement In Funds for the Year		(372,031)	(262)	(372,293)	194,705
		-----	-----	-----	-----
Reconciliation of Funds					
Total funds brought forward		2,224,352	82,262	2,306,614	2,111,909
		-----	-----	-----	-----
Total funds carried forward	12	1,852,321	82,000	1,934,321	2,306,614
		=====	=====	=====	=====

All incoming resources and resources expenses derive from continuing activities.

The notes on pages 16 to 24 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**BALANCE SHEET AT 30 SEPTEMBER 2022**

	Notes	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible Assets	8		139		484
Investments	9		1,751,624		2,196,777
			-----		-----
			1,751,763		2,197,261
CURRENT ASSETS					
Debtors	10	82,989		82,437	
Cash at bank		114,616		35,329	
			-----	-----	
			197,605	117,766	
CREDITORS: Amounts falling due within one year					
	11	(15,047)		(8,413)	
			-----	-----	
NET CURRENT ASSETS			182,558		109,353
			-----		-----
NET ASSETS			1,934,321		2,306,614
			=====		=====
UNRESTRICTED FUNDS	12		1,852,321		2,224,352
RESTRICTED FUNDS	12		82,000		82,262
			-----		-----
			1,934,321		2,306,614
			=====		=====

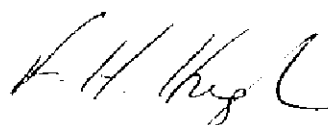
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

Approved by the Board on 24th March 2023
and signed on its behalf by



Francis Henry Hughes
TRUSTEE

The notes on pages 16 to 24 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF CASH FLOWS
YEAR ENDED 30 SEPTEMBER 2022

	Notes	2022 £	2021 £
Net cash used in operating activities	13	(98,034)	(124,299)
		-----	-----
Cash flows from investing activities			
Investment income	4	62,256	63,497
Net disposals/(purchases) of investments	9	115,065	(16,092)
		-----	-----
Net cash provided by investing activities		177,321	47,405
		-----	-----
Change in cash in the year		79,287	(76,894)
Cash brought forward		35,329	112,223
		-----	-----
Cash carried forward		114,616	35,329
		=====	=====

The notes on pages 16 to 24 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022****1. ACCOUNTING POLICIES****1.1 Basis of preparation and going concern**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trust constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2022-23, the most significant areas of uncertainty that affect the carrying value of assets held by the Trust are the level of investment return and the performance of investment markets (see the investment policy and performance and risk management sections of the trustees' annual report for more information)

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required

1.3 Incoming Recognition

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods, or where donor conditions have not been fulfilled, and then the income is deferred. Contributions to health promotion activities received from participants are included when received. Where restrictions are placed on a donation it is accounted for as restricted funds and expended in the way the donor specified. Investment income is accounted for when receivable.

1.4 Expenditure Recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. The notification gives the recipient a reasonable expectation that they will receive the one-year or multi-year grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Trust.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty as to the timing of the grant or the amount of grant payable.

1.5 Fund Accounting

The Charity has both restricted and unrestricted funds. The Unrestricted Funds are expendable at the discretion of the Trustees in furtherance of the objects of the Charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds can only be used for particular purposes within the objectives of the charity when specified by the donor

1.6 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation, which is provided in annual instalments over the estimated useful lives of the assets. The rates of depreciation applied to the assets are:

Office Furniture & Fittings	- 25% reducing balance
Computers	- 33.33% straight line

Donated assets are valued at a fair market value and capitalised, with an equivalent amount being included in Donations.

1.7 Allocation of governance costs

Governance costs are those costs associated with meeting the constitutional and statutory requirements of the charity. They include the costs of preparing the statutory accounts, the cost of the independent examination, and costs linked to the strategic management of the charity. These costs have been allocated to expenditure on charitable activities.

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

Costs of charitable activities include grants made, healthy initiatives and governance costs.

1.10 Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Trust does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity markets and investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022- continued

1. ACCOUNTING POLICIES (Continued)

1.10 Investments (continued)

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

1.11 Pension costs

The charity has a defined contribution pension scheme and pension costs charged in the statement of financial activities represents the contributions payable by the charity in the year. The assets of this scheme are held separately from those of the charity and administered separately by a pension agency. During the year the trust paid £2,927 (2021: £3,305) to the pension scheme.

1.12 Contingent liabilities

A contingent liability is identified and disclosed for those grants resulting from:

- a possible obligation which will only be confirmed by the occurrence of one or more uncertain future events not wholly within the trustees' control; or
- a present obligation following a grant offer where settlement is either not considered probable; or
- the amount has not been communicated in the grant offer or the amount cannot be estimated reliably

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2021: £nil). In the year Hughes Collett, a firm controlled by Francis Hughes, a trustee, provided accountancy and payroll services to the trust in the sum of £5,232 (2021: £4,200).

The trust paid £7,200 to the Burnham Health Centre towards utilities and support costs (2021 - £7,501), which represented arm's length transaction for the services received. Dr Simon Daily is a partner in the doctors' practice operating from the Burnham Health Centre.

3. DONATIONS AND GIFTS

The following donations were received during the year:

	2022	2021
	£	£
Unrestricted:-		
The Louis and Valerie Freedman Charitable Settlement	20,000	25,000
Bucks County Council Lottery Ticket Sales	36	46
Give As You Live	50	215
	-----	-----
Total Unrestricted Donations	20,086	25,261
	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022- continued****DONATIONS AND GIFTS (Continued)**

	2022	2021
	£	£
Restricted:-		
Total Restricted Donations	25,983	-
Total Donations	<u>46,069</u>	<u>25,261</u>

4. INVESTMENT INCOME

	2022	2021
	£	£
Income from listed investments	62,240	63,497
Bank and other interest receivable	16	-
	<u>62,256</u>	<u>63,497</u>

5. CONTRIBUTIONS TO HEALTH PROMOTION

	2022	2021
	£	£
Contributions from participants in activities	<u>250</u>	<u>364</u>

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	2022	2021
	£	£
Grants & sponsorship	25,983	400
Donations	1,332	200
Health initiatives and projects	4,874	21,362
Salaries and employee costs	68,118	70,931
Governance Costs	31,637	29,775
	<u>131,944</u>	<u>122,668</u>

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022 - continued****EXPENDITURE ON CHARITABLE ACTIVITIES (Continued)****Grants of Restricted Funds**

The Trustees have made grants to institutions in the current year, all of which further the objectives of the charity in relation to the schools project. Material grants are as follows: -

	2022	2021
	£	£
Dropmore Infant School Project	10,900	-
Lynch Hill Primary Academy School	5,000	-
St Peters C of E Primary School	5,000	-
Lent Rise School Project	4,000	-
St Nicholas C of E Schools	1,083	-
Sundry others (< £1,000)	-	400
	-----	-----
	25,983	400
	=====	=====

Donations

	2022	2021
	£	£
Burnham Youth Club Garden Project	1,000	-
Sundry others (< £1,000)	332	200
	-----	-----
	1,332	200
	=====	=====

Governance costs

	2022	2021
	£	£
Utilities and Support Costs	7,200	7,501
Independent Examiner's Fee	2,100	1,920
Other administrative costs	22,337	20,354
	-----	-----
	31,637	29,775
	=====	=====

7. NET INCOME

	2022	2021
	£	£
Net incoming resources are stated after charging:		
Depreciation	345	367
Independent Examiner's Fee	2,100	1,920
	=====	=====

Employees:

No employee has received emoluments above £60,000 during either year.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022 -- continued****NET INCOME (Continued)**

The employee costs for the Charity were:

	2022	2021
	£	£
Wages and Salaries	64,857	67,350
Social Security Costs	334	276
Contributions to Pension Scheme	2,927	3,305
	-----	-----
	<u>68,118</u>	<u>70,931</u>
	=====	=====
Average number of staff	3	4
	==	==

8. TANGIBLE FIXED ASSETS

There is an informal agreement that the charity would be provided with new accommodation, or the funds should the Burnham Health Medical Centre move or close.

On 1 September 2014 a formal agreement was signed by the Partners of the Burnham Health Centre confirming that the charity would be returned the monies received in the event of the closure or sale of the Health Centre. Further to this agreement, the net book value of the extension is deemed to a loan to the Health Centre and is to be disclosed in the financial statements as a long-term debt under Debtors

	Office Furniture & Fittings	Computers	Total
	£	£	£
Cost			
At 1 October 2021	4,672	6,159	10,831
Additions	-	-	-
Disposals	-	-	-
	-----	-----	-----
At 30 September 2022	<u>4,672</u>	<u>6,159</u>	<u>10,831</u>
	=====	=====	=====
Depreciation			
At 1 October 2021	4,672	5,675	10,347
Charge for year	-	345	345
Disposals	-	-	-
	-----	-----	-----
At 30 September 2022	<u>4,672</u>	<u>6,020</u>	<u>10,692</u>
	=====	=====	=====
Net Book Value			
at 30 September 2021	-	484	484
	=====	=====	=====
Net Book Value			
at 30 September 2022	-	139	139
	=====	=====	=====

All tangible fixed assets are used for charitable purposes.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022 – continued

9. FIXED ASSETS INVESTMENTS

Movement in fixed asset listed investments

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Market value at 1 October 2021	2,196,777	1,933,068
Additions at cost	223,337	181,314
Disposals at carrying value	(385,407)	(161,555)
Net unrealised (losses)/gains in the year	(283,083)	243,950
	-----	-----
Market value at 30 September 2022	1,751,624	2,196,777
	=====	=====
 Net cash (invested)/released from investments in the year:		
	2022	2021
	£	£
Disposal proceeds	338,402	165,222
Additions at cost	(223,337)	(181,314)
	-----	-----
Net cash released/(Invested)	115,065	(16,092)
	=====	=====
 Net (losses)/gains on investments:		
	2022	2021
	£	£
Net realised (losses)/gains on disposals in the year	(47,004)	3,667
Net unrealised (losses)/gains in the year	(283,083)	243,950
	-----	-----
Net (losses)/gains on investments	(330,087)	247,617
	=====	=====
 Listed investments		
	2022	2021
	£	£
Stocks and shares	1,711,339	2,159,112
Fixed Interest	40,285	37,665
	-----	-----
	1,751,624	2,196,777
	=====	=====

The significance of financial instruments to the ongoing financial sustainability of the Trust is considered in the financial review and investment policy and performance sections of the Trustees Annual Report.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022 - continued**

10. DEBTORS		2022	2021
		£	£
Other debtors		989	437
Loan to Burnham Health Medical Centre		82,000	82,000
		-----	-----
		82,989	82,437
		=====	=====
<p>The loan to Burnham Health Medical Centre was repaid in January 2023. This debt was classified as due in more than one year in the 2021 Financial Statements.</p>			
11. CREDITORS - amounts falling due within one year		2022	2021
		£	£
Trade creditors		6,391	-
Other Creditors		1,756	493
Accrued donations		-	-
Accruals		6,900	7,920
		-----	-----
		15,047	8,413
		=====	=====
12. ANALYSIS OF NET ASSETS BETWEEN FUNDS			
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	
Tangible fixed assets	139	-	139
Investments	1,751,624	-	1,751,624
Current assets	115,605	82,000	197,605
Creditors - amounts falling due within one year	(15,047)	-	(15,047)
	-----	-----	-----
Net assets as at 30 September 2022	1,852,321	82,000	1,934,321
	=====	=====	=====
13. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES			
		2022	2021
		£	£
Net movement in funds		(372,292)	194,705
Deduct investment income		(62,256)	(63,497)
Add back depreciation		345	367
Purchase of fixed assets		-	-
Add losses/deduct (gains) on investments		330,087	(247,617)
Increase in debtors		(552)	(138)
Increase/(decrease) in creditors		6,634	(8,119)
		-----	-----
Net Cash Outflow from Operating Activities		(98,034)	(124,299)
		=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2022 – continued****14. RESTRICTED FUNDS**

Restricted funds are comprised as follows: -

	2022	2021
	£	£
Unspent donations for Men in Sheds activity	-	218
Unspent donation for Period Poverty initiative	-	44
Unspent donation re Burnham Health Centre (see below)	82,000	82,000
	-----	-----
Total Restricted Funds at 30 September 2022	82,000	82,262
	=====	=====

The £82,000 relates to the £100,000 donated by the Louis and Valerie Freedman Charitable Settlement for the express purpose of building the new office and community room at the Burnham Health Centre for the use of The Burnham Health Promotion Trust.

The new facilities were previously being depreciated over their estimated useful life of 50 years, at 2% on a straight-line basis. However further to a formal agreement signed in September 2014, this £82,000 was recognised as a long-term debt repayable on the sale or closure of the Burnham Health Medical Centre.

As the debt was actually repaid in January 2023 (see note 15 below) it has been reclassified as a current asset in the balance sheet.

15. POST BALANCE SHEET EVENT

The Trust's Offices and community room at Burnham Health Centre were vacated by the Trust in November 2022 and the Trust moved to its new premises in Burnham Park Hall in December 2022.

£100,000 was repaid by the Burnham Health Centre to the Trust in January 2023, £82,000 of which has been used to settle the outstanding debt and the balance will be recognised as income in the 2023 financial statements.

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales - Charity number 1066070

Accounts

THE BURNHAM HEALTH PROMOTION TRUST

**(A Charitable Company Limited by Guarantee
and not having Share Capital)**

FINANCIAL STATEMENTS

30 SEPTEMBER 2021

Company No. 3435602

Charity No. 1066070

THE BURNHAM HEALTH PROMOTION TRUST

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THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2021. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and 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 published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

The Burnham Health Promotion Trust is a charitable organisation set up by a grant from the late Louis and Valerie Freedman.

The principal aims of the Trust are to promote, sustain and enhance physical, emotional and mental health and well-being for all in the Burnham Community. We do this by:

- Promoting education in the Community to encourage and enable people to take responsibility for, and to maximize their own health.
- Creating an environment and providing initiatives which promote, sustain and enhance physical, emotional and mental health and wellbeing.
- Carrying out research into areas of local interest or concern, to observe national trends and to collate data to be distributed, published and used as appropriate for the public good.
- Encouraging replication of the BHPT model more widely, were viable and possible.

In planning the activities for the year the Trustees kept in mind the Charity Commission's guidance on public benefit. The activities benefit the people of Burnham, Buckinghamshire, particularly the young and the elderly and do not give rise to any detriment or harm to the public.

PROGRESS IN ACHIEVING OBJECTIVES

The Trust capital is invested with charity specialist fund managers to generate an income of not less than £50,000 per annum.

From time to time the Trust is supplemented by grants from another charity with a common founder - the Louis and Valerie Freedman Settlement. These grants have been reducing over a 5-year period, but remains under review. To date there has been no major fund-raising element involved. The Trust does, on occasion, receive other donations either from other bodies who are involved in joint ventures with the Trust or from members of the public in the form of legacies or gifts. The Trust also receives payments from participants for certain of its activities.

A major part of the income from the Trust is used to pay staff salaries and associated costs. During the 2020/21 financial year the Trust employed four part time members of staff.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The Trust also has a small team of volunteers who assist with specific projects.

The Trust's income is also used to fund the Trust's ongoing projects and to make grants, mainly related to the needs of the young or elderly, always related to health promotion and wellbeing or to relieve distress in some way. The requests for grants are investigated by, and are usually made with the unanimous approval of all Trustees. If the situation is urgent, and a trustee is away, a quorum of two Trustees is sufficient. The Trustees meet on a quarterly basis, and informally at other times, and major decisions are made by them all together and in unanimity.

The Trust currently has four Trustees, Dr Simon Daily (Chair), Francis Hughes, Richard Shircore and Jaqueline Laver.

Staff News

It was with great sadness that the Trustees must announce the death in February 2022 of one of its employees Marisa Di Bartolomeo. Marisa worked for the Trust in many different roles during the 7 years she worked for the Trust, and was particularly instrumental in ensuring that despite the pandemic the BHPT intergenerational project, now know as LaST was able to move online and continue. Hosting these online sessions was such a joy to Marisa who loved the community aspects of her work so much. She will be missed.

The Trust Offices

The Trust has two offices which are situated at the Burnham Health Centre. There is a community room and the Trust Office

During Covid 19 it has not been possible to use the Trust Office, or to use the community room due to the risk of transmission. Access to the Health Centre has been restricted. However, the staff have worked very effectively from home and the Trustees wish to place on record their gratitude that the staff have been able to ensure that BHPT has still made a significant positive impact on Burnham throughout the pandemic.

ON-GOING BHPT PROJECTS

Many of the Trust's initiatives, Simply Walk, Tai Chi, Carers Support Group, Singing for the Memory did not take place or were severely restricted due to the outbreak of covid.

Trust staff have however, continued to support the community during the pandemic.

BHPT Helpline

The staff continued to offer Helpline support during the last year whilst working from home to try and reduce anxiety in the community. A rota was created and a staff member has always been available to the community Mon-Fri during office hours.

The Trust received many different enquiries from the public requiring signposting and others requiring assistance which included the following:

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

- Vouchers for food assistance, which we then issued, and if the caller then needed to be referred on to other agencies for additional support these contact details were provided.
- Calls were taken from Burnham residents struggling to find out what assistance was available to them, resulting in the staff providing them with signposting, and in the process identifying the issues that the pandemic was creating in the community and so informing how BHPT could best offer support.

The Burnham community knew as a result of the existence of the helpline that they had a way of contacting BHPT despite the offices in the health Centre being closed, which The Trustees know the community found helpful and which also served to build BHPT's reputation in the community as a caring organisation.

Care and Share

This joint initiative between BHPT, St Peters Church and Foodshare Maidenhead commenced at the outbreak of covid in 2020. During the year the Care and Share initiative operated from May's Chocolate Shop in Burnham High Street and we issued 935 vouchers of varying value depending on need, and in the process supported 457 family units, which along with individuals meant that Care and Share provided support to 2,116 people.

The further benefit of the initiative was that it was complementary to the Helpline in providing signposting to other services including One Recovery Bucks and provided pastoral support in conjunction with St Peters Church and to the CAB which BHPT helps to ensure is available to the community.

We take this opportunity of thanking all those involved, particularly from St Peters Church for the time and effort they contributed and continue to contribute to ensuring this initiative serves the community and supports it.

Since the year end this initiative has outgrown the May's Chocolate Shop premises and is now located in Burnham Park Hall who are very kindly accommodating the initiative free of charge.

Number 22 Mental Health Provision

Despite the pandemic the Trusts "Hold My Hand" Mental Health provision for youngsters continued to be delivered. This initiative delivered talking therapy to about 30 youngsters aged between 11 to 21 and was delivered virtually where face to face meetings were not possible.

Access by the Burnham Health Centre GP's to this early intervention support for youngsters has been a great benefit to them in giving them a way to support these young people in a timely way, thereby helping to reduce or prevent the occurrence of more serious issues later in life.

The impact of this scheme has been very positive in all respects and the Trustees are actively looking at whether it can be expanded.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Carers Support Group

During covid meetings were not able to take place, and so to support the carers the Trust staff periodically rang those registered with the initiative to check that they were coping, and to be a friendly voice to break the monotony of the loneliness which affected so many. The carers have reported how grateful they were to receive these calls as it relieved the isolation.

In the first half of 2021 more carers came forward to be registered with the GP as a carer than in the whole of 2020 and we saw our carers list more than double.

As BHPT has a protocol to receive data about newly registered carers from the Burnham Health GP Practice we were able to include them in our support activities.

Burnham Intergenerational Project (LaST)

The Intergenerational Project has continued to take place between the year 5 & 6 children from St Peters School and other older Burnham residents with a connection to Perry House although the sessions were of necessity delivered virtually since the outbreak of the pandemic.

The Trust's previous CEO Shirley Shaw has created an Intergenerational Toolkit of resource modules known as LaST which draws upon her experience of delivering the initiative over many years.

A new website has been created at www.learningandsharingtogether.org.uk where it is possible to download trial modules and the toolkit to facilitate the easy running of an inter-generational group. BHPT continues to promote the importance of intergenerational working which forms part of the school curriculum.

Men in Sheds

The Men in Sheds initiative has continued to flourish particularly during the latter part of the year as the covid restrictions were lifted with Sheddars growing fruit and vegetables which they then gave to the Care and Share initiative.

The group now has many members from the Burnham community who learn and teach each other woodwork and gardening.

BHPT continues to support and nurture this group, creating opportunities for them to sell their products, and promoting them with advertising. The BHPT support is supplementary to the grant that the Trust gave to the group to purchase a new shed which has created a focus for the club and given them confidence they have a long-term future, thereby building community cohesion.

Burnham Marathon Challenge

The annual Marathon Challenge took place in Burnham Park and attracted over 110 participants who either ran, jogged or walked the 1-kilometre track around the park.

Local clubs showcasing their sports included, Burnham Bowls Club, GLL's Walking Football, Get Sports Inspired, Colin Bond-Tai Chi and Lorna Pecover's-Pilates and attendees were encouraged to participate at these sessions.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

We also had an excellent raffle prize donated by EL Fitness, and the event was supported by the Tesco Community Champion, Petra Ali, who supplied us with water & fruit.

Everyone enjoyed challenging themselves, but particularly 80 year old Mick Hall who completed the 42 laps which is the equivalent of a marathon. He started at 10am and finished at 5.30pm – a brilliant effort. The team contest was won by Burnham Bowls club who managed 64 laps between them.

We were supported by the Burnham Beeches Rotary Club in the organisation of the event, not only on the day, but in the lead up.

We wish to thank all those who supported us with their time and generosity enabling us to put on such a successful event.

Information

We have provided the community with information and education including dealing with individual enquiries, maintaining our websites, producing on-going information displays and putting regular articles in the community newspaper Round and About.

Following the outbreak of covid we produced advice leaflets on the importance of hand washing and distributed these when Trust staff attended the Flu Clinics at the Health Centre and also on our website and via social media platforms.

Our website is continually being reviewed and modified and we have also been working on our social media presence by posting regular content in order to raise BHPT's profile in the community. We also now have a dedicated Facebook page for Care & Share.

Donations

The Trust periodically continues to provide financial support to other organisations enabling them to provide activities and services for the benefit of the local community. Organisations supported again this year included the Men in Sheds for the purchase of a new shed.

The Trust received £261 of donations in the year other than from the Louis and Valerie Freedman Charitable Settlement.

FUTURE PLANS

The Trustees consider that the impact and consequences of Covid 19 on daily life will continue to have an impact for many years, and the impact on deaths and bereavement, separation, restricted schooling and social contact will all have significant, negative consequences on the local population, especially so for those families and individuals with the least resources, both physical (money, space, facilities) and personally, (emotionally, cogitatively, sense of place and self-knowledge of health and self-protection).

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The future work of the Trust will continue to focus on building on its current initiatives and in particular attempting to ensure continued access to the Burnham community to Care and Share, the CAB and also to the “Hold my Hand” Mental Health early intervention project for youngsters.

BHPT will also be launching a grant initiative to work in partnership with schools to support work with young children and families, particularly with a focus on mental health, wellbeing, and resilience post COVID.

BHPT will be inviting schools to apply for a grant to support a project in their school with a focus on Nursery and Early Years although a specific project for a different age group this will not be ruled out.

The project will be initially for one term (10 weeks) but if the school can demonstrate impact there may be opportunities to extend, and the project will need to address some or all the following:

- Mental health and wellbeing for children and families
- Speech, language, and communication
- Resilience
- Development of play and social skills

It is considered that these activities will ensure BHPT promotes, supports and enhances the physical, mental, and social well-being of all the Burnham Community and so meets its objectives.

INVESTMENT POLICY AND PERFORMANCE

The trustee’s investment strategy is to set a balance between income and capital growth, predominantly in UK-based equities which generate high yields in accordance with the investment guidelines set by the Trustees as explained in the Risk Management section of this report.

This investment policy is implemented by the charity’s investment managers JM Finn & Co to protect the value of the capital and income of the charity in real terms over the medium term.

All investments have been acquired within the trustee’s powers of investment. At 30 September 2021 the portfolio was valued at £2,196,777 (2020 - £1,933,068). Sales during the year realised gains of £3,667, in addition there were unrealised gains of £243,950 on the revaluation of the portfolio as at 30 September 2021, resulting in net gains of £247,617 (2020 - losses £38,641).

FINANCIAL RESULTS

Details of the results of the charity’s activities for the year are set out on pages 12 to 14 and in the notes to the financial statements on pages 15 to 23.

Incoming Resources

During the year the Trust received donations totalling of £25,000 from the Louis and Valerie Freedman Charitable Settlement. Although the Trust does not undertake any fundraising, it does

THE BURNHAM HEALTH PROMOTION TRUST**TRUSTEES' ANNUAL REPORT – continued****FOR THE YEAR ENDED 30 SEPTEMBER 2021****FINANCIAL RESULTS (continued)****Incoming Resources (continued)**

from time to time receive donations and legacies, which are usually from other local bodies that are involved in joint ventures with the Trust. In 2021 these totalled £261 (2020 - £Nil)

The charity also received contributions from participants in health promotion activities of £364 (2020- £5,273).

The other income totalling £63,497 (2020: £65,072) was all derived from its investments.

Charitable Expenditure

Total charitable expenditure, incorporating governance costs, increased from £121,675 in 2020 to £122,668 in the current year.

The result for the year shows a deficit of incoming resources of £52,912 (2020: - deficit £34,360)

Reserves and financial position

The Trustees have examined the charity's requirements for reserves in light of the main risks to the charity. Following the diversification of the investment portfolio, the Trustees no longer have a minimum cash requirement. The charity will ensure it holds low risk assets with a value that is in excess of one year's operating overheads at all times and it will only expend income that it has received in the year on charitable activities.

At the balance sheet date, the level of reserves available excluding the restricted funds, stands at £2,224,352 (2020 - £2,029,647).

Restricted funds totalled £82,262 at 30 September 2021. Of this amount, £218 of the balance relates to the unspent amount of restricted donations received for the benefit of the Trust's "Men in Sheds" activity during the year, and £44 relates to the unspent amount donated in 2017/18 in respect of the Period Poverty initiative.

£82,000 is the balance of an initial £100,000 donation used by the Burnham Health Promotion Trust to fund an extension to the premises of the Burnham Health Medical Centre to provide accommodation for the Trust. Whilst this fund does not represent a realisable asset, the Trustees consider that the asset should be retained within the Trust's accounts, so as to identify the existence of the contribution to the Health Centre towards the provision of the rooms that the Trust occupy in the Health Centre rent free.

The Trustees have an undertaking from the Partners in the Doctors practice that operates from the Health Centre that in the event the Health Centre can no longer provide accommodation, the Trust would receive back the £100,000 donation. On the basis that the funds totalling £82,000 would be returned to the Trust eventually, the funds are disclosed as a long-term loan to the Burnham Health Medical Centre in the notes to the Balance Sheet.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

FINANCIAL RESULTS (continued)

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate exposure to the major risks.

A risk identified is that additional grants from the Louis and Valerie Freedman Charitable Trust are not received, but this risk is mitigated each year as the activities for the forthcoming year are only planned when it is clear what level of additional funding is likely to be donated

Measures have been taken to safeguard the fund by taking on more secure investments and fixed interest bonds.

The risk assessment is reviewed annually by the Trustees to ensure that the reserves of the charity are at the level required to enable the charity to achieve its objectives.

RISK MANAGEMENT

The Trust has in place an executive and professional liability insurance policy to provide indemnity for the Trustees.

RELATED CHARITIES

The charity has no official arrangement with other parties or charities nor has it entered into any transactions in which the Trustees had an interest

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

The Burnham Health Promotion Trust is a charitable company limited by guarantee and has no share capital. The company was established under a Memorandum and Articles of Association, which established the objectives and powers of the company and is governed under its Articles of Association. The Company was formed on 17 September 1997 and became a registered charity, number 1066070 on 21 November 1997.

Structure

The Board of Trustees consists of a minimum of three Trustees, who continue in office until retirement or death. New Trustees are selected by the existing Trustees, and are people who live in, work in or have an interest or association with the Burnham area as well as a specific interest in promoting the aims of the Trust. They are appointed by Special Resolution in an Extraordinary General Meeting.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Specific Investment Powers of the Trustees

These are listed in the Company's Memorandum and Articles of Association. The Trustees will invest any money as they in their absolute discretion think fit, subject to any specific donor requirements of which there are none at this time

Trustee Induction and Training

New Trustees undergo an induction to brief them of their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other Trustees and are encouraged to experience some of the Trust's projects and activities at first hand.

In house training is provided to Trustees through quarterly meetings and occasional Away Days when Trustees are updated about changes which impact on the work of the Trust and their role as Trustees. As a member organisation of Community Impact Bucks, the Trust receives regular newsletters and Trustees have opportunities to participate in training as appropriate.

KEY MANAGEMENT PERSONNEL REMUNERATION

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis. The Trustees are also Directors for the purposes of the Companies Act 2006

All trustees give freely of their time and no trustee remuneration was paid in the year. Details of trustees' expenses and related party transactions are disclosed in note 2 to the accounts.

REFERENCE AND ADMINISTRATION INFORMATION

Patron

Dr Beverly Daily (died 21st October 2020)

Trustees

Dr Simon Daily

Richard Shircore

Francis Hughes (also Company Secretary)

Jacqueline Laver (appointed 5th February 2021)

Principal Office and Registered Office

Burnham Health Centre

Minnicroft Road

Burnham

Bucks

SL1 7DE

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2021

TRUSTEES STATEMENT OF RESPONSIBILITIES

The Trustees, who are also Directors for the purpose of the Companies Act are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

BY ORDER OF THE BOARD



**Dr Simon Daily
TRUSTEE**

Approved by the trustees on *27th May* 2022.

THE BURNHAM HEALTH PROMOTION TRUST
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE BURNHAM HEALTH PROMOTION TRUST
FOR THE YEAR ENDED 30 SEPTEMBER 2021

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 30 September 2021, which are set out on pages 12 to 23.

Responsibilities and basis of report

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


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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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


Birch Riddle & Co. Ltd.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date 1st June 2022

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
INCOME					
Incoming resources from generated funds					
Donations and gifts	3	25,261	-	25,261	35,000
Investment income	4	63,497	-	63,497	65,072
Contributions to health promotion	5	364	-	364	5,273
		-----	-----	-----	-----
Total Income		89,122	-	89,122	105,345
		-----	-----	-----	-----
EXPENDITURE					
Costs of raising funds					
Stockbroker's Administration Fees		19,366	-	19,366	18,030
Expenditure on charitable activities					
Grants, expenditure on health promotion and related costs	6	122,668	-	122,668	121,675
		-----	-----	-----	-----
Total Expenditure		142,034	-	142,034	139,705
		-----	-----	-----	-----
Net expenditure and net movements in funds before gains on investments	7	(52,912)	-	(52,912)	(34,360)
Net gains/(losses) on investments	9	247,617	-	247,617	(38,641)
		-----	-----	-----	-----
Net Movement in Funds for the Year		194,705	-	194,705	(73,001)
		-----	-----	-----	-----
Reconciliation of Funds					
Total funds brought forward		2,029,647	82,262	2,111,909	2,184,910
		-----	-----	-----	-----
Total funds carried forward	12	2,224,352	82,262	2,306,614	2,111,909
		=====	=====	=====	=====

All incoming resources and resources expenses derive from continuing activities.

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

THE BURNHAM HEALTH PROMOTION TRUST**BALANCE SHEET AT 30 SEPTEMBER 2021**

	Notes	£	2021 £	£	2020 £
FIXED ASSETS					
Tangible Assets	8		484		851
Investments	9		2,196,777		1,933,068
			-----		-----
			2,197,261		1,933,919
CURRENT ASSETS					
Debtors	10	82,437		82,299	
Cash at bank		35,329		112,223	
		-----		-----	
		117,766		194,522	
CREDITORS: Amounts falling due within one year	11	(8,413)		(16,532)	
		-----		-----	
NET CURRENT ASSETS			109,353		177,990
			-----		-----
NET ASSETS			2,306,614		2,111,909
			=====		=====
UNRESTRICTED FUNDS	12		2,224,352		2,029,647
RESTRICTED FUNDS	12		82,262		82,262
			-----		-----
			2,306,614		2,111,909
			=====		=====

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

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

Approved by the Board on *27th May* 2022
and signed on its behalf by



Dr Simon Daily
TRUSTEE

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

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF CASH FLOWS
YEAR ENDED 30 SEPTEMBER 2021

	Notes	2021 £	2020 £
Net cash used in operating activities	13	(124,299)	(93,009)
		-----	-----
Cash flows from investing activities			
Investment income	4	63,497	65,072
Net (purchases)/sales of investments	9	(16,092)	90,625
		-----	-----
Net cash provided by investing activities		47,405	155,697
		-----	-----
Change in cash in the year		(76,894)	62,688
Cash brought forward		112,223	49,535
		-----	-----
Cash carried forward		<u>35,329</u>	<u>112,223</u>

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

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021

1. ACCOUNTING POLICIES

1.1 Basis of preparation and going concern

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trust constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2021-22, the most significant areas of uncertainty that affect the carrying value of assets held by the Trust are the level of investment return and the performance of investment markets (see the investment policy and performance and risk management sections of the trustees' annual report for more information)

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required

1.3 Incoming Recognition

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods, or where donor conditions have not been fulfilled, and then the income is deferred. Contributions to health promotion activities received from participants are included when received. Where restrictions are placed on a donation it is accounted for as restricted funds and expended in the way the donor specified. Investment income is accounted for when receivable.

1.4 Expenditure Recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. The notification gives the recipient a reasonable expectation that they will receive the one-year or multi-year grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Trust.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty as to the timing of the grant or the amount of grant payable.

1.5 Fund Accounting

The Charity has both restricted and unrestricted funds. The Unrestricted Funds are expendable at the discretion of the Trustees in furtherance of the objects of the Charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds can only be used for particular purposes within the objectives of the charity when specified by the donor

1.6 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation, which is provided in annual instalments over the estimated useful lives of the assets. The rates of depreciation applied to the assets are:

Office Furniture & Fittings	- 25% reducing balance
Computers	- 33.33% straight line

Donated assets are valued at a fair market value and capitalised, with an equivalent amount being included in Donations.

1.7 Allocation of governance costs

Governance costs are those costs associated with meeting the constitutional and statutory requirements of the charity. They include the costs of preparing the statutory accounts, the cost of the independent examination, and costs linked to the strategic management of the charity. These costs have been allocated to expenditure on charitable activities.

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

Costs of charitable activities include grants made, healthy initiatives and governance costs.

1.10 Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Trust does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity markets and investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021- continued

1. ACCOUNTING POLICIES (Continued)

1.10 Investments (continued)

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

1.11 Pension costs

The charity has a defined contribution pension scheme and pension costs charged in the statement of financial activities represents the contributions payable by the charity in the year. The assets of this scheme are held separately from those of the charity and administered separately by a pension agency. During the year the trust paid £3,305 (2020: £3,176) to the pension scheme.

1.12 Contingent liabilities

A contingent liability is identified and disclosed for those grants resulting from:

- a possible obligation which will only be confirmed by the occurrence of one or more uncertain future events not wholly within the trustees' control; or
- a present obligation following a grant offer where settlement is either not considered probable; or
- the amount has not been communicated in the grant offer or the amount cannot be estimated reliably

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2020: £nil). In the year Hughes Collett, a firm controlled by Francis Hughes, a trustee, provided accountancy and payroll services to the trust in the sum of £4,200 (2020: £7,176).

The trust paid £7,501 to the Burnham Health Centre towards utilities and support costs (2020 - £7,801), which represented arm's length transaction for the services received. Dr Simon Daily is a partner in the doctors' practice operating from the Burnham Health Centre.

3. DONATIONS AND GIFTS

The following donations were received during the year;

	2021	2020
	£	£
Unrestricted:-		
The Louis and Valerie Freedman Charitable Settlement	25,000	35,000
Bucks County Council Lottery Ticket Sales	46	-
Give As You Live	215	-
	-----	-----
Total Unrestricted Donations	25,261	35,000

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021- continued

DONATIONS AND GIFTS (Continued)

	2021	2020
	£	£
Restricted:-		
Total Restricted Donations	-	-
Total Donations	<u>25,261</u>	<u>35,000</u>
4. INVESTMENT INCOME		
	2021	2020
	£	£
Income from listed investments	63,497	65,072
Bank and other interest receivable	-	-
	<u>63,497</u>	<u>65,072</u>
5. CONTRIBUTIONS TO HEALTH PROMOTION		
	2021	2020
	£	£
Contributions from participants in activities	364	5,273
Grants and other amounts received relating to activities	-	-
	<u>364</u>	<u>5,273</u>
6. EXPENDITURE ON CHARITABLE ACTIVITIES		
	2021	2020
	£	£
Grants & sponsorship	400	4,030
Donations	200	5,610
Health initiatives and projects	21,362	12,015
Salaries and employee costs	70,931	70,882
Governance Costs	29,775	29,138
	<u>122,668</u>	<u>121,675</u>

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2021 - continued****EXPENDITURE ON CHARITABLE ACTIVITIES (Continued)****Grants & sponsorship**

The Trustees have made a number of grants to institutions in the current year, all of which further the objectives of the charity. Material grants are as follows: -

	2021	2020
	£	£
Chilterns Citizen Advice Bureau	-	4,000
Sundry others (< £1,000)	400	30
	-----	-----
	<u>400</u>	<u>4,030</u>

Donations

	2021	2020
	£	£
Burnham Parish Council Resilience Fund	-	5,000
Sundry others (< £1,000)	200	610
	-----	-----
	<u>200</u>	<u>5,610</u>

Governance costs

	2021	2020
	£	£
Utilities and Support Costs	7,501	7,801
Independent Examiner's Fee	1,920	1,920
Other administrative costs	20,354	19,417
	-----	-----
	<u>29,775</u>	<u>29,138</u>

7. NET INCOME

	2021	2020
	£	£
Net incoming resources are stated after charging:		
Depreciation	367	243
Independent Examiner's Fee	1,920	1,920
	-----	-----
	<u>2,287</u>	<u>2,163</u>

Employees:

No employee has received emoluments above £60,000 during either year.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021 – continued

NET INCOME (Continued)

The employee costs for the Charity were:

	2021	2020
	£	£
Wages and Salaries	67,350	66,319
Social Security Costs	276	1,387
Contributions to Pension Scheme	3,305	3,176
	-----	-----
	70,931	70,882
	=====	=====
Average number of staff	4	4
	==	==

8. TANGIBLE FIXED ASSETS

There is an informal agreement that the charity would be provided with new accommodation, or the funds should the Burnham Health Medical Centre move or close.

On 1 September 2014 a formal agreement was signed by the Partners of the Burnham Health Medical Centre confirming that the charity would be returned the monies received in the event of the closure or sale of the Medical Centre. Further to this agreement, the net book value of the extension is deemed to a loan to the Medical Centre and is to be disclosed in the financial statements as a long-term debt under Debtors

	Office Furniture & Fittings		Computers	Total
	£	£	£	£
Cost				
At 1 October 2020	4,672	6,159	-	10,831
Additions	-	-	-	-
Disposals	-	-	-	-
	-----	-----	-----	-----
At 30 September 2021	4,672	6,159	-	10,831
	=====	=====	=====	=====
Depreciation				
At 1 October 2020	4,672	5,308	-	9,980
Charge for year	-	367	-	367
Disposals	-	-	-	-
	-----	-----	-----	-----
At 30 September 2021	4,672	5,675	-	10,347
	=====	=====	=====	=====
Net Book Value				
at 30 September 2020	-	851	-	851
	=====	=====	=====	=====
Net Book Value				
at 30 September 2021	-	484	-	484
	=====	=====	=====	=====

All tangible fixed assets are used for charitable purposes.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2021 – continued****9. FIXED ASSETS INVESTMENTS****Movement in fixed asset listed investments**

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Market value at 1 October 2020	1,933,068	2,062,334
Additions at cost	181,314	224,817
Disposals at carrying value	(161,555)	(392,020)
Net unrealised gains in the year	243,950	37,937
	<u>2,196,777</u>	<u>1,933,068</u>
Net cash (invested)/released from investments in the year:		
	2021 £	2020 £
Disposal proceeds	165,222	315,442
Additions at cost	(181,314)	(224,817)
	<u>(16,092)</u>	<u>90,625</u>
Net gains/(losses) on investments:		
	2021 £	2020 £
Net realised gains/(losses) on disposals in the year	3,667	(76,578)
Net unrealised gains in the year	243,950	37,937
	<u>247,617</u>	<u>(38,641)</u>
Listed investments		
	2021 £	2020 £
Stocks and shares	2,159,112	1,895,616
Fixed Interest	37,665	37,452
	<u>2,196,777</u>	<u>1,933,068</u>

The significance of financial instruments to the ongoing financial sustainability of the Trust is considered in the financial review and investment policy and performance sections of the Trustees Annual Report.

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2021 - continued****10. DEBTORS**

	2021	2020
	£	£
Other debtors	437	299
Loan to Burnham Health Medical Centre	82,000	82,000
	<u>82,437</u>	<u>82,299</u>

Included in debtors is the loan to Burnham Health Medical Centre, this debt is due after more than one year.

11. CREDITORS - amounts falling due within one year

	2021	2020
	£	£
Trade creditors	-	623
Other Creditors	493	5,346
Accrued donations	-	-
Accruals	7,920	10,563
	<u>8,413</u>	<u>16,532</u>

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds
Tangible fixed assets	484	-	484
Investments	2,196,777	-	2,196,777
Current assets	35,504	82,262	117,766
Creditors - amounts falling due within one year	(8,413)	-	(8,413)
Net assets as at 30 September 2020	<u>2,224,352</u>	<u>82,262</u>	<u>2,306,614</u>

13. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net movement in funds	194,705	(73,001)
Deduct investment income	(63,497)	(65,072)
Add back depreciation	367	243
Purchase of fixed assets	-	(499)
Deduct (gains)/add losses on investments	(247,617)	38,641
(Increase)/decrease in debtors	(138)	346
(Decrease)/increase in creditors	(8,119)	6,333
Net Cash Outflow from Operating Activities	<u>(124,299)</u>	<u>(93,009)</u>

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2021 – continued****14. RESTRICTED FUNDS**

Restricted funds are comprised as follows: -

	2021	2020
	£	£
Unspent donations for Men in Sheds activity	218	218
Unspent donation for Period Poverty initiative	44	44
Unspent donation re Burnham Health Centre (see below)	82,000	82,000
	-----	-----
Total Restricted Funds at 30 September 2021	82,262	82,262
	=====	=====

The £82,000 relates to the £100,000 donated by the Louis and Valerie Freedman Charitable Settlement for the express purpose of building the new office and community room at the Burnham Health Centre for the use of The Burnham Health Promotion Trust.

The new facilities were previously being depreciated over their estimated useful life of 50 years, at 2% on a straight-line basis. However further to a formal agreement signed in September 2014, this £82,000 will be repayable on the sale or closure of the Burnham Health Medical Centre. Further to this change, this amount due to the Trust is now recognised as a debt due after more than one year.

THE BURNHAM HEALTH PROMOTION TRUST

England & Wales - Charity number 1066070

Accounts

THE BURNHAM HEALTH PROMOTION TRUST

**(A Charitable Company Limited by Guarantee
and not having Share Capital)**

FINANCIAL STATEMENTS

30 SEPTEMBER 2020

Company No. 3435602

Charity No. 1066070

THE BURNHAM HEALTH PROMOTION TRUST
INDEX TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

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20	Statement of Financial Activities
21	Balance Sheet
22	Statement of Cash Flows
23-31	Notes to the Financial Statements

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2020

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2020. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and 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 published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

The Burnham Health Promotion Trust is a charitable organisation set up by a grant from the late Louis and Valerie Freedman.

The principal aims of the Trust are to promote, sustain and enhance physical, emotional and mental health and well-being for all in the Burnham Community. We do this by:

- Promoting education in the Community to encourage and enable people to take responsibility for, and to maximize their own health.
- Creating an environment and providing initiatives which promote, sustain and enhance physical, emotional and mental health and wellbeing.
- Carrying out research into areas of local interest or concern, to observe national trends and to collate data to be distributed, published and used as appropriate for the public good.
- Encouraging replication of the BHPT model more widely, where viable and possible.

In planning the activities for the year the Trustees kept in mind the Charity Commission's guidance on public benefit. The activities benefit the people of Burnham, Buckinghamshire, particularly the young and the elderly and do not give rise to any detriment or harm to the public.

PROGRESS IN ACHIEVING OBJECTIVES

The Trust capital is invested with charity specialist fund managers to generate an income of not less than £50,000 per annum.

From time to time the Trust is supplemented by grants from another charity with a common founder - the Louis and Valerie Freedman Settlement. These grants have been reducing over a 5-year period, but remains under review. To date there has been no major fund-raising element involved. The Trust does, on occasion, receive other donations either from other bodies who are involved in joint ventures with the Trust or from members of the public in the form of legacies or gifts. The Trust also receives payments from participants for certain of its activities.

A major part of the income from the Trust is used to pay staff salaries and associated costs. During the 2019/20 financial year the Trust employed four part time members of staff.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

The Trust also has a small team of volunteers who assist with specific projects.

The Trust's income is also used to fund the Trust's ongoing projects and to make grants, mainly related to the needs of the young or elderly, always related to health promotion and wellbeing or to relieve distress in some way. The requests for grants are investigated by, and are usually made with the unanimous approval of all Trustees. If the situation is urgent, and a trustee is away, a quorum of two Trustees is sufficient. The Trustees meet on a quarterly basis, and informally at other times, and major decisions are made by them all together and in unanimity.

The Trust currently has three Trustees, Dr Simon Daily (Chair), Francis Hughes and Richard Shircore.

Ian Nixey resigned on 25th February 2020. The Trustees wish to place on record they're thanks to Ian for all his efforts in helping to steer BHPT through its transition throughout the time he was a Trustee and in particular following the resignation of the CEO.

A replacement Trustee Jacqueline Laver was appointed after the year end.

In recognition of his many years of dedicated service, selfless commitment to the BHPT mission and the promotion of the health and wellbeing of the residents and community of Burnham, Dr Beverly Daily Snr was made a Patron of the Trust. Dr Beverly Daily sadly died on 21st October 2020.

The Trust Offices

The Trust has two offices which are situated at the Burnham Health Centre. There is a community room and the Trust Office

The community room is used by organisations offering facilities to the residents of Burnham and beneficiaries do not need to be registered with the Health Centre to enjoy what the Trust offers.

The Trust office and community room have a great deal of use and have made the activities of the Trust much easier to run. A quarterly payment is made to the Burnham Health Centre practice, which owns the health centre, for services that they provide including additional secretarial services, building insurance, rates, gas and electricity, security, cleaning, maintenance etc.

An agreement has been made between the Trust and the medical practice at the health centre giving permanent right of tenure to the Trust for its rooms, and guaranteeing that if the practice moves to other premises in the future, rooms of similar size and standard will be provided for the Trust or else the Trust will be fully financially reimbursed.

Specialist services using the Community Room include Citizens Advice Bureau who provide help and advice to those in need. Advice given covers many topics including housing but there has been a recent peak in those requiring assistance claiming benefits, particularly following the recent introduction of Universal Credit. Many are suffering extreme hardship and come to obtain advice and support with debt management. Some have been referred to the local food banks.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

Those with drug or alcohol related problems attend the One Recovery initiative. Some of these are self-referrals and others are referred by the Doctors in the Health Centre. It is a confidential non-judgemental service offered to addicts who require help and assistance.

P3 have recently started using the room to offer specifically housing advice to those that have been served with eviction notices etc.

The community room is also used on an occasional basis by health centre staff for health education and training. This room is therefore in almost constant use and offers many free services to the Burnham community which are in short supply elsewhere.

Throughout the year the Trust has continued to offer a wide range of projects to promote health and well-being and relieve distress in the local community.

During Covid 19 it has not been possible to use the Trust Office, or to use the community room. The staff have worked very effectively from home and the Trustees wish to place on record their gratitude that the staff have been able to ensure that BHPT has still made a significant positive impact on Burnham throughout the pandemic.

ON-GOING BHPT PROJECTS

Period Poverty Project – The Government introduced free sanitary products to Secondary Schools from September 2019 as an opt in service. BHPT in collaboration with The Ladies Inner Wheel of Burnham continue to supply sanitary protection to local schools and Foodbanks supplying the Burnham area.

The Government will make sanitary protection available in Junior schools from January 2020.



THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

Simply Walk – BHPT have continued to actively support the Simply Walk Scheme. Initially set up by Bucks County Council, the Burnham branch of Simply Walk is now a thriving and growing group. There are a number of walks held in and around Burnham each month. They are tailored for different abilities from a short half hour walk around the local park for those with limited stamina maybe due to ill health etc. and want to improve their fitness, to longer, more rugged walks of up to an hour and a half for those that want more of a challenge. These follow risk assessed walks in and around Burnham, Eton, Dorney and Burnham Beeches.

Everyone benefits from attending any walk as it's out in the fresh air, helps with exercise and mobility but also has a positive effect on mood and being able to mix with other people with a similar interest reduces social isolation. The groups vary in numbers but have been increasingly steadily. The numbers attending have frequently have between 10-20+ people at each session and those that attend seem to do so on a regular basis. The money is used by Simply Walk Bucks to cover items such as data collection, risk assessments and leadership support as well as the cost of the Simply Walk co-ordinator.

BHPT supply necessary paperwork such as registers, new member information forms and ongoing help and assistance. BHPT also fund the cost of First Aid/Life Support training of the Walk Leaders and supply first aid kits for each leader to be carried at every walk they attend.

In the forthcoming year Simply Walk will be looking for a further grant to enable this valuable initiative to continue as without charitable grants from our Trust and other contributors this initiative would not be able to continue.

Before it re-starts it will be audited to ensure that the impact of the walking initiative is determined, but it is hoped that if this assessment is positive and once the Covid19 vaccine has been delivered this initiative can be developed further to reach a wider more diverse audience.

The Government report (link below) reports that 7 out of 10 adults are motivated to get healthier and fitter in 2021 and the Trust will be at the forefront of harnessing this natural peak in enthusiasm and interest by facilitating and enabling people to achieve this which also accords with our Mission Statement. <https://www.gov.uk/government/news/seven-in-10-adults-are-motivated-to-get-healthier-in-2021-due-to-covid-19>



THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

Tai Chi – Once again BHPT has co-ordinated and helped to fund weekly Tai Chi classes. There are two levels, beginners and more advanced classes. This initiative is run by volunteers and a paid qualified Tai Chi teacher. Classes are always well attended and it is as popular as ever.

Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th Century China, Tai Chi is now practised around the world as a health promoting exercise.

According to NHS UK it can particularly help people aged 65 and over to reduce stress, improve posture, balance and general mobility and increase muscle strength in the legs.

There is some evidence that Tai Chi reduces falls amongst older adults who are at increased risk. There is also evidence that Tai Chi can improve mobility in the ankles, hips and knees in people with rheumatoid arthritis.

The initiative has not been able to take place during Covid. Before it re-starts it will be audited to ensure that the impact of running the classes is determined and the prices charged to the attendees will be re-assessed.

Tea Dance – This class runs once a week during term time and encourages people to keep active in a fun way. This well-established group has been running for 11 years now.

The group is kept in time by a local dance teacher who is contracted by BHPT to provide a mix of Ballroom and Latin dances and to teach some new dances across the weeks. A fee of £5 per person is charged to each participant which contributes towards the cost of the hall hire and the dance teacher.

Dancing not only improves physical fitness but also mental health. Learning dance steps can be quite challenging, but all our attendees give it a go and end up being very good dancers. It is a fun social class which also has positive benefits in reducing social isolation.



THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

The initiative has not been able to take place during Covid. Before it re-starts it will be audited to ensure that the impact of running the classes is determined and the prices charged to the attendees will be re-assessed.

Carers Support Group - BHPT work together with Carers Bucks to deliver a support group for those who have a caring responsibility (this can be for a partner, child or friend etc).

BHPT pays for a room for the group to meet once a month. Carers Bucks has been delivering modules of information to the Carers under a Contract for Services from Bucks County Council. This group provides an important source of information, support and friendship. During the more recent meetings, we have incorporated some light seated exercise, floristry demonstrations and a tea party at Christmas and these have been introduced around information giving and the carers were delighted with having a break and being able to share stories, relax and get the help and information they may need on local services, benefits and more.

Carers Group has not been meeting due to outbreak of Covid19 but Trust staff have been telephoning Carers periodically to check that they are managing and to break the monotony of loneliness.

We expect this group will expand in the coming year as the Health Centre and BHPT have identified many more carers. In January/Feb 2021 alone more carers come forward than in the whole of 2020 and we saw our carers list more than double.

Burnham Intergenerational Project - The Intergenerational Project has continued to take place between the year 6 children at St Peters School and the residents of Perry House although this has been delivered virtually since the outbreak of the pandemic.

The Trust's previous CEO Shirley Shaw has been creating an Intergenerational Toolkit of resource modules drawing on her experience of delivering the initiative over many years which can now either be delivered face to face or virtually.

A new website has been created www.learningandsharingtogether.org.uk has been created through which it will be possible to download the toolkit – now branded LaST - along with modules to facilitate the easy running of an inter-generational group. BHPT are hoping to create a network of users and will continue to promote the importance of intergenerational working which forms part of the school curriculum.

Men in Sheds - Comprises a small group of interested “shedders” who participate weekly in group craft activities to reduce social isolation. Particularly targeted but not limited to men. Numbers are currently small but due to the outbreak of Covid19 the group has not been meeting due to safety concerns.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

Seated Exercise Class for the elderly - Chair-based exercise class for the elderly which takes place on a Monday morning with between 20 and 30 attendees. BHPT pay for the room hire and tutor. Attendees pay a contribution each week. A very popular initiative targeted at older members of the community and promotes keeping fit and reduces social isolation in the elderly. Will resume again once the restrictions imposed due to the outbreak of Covid19 have ceased.

Singing for the Memory - This group promotes the use of singing to recall memories, stimulate muscle memory and encourages meeting new people to combat isolation. It is suitable for people with early onset memory issues. The group is held twice a month in the Library and is run predominantly by volunteers in the community with little staff assistance. BHPT pay for the room hire and the group is free for the attendee and a carer of friend/family member who wishes to attend.

The group has been significantly revitalized in the past couple of years, with two new leads, one being a dynamic, retired music teacher. We are of course very grateful to all our volunteers and wish to acknowledge the very positive contribution they all make to our initiatives.

The group attend other local community groups and put on little performances. They are an incredibly welcoming group, the only one of their type in the village and is a good support for those suffering from memory loss/Dementia/Alzheimer's.

Art in the Community – The Trust launched its first Art in the Community project “Rainbows Over Burnham” just after lockdown 2020 started and it was a big success. The Community was encouraged to create mosaic tiles in any medium they liked, which when constructed would form a rainbow. Local school children, the elderly, sewing clubs and more got involved.



It is well understood that participation in some sort of artistic activity aids mental health and wellbeing.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

The Trust received over 150 entries. BHPT joined Burnham Resilience and held a socially distanced activity session in the summer and it was met with encouraging words from parents, many who did not have art supplies or allow their children to this sort of activity at home. Pieces of art were created by MP Joy Morrissey and Cllr Dev Dhillon, who were in attendance.

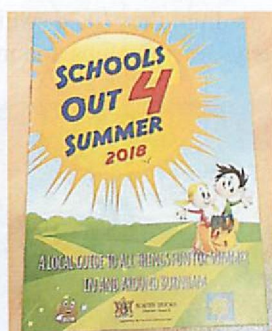
The Trust would like to acknowledge and thank Tesco Taplow who donated a host of prizes for different ages, so we could issue prizes for some exceptional pieces. We have developed a great working relationship with their current Community Champion.

Schools Out 4 Summer - BHPT have been producing this free local guide to all things fun to do in the summer school holidays, for the last 5 years, not including summer 2020, due to the uncertainty of restrictions due to the pandemic.

This guide is as popular as ever being distributed to local schools and venues in and around the immediate Burnham Area. The distribution is constantly being increased and the publications popularity spreads and more requests for copies are received every year. The dates covered by the brochure included the last 2 weeks of July and all the August holiday. Events published included local clubs, local community events and some events further afield.

The aim was to include events that were free or good value for families as summer holidays can be costly times especially for those on lower incomes.

In the past we have been fortunate to receive grants from Bucks District Council Chairman's Community Fund of £250 which we put towards the cost of the printing.



Burnham Marathon Challenge - Burnham Marathon Challenge, like most events in 2020 had to be cancelled due to the pandemic and health and safety restrictions.

The Marathon Challenge is a popular event and draws interest from the local community and people from neighbouring towns/villages.

It is hoped that this event will be able to take place again in 2021.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

PROGRESS IN ACHIEVING OBJECTIVES (continued).

ON-GOING BHPT PROJECTS (continued)

Citizens Advice The CAB has operated from our Community room for many years now. At the moment, support is being supplied remotely although some appointments are made to see attendees in our Community room if the case is complicated. They attend on a Wednesday and deal with a myriad of cases, many involving Benefit claims such as Universal Credit, PIP (Personal Independence Payments) and Housing Benefits.

The Trust has made a contribution of £4,000 per year to CAB over the last few years for the provision of this service. The booking process has been streamlined and the CAB now deal with this themselves via their Chesham Office which saves Health Centre time and involvement.

P3 Housing Advice, Terrence Higgins Trust & One Recovery Bucks (ORB)

These organisations use our Community room on a regular basis. Most need a confidential environment in which to offer advice.

Terrence Higgins Trust is a new addition offering a youth, sexual health advice clinic in confidence. The existence of this new offering has been promoted to the local schools.

One Recovery Bucks is a drug & alcohol rehabilitation service that has been operating from the Trust's Community room for many years.

NEW INITIATIVES

“Hold My Hand” Counselling Service with Number 22

Following research by the Trust it was established prior to lockdown that there was virtually no mental health counselling provision in the Burnham area. In conjunction with Number 22 Counselling Services based in Maidenhead, BHPT are currently piloting an early intervention talking therapies service “Hold My Hand” which is being delivered either remotely or in our Community room at the Health Centre. This is providing 10 weeks of talking therapy per young person referred and is currently targeted at the 11 to 21 age group. It is not a first response service and does not cater for people that have severe issues and have been referred to CAMHS.

It is hoped that this early intervention programme will help those youngsters who need help and support and the outcomes will be monitored to establish effectiveness on an ongoing basis.

Care & Share –

The Care & Share food distribution project was established in July 2020 following the outbreak of Covid19 and is a collaborative partnership between BHPT, St Peter's Church, Maidenhead Foodshare and May's Chocolate House.

The Trusts research established via its community links with Local Schools and other organisations that many families were struggling not only because they had insufficient food but insufficient support for issues such as mental health, anxiety, depression and debt.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

Donations come in many forms, mainly food, time and money. The Trust is grateful to all those who have given of their money, time, energy and commitment to ensure that the Care and Share project continues to support those in the Community who are in need of support.

The Trust's profile has been elevated since commencing this initiative. It has brought other organisations together to work collaboratively which is creating greater success and reach.

Care & Share is not just a Foodbank, is a Community Hub serving as a pathway to our other initiatives such as CAB and One Recovery Bucks (alcohol and drug rehabilitation service).

This initiative is inspiring people to want to volunteer which is creating a pool of skilled volunteers which is a valuable resource to the Trust. It is encouraging to see that the Trust is attracting applications from the young, black and ethnic minority groups which is truly reflective of a Trust of the 21st Century and if the trend is cultivated will go on to produce the volunteers of the future for many years to come.



The Lily Jo Project

Following the outbreak of Covid the Trust chose to donate £5,000 to the Burnham Resilience Group and the donation has been spent on the Lily Jo project, which provides teacher resources enabling them to deliver support to children and young people in schools. Teacher engagement will be monitored to ascertain value and whether it is being used sufficiently.

Elderly Connectivity Project

It has been established during the lockdown period that the elderly and vulnerable are amongst the most isolated in the community particularly if they do not have access to the internet. Connectivity is key and therefore the Trust has commenced a small programme of recycling laptops and phones which are subsequently delivered back into the community to help people keep in touch with their loved ones.

The BHPT hotline

The introduction of the hotline was driven by the outbreak of the pandemic and the requirement for staff to work from home. It has proved very popular and the resultant effect has been that a staff member will be available Mon-Fri during office hours.

The Trust receives many different enquiries from the public requiring signposting and other assistance. The types of calls we receive on a daily basis vary greatly and will include the following:

- Vouchers for food assistance. These can come from the individual, who can sometimes be upset, or from a professional agency.
- Calls from the public who are struggling, to find out what assistance is available. This will prompt a more in-depth conversation to find out more and enable us how to best signpost them.
- Calls from the public about when initiatives are restarting.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

NEW INITIATIVES (Continued)

- Calls from partner agencies or community groups we work with.
- Calls from people who are isolated and have questions.
- Calls from volunteers or people who would like to be a volunteer in the future.

The project has proved extremely popular with the community. It opens for collections Tuesdays and Fridays 2-4pm.

The community have been used to BHPT always 'being there'. If they have a question, they know they could come and see us in the office. It has been reassuring for them to know there is a hotline so they can contact us. It builds the Trusts reputation in the community knowing there is someone at the end of a phone.

Information - Providing information continues to be an important aspect of the Trust's work. This includes dealing with individual enquiries, maintaining our websites, producing on-going information displays and putting regular articles in the community newspaper.

We have been working on a new BHPT website which now looks more modern and is more user friendly. It has been a process of layering information onto the website. It now offers a donate function which allows people to give to the Trust. We shall be working on the second phase of the build very shortly, producing blogs and information pages for the community.

We have also been working on our social media presence by posting regular content in order to raise BHPT's profile in the community.

DONATIONS

The Trust continues to provide financial support to other organisations enabling them to provide activities and services for the benefit of the local community. Organisations supported again this year included the Chiltern Citizens Advice Bureau, who provide weekly advice sessions in the Health Centre.

The Trust did not receive any donations in the year other than from the Louis and Valerie Freedman Charitable Settlement.

THE EFFECT OF COVID19 AND FUTURE PLANS

Present Position

The Trustees consider that the impact and consequences of Covid 19 on daily life will continue for a further two to three years at least. They have observed that at over a year of lockdowns, (March 2020 to June 2021), family death and bereavement, separation, restricted schooling and social contact will all have significant, negative consequences on the local population. This will be especially so for those families and individuals with the least resources, both physical (money, space, facilities) and personally, (emotionally, cognitatively, sense of place and self-knowledge of health and self-protection).

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

THE EFFECT OF COVID19 AND FUTURE PLANS - Continued

The future work of the Trust will focus on mitigating the worst of the consequences on the most challenged local populations which BHPT have identified as follows :

Curtailment/Disruption of Child Development:

The Trustees are aware that for many adults and especially children the past year has restricted social contact to a degree never before experienced even in wartime. Social and personal interaction is a key component of well-being. People need others for a sense of self and as a means of making sense of difficult situations and for affirmation of hope for the future.

One consequence of absence of the company of others is that the reported rates of mental illness during lockdown has increased by a third. In particular – anxiety and depression.

For more detail see: <https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report/2-important-findings-so-far>

Weight & Physical Capacity:

It is widely reported that the UK population has gained weight during the lockdown. This weight gain goes hand in hand with a decline in physical activity and physical capacity both aerobic and non-aerobic. For further information see: Excess Weight and COVID-19 Insights from new evidence, July 2020.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907966/PHE_insight_Excess_weight_and_COVID-19_FINAL.pdf

Child Mental Capacity with reference to Sensory Integration (SI):

It is a logical deduction that the unprecedented restriction of child interactive play and schooling will impact on a range of child development issues.

One important area impacting to a degree on all children deprived of others is Sensory Integration (SI) which was defined by Jean Ayres as:

“The neurological process that organises sensation from one’s own body and from the environment and makes it possible to use the body effectively with the environment”

<https://www.sensoryintegration.org.uk/What-is-SI>

In practice this makes itself manifest in examples of: poor appreciation of risk, impaired inter-personal communication, especially an inability to correctly read “non-verbal” cues and signals, physical “clumsiness” overall delayed physical and perceptual development. There is also strong evidence that children with poor SI develop heightened levels of anxiety and this then manifests itself in later life as depression.

Of more immediate concern for children will be the impact of managing school and the class room environment. There is then a well-trod path of school failure, truancy, exclusion to anti-social behaviour, prison. SI and IQ are not related. You can have a high IQ and still experience SI weaknesses.

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

THE EFFECT OF COVID19 AND FUTURE PLANS - Continued

Conclusion

The Covid pandemic, deaths, lockdowns and disruptions to daily life for adults and children has the potential to generate long-lasting personal and social damage. In particular the key concerns are: lack of exercise and weight – children and adults specifically reduced child physical play and exploration impacting on cognitive and affective normal development.

For children these deficits, however, can be remedied by the correct and timely remedial action.

The action required being exposure to and involvement, in activities to stimulate physical and cognitive development.

At a local level BHPT and local partners hope that over the months and years to come they can help to mitigate the worst of these consequences in their local community.

BHPT'S Response To Covid 19 Impacts

BHPT has traditionally had a number of core functions and these will be reviewed to ensure they fit within BHPT objectives and if they can be viably maintained, they will continue - for example facilities and funding are provided to support CAB activity at the Burnham Health Centre.

From the above, two dominant health challenges have been revealed and these will form a core part of the future BHPT Strategy as they review operational activities :

- 1 Weight gain in both adult and child populations
- 2 Mental health both affective (emotional) and cognitive (thinking and perception).

Future activity will be formulated around specific population criteria of those most at risk.

The key criteria of need can be summarised as:

The principle population:

- 1 Children – especially 0-5 years and Primary 6-11 years.
- 2 Parents of the above

Economic Status:

- 1 Limited financial security – unemployed or low wage
- 2 Restricted environmental opportunities – probably in social housing or Houses of Multiple Occupation (HMOs).

Going Forward BHPT will focus on those programmes best suited to address the deficits outlined above which are: rise in population weight, a high likelihood that children in the pre-school and Primary School ages will have restricted cognitive and physical capacity due to lack of play and social interaction with peers and adults.

BHPT will adjust its strategic goal to engage in Community based Activity Programmes for social and physical action. In doing so BHPT will hope to attract external funding, encourage partnership working, build on local BHPT goodwill and profile, generate a significant legacy value and create a

TRUSTEES' ANNUAL REPORT – continued**FOR THE YEAR ENDED 30 SEPTEMBER 2020****THE EFFECT OF COVID19 AND FUTURE PLANS - Continued****BHPT'S Response To Covid 19 Impacts - continued**

leadership element within local and national Public Health. These activities will also lend themselves to ongoing monitoring evaluation.

To support the above development the roll out of Learning and Sharing Together (LaST) is an excellent vehicle and template to support this and subsequent programmes.

Conclusion

The Covid 19 pandemic has created a once in a life-time opportunity for the BHPT to make a major and sustained impact on the local community.

The strategic response identifies specific populations and age groups which evidence suggests has been hardest hit by the pandemic and who risk the greatest disadvantage.

The proposal to focus on neighbourhood physical and cognitive development programmes allows targeted, purposeful and relevant activity at known issues and problems which will affect children well into the future.

The use of well-designed neighbourhood physical and cognitive development programmes for local children also allows access to parents of these children. It affords the opportunity to engage with and influence parental attitudes and behaviour associated with nutrition, diet, knowledge and learning and basic life skills.

INVESTMENT POLICY AND PERFORMANCE

The trustee's investment strategy is to set a balance between income and capital growth, predominantly in UK-based equities which generate high yields in accordance with the investment guidelines set by the Trustees as explained in the Risk Management section of this report.

This investment policy is implemented by the charity's investment managers JM Finn & Co to protect the value of the capital and income of the charity in real terms over the medium term.

All investments have been acquired within the trustee's powers of investment. At 30 September 2020 the portfolio was valued at £1,933,068 (2019 - £2,062,334). Sales during the year realised losses of £76,578 but there were unrealised gains of £37,937 on the revaluation of the portfolio as at 30 September 2020, resulting in net losses of £38,641 (2019 - gains £86,467).

FINANCIAL RESULTS

Details of the results of the charity's activities for the year are set out on pages 20 to 22 and in the notes to the financial statements on pages 23 to 31.

Incoming Resources

During the year the Trust received donations totalling of £35,000 from the Louis and Valerie Freedman Charitable Settlement. Although the Trust does not undertake any fundraising, it does from time to time receive donations and legacies, which are usually from other local bodies that are involved in joint ventures with the Trust. In 2020 these totalled £Nil (2019 - £2,580).

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

FINANCIAL RESULTS (continued)

Incoming Resources - continued

The charity also received contributions from participants in health promotion activities of £5,273 (2019 - £13,306) and grants relating to health promotion activities of £100 (2019: £250).

The other income totalling £65,072 (2019: £72,320) was all derived from its investments.

Charitable Expenditure

Total charitable expenditure, incorporating governance costs, increased from £119,913 in 2019 to £121,675 in the current year.

The result for the year shows a deficit of incoming resources of £34,360 (2019: - deficit £4,345)

Reserves and financial position

The Trustees have examined the charity's requirements for reserves in light of the main risks to the charity. Following the diversification of the investment portfolio, the Trustees no longer have a minimum cash requirement. The charity will ensure it holds low risk assets with a value that is in

excess of one year's operating overheads at all times and it will only expend income that it has received in the year on charitable activities.

At the balance sheet date, the level of reserves available excluding the restricted funds, stands at £2,029,647 (2019 - £2,102,556).

Restricted funds totalled £82,262 at 30 September 2020. Of this amount, £218 of the balance relates to the unspent amount of restricted donations received for the benefit of the Trust's "Men in Sheds" activity during the year, and £44 relates to the unspent amount donated in 2017/18 in respect of the Period Poverty initiative.

£82,000 is the balance of an initial £100,000 donation used by the Burnham Health Promotion Trust to fund an extension to the premises of the Burnham Health Medical Centre to provide accommodation for the Trust. Whilst this fund does not represent a realisable asset, the Trustees consider that the asset should be retained within the Trust's accounts, so as to identify the existence of the contribution to the Health Centre towards the provision of the rooms that the Trust occupy in the Health Centre rent free.

The Trustees have an undertaking from the Partners in the Doctors practice that operates from the Health Centre that in the event the Health Centre can no longer provide accommodation, the Trust would receive back the £100,000 donation. On the basis that the funds totalling £82,000 would be returned to the Trust eventually, the funds are disclosed as a long-term loan to the Burnham Health Medical Centre in the notes to the Balance Sheet.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

FINANCIAL RESULTS (continued)

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate exposure to the major risks.

A risk identified is that additional grants from the Louis and Valerie Freedman Charitable Trust are not received, but this risk is mitigated each year as the activities for the forthcoming year are only planned when it is clear what level of additional funding is likely to be donated

Measures have been taken to safeguard the fund by taking on more secure investments and fixed interest bonds.

The risk assessment is reviewed annually by the Trustees to ensure that the reserves of the charity are at the level required to enable the charity to achieve its objectives.

RISK MANAGEMENT

The Trust has in place an executive and professional liability insurance policy to provide indemnity for the Trustees.

RELATED CHARITIES

The charity has no official arrangement with other parties or charities nor has it entered into any transactions in which the Trustees had an interest

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

The Burnham Health Promotion Trust is a charitable company limited by guarantee and has no share capital. The company was established under a Memorandum and Articles of Association, which established the objectives and powers of the company and is governed under its Articles of Association. The Company was formed on 17 September 1997 and became a registered charity, number 1066070 on 21 November 1997.

Structure

The Board of Trustees consists of a minimum of three Trustees, who continue in office until retirement or death. New Trustees are selected by the existing Trustees, and are people who live in, work in or have an interest or association with the Burnham area as well as a specific interest in promoting the aims of the Trust. They are appointed by Special Resolution in an Extraordinary General Meeting.

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

Specific Investment Powers of the Trustees

These are listed in the Company's Memorandum and Articles of Association. The Trustees will invest any money as they in their absolute discretion think fit, subject to any specific donor requirements of which there are none at this time

Trustee Induction and Training

New Trustees undergo an induction to brief them of their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other Trustees and are encouraged to experience some of the Trust's projects and activities at first hand.

In house training is provided to Trustees through quarterly meetings and occasional Away Days when Trustees are updated about changes which impact on the work of the Trust and their role as Trustees. As a member organisation of Community Impact Bucks, the Trust receives regular newsletters and Trustees have opportunities to participate in training as appropriate.

KEY MANAGEMENT PERSONNEL REMUNERATION

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis. The Trustees are also Directors for the purposes of the Companies Act 2006

All trustees give freely of their time and no trustee remuneration was paid in the year. Details of trustees' expenses and related party transactions are disclosed in note 2 to the accounts.

REFERENCE AND ADMINISTRATION INFORMATION

Patron

Dr Beverly Daily (died 21st October 2020)

Trustees

Dr Simon Daily

Ian Nixey (resigned 25 February 2020)

Richard Shircore

Francis Hughes (also Company Secretary)

Jacqueline Laver (appointed 5 February 2021)

Principal Office and Registered Office

Burnham Health Centre

Minnicroft Road

Burnham

Bucks

SL1 7DE

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2020

TRUSTEES STATEMENT OF RESPONSIBILITIES

The Trustees, who are also Directors for the purpose of the Companies Act are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

BY ORDER OF THE BOARD



**Dr Simon Daily
TRUSTEE**

Approved by the trustees on

23/4

2021.

THE BURNHAM HEALTH PROMOTION TRUST
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE BURNHAM HEALTH PROMOTION TRUST
FOR THE YEAR ENDED 30 SEPTEMBER 2020

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 30 September 2020, which are set out on pages 20 to 31.

Responsibilities and basis of report

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


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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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


Birch Riddle & Co. Char.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date *26th April* 2021

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Notes	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
INCOME					
Incoming resources from generated funds					
Donations and gifts	3	35,000	-	35,000	47,580
Investment income	4	65,072	-	65,072	72,320
Contributions to health promotion	5	5,273	-	5,273	13,556
		-----	-----	-----	-----
Total Income		105,345	-	105,345	133,456
		-----	-----	-----	-----
EXPENDITURE					
Costs of raising funds					
Stockbroker's Administration Fees		18,030	-	18,030	17,888
Expenditure on charitable activities					
Grants, expenditure on health promotion and related costs	6	121,583	92	121,675	119,913
		-----	-----	-----	-----
Total Expenditure		139,613	92	139,705	137,801
		-----	-----	-----	-----
Net expenditure and net movements in funds before gains on investments	7	(34,268)	(92)	(34,360)	(4,345)
Net (losses)/gains on investments	9	(38,641)	-	(38,641)	86,467
		-----	-----	-----	-----
Net Movement in Funds for the Year		(72,909)	(92)	(73,001)	82,122
		-----	-----	-----	-----
Reconciliation of Funds					
Total funds brought forward		2,102,556	82,354	2,184,910	2,102,788
		-----	-----	-----	-----
Total funds carried forward	12	2,029,647	82,262	2,111,909	2,184,910
		=====	=====	=====	=====

All incoming resources and resources expenses derive from continuing activities.

The notes on pages 23 to 31 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST**BALANCE SHEET AT 30 SEPTEMBER 2020**

	Notes	£	2020 £	£	2019 £
FIXED ASSETS					
Tangible Assets	8		851		595
Investments	9		1,933,068		2,062,334
			-----		-----
			1,933,919		2,062,929
CURRENT ASSETS					
Debtors	10	82,299		82,645	
Cash at bank		112,223		49,535	
		-----		-----	
			194,522		132,180
CREDITORS: Amounts falling due within one year	11	(16,532)		(10,199)	
		-----		-----	
NET CURRENT ASSETS			177,990		121,981
			-----		-----
NET ASSETS			2,111,909		2,184,910
			=====		=====
 UNRESTRICTED FUNDS	12		2,029,647		2,102,556
RESTRICTED FUNDS	12		82,262		82,354
			-----		-----
			2,111,909		2,184,910
			=====		=====

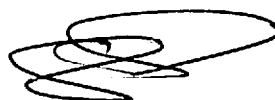
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

Approved by the Board on **23 / 14** 2021
and signed on its behalf by



Dr Simon Daily
TRUSTEE

The notes on pages 23 to 31 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST
STATEMENT OF CASH FLOWS
YEAR ENDED 30 SEPTEMBER 2020

	Notes	2020 £	2019 £
Net cash used in operating activities	13	(93,009)	(93,923)
		-----	-----
Cash flows from investing activities			
Investment income	4	65,072	72,320
Net sales of investments	9	90,625	8,768
		-----	-----
Net cash provided by investing activities		155,697	81,088
		-----	-----
Change in cash in the year		62,688	(12,835)
Cash brought forward		49,535	62,370
		-----	-----
Cash carried forward		<u>112,223</u>	<u>49,535</u>

The notes on pages 23 to 31 form part of these financial statements

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020

1. ACCOUNTING POLICIES

1.1 Basis of preparation and going concern

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trust constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2020-21, the most significant areas of uncertainty that affect the carrying value of assets held by the Trust are the level of investment return and the performance of investment markets (see the investment policy and performance and risk management sections of the trustees' annual report for more information)

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required

1.3 Incoming Recognition

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods, or where donor conditions have not been fulfilled, and then the income is deferred. Contributions to health promotion activities received from participants are included when received. Where restrictions are placed on a donation it is accounted for as restricted funds and expended in the way the donor specified. Investment income is accounted for when receivable.

1.4 Expenditure Recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. The notification gives the recipient a reasonable expectation that they will receive the one-year or multi-year grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Trust.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty as to the timing of the grant or the amount of grant payable.

1.5 Fund Accounting

The Charity has both restricted and unrestricted funds. The Unrestricted Funds are expendable at the discretion of the Trustees in furtherance of the objects of the Charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds can only be used for particular purposes within the objectives of the charity when specified by the donor

1.6 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation, which is provided in annual instalments over the estimated useful lives of the assets. The rates of depreciation applied to the assets are:

Office Furniture & Fittings	- 25% reducing balance
Computers	- 33.33% straight line

Donated assets are valued at a fair market value and capitalised, with an equivalent amount being included in Donations.

1.7 Allocation of governance costs

Governance costs are those costs associated with meeting the constitutional and statutory requirements of the charity. They include the costs of preparing the statutory accounts, the cost of the independent examination, and costs linked to the strategic management of the charity. These costs have been allocated to expenditure on charitable activities.

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

Costs of charitable activities include grants made, healthy initiatives and governance costs.

1.10 Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Trust does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity markets and investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020- continued

1. ACCOUNTING POLICIES (Continued)

1.10 Investments (continued)

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

1.11 Pension costs

The charity has a defined contribution pension scheme and pension costs charged in the statement of financial activities represents the contributions payable by the charity in the year. The assets of this scheme are held separately from those of the charity and administered separately by a pension agency. During the year the trust paid £3,176 (2019: £2,485) to the pension scheme.

1.12 Contingent liabilities

A contingent liability is identified and disclosed for those grants resulting from:

- a possible obligation which will only be confirmed by the occurrence of one or more uncertain future events not wholly within the trustees' control; or
- a present obligation following a grant offer where settlement is either not considered probable; or
- the amount has not been communicated in the grant offer or the amount cannot be estimated reliably

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2019: £nil). In the year Hughes Collett, a firm controlled by Francis Hughes, a trustee, provided accountancy and payroll services to the trust in the sum of £7,176 (2019: £2,976). The increase in the charge relates to an increase in the costs of the services provided to £4,776 and a one-off fee for support in the year of £2,400.

The trust paid £7,801 to the Burnham Health Centre towards utilities and support costs (2019 - £7,801), which represented arm's length transaction for the services received. Dr Simon Daily is a partner in the doctors' practice operating from the Burnham Health Centre.

3. DONATIONS AND GIFTS

The following donations were received during the year;

	2020	2019
	£	£
Unrestricted:-		
The Louis and Valerie Freedman Charitable Settlement	35,000	45,000
Burnham Joggers	-	1,500
Freemasons	-	500
Other small donations	-	60
	-----	-----
Total Unrestricted Donations	<u>35,000</u>	<u>47,060</u>

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2020- continued****DONATIONS AND GIFTS (Continued)**

	2020	2019
	£	£
Restricted:-		
Men in Sheds	-	500
Other small donations	-	20
	-----	-----
Total Restricted Donations	-	520
	=====	=====
Total Donations	35,000	47,580
	=====	=====
4. INVESTMENT INCOME		
	2020	2019
	£	£
Income from listed investments	65,072	72,319
Bank and other interest receivable	-	1
	-----	-----
	65,072	72,320
	=====	=====
5. CONTRIBUTIONS TO HEALTH PROMOTION		
	2020	2019
	£	£
Contributions from participants in activities	5,273	13,306
Grants and other amounts received relating to activities	-	250
	-----	-----
	5,273	13,556
	=====	=====
6. EXPENDITURE ON CHARITABLE ACTIVITIES		
	2020	2019
	£	£
Grants & sponsorship	4,030	920
Donations	5,610	-
Health initiatives and projects	12,015	24,815
Salaries and employee costs	70,882	64,163
Governance Costs	29,138	30,015
	-----	-----
	121,675	119,913
	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2020 - continued****EXPENDITURE ON CHARITABLE ACTIVITIES (Continued)****Grants & sponsorship**

The Trustees have made a number of grants to institutions in the current year, all of which further the objectives of the charity. Material grants are as follows: -

	2020	2019
	£	£
Chilterns Citizen Advice Bureau	4,000	4,000
Sundry others (< £1,000)	30	420
Burnham Grammar School – Grant withdrawn	-	(3,000)
Burnham Park Academy – Grant withdrawn	-	(500)
	-----	-----
	<u>4,030</u>	<u>920</u>

Donations

	2020	2019
	£	£
Burnham Parish Council Resilience Fund	5,000	-
Sundry others (< £1,000)	610	-
	-----	-----
	<u>5,610</u>	<u>-</u>

Governance costs

	2020	2019
	£	£
Utilities and Support Costs	7,801	7,801
Independent Examiner's Fee	1,920	1,920
Other administrative costs	19,417	20,294
	-----	-----
	<u>29,138</u>	<u>30,015</u>

7. NET INCOME

	2020	2019
	£	£
Net incoming resources are stated after charging:		
Depreciation	243	88
Independent Examiner's Fee	1,920	1,920
	-----	-----

Employees:

No employee has received emoluments above £60,000 during either year.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020 – continued

NET INCOME (Continued)

The employee costs for the Charity were:

	2020	2019
	£	£
Wages and Salaries	66,319	60,937
Social Security Costs	1,387	741
Contributions to Pension Scheme	3,176	2,485
	-----	-----
	70,882	64,163
	=====	=====
Average number of staff	4	4
	==	==

8. TANGIBLE FIXED ASSETS

There is an informal agreement that the charity would be provided with new accommodation, or the funds should the Burnham Health Medical Centre move or close.

On 1 September 2014 a formal agreement was signed by the Partners of the Burnham Health Medical Centre confirming that the charity would be returned the monies received in the event of the closure or sale of the Medical Centre. Further to this agreement, the net book value of the extension is deemed to a loan to the Medical Centre and is to be disclosed in the financial statements as a long-term debt under Debtors

	Office Furniture & Fittings	Computers	Total
	£	£	£
Cost			
At 1 October 2019	4,672	5,660	10,332
Additions	-	499	499
Disposals	-	-	-
	-----	-----	-----
At 30 September 2020	4,672	6,159	10,831
	=====	=====	=====
Depreciation			
At 1 October 2019	4,656	5,081	9,737
Charge for year	16	227	243
Disposals	-	-	-
	-----	-----	-----
At 30 September 2020	4,672	5,308	9,980
	=====	=====	=====
Net Book Value			
at 30 September 2019	16	579	595
	=====	=====	=====
Net Book Value			
at 30 September 2020	-	851	851
	=====	=====	=====

All tangible fixed assets are used for charitable purposes.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020 – continued

9. FIXED ASSETS INVESTMENTS

Movement in fixed asset listed investments

	Unrestricted funds 2020 £	Unrestricted funds 2019 £
Market value at 1 October 2019	2,062,334	1,984,635
Additions at cost	224,817	234,962
Disposals at carrying value	(392,020)	(258,625)
Net unrealised gains in the year	37,937	101,362
	-----	-----
Market value at 30 September 2020	1,933,068	2,062,334
	=====	=====
Net cash released from investments in the year:		
	2020	2019
	£	£
Disposal proceeds	315,442	243,730
Additions at cost	(224,817)	(234,962)
	-----	-----
Net cash invested	90,625	8,768
	=====	=====
Net (losses)/gains on investments:		
	2020	2019
	£	£
Net realised losses on disposals in the year	(76,578)	(14,895)
Net unrealised gains in the year	37,937	101,362
	-----	-----
Net (losses)/gains on investments	(38,641)	86,467
	=====	=====
Listed investments		
	2020	2019
	£	£
Stocks and shares	1,895,616	2,024,468
Fixed Interest	37,452	37,866
	-----	-----
	1,933,068	2,062,334
	=====	=====

The significance of financial instruments to the ongoing financial sustainability of the Trust is considered in the financial review and investment policy and performance sections of the Trustees Annual Report.

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2020 - continued

10. DEBTORS

	2020	2019
	£	£
Other debtors	299	645
Loan to Burnham Health Medical Centre	82,000	82,000
	-----	-----
	82,299	82,645
	=====	=====

Included in debtors is the loan to Burnham Health Medical Centre, this debt is due after more than one year.

11. CREDITORS - amounts falling due within one year

	2020	2019
	£	£
Trade creditors	623	3,907
Other Creditors	5,346	396
Accrued donations	-	1,000
Accruals	10,563	4,896
	-----	-----
	16,532	10,199
	=====	=====

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds
Tangible fixed assets	851	-	851
Investments	1,933,068	-	1,933,068
Current assets	112,260	82,262	194,522
Creditors - amounts falling due within one year	(16,532)	-	(16,532)
	-----	-----	-----
Net assets as at 30 September 2020	2,029,647	82,262	2,111,909
	=====	=====	=====

13. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2020	2019
	£	£
Net movement in funds	(73,001)	82,122
Deduct investment income	(65,072)	(72,320)
Add back depreciation	243	88
Purchase of fixed assets	(499)	(600)
Add losses/deduct (gains) on investments	38,641	(86,467)
Decrease in debtors	346	688
Increase/(Decrease) in creditors	6,333	(17,434)
	-----	-----
Net Cash Outflow from Operating Activities	(93,009)	(93,923)
	=====	=====

THE BURNHAM HEALTH PROMOTION TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020 – continued

14. RESTRICTED FUNDS

Restricted funds are comprised as follows: -

	2020	2019
	£	£
Unspent donations for Men in Sheds activity	218	284
Unspent donation for Period Poverty initiative	44	70
Unspent donation re Burnham Health Centre (see below)	82,000	82,000
	-----	-----
Total Restricted Funds at 30 September 2020	82,262	82,354
	=====	=====

The £82,000 relates to the £100,000 donated by the Louis and Valerie Freedman Charitable Settlement for the express purpose of building the new office and community room at the Burnham Health Centre for the use of The Burnham Health Promotion Trust.

The new facilities were previously being depreciated over their estimated useful life of 50 years, at 2% on a straight-line basis. However further to a formal agreement signed in September 2014, this £82,000 will be repayable on the sale or closure of the Burnham Health Medical Centre. Further to this change, this amount due to the Trust is now recognised as a debt due after more than one year.