

THE BURNHAM HEALTH PROMOTION TRUST

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

FINANCIAL STATEMENTS

30 SEPTEMBER 2023

Company No. 3435602

Charity No. 1066070

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

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THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2023. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014

OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST

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

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

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

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

PROGRESS IN ACHIEVING OBJECTIVES

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

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

PROGRESS IN ACHIEVING OBJECTIVES -continued

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

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

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

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

Staff News

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

The Trust Offices

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

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

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS

Care and Share

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

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

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

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

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

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

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

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

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

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Number 22 Mental Health Provision

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

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

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

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

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

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

Schools Project

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

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Schools Project - continued

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

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

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

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

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

Job Club

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Singing for Your Memory

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

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

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

Menopause Support Group

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

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

Wellbeing Sessions

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

Burnham Intergenerational Project (LaST)

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Burnham Intergenerational Project (LaST) – continued

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

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

BHPT fulfilling its role in the Community

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

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

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

Local Events

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

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

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

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

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

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

Website

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

ON-GOING BHPT PROJECTS - continued

Donations

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

Annual Small Grants

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

Grant Income

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

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

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

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

FUTURE PLANS

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT - continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

FUTURE PLANS – continued

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

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

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

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

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

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

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

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

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

INVESTMENT POLICY AND PERFORMANCE

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

INVESTMENT POLICY AND PERFORMANCE -continued

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

FINANCIAL RESULTS

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

Incoming Resources

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

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

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

Charitable Expenditure

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

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

Reserves and financial position

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

FINANCIAL RESULTS – continued

Reserves and financial position -continued

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

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

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

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

RISK MANAGEMENT

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

RELATED CHARITIES

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

STRUCTURE GOVERNANCE AND MANAGEMENT

The Governing Body

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

Structure

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

STRUCTURE GOVERNANCE AND MANAGEMENT - continued

Specific Investment Powers of the Trustees

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

Trustee Induction and Training

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

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

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

KEY MANAGEMENT PERSONNEL REMUNERATION

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

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

REFERENCE AND ADMINISTRATION INFORMATION

Trustees

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

Principal Office and Registered Office

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

THE BURNHAM HEALTH PROMOTION TRUST

TRUSTEES' ANNUAL REPORT – continued

FOR THE YEAR ENDED 30 SEPTEMBER 2023

TRUSTEES STATEMENT OF RESPONSIBILITIES

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

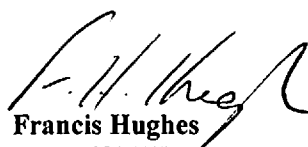
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that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

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

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

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

BY ORDER OF THE BOARD


Francis Hughes
TRUSTEE

Approved by the trustees on 5th February 2024.

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

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

Responsibilities and basis of report

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

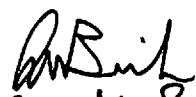
Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011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

Independent examiner's statement

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

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

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


Birch Riddle & Co. Ltd.

6 Orchard Close
West Ewell
Epsom
Surrey
KT19 9NS

G N Birch FCA
Birch Riddle & Co Ltd
Chartered Accountants

Date

9th February 2024

THE BURNHAM HEALTH PROMOTION TRUST

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

FOR THE YEAR ENDED 30 SEPTEMBER 2023

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

All incoming resources and resources expenses derive from continuing activities.

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

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

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

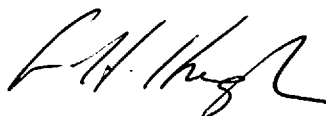
The company was entitled to exemption from audit under s.477 of the Companies Act 2006 relating to small companies.

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

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

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

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



**Francis Hughes
DIRECTOR & TRUSTEE**

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

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

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

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

THE BURNHAM HEALTH PROMOTION TRUST**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2023****1. ACCOUNTING POLICIES****1.1 Basis of preparation and going concern**

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

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

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

1.2 Reconciliation with previous Generally Accepted Accounting Practice

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

1.3 Incoming Recognition

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

1.4 Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings

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

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023 - continued

1. ACCOUNTING POLICIES (Continued)

1.4 Expenditure Recognition (continued)

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

1.5 Fund Accounting

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

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

1.6 Tangible fixed assets

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

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

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

1.7 Allocation of governance costs

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

1.8 Cost of raising funds

The costs of generating funds consist of investment management costs.

1.9 Charitable activities

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

1.10 Investments

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

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

THE BURNHAM HEALTH PROMOTION TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023- continued

1. ACCOUNTING POLICIES (Continued)

1.10 Investments (continued)

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

1.11 Pension costs

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

1.12 Contingent liabilities

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

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

2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION

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

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

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

The following donations were received during the year:

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

4. INVESTMENT INCOME

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

5. MISCELLANEOUS INCOME

	2023	2022
	£	£
Surplus on repayment of loan to Burnham Medical Centre	18,000	-
	=====	=====

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

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

6. CONTRIBUTIONS TO HEALTH PROMOTION

	2023	2022
	£	£
Contributions from participants in activities	1,736	250
	=====	=====

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

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

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

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

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

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

9. TANGIBLE FIXED ASSETS

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

All tangible fixed assets are used for charitable purposes.

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

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Market value at 1 October 2022	1,751,624	2,196,777
Additions at cost	356,131	223,337
Disposals at carrying value	(253,459)	(385,407)
Net unrealised losses in the year	(71,324)	(283,083)
	-----	-----
Market value at 30 September 2023	1,782,972	1,751,624
	=====	=====

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

	2023 £	2022 £
Disposal proceeds	262,835	338,402
Additions at cost	(356,131)	(223,337)
	-----	-----
Net cash (invested)/released	(93,296)	115,065
	=====	=====

Net losses on investments:

	2023 £	2022 £
Net realised gains/(losses) on disposals in the year	9,376	(47,004)
Net unrealised losses the year	(71,324)	(283,083)
	-----	-----
Net losses on investments	(61,948)	(330,087)
	=====	=====

Listed investments

	2023 £	2022 £
Stocks and shares	1,561,222	1,711,339
Fixed Interest	221,750	40,285
	-----	-----
	1,782,972	1,751,624
	=====	=====

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

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

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

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

12. CREDITORS - amounts falling due within one year

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

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

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

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

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

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

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

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

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

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

Restricted Funds re Projects

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