

CHARTER
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

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FOR THE YEAR ENDED 30 SEPTEMBER 2022

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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, 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, 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 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 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 Shirecore (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).

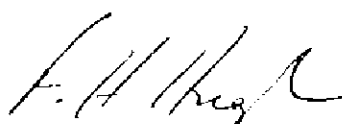
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that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

		Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
	Notes				
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
			=====		=====

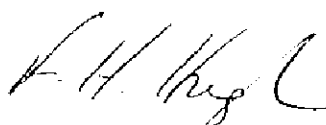
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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	46,069	25,261
	=====	=====

4. INVESTMENT INCOME

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

5. CONTRIBUTIONS TO HEALTH PROMOTION

	2022	2021
	£	£
Contributions from participants in activities	250	364
	=====	=====

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
	-----	-----
	131,944	122,668
	=====	=====

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
	-----	-----
	68,118	70,931
	=====	=====
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	4,672	6,159	10,831
	=====	=====	=====
Depreciation			
At 1 October 2021	4,672	5,675	10,347
Charge for year	-	345	345
Disposals	-	-	-
	-----	-----	-----
At 30 September 2022	4,672	6,020	10,692
	=====	=====	=====
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
	=====	=====

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.

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 Funds £	Restricted Funds £	Total 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.