



**THE BURNHAM HEALTH PROMOTION TRUST**

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

**FINANCIAL STATEMENTS**

**30 SEPTEMBER 2024**

**Company No. 3435602**

**Charity No. 1066070**

**THE BURNHAM HEALTH PROMOTION TRUST**

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**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

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**THE BURNHAM HEALTH PROMOTION TRUST****TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 30 SEPTEMBER 2024**

The Trustees, who are also Directors for the purpose of the Companies Act, have pleasure in presenting their annual report and financial statements for the year ended 30 September 2024. The financial statements have been prepared in accordance with accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014

**OBJECTIVES AND ACTIVITIES IN THE PUBLIC INTEREST**

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

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

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

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

**PROGRESS IN ACHIEVING OBJECTIVES**

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

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

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**PROGRESS IN ACHIEVING OBJECTIVES -continued**

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

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

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

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

**The Trust Offices**

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

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

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

**Update to the Trust Logo and strapline**

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

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**PROGRESS IN ACHIEVING OBJECTIVES -continued**

The new logo is shown below: -



**ON-GOING BHPT PROJECTS**

**Care and Share**

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

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

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

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

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

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

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

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

## **THE BURNHAM HEALTH PROMOTION TRUST**

### **TRUSTEES' ANNUAL REPORT - continued**

### **FOR THE YEAR ENDED 30 SEPTEMBER 2024**

#### **PROGRESS IN ACHIEVING OBJECTIVES -continued**

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

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

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

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

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

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

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

#### **Number 22 Mental Health Provision**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## THE BURNHAM HEALTH PROMOTION TRUST

### TRUSTEES' ANNUAL REPORT - continued

#### FOR THE YEAR ENDED 30 SEPTEMBER 2024

#### **ON-GOING BHPT PROJECTS - continued**

##### **Schools Project**

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

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

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

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

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

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

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

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

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

##### **Job Club**

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

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

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

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



**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**ON-GOING BHPT PROJECTS – continued**

**Job Club – continued**

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

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

**Singing for Your Memory**

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

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

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

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

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

**Menopause Support Group**

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

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

**Wellbeing Sessions**

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**ON-GOING BHPT PROJECTS - continued**

**Wellbeing Sessions - continued**

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

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

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

**Burnham Intergenerational Project (LaST)**

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

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

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

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

**Donations**

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

**Annual Grants**

**School Uniform Vouchers**

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

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

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

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

**Beaver Scouts Fire Pits Project**

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

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

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

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

**Bucks Vision**

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

**Methodist Church Summer Outing and Christmas Lunch**

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**ON-GOING BHPT PROJECTS – continued**

**Annual Grants - continued**

**Red Kites Walking Football**

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

**Grant Income**

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

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

**FUTURE PLANS**

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

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

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

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

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT - continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**FUTURE PLANS – continued**

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

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

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

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

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

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

The Trust also plans to attend the Annual Donkey Derby

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

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

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

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

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT – continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**INVESTMENT POLICY AND PERFORMANCE**

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

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

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

**FINANCIAL RESULTS**

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

**Incoming Resources**

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

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

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

**Charitable Expenditure**

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

**Financial Result For The Year**

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

**Reserves and financial position**

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT – continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**FINANCIAL RESULTS - continued**

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

**Reserves and financial position -continued**

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

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

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

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

**RISK MANAGEMENT**

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

**RELATED CHARITIES**

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

**STRUCTURE GOVERNANCE AND MANAGEMENT**

**The Governing Body**

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

**Structure**

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

**Specific Investment Powers of the Trustees**

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**TRUSTEES' ANNUAL REPORT – continued**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**STRUCTURE GOVERNANCE AND MANAGEMENT – continued**

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

**Trustee Induction and Training**

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

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

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

**KEY MANAGEMENT PERSONNEL REMUNERATION**

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

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

**REFERENCE AND ADMINISTRATION INFORMATION**

**Trustees**

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

**Principal Office and Registered Office**

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

**TRUSTEES STATEMENT OF RESPONSIBILITIES**

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

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




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

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

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

**BY ORDER OF THE BOARD**

  
**Francis Hughes**  
**TRUSTEE**

**Approved by the trustees on 4th March 2025.**

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

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

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

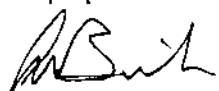
I have completed my examination. I confirm that no material matters have come to my attention which give me cause to believe that:

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

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

6 Orchard Close  
West Ewell  
Epsom  
Surrey  
KT19 9NS

Date **4th March 2025**

  
*Birch Riddle & Co. Ltd.*  
**G N Birch FCA**  
**Birch Riddle & Co Ltd**  
**Chartered Accountants**

**THE BURNHAM HEALTH PROMOTION TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES**

**(INCLUDING SUMMARY INCOME AND EXPENDITURE ACCOUNT)**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

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

All incoming resources and resources expenses derive from continuing activities.

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

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

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

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

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

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

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

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



**Francis Hughes**  
**DIRECTOR & TRUSTEE**

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

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

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

**1. ACCOUNTING POLICIES**

**1.1 Basis of preparation and going concern**

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

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

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

**1.2 Reconciliation with previous Generally Accepted Accounting Practice**

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

**1.3 Incoming Recognition**

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

**1.4 Expenditure Recognition**

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued**

**1. ACCOUNTING POLICIES (Continued)**

**1.4 Expenditure Recognition (continued)**

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

**1.5 Fund Accounting**

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

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

**1.6 Tangible fixed assets**

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

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

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

**1.7 Allocation of governance costs**

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

**1.8 Cost of raising funds**

The costs of generating funds consist of investment management costs.

**1.9 Charitable activities**

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

**1.10 Investments**

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

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024- continued**

**1. ACCOUNTING POLICIES (Continued)**

**1.10 Investments (continued)**

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

**1.11 Pension costs**

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

**1.12 Contingent liabilities**

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

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

**2. RELATED PARTY TRANSACTIONS AND TRUSTEES' EXPENSES AND REMUNERATION**

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

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



**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024- continued**

**3. DONATIONS AND GIFTS**

The following donations were received during the year:

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

**4. INVESTMENT INCOME**

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

**5. MISCELLANEOUS INCOME**

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

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

**6. CONTRIBUTIONS TO HEALTH PROMOTION**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Contributions from participants in activities	897	1,736
	-----	-----

**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued**

**7. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES**

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

**THE BURNHAM HEALTH PROMOTION TRUST**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 SEPTEMBER 2024 – continued**

**8. NET INCOME**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Net incoming resources are stated after charging:		
Depreciation	349	213
Independent Examiner's Fee	2,100	2,100
	=====	=====

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

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
The employee costs for the Charity were:		
Wages and Salaries	82,190	68,109
Social Security Costs	620	-
Contributions to Pension Scheme	3,766	3,326
	-----	-----
	86,576	71,435
	=====	=====

Average number of staff	5	3
	==	==

**9. TANGIBLE FIXED ASSETS**

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

All tangible fixed assets are used for charitable purposes.

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

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

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

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

**Net gains/(losses) on investments:**

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

**Listed investments**

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

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

**THE BURNHAM HEALTH PROMOTION TRUST****NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 - continued****11. DEBTORS**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Other debtors	360	2,053
	=====	=====

**12. CREDITORS - amounts falling due within one year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade creditors	1,569	1,195
Other Creditors	627	550
Accrued Grants Payable	28,585	16,094
Accruals	7,800	6,300
	-----	-----
	38,581	24,139
	=====	=====

**13. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds</b>
Tangible fixed assets	1,863	-	1,863
Investments	1,894,191	-	1,894,191
Current assets	35,570	28,831	64,401
Creditors - amounts falling due within one year	(9,996)	(28,585)	(38,581)
	-----	-----	-----
<b>Net assets as at 30 September 2024</b>	<b>1,921,628</b>	<b>246</b>	<b>1,921,874</b>
	=====	=====	=====

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

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Net movement in funds	88,923	(101,370)
Deduct investment income	(61,257)	(60,091)
Deduct miscellaneous income	-	(18,000)
Add back depreciation	349	213
Deduct purchase of fixed assets	-	(2,286)
(Gains)/losses on investments	(180,716)	61,948
Decrease in debtors	1,693	80,936
Increase in creditors	14,442	9,092
	-----	-----
<b>Net Cash Outflow from Operating Activities</b>	<b>(136,566)</b>	<b>(29,558)</b>
	=====	=====

**THE BURNHAM HEALTH PROMOTION TRUST****NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 30 SEPTEMBER 2024 – continued****15. RESTRICTED FUNDS****Restricted Funds re Burnham Health Centre**

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

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

**Restricted Funds re Projects**

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

**Restricted Funds re Health Initiatives**

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