

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
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FOR THE YEAR ENDED 30 SEPTEMBER 2020

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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.

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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.

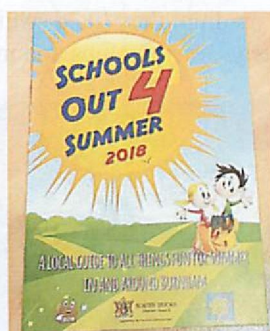
The Trust would like to acknowledge and thank Tesco Taplow who donated a host of prizes for different ages, so we could issue prizes for some exceptional pieces. We have developed a great working relationship with their current Community Champion.

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 Trusts 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

Minniecroft 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. Ltd.

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

		Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
	Notes				
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
			<u>1,933,919</u>		<u>2,062,929</u>
CURRENT ASSETS					
Debtors	10	82,299		82,645	
Cash at bank		112,223		49,535	
		<u>194,522</u>		<u>132,180</u>	
CREDITORS: Amounts falling due within one year	11	(16,532)		(10,199)	
		<u>-----</u>		<u>-----</u>	
NET CURRENT ASSETS			177,990		121,981
			<u>-----</u>		<u>-----</u>
NET ASSETS			<u>2,111,909</u>		<u>2,184,910</u>
			<u>=====</u>		<u>=====</u>
UNRESTRICTED FUNDS	12		2,029,647		2,102,556
RESTRICTED FUNDS	12		82,262		82,354
			<u>2,111,909</u>		<u>2,184,910</u>
			<u>=====</u>		<u>=====</u>

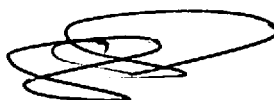
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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	35,000	47,060
	=====	=====

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)
	-----	-----
	4,030	920
	=====	=====

Donations

	2020	2019
	£	£
Burnham Parish Council Resilience Fund	5,000	-
Sundry others (< £1,000)	610	-
	-----	-----
	5,610	-
	=====	=====

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
	-----	-----
	29,138	30,015
	=====	=====

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.