

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024**

FOR

**HEALTHY LIVING PROJECTS LIMITED
(COMPANY LIMITED BY GUARANTEE)**

CHARITY NUMBER: 1087256

COMPANY NUMBER: 04108124

**HEATHY LIVING PROJECTS LIMITED
(COMPANY LIMITED BY GUARANTEE)**

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FOR THE YEAR ENDED 31ST MARCH 2024**

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**HEALTHY LIVING PROJECTS LIMITED
(COMPANY LIMITED BY GUARANTEE)**

**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

Reference and Administrative Information

Charity Name:	Healthy Living Projects Limited
Governing Document:	Memorandum and Articles of Association dated 15 th November 2000, amended 21 st May 2001 & 2 nd June 2015
Charity registration number:	1087256 (England and Wales)
Company registration number	04108124 (England and Wales)
Registered Office and Operational address:	322 High Road, Ilford, Essex, IG1 1QP

Trustees

Mr Barry Richardson (Secretary) (Resigned 23rd November 2023)

Mr Mark Andrews (Treasurer) (Resigned as Chair on 1st August 2023)

Rev Andrew Willis (Chair) (Elected on 1st August 2023)

Mr Simon Standen

Mr Romord Lindsay

Miss Debbie Forde

Mrs Barbara Macaulay

Ms Angela Patricia Eversley (Appointed: 23rd November 2023)

Mrs Susanne Daswani (Appointed: 23rd November 2023)

Secretary

Mr Barry Richardson (Resigned 23rd November 2023)

Key Management Personnel

Mr Philip Herbert (Projects Director)

Miss Patricia Forde (Children's Services Manager) (Made redundant 17th December 2023)

Mrs Sonia Lynch (Welcome Centre Manager)

Independent Examiner

Lisa Darby FCA, Stewardship, 1 Lamb's Passage, London, EC1Y 8AB

Bankers

CAF Bank Limited, PO Box 289, Kings Hill, West Malling, Kent ME19 4TA

**HEALTHY LIVING PROJECTS LIMITED
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**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

The directors, who are the charity's trustees for the purposes of charity law, have pleasure in submitting the Report and Accounts for the year ended 31st March 2024.

Volunteers

Volunteer activity has again been a crucial part of the work of Healthy Living Projects (HLP) and the trustees acknowledge grateful thanks to all who have given of their time in a wide range of ways. Two volunteers in Language Link have delivered English Language Classes in person, each giving up four hours a week. The Young at Heart programme was led by two volunteers each contributing three hours on a weekly basis to run activities for the elderly and keep in touch by phone. The Welcome Project has benefitted from volunteers who have helped in a number of ways including catering, reception duties, administration, processing donations of food and clothing, overseeing the shower and laundry facilities and running various life skills classes. From 1 April 2023 to 31 March 2024 there were 1,734 volunteer hours worked compared to 997 in 2022-23, which is up by 74% on the previous year.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 15th November 2000 and registered as a charity on 29th June 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up each member may be required to contribute an amount not exceeding £10.

Recruitment and Appointment of Trustees

The directors of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the trustees are elected at the Annual General Meeting.

The charity works within a diverse community; the trustees are keen that this diversity is reflected within the trustee body. Through networking the charity is seeking to identify those who have relevant knowledge and are willing to share their experience by being actively involved in the charity as a trustee.

Business and management skills are well represented within the trustee body. The mix of trustee skills, if lost due to retirements, is maintained by recruitment.

Trustee Induction and Training

Trustees are familiar with the work of the charity as they are provided with regular reports from the charity's management team. Potential trustees undertake an Induction Process and are informed of the following:

- The work carried out by the charity
- The Structure of the charity
- Obligations of the board of trustees
- Funding of the charity
- Future Strategic Plans
- Publications from the Charity Commission are regularly distributed to all trustees.

**HEALTHY LIVING PROJECTS LIMITED
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**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

Risk Management

The trustees are keen to limit the internal and external risks to which the charity is exposed and are continually investigating means of providing further support to the charity's principal activities.

Risks to funding have been mitigated by the development of agreements with organisations experienced in recognising and generating new streams of funding and the establishment of new initiatives in order to diversify income streams. Internal control risks are minimised by the implementation of Financial Control Procedures for the authorisation of all transactions and projects. Policies and Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients and visitors to the various projects. Employees have gained qualifications in Management, Safer Recruitment, Childcare, Health & Safety, First Aid and Food Hygiene. The charity maintains effective Insurance Policies covering Public Liability, Employers Liability, Professional Indemnity and Contents insurance.

Organisational Structure

Healthy Living Projects has a board of trustees consisting of 8 members who meet at least quarterly, and are responsible for the strategic direction and policy of the charity. Members are from a variety of professional backgrounds that add value to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Projects Director. The Director is responsible for ensuring the charity delivers the services specified and that key performance indicators are met. Project Co-ordinators/ Managers have day-to-day responsibility for the operation and supervision of their teams, whilst ensuring the continued development of team skills and working practices.

Pay policy for key management personnel

Staff salaries are aligned with the pay structure set out in the NJC Pay scales and NICVA job descriptions. HLP will always pay within National Minimum Wage requirements currently in force.

Related Parties

The charity has a relationship with Ilford High Road Baptist Church in so far as having use of the church premises (including the Welcome Centre) for which the charity pays rent.

Public Benefit

When reviewing the charity's aims and objectives and in planning the activities, the trustees have had regard to the guidance on public benefit issued by the Charity Commission. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Objectives and Activities

The company's objectives and principal activity is the relief of poverty, the provision of education and the provision of recreation in the interest of social welfare, within the London Borough of Redbridge. The main activities planned for the year were:

- Providing a Day Centre to help and support the homeless, refugees and asylum seekers within the London Borough of Redbridge and surrounding areas.
- English Language classes for speakers of other languages
- Childcare and education provided for children of pre-school age
- Out of school childcare for children of primary school age
- Social groups for senior citizens

**HEALTHY LIVING PROJECTS LIMITED
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**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

Achievements and Performance

COVID-19

Staff and volunteers have continued to be mindful of government policies and guidance on health and hygiene issues regarding Covid-19.

Welcome Project

The Welcome Project offers a support service providing help to those who are homeless or refugees and those seeking asylum within the London Borough of Redbridge and surrounding areas. The project operates from the Welcome Centre; these facilities include two training rooms, an I.T. suite, Interview rooms, a nurse's room, showers and a laundry.

The Project continued to see an increase in numbers of homeless women and men who have attended the Day Centre

The project continued to provide hot meals and food parcels to people who have been placed in hostels or temporary accommodation. Support workers have continued to give Information, Advice and Guidance on issues relating to homelessness. The economic climate has continued to be challenging, but the charity is pleased to report that a number of grants and Local Authority contracts has enabled it to deliver vital services. During the year, staff and volunteers attended training courses in Mental Health, Suicide Awareness and Supporting Women Experiencing Homelessness. They have also attended the Redbridge Homelessness Forum, Case Review and Redbridge Strategic Board meetings.

Language Link

English Language classes continued throughout the year, still with some Covid-19 related precautions in place to protect volunteers and students. The aim of the classes is to teach practical English and to build up the confidence and self-esteem of the students. Classes are offered at different levels and whilst numbers have fluctuated, the average daily attendance is approximately 12 ladies.

Pre-School

Childcare and education has been provided for up to 23 children, although numbers have been as low as 11, causing some anxiety around continuous employment for staff. This year the Pre-school has struggled to maintain a viable level of suitably qualified staff. This has been exacerbated by long-term sickness absence, resignations and maternity leave and difficulty in recruiting suitable qualified replacements resulting in the use of agency workers. Following an unsatisfactory OFSTED inspection, the Trustees took the strategic decision to suspend its registration with OFSTED and close the setting on 16th November 2023 until such time as it is able to meet the standards required for a quality childcare setting.

**HEALTHY LIVING PROJECTS LIMITED
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**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

Young Inspirations

The Pandemic and Cost of Living Crisis has continued to impact on the number of children attending our Breakfast and After School clubs as many parents now work from home or blended hours and therefore have little or no need for our services. With the average daily attendance dropping below 10, the club has become financially unsustainable. The trustees have had this situation under continual review for over a year and reluctantly reached the decision to close the service from 17th November 2023 until such time as there may be an upturn in demand for out of school care.

Young at Heart

Our Young at Heart group have met regularly on Monday afternoons and provided support to its members to help overcome loneliness. Members sit and chat whilst they enjoy tea, coffee and cakes; they play games; and sometimes enjoy the visit of speakers from outside organisations. The project leader felt unable to continue beyond 31st July 2023 but organised one final activity to celebrate Christmas. With no obvious successor, the club has remained dormant since the beginning of 2024. Members have been referred to other similar activities in the locality including the church run Knitting Club.

Financial Review

The Charity is reporting a surplus for the year 2023-24 of £193,523, compared to a loss of £32,245 in 2022-23. Reserves carried forward amount to £254,088 (£60,565 in 2022-23), £105,907 of which relates to restricted funds and £148,181 unrestricted funds.

For the year 2023-24 we received a total income of £580,890, compared to £468,481 in 2022-23. The main sources of income was grants and donations received for Welcome Project. This year Welcome Project received £404,027 compared to £350,468 2022-23. In addition, an unexpected legacy of £103,250 was received from the estate of Jean Margaret Gladstone. Income for Young Inspirations Out of School Club decreased to £23,517 compared to £57,609. Income for Pre-school decreased again this year to £44,915 compared to £58,969 in 2022-23 due to lower numbers of children in attendance and the subsequent closure of Young Inspirations and the Pre-school provision in November 2023.

Total Expenditure for the year has decreased to £387,367 compared to £500,726 in 2022-23. The charity has been keen to make savings wherever possible whilst recognising that salaries and activities costs linked to specific grants inevitably lead to a rise in expenditure for the duration of the grant.

Principal Funding Sources

Aside from fees generated from Young Inspirations and Pre-school, the principal sources of funding were from contracts with the London Borough of Redbridge and grants from Garfield Weston Foundation, The Tudor Trust, Rough Sleeper Intervention Program and the ongoing commitment from London Borough of Redbridge Housing Service. Felton Fundraising & Appeals continue to identify opportunities for a wider range of funding for the future. The individual donor scheme has 31 donors whose contributions totalled £11,464 (£10,168 2022-23) (with Gift Aid). The charity has an annual fundraising event in the form of a Sponsored Walk, it raised £2,500 in 2023 and has targeted £5,000 in 2024.

These funds combined are sufficient to cover the salaries of Managers, Support Workers and Administrators who provide services to our clients as well as providing resources that cover activities and general running cost.

**HEALTHY LIVING PROJECTS LIMITED
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**COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MARCH 2024**

Investment Policy

The trustees have considered the most appropriate policy for investing funds and have found that bank deposit accounts meet the charity's requirements.

Reserves Policy

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. They have established a policy whereby unrestricted funds are required to:

- Cover administration and support costs without which the charity could not function to provide funds to enable project/s to be undertaken at short notice.
- The trustees consider it prudent that unrestricted funds should be sufficient to cover 3 months administration and support costs which amount to £23,042. Unrestricted cash balances held at the yearend amount to £135,936.

The level of reserves will be monitored and reviewed by the trustees on a quarterly basis.

Plans for Future Periods

The charity is keen to maximise the opportunities afforded by the Welcome Centre facilities. Building on the achievements so far, the project plans to help more people to find fulfilment and independence through further training or employment.

In order to increase our revenues streams, the charity is keen to raise its profile through social media and other conventional means. To this end we will continue to develop our Website and social media platforms. We intend to build on relationships forged with local businesses such as Waitrose, Asda, Sainsbury's, Tesco, Lidl, Greggs, KFC, Big Yellow Storage and Nando's.

Responsibilities of the directors under company law

The directors are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and UK Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing these financial statements, the directors are required to:

1. select suitable accounting policies and then apply them consistently;
2. observe the methods and principles in the Charities SORP;
3. make judgements and estimates that are reasonable and prudent;
4. state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

**HEATHY LIVING PROJECTS LIMITED
(COMPANY LIMITED BY GUARANTEE)
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024**

The directors are responsible for keeping adequate accounting records which 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, which has been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, was approved by the trustees and signed on their behalf by:

Andrew Willis

Andrew Willis
Chair

13th November 2024

Approved by the trustees on _____

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALTHY LIVING PROJECTS LIMITED

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024 on pages 11 to 24 following, which have been prepared on the basis of the accounting policies set out on pages 14-15.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of 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 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

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (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.

Lisa Darby

Lisa Darby FCA
Institute of Chartered Accountants of England and Wales

Stewardship
1 Lamb's Passage
London
EC1Y 8AB

Date : 18th November 2024

HEALTHY LIVING PROJECTS LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024
Summary Income and Expenditure Account

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3a	138,582	280	138,862	66,303
Donated goods	3a	-	38,347	38,347	39,425
Investments		4,366	-	4,366	892
Charitable activities	3b	57,364	338,791	396,155	356,410
Other income and endowments		3,160	-	3,160	5,451
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Total income and endowments		203,472	377,418	580,890	468,481
EXPENDITURE ON					
Charitable activities	4a-c	81,199	295,201	376,400	490,618
Raising funds	4d	10,967	-	10,967	10,108
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Total expenditure		92,166	295,201	387,367	500,726
Net income/(expenditure)		111,306	82,217	193,523	(32,245)
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Transfers between funds	12	927	(927)	-	-
<hr/>					
		112,233	81,290	193,523	(32,245)
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Net movement in funds		112,233	81,290	193,523	(32,245)
<hr/>					
Reconciliation of funds:					
Total funds brought forward		35,948	24,617	60,565	92,810
<hr/>					
Total funds carried forward		148,181	105,907	254,088	60,565

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure are derived from continuing operations. Donations and Legacies include £103,250 from the legacy left in the will of Jean Margaret Gladstone.

The statement of financial activities also complies with the requirements for an income and expenditure account required by the Companies Act 2006.

The notes on page 14-24 form part of these accounts.

HEALTHY LIVING PROJECTS LIMITED
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total funds 2024 £	Total funds 2023 £
FIXED ASSETS					
Tangible assets	7	5,064	-	5,064	8,828
		5,064	-	5,064	8,828
CURRENT ASSETS					
Stock	8	-	3,619	3,619	6,478
Debtors	9	12,252	7,497	19,749	5,421
Cash at bank	10	135,936	148,927	284,862	82,638
		148,188	160,042	308,230	94,537
CURRENT LIABILITIES					
Liabilities falling due within one year	11	5,071	54,136	59,206	42,800
Net Current Assets		143,117	105,907	249,024	51,737
NET ASSETS		148,181	105,907	254,088	60,565
FUND BALANCES					
Unrestricted funds					
General Funds	12	148,181	-	148,181	35,948
Restricted Funds	12	-	105,907	105,907	24,617
		148,181	105,907	254,088	60,565

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006 however, in accordance with Section 145 of the Charities Act 2011, the accounts have been examined by an independent examiner and their report has been included in these financial statements.

The directors (who are the charitable company's trustees for the purposes of charity law) acknowledge their responsibilities for:

- (a) ensuring that the charitable company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its net income or expenditure for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 13th November 2024 and were signed on its behalf by:

Andrew Willis
Andrew Willis - Chair

Company number: 04108124

Charity number: 1087256

The notes on page 14-24 form part of these accounts.

HEALTHY LIVING PROJECTS LIMITED
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	Total funds £	Prior year funds £	Note
Cash flows from operating activities:			
<i>Net cash provided by (used in) operating activities</i>	204,952	(13,160)	a
Cash flows from investing activities:			
Dividends, interest and rents from investments	-	-	
Proceeds from the sale of property, plant and equipment	-	-	
Purchase of property, plant and equipment	(2,727)	-	
Proceeds from sale of investments	-	-	
Purchase of investments	-	-	
<i>Net cash provided by (used in) investing activities</i>	(2,727)	-	
Cash flows from financing activities:			
Repayments of borrowing	-	-	
Cash inflows from new borrowing	-	-	
Receipt of endowment	-	-	
<i>Net cash provided by (used in) financing activities</i>	-	-	
<i>Change in cash and cash equivalents in the reporting period</i>	202,225	(13,160)	
Cash and cash equivalents at the beginning of the reporting period	82,638	95,798	b
Change in cash and cash equivalents due to exchange rate movements	-	-	
<i>Cash and cash equivalents at the end of the reporting period</i>	284,863	82,638	b

Note a: Reconciliation of net income/(expenditure) to net cash flow from operating activities

	Current year £	Prior year £
<i>Net income/(expenditure) for the reporting period (as per the statement of financial activities)</i>	193,523	(32,245)
Adjustments for:		
Depreciation charges	6,491	4,315
(Gains)/losses on investments	-	-
Dividends, interest and rents from investments	-	-
Loss/(profit) on the sale of fixed assets	-	-
(Increase)/decrease in stocks	2,860	(656)
(Increase)/decrease in debtors	(14,328)	39,541
Increase/(decrease) in creditors	16,406	(24,115)
<i>Net cash provided by (used in) operating activities</i>	204,952	(13,160)

Note b: Analysis of cash and cash equivalents

	Current year £	Prior year £
Cash in hand	284,863	82,638
Notice deposits (less than 3 months)	-	-
Overdraft facility repayable on demand	-	-
Total cash and cash equivalents	284,863	82,638

HEALTHY LIVING PROJECTS LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

1 Statutory Information

The charity is a charitable company limited by guarantee and is incorporated in the United Kingdom. The company's registered number and registered office address can be found on the Company Information page.

2 Accounting Policies

These financial statements are prepared on a going concern basis, under the historical cost convention [as modified by the revaluation of certain assets, which are measured at fair value through the Statement of Financial Activities].

These 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) ("the Charities SORP"), with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland ("FRS 102"), with the Companies Act 2006 and with the Charities Act 2011. The charity meets the definition of a public benefit entity as set out in FRS 102.

The principles adopted in the preparation of the financial statements are set out below.

a) Going concern

The trustees (who are the charitable company's directors for the purposes of company law) have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charity's forecasts and projections and the possible implications should projected income and / or expenditure vary unexpectedly. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue to operate for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements. In making this assessment the trustees have considered all reasonable risks and have concluded that there is no material impact.

b) Income:

Income including investment income is recognised in the period in which the charity becomes entitled to receipt, the amount receivable can be measured with reasonable certainty, and receipt is probable. For the most part, income is generally recognised when it is received. Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

Income from donations and legacies includes:

- i) Recoverable gift aid. This is recognised when the related donation is received. Gift aid that has not been recovered by the balance sheet date is included as a debtor.
- ii) Donated facilities, services and goods. Goods donated for distribution to beneficiaries are recognised as income when receivable at fair value (being an estimate of the amount it would cost to purchase those items). Goods donated for resale are recognised as income at the point of sale (as the sale proceeds cannot be estimated reliably before the goods are sold). Facilities, services and goods donated for the charity's own use are recognised as income when receivable at their value to the charity.

The charity relies on volunteers to carry out many of its activities. However, in accordance with the SORP, the value of these services has not been included in these financial statements as they cannot be reliably measured.

When donated goods, services and facilities are distributed or consumed, an expense in respect of those items is included in the Statement of Financial Activities. At the year-end any goods that have not been distributed or consumed are recognised as stock; donated fixed assets are capitalised.

Income from charitable activities represents income receivable from goods, services and facilities supplied in furtherance of the charity's charitable objects. It includes income from donations and grants received during the year.

Investment income represents income generated by the charity's assets and includes income from bank interest.

c) Expenditure

Expenditure, including irrecoverable VAT, is recognised when it is incurred or, if earlier, when a legal or constructive obligation for a payment arises provided that it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Governance costs, which are included in expenditure on charitable activities but are identified separately in the notes to the accounts, includes costs associated with the independent examination of the financial statements, compliance with constitutional and statutory requirements and any other expenditure incurred on the strategic management of the charity.

d) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects. Endowment funds are donations that are retained as capital in accordance with the donor's wishes. The nature of the restriction determines whether the endowments represent permanent endowments or expendable endowments.

e) Tangible fixed assets

Items purchased or donated for the charity's own use are capitalised when the cost of purchased items, or the fair value of donated items, is more than £500 and the item is expected to benefit the charity over more than one accounting period. Depreciation is charged on a straight line basis so as to write down the value of each asset to its estimated residual value (if any) over its expected useful economic life. To achieve this objective the following rates of depreciation are charged:

Fixture & Fittings	Over 5 years
Plant and Machinery	Over 5 years

The carrying values of tangible fixed assets are reviewed for impairment in periods when events or changes in circumstances indicate that the carrying value may not be recoverable.

f) Stocks:

Stocks of donated items held for distribution to beneficiaries are measured at fair value; stocks of goods donated for the charity's own use are valued at an estimate of their value to the charity.

g) Pension scheme arrangements

The charity operates defined contribution pension schemes for its employees. Obligations for contributions to the scheme are recognised as an expense when the liability arises.

h) Taxation

The company is a registered charity; it has taken advantage of the various reliefs from taxation available to charities and no tax is payable on the charity's income.

i) Financial instruments

The charity's financial assets and financial liabilities all qualify as basic financial instruments, as defined by FRS102. Except for loans, creditors and debtors are measured at their expected settlement value (normally the amount of cash that the charity expects to pay or receive). The charity recognises liabilities for the principal of those loans that remains outstanding at the year-end (i.e. the liabilities exclude any interest chargeable on the loans in future years).

j) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account and cash on deposit that has a notice period of less than 30 days.

k) Critical accounting estimates and areas of judgement

The trustees do not consider that there are any material sources of estimation or uncertainty at the balance sheet date that could result in a material adjustment to the carrying values of assets and liabilities in the next reporting period.

3a	Voluntary income	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
	The Estate of Jean Margaret Gladstone	103,250	-	103,250	-
	The Souter Charitable Trust	3,000	-	3,000	4,000
	The Leigh Trust	2,000	-	2,000	1,500
	The Alchemy Foundation	1,000	-	1,000	-
	The Eva Reckitt Trust	1,000	-	1,000	-
	The Marsh Christian Trust	850	-	850	750
	St Martin In The Field	-	279	279	331
	Donations from individuals (including Gift Aid)	11,464	-	11,464	10,168
	Other donations	16,019	-	16,019	8,397
	29th May 1961 Charitable Trust	-	-	-	5,000
	Fowler Smith & Jones Trust	-	-	-	2,000
	Gateway Community Church	-	-	-	1,057
	Giving Force Foundation	-	-	-	1,600
	The Charis Trust	-	-	-	1,500
	The Garfield Weston Foundation	-	-	-	30,000
		138,583	279	138,862	66,303
		138,583	279	138,862	66,303
		Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
	<i>Donated goods</i>				
	Food	-	21,084	21,084	21,171
	Clothing	-	1,971	1,971	2,400
	Services	-	12,020	12,020	12,020
	Other	-	3,273	3,273	3,834
		-	38,347	38,347	39,425
3b	Income from charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
	<i>Welcome Project</i>				
	LB of Redbridge - Housing	-	70,000	70,000	70,000
	LBR Floating Support	-	53,154	53,154	42,523
	LBR Health Navigator	-	42,000	42,000	39,969
	LBR - Rough Sleepers Intervention	-	12,500	12,500	13,705
	LBR Household Support	-	11,120	11,120	12,870
	Community Organisations Cost of Living Grant	-	67,454	67,454	-
	The Garfield Weston Foundation	-	35,000	35,000	-
	NHS NE London ICB	-	43,048	43,048	-
	The Tudor Trust	-	14,000	14,000	48,000
	The Edward Gostling Foundation	-	10,000	10,000	10,000
	London Catalyst (Samaritan Fund)	-	2,000	2,000	-
	LBR Food Bank	-	-	-	11,120
	Lloyds Bank Foundation	-	-	-	4,026
	The Fyrish Foundation	-	-	-	10,000

-	360,276	360,276	262,213
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Young Inspirations

Fees	23,017	-	23,017	57,609
	23,017	-	23,017	57,609

Pre-school

Fees - LB of Redbridge	27,807	-	27,807	38,618
Fees - LB of Redbridge SEN	-	10,670	10,670	11,441
Fees - other	6,128	-	6,128	4,410
Education & Skills Funding Agency	-	-	-	4,500
	33,935	10,670	44,605	58,969

Language Link

Fees	412	-	412	249
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Welcome Project: Closing balances of deferred income

NHS NE London ICB	-	(21,524)	(21,524)	-
LBR Floating Support	-	(10,631)	(10,631)	(10,631)
The Tudor Trust	-	-	-	(12,000)
	-	(32,155)	(32,155)	(22,631)
	57,364	338,791	396,155	356,410

4 Analysis of expenditure

	2024 £	2023 £
Charitable Activities		
a Direct Costs		
Wages and Salaries	225,974	324,888
Employer's NI	11,010	18,560
Contributions		
Staff Pension Costs	5,808	8,026
Sessional Staff	120	-
Travel expenses	726	1,010
Volunteer Expenses	1,123	571
Activities and Trips	2,158	5,953
Catering Food	12,331	22,969
Rent Rates and Storage	18,627	24,069
Utilities	12,345	7,838
Repairs and Maintenance	10,382	10,344
Premises Cleaning	2,764	3,210
Insurance	3,079	2,179
Subscription	2,080	1,829
Telephone and Internet	4,399	4,287
Printing, Postage and Stationery	640	1,046
Consultancy and Professional Fees	1,112	1,202
Database and IT	1,416	1,937
General Expenses	2,104	3,094
Training	1,120	901
Recruitment	4,082	-
Equipment and Materials	276	1,478

Donations Distributed (Note 4e)	40,439	38,318
	<u>364,113</u>	<u>483,711</u>
b Support costs		
Wages and Salaries	1,845	-
Telephone and Internet	458	-
Printing, Postage and Stationery	157	-
Consultancy and Professional Fees	512	-
	35	-
Subscription	87	72
General Expenses	6,491	4,315
Depreciation	<u>9,587</u>	<u>4,387</u>
c Governance		
Independent Examiner's Fees	2,700	2,520
d Fundraising Costs	10,967	10,108
	<u>387,367</u>	<u>500,726</u>

The return on investment for the costs of generating funds was £125,804
(2023: £99,550)

Activity	Direct costs	Support costs	Governance costs	Fundraising costs	Total 2024
Welcome Project	284,894	8,376	2,700	10,967	306,937
Young Inspirations	35,736	572	-	-	36,308
Pre-School	43,417	639	-	-	44,056
Young at heart	66	-	-	-	66
	<u>364,113</u>	<u>9,587</u>	<u>2,700</u>	<u>10,967</u>	<u>387,367</u>
Activity	Direct costs	Support costs	Governance costs	Fundraising costs	Total 2023
Welcome Project	311,489	4,306	2,520	10,108	328,423
Young Inspirations	88,215	41	-	-	88,256
Pre-School	83,853	41	-	-	83,894
Young at heart	154	-	-	-	154
	<u>483,711</u>	<u>4,387</u>	<u>2,520</u>	<u>10,108</u>	<u>500,726</u>

Direct costs have been allocated on the basis of direct cost incurred on each activity, support costs have been allocated on the basis of usage and staff time spent on each activity.

e Donations Distributed	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Food	-	22,853	22,853	20,086
Clothing	-	2,331	2,331	2,388
Services (Storage)	-	12,020	12,020	12,020
Other	-	3,235	3,235	3,825
		<u>40,439</u>	<u>40,439</u>	<u>38,318</u>

5 Staff & Trustees

	2024	2023
	£	£
Gross wages, salaries & benefits in kind	227,819	324,803
Employer's National Insurance costs	11,010	18,560
Pension costs	5,808	8,111
Total staff costs	<u>244,637</u>	<u>351,474</u>

During the year three members of staff were made redundant. The associated redundancy costs for 2024 were £6,204 (2023: £nil).

The average number of employees: full-time equivalents

Welcome Project	4.86	5.77
Young Inspirations	1.48	2.89
Preschool	1.65	3.59
Management and administration	0.96	1.38
	<u>8.95</u>	<u>13.63</u>

The average monthly headcount of full and part time employees during the year was 13.83 (2023: 20.50)

No staff received salaries at rate equal to, or more than, £60,000 per annum.

Remuneration payable to key management (excluding trustees) amounted to £84,739 in the year (2023: £91,677). Key management is considered to cover the salaries of Projects Director, Welcome Centre Manager directly employed by the charity and Children's Services Manager which was made redundant during the year.

Ursula Standen, who is closely related to Simon Standen, who is a trustee, received employment benefits totalling £30,479 (2023: £31,249) for providing administrative services to the charity as permitted by the charity's governing document.

The total amount of donations funded by trustees and connected parties was £360 (2023: £240), and the value of monetary donation by key management personnel was £1,920 (2023: £1,920)

Some of the trustees of the charity has significant influence over Ilford High Road Baptist Church and is therefore considered a related party. The charity had use of the church premises (including the Welcome Centre) during the year for which the charity paid rent Refer to Note 13 Commitments for the rent paid during the year.

No other transactions have taken place with trustees and related parties during the year.

6 Acting as agent

On occasion the charity receives money on behalf of other charities, which it banks and then pays out to these charities. This income is received as agent for these other charities and the income, and the related payments, are excluded from the Statement of Financial Activities; any money that has not been distributed by the year end is recognised as a creditor.

During the year the charity acted as agent for BARKA UK and, in that capacity:

- a) received £40,000 (2023: £81,295) and paid £30,000 (2023: £81,295)

b) at the year end the charity owed £10,000 (2023: £0) to BARKA UK

7 Tangible Fixed Assets

	Fixture & Fittings £	Plant & Machinery £	Total 2024 £
Cost			
At 1 April 2023	12,886	40,422	53,308
Additions	-	2,727	2,727
Disposals	(5,977)	(11,913)	(17,890)
At 31 March 2024	6,909	31,236	38,145
Accumulated Depreciation			
At 1 April 2023	12,616	31,864	44,480
Charge for the year	270	6,221	6,491
Disposals	(5,977)	(11,913)	(17,890)
At 31 March 2024	6,909	26,172	33,081
Net book value			
At 31 March 2024	-	5,064	5,064
At 1 April 2023	270	8,558	8,828

8 Stock

	2024 £	2023 £
At Cost		
Donated goods		
For distribution	3,618	6,478
	3,618	6,478

9 Debtors and Prepayments

Tax recoverable	448	520
Other Debtors	11,804	1,672
Prepayments	7,497	3,229
	19,749	5,421

10 Cash at Bank and in Hand

	2024 £	2023 £
Bank operating accounts	284,394	81,671
Petty cash	469	967
	284,862	82,638

11 Creditors: liabilities falling due within one year

Trade Creditors	2,060	761
Taxation and social security	3,751	5,662
Other Creditors - NEST Pension	579	1,146
Other Creditors - BARKA	10,000	-
Accruals	10,662	12,602
Deferred Income	32,155	22,631
	59,206	42,800

The balance on Deferred Income represents grants received from The London Borough of Redbridge and NHS NE London ICB which relates to the financial year 2024-25. (See note 3b above)

Movement in deferred income account	2024 £	2023 £
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Balance at the start of the reporting period	22,631	49,334
Amounts added in current period	32,155	22,631
Amounts released to income from previous periods	(22,631)	(49,334)
Balance at the end of the reporting period	32,155	22,631

12 Funds

During the year the movements in the charity's funds were as follows:

	Opening balance 2024 £	Incoming resources 2024 £	Outgoing resources 2024 £	Transfers in the year 2024 £	Closing Balance 2024 £
Unrestricted Funds	35,948	203,472	92,166	927	148,181
Total of Unrestricted Funds	35,948	203,472	92,166	927	148,181
Restricted Funds					
<u>Welcome Project</u>					
LB of Redbridge - Housing	-	70,000	42,928	-	27,072
LBR Floating Support	-	42,523	42,523	-	-
LBR Health Navigator	-	42,000	42,000	-	-
LBR - Rough Sleepers Intervention	-	12,500	-	-	12,500
LBR Household Support	-	11,120	2,290	-	8,830
LBR Food Bank	6,012	-	6,012	-	-
Community Organisations Cost of Living Grant	-	67,454	66,527	(927)	-
The Edward Gostling Foundation	-	10,000	2,008	-	7,992
The Garfield Weston Foundation	9,024	35,000	9,024	-	35,000
The Tudor Trust	1,103	14,000	15,103	-	-
NHS NE London ICB	-	21,524	13,452	-	8,072
London Catalyst - Samaritan Fund	-	2,000	1,179	-	821
Fowler Smith and Jones Trust	2,000	-	-	-	2,000
St Martin In The Field	-	279	279	-	-
Other Donated Goods and Services	6,478	38,347	41,207	-	3,618
	24,617	366,747	284,531	(927)	105,907
<u>Pre-School</u>					
Fees-LB Redbridge SEN	-	10,670	10,670	-	-
	24,617	377,417	295,201	(927)	105,907
Aggregate of funds	60,565	580,890	387,367	-	254,088

The transfer of £927, from restricted funds to unrestricted funds, has been made for the purpose of equipment's purchased during the year.

Analysis of net assets by fund

The assets and liabilities of the various funds were as follows:

Unrestricted	Restricted	Total
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	Funds £	Funds £	2024 £
Fixed assets	5,064	-	5,064
Stock and debtors	12,252	11,116	23,368
Cash at bank and in hand	135,935	148,927	284,862
Current liabilities	(5,071)	(54,136)	(59,206)
	<u>148,181</u>	<u>105,907</u>	<u>254,088</u>

In the previous year the movements in the charity's funds were as follows:

	Opening balance 2023 £	Incoming resources 2023 £	Outgoing resources 2023 £	Transfers in the year 2023 £	Closing Balance 2023 £
Unrestricted Funds	84,765	155,151	203,968	-	35,948
Total of Unrestricted Funds	<u>84,765</u>	<u>155,151</u>	<u>203,968</u>	<u>-</u>	<u>35,948</u>

Restricted Funds

Welcome Project

LB of Redbridge -

Housing	-	70,000	70,000	-	-
LBR Floating Support	-	31,892	31,892	-	-
LBR Health Navigator	-	39,969	39,969	-	-
LBR - Rough Sleepers Intervention	-	13,705	13,705	-	-
LBR Household Support	-	12,870	12,870	-	-
LBR Food Bank	-	11,120	5,108	-	6,012
Lloyds Bank Foundation	-	4,026	4,026	-	-
The Edward Gostling Foundation	-	10,000	10,000	-	-
The Garfield Weston Foundation	-	30,000	20,976	-	9,024
The Tudor Trust	-	36,000	34,897	-	1,103
London City Airport Community Fund	1,000	-	1,000	-	-
London Catalyst - Samaritan Fund	1,223	-	1,223	-	-
Fowler Smith and Jones Trust	-	2,000	-	-	2,000
St Martin In The Field	-	331	331	-	-
Other Donated Goods and Services	5,822	38,975	38,318	-	6,478
	<u>8,045</u>	<u>300,888</u>	<u>284,316</u>	<u>-</u>	<u>24,617</u>

Young Inspirations

The Eva Reckitt Trust	-	1,000	1,000	-	-
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Pre-School

Fees-LB Redbridge SEN	-	11,441	11,441	-	-
Total of Restricted Funds	<u>8,045</u>	<u>313,330</u>	<u>296,757</u>	<u>-</u>	<u>24,617</u>

Aggregate of funds	<u>92,810</u>	<u>468,481</u>	<u>500,726</u>	<u>-</u>	<u>60,565</u>
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Analysis of net assets by fund

The assets and liabilities of the various funds were as follows:

Unrestricted	Restricted	Total
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	Funds £	Funds £	2023 £
Fixed assets	8,828	-	8,828
Stock and debtors	3,578	8,322	11,900
Cash at bank and in hand	34,459	48,178	82,638
Current liabilities	(10,917)	(31,883)	(42,800)
	<u>35,948</u>	<u>24,617</u>	<u>60,565</u>

The purpose of the restricted funds received during 2023-24 was as follows:

Welcome Project: This project provides help and support to the homeless, refugees and asylum seekers within the London Borough of Redbridge. Clients can receive medical advice, meals, laundry facilities and the use of the project's garden.

<i>LB - Redbridge Housing:</i>	<i>Funded the Welcome Project towards staff and operational costs.</i>
<i>Garfield Weston Foundation</i>	<i>Funded the Welcome Project towards staff and operational costs.</i>
<i>The Tudor Trust</i>	<i>Funded the Welcome Project towards the salary and the on-going costs of a support worker</i>
<i>Community Organisations Cost of Living Grant</i>	<i>Funded the Welcome Project towards Support Workers salary cost.</i>
<i>The Edward Gostling Foundation</i>	<i>Funded the Welcome Project towards general running costs of the project</i>
<i>LBR - Rough Sleepers Intervention</i>	<i>Funded the Welcome Project towards staff salary</i>
<i>LBR - Household Support Grant</i>	<i>Funded the Welcome Project towards emergency relief for clients facing Cost of living crisis</i>
<i>LBR - Food Bank Grant</i>	<i>Funded the Welcome Project towards emergency relief for clients facing Cost of living crisis</i>
<i>LBR Floating Support</i>	<i>Funded the Welcome Project towards the salary and the on-going costs of a support worker</i>
<i>LBR Health Navigator Grant</i>	<i>Funded the Welcome Project towards the salary and the on-going costs of a support worker</i>
<i>NHS NE London ICB</i>	<i>Funded the Welcome Project towards the salary and the on-going costs of a support worker</i>
<i>Fowler Smith and Jones Trust:</i>	<i>Funded the Welcome Project towards the clients hardship fund</i>
<i>London Catalyst</i>	<i>Funded the Welcome Project towards emergency payments for clients experiencing hardship.</i>
<i>St Martin In The Field</i>	<i>Funded the Welcome Project towards emergency relief for clients</i>
<i>Nando's Restaurant, Greggs, Tesco, Lidl, Members of Public</i>	<i>Donated substantial amount of cooked food towards Welcome Project's clients</i>
<i>Big Yellow Self Storage</i>	<i>Provided Welcome Project with storage space.</i>
Pre-school: Day Nursery for 2 to 4 year old children.	
<i>LB Redbridge - SEN</i>	<i>Funded support worker cost for SEN children.</i>

13 Commitments

The charity has a licence to occupy agreement with Ilford High Road Baptist Church for the Welcome Centre building. The minimum amount payable in respect of this agreement is as follows:

	2024 £	2023 £
Payments falling due:		
Within one year	10,200	10,200
Between one and five years	20,400	30,600
After five years	-	-

	30,600	40,800
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During the year the charity was charged £10,200 (2023: £10,200) for its rent agreement.

14 Members

Each member of the company commits to contribute if the charity is wound up an amount of £10.

15 Events since the year end: None

HEALTHY LIVING PROJECTS LIMITED
DETAILED STATEMENT OF FINANCIAL ACTIVITIES WITH COMPARATIVES
FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted Funds		Restricted Funds		Total Funds	Total Funds
		2024	2023	2024	2023	2024	2023
	Note	£	£	£	£	£	£
INCOME AND ENDOWMENTS FROM							
Donations and legacies	3a	138,583	33,972	279	32,331	138,862	66,303
Donated goods	3a	-	450	38,347	38,975	38,347	39,425
Investments		4,366	892	-	-	4,366	892
<i>Charitable activities</i>	3b	57,364	114,386	338,791	242,023	396,155	356,410
<i>Other income and endowments</i>		3,160	5,451	-	-	3,160	5,451
Total income and endowments		203,472	155,151	377,417	313,330	580,890	468,481
EXPENDITURE ON							
Charitable activities	4 a-c	81,199	193,860	295,201	296,757	376,400	490,618
Raising funds	4d	10,967	10,108	-	-	10,967	10,108
Total expenditure		92,166	203,968	295,201	296,757	387,367	500,726
Net income/(expenditure)		111,306	(48,817)	82,216	16,572	193,522	(32,245)
Transfers between funds		927	-	(927)	-	-	-
		112,233	(48,817)	81,289	16,572	193,523	(32,245)
Net movement in funds		112,233	(48,817)	81,289	16,572	193,522	(32,245)
Reconciliation of funds:							
Total funds brought forward		35,948	84,765	24,617	8,045	60,565	92,810
Total funds carried forward		148,181	35,948	105,907	24,617	254,088	60,565

Movements on reserves and all recognised gains and losses are shown above.