

**Company registration number: 04258284**  
**Charity registration number: 1090345**

**Upperthorpe & Netherthorpe Healthy Living Centre Trust**  
**Annual Report and Financial Statements**  
**Year ended 31 March 2023**

# **Upperthorpe & Netherthorpe Healthy Living Centre Trust**

## **Annual Report and Financial Statements**

**Year ended 31 March 2023**

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## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Report of the Trustees for the year ended 31 March 2023

The trustees (who are also directors of Upperthorpe & Netherthorpe Healthy Living Centre Trust for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

#### Reference and Administration Details

**Charity registration number:** 1090345

**Company registration number:** 04258284

**Directors and Trustees:**

|              |                              |
|--------------|------------------------------|
| D S Thornett |                              |
| K Mudge      | (Resigned 1 December 2022)   |
| M Dean       |                              |
| T Hunt       | (Resigned 16 June 2023)      |
| L McClean    | (Appointed 19 June 2023)     |
| L C Smith    | (Appointed 28 February 2023) |

**Secretary:** S Markham

**Registered Office:** 18 Upperthorpe  
Sheffield  
South Yorkshire  
S6 3NA

**Independent examiners:** Hawsons Chartered Accountants  
Pegasus House  
463a Glossop Road  
Sheffield  
S10 2QD

**Solicitors:** Taylor Bracewell  
17-23 Thorne Road  
Doncaster  
South Yorkshire  
DN1 2RP

## **Upperthorpe & Netherthorpe Healthy Living Centre Trust**

### **Report of the Trustees for the year ended 31 March 2023 (continued)**

#### **Structure, governance and management**

The charitable company is controlled by its governing document, its Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee as defined by the Companies Act 2006.

#### **Trustees**

During the year Trustees were nominated by the two partner organisations. Netherthorpe and Upperthorpe Community Alliance (NUCA trading as Zest) had two trustee places and Sheffield City Council had one trustee place.

#### **Objectives and activities**

The first object of the charity as defined in the memorandum and articles of association is:

"To promote the good health and wellbeing of the community in the Langsett, Netherthorpe and Upperthorpe areas of Sheffield and in particular by the establishment of a Healthy Living Centre in the area".

In addition the charity has other objects relating to the provision of recreational facilities, education and training and other charitable purposes. Further details of the charity's objects are set out in the charity's memorandum and articles of association.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake.

NUCA (trading as Zest) continued to manage the Healthy Living Centre on behalf of the charity and so the charity paid a grant to Zest to help cover its costs. The grant is equivalent to Sheffield City Council's service level agreement, but less costs incurred by Upperthorpe & Netherthorpe Healthy Living Centre Trust.

#### **Achievements and performance**

The period from April 2022 has provided a welcome year of sustained service delivery. The organisation has continued to build on and improve levels of engagement and service take up as we advance into clear water from the pandemic.

Annual highlights include:

- Establishing a Welcome Space as the impact of cost of living continues to take its toll, providing a safe, warm, accessible space for the local community.
- Investing in a modernised Zest Centre Reception area, café and ground floor library space as the key landing space for our local community.
- Developing a rich programme of EDI Awareness raising as we continue to work to empower our staff & trustee team, promote accessible services and engender a sense of belonging for everyone in our community.
- Flying the flag for the Sheffield VCS Sector as we hosted a National Locality Convention visit; shining a light on our role as a 'local community anchor', our diverse community service offering, and the flagship Zest Centre.
- Strategic funding success with Sheffield City Council making a commitment to ring fence Leisure Investment Plan funding to help 'future-proof' the Zest Centre building(s) and ensuring the Centre forms part of the City's future Leisure strategy.

## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Report of the Trustees for the year ended 31 March 2023 (continued)

#### The Zest Centre: Library Service

**“Volunteering in the library literally saved my life”.**

The Upperthorpe library offers free children's and adult book loans/reference access to 3000 books. We also offer free printing services, free access to the internet and digital skills training.

We have fantastic spaces for quiet study and work, school visits, home schooling groups, community activities and events.

**“Today doing this Treasure Hunt has really made me happy, I never knew libraries could be so nice”.**

#### The Zest Centre: Leisure Service

Swim and gym facilities have shown a welcome improvement on the previous year as we benefit from more consistent and continuous service delivery and take-up. Helped by investment in training to develop both new and existing staff and more dedicated leisure service management.

In addition, the Zest Centre reception and ground floor library area have been fully refurbished, bringing a refreshed and modern feel to the heart of the Centre.

#### Service highlights

- Extra parent and toddler sessions doubling attendance from 21/22 to 22/23.
- Sold out family fun sessions throughout summer months of 2022/23 increasing whole family participation.
- Introduced wider membership options to suit customer circumstances
- Revamp of the Zest discount scheme with online options
- Revamp of the main gym including a new free weights area

#### KPI summary

- Swimming pool attendance of 29,497 a 19% uplift on last year (Male: 20% Female: 80%)
- 49% of all swimming attendance of public sessions are over the age of 55 for all public sessions
- 2600 Women only attendances making up 8.8% of total pool users compared to 7% last year
- 72% of participation for dedicated women only sessions are from Ethnic Minority communities.
- Swimming Lesson attendance of 18500; a 20% increase on last year
- Extra parent and toddler sessions created with greater choices in times in 2022-23 with attendance of 1604 which is nearly double the attendance compared to last year.
- 540 leisure members a 12% uplift on last year
- 247 Zest Discount Scheme members in 22/23 compared to 158 in 21/22 - offering affordable gym/ swim sessions
- 42% of Women only gym users are from an Ethnic Minority background, reflecting a service that caters for our diverse local community
- 41% of gym users in 22/23 were over 55 years old
- Overall swim and gym: 21% of users are from Ethnic Minority communities.

## **Upperthorpe & Netherthorpe Healthy Living Centre Trust**

### **Report of the Trustees for the year ended 31 March 2023 (continued)**

#### **The Zest Centre: Leisure Service (continued)**

##### What's on the horizon

- Extra 123 children's swimming lessons in April 2023 taking lessons up to 800
- Referrals brought in house with new split pricing structure will see a big increase in participants with newly qualified cardio rehabilitation service.
- Involvement in Swim England swimming campaigns #loveswimming and Drowning Prevention Week.
- Increase in adult swimming lessons with one new lesson (mixed) to encourage adult participation in swimming.
- New email marketing platform to be integrated with targeted leisure marketing and communications

#### **Strategic Priorities**

- Working to secure the future of the Zest Centre in the form of an extended lease, fit for purpose management framework and long-term capital investment package; tied to the Sheffield City Council Leisure Investment Strategy.
- Meeting the challenges of sustained inflation including unsustainable increase in our energy costs; through grant support and investment in energy efficiency measures.
- Reviewing our environmental policies in order to ensure more concerted local action is taken to address Climate Change.

#### **Financial review**

The charity has made a deficit for the year of £94,423 (2022: £95,770). Unrestricted funds are showing a deficit of £14,031 (2022: £13,935) after transfers. Restricted funds are showing a deficit of £80,392 (2022: £81,835) after transfers for the year. At 31 March 2023 total fund balances were £862,270 of which £152,292 were unrestricted and £709,978 were restricted.

At the end of the year there were freely available unrestricted reserves of £2,387 (2022: £1,040).

It is the policy of the charitable company that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charitable company's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

It is the policy of the charity to invest any surplus funds held in line with its reserves policy in low risk investments i.e. bank deposit accounts.

The Trustees reviewed the charity's reserves policy and agreed on a policy for the year whereby the charity will maintain cash reserves in order to cover costs other than the grant funding service level agreements.

#### **Risk Management**

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. During 2022/23 the trustees received reports and held meetings to assess financial and other risks to the company and agreed strategies to mitigate key risks. This is captured in a Company Risk Management Action Plan.

## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Report of the Trustees for the year ended 31 March 2023 (continued)

#### Covid-19 Impact, Response & Risk Management

A range of measures have been implemented to minimise risk, considering both the short and medium to long term impacts of Covid-19 and considered this in the context of Charity Commission guidance relating to Covid-19 incident reporting, noting our duty to disclose risks.

Reporting of Covid-19 incidents to the Charity Commission will be triggered by actions that could result in the charity:

- being unable to deliver vital services to at risk beneficiaries;
- become insolvent and/or forced to close permanently; or highly likely to be insolvent and/or forced to close permanently within the next 12 months.
- being investigated by HMRC for abuse of the furlough scheme or by the police for break of lockdown measures.

Plans to address the key risks highlighted by the Charity Commission are summarised below:

| Risk  | Measures & Context  |
|---|---|
| Income loss leading to insolvency/ service closure  | <ul style="list-style-type: none"><li>• Diverse income base including grants and contracts across a range of services.</li><li>• Multi-year funding agreements</li><li>• Commissioner flexibility allowing us to adapt services/ recover from lockdown</li><li>• Bi-monthly cashflow analysis and reporting to Board</li><li>• Zest Centre Operational Staffing Review</li></ul>  |
| Unable to deliver vital services to at risk clients | <ul style="list-style-type: none"><li>• Adapted (blended) service model to cater for at risk beneficiaries including phone and online mental health support, essential item delivery services to vulnerable clients, provision of equipment to enable online access.</li><li>• Ongoing service adaptation to provide safe settings for client/ community interaction.</li><li>• Covid-19 Staff Handbook setting out new and adapted protocols, for example, individual risk assessments, home working policy and outbreak protocol.</li></ul> |
| Covid-19 outbreak leading to service closure        | <ul style="list-style-type: none"><li>• Covid-19 Staff Handbook setting out new and adapted protocols, for example, Covid-19 outbreak protocol and related Covid-19 safe policies, procedures and session risk assessments.</li><li>• Covid-19 premises risk assessment and adaptations in accordance with Government guidance.</li><li>• Lateral flow testing regime including provision of free test kits.</li></ul>  |

## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Report of the Trustees for the year ended 31 March 2023 (continued)

#### Covid-19 Impact, Response & Risk Management (continued)

|                                |   |
|--------------------------------|---|
| Lockdown measures reintroduced | <ul style="list-style-type: none"><li>• Diverse income streams with multi-year agreements.</li><li>• Local commissioner dialogue and flexibility.</li><li>• Government financial intervention if businesses forced to close i.e. Furlough scheme, rates subsidy, industry grants</li><li>• Local Authority recovery support package for Zest and wider city leisure services.</li><li>• Lockdown experience including ability to develop successful community hub service and online service offer.</li><li>• National recognition that lockdown measures need to balance risk with longer term health &amp; wellbeing and need to continue services albeit on a restricted basis</li><li>• Adapted service model to provide effective blended service offer.</li></ul> |
|--------------------------------|---|

On behalf of the board:



**D S Thornett**

Trustee

Dated: 14.12.2023 .....



## **Upperthorpe & Netherthorpe Healthy Living Centre Trust**

### **Report of the Trustees for the year ended 31 March 2023 (continued)**

#### **Trustees' responsibilities in relation to the financial statements**

Trustees (who are also directors of Upperthorpe & Netherthorpe Healthy Living Centre Trust for the purposes of company law) are responsible for preparing the Trustees' Annual 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. Under company law the Trustees must not approve the financial statements unless they are satisfied that they 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 2019 (FRS102)
- make judgements 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 operation.

The Trustees are responsible for keeping adequate 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.

## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Independent examiners' report to the Trustees of Upperthorpe & Netherthorpe Healthy Living Centre Trust

I report to the charity Trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 9 to 17.

#### Responsibilities and basis of report

As the charity Trustees of the company (and also its directors 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 under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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.

#### Basis of independent examiner's report

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 that in any material respect:

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.

*S Bladen*  
.....  
S L Bladen FCA

Hawsons Chartered Accountants  
Pegasus House  
463a Glossop Road  
Sheffield  
S10 2QD

*18 December*.....2023

# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Statement of Financial Activities (Including income and expenditure account)

Year ended 31 March 2023

|  | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Fund<br>£ | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|--|-------|----------------------------|-------------------------|--------------------|--------------------|
| <b>Incoming Resources</b>                            |       |                            |                         |                    |                    |
| Grants receivable                                    | 2     | -                          | 80,000                  | 80,000             | 80,000             |
| <b>Total incoming resources</b>                      |       | -                          | 80,000                  | 80,000             | 80,000             |
| <b>Resources expended</b>                            |       |                            |                         |                    |                    |
| Charitable activities                                | 3     | 15,471                     | 158,952                 | 174,423            | 175,770            |
| <b>Total resources expended</b>                      |       | 15,471                     | 158,952                 | 174,423            | 175,770            |
| <b>Net (outgoing)<br/>resources before transfers</b> |       | (15,471)                   | (78,952)                | (94,423)           | (95,770)           |
| Transfers  |       | 1,440                      | (1,440)                 | -                  | -                  |
| <b>Net movement in funds</b>                         |       | (14,031)                   | (80,392)                | (94,423)           | (95,770)           |
| <b>Funds brought forward</b>                         |       | 166,323                    | 790,370                 | 956,693            | 1,052,463          |
| <b>Funds carried forward</b>                         |       | 152,292                    | 709,978                 | 862,270            | 956,693            |

**Upperthorpe & Netherthorpe Healthy Living Centre Trust**  
**Company registration number 04258284**

**Balance Sheet**

**31 March 2023**

|  | Notes | 31 March<br>2023<br>£ | 31 March<br>2022<br>£ |
|--|-------|-----------------------|-----------------------|
| <b>Fixed Assets</b>                                    |       |                       |                       |
| Tangible fixed assets                                  | 8     | 859,883               | 955,653               |
|  |       | <u>859,883</u>        | <u>955,653</u>        |
| <b>Current Assets</b>                                  |       |                       |                       |
| Cash at bank and in hand                               |       | 3,251                 | 2,755                 |
|  |       | <u>3,251</u>          | <u>2,755</u>          |
| <b>Creditors</b> – amounts falling due within one year | 9     | (864)                 | (1,715)               |
| <b>Net current assets</b>                              |       | <u>2,387</u>          | <u>1,040</u>          |
| Total assets less current liabilities                  |       | 862,270               | 956,693               |
| <b>Creditors</b> – amounts falling due after one year  |       | -                     | -                     |
| <b>Net Assets</b>                                      |       | <u>862,270</u>        | <u>956,693</u>        |
| <b>Charity Funds</b>                                   |       |                       |                       |
| Restricted fund  | 10    | 709,978               | 790,370               |
| Unrestricted funds                                     | 11    | <u>152,292</u>        | <u>166,323</u>        |
| <b>Total Charity Funds</b>                             |       | <u>862,270</u>        | <u>956,693</u>        |

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

These financial statements, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the provisions of FRS 102 Section 1A Small Entities, were approved and authorised for issue by the Board on 13/12/2023 and signed on its behalf by:



**D S Thornett**  
Trustee

# **Upperthorpe & Netherthorpe Healthy Living Centre Trust**

## **Notes on Accounts**

**Year ended 31 March 2023**

### **1. Accounting policies**

#### **Statutory information**

Upperthorpe & Netherthorpe Healthy Living Centre Trust is a charity (No. 1090345) and a company limited by guarantee (No. 04258284) domiciled in England and Wales. The registered office is 18 Upperthorpe, Sheffield, South Yorkshire, S6 3NA.

#### **Basis of preparation**

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice. There has been no material departure from these standards.

The presentation currency is United Kingdom pounds sterling, which is the functional currency of the charity.

#### **Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. In making that assessment, the trustees have specifically considered the continuing impact of the coronavirus on the operations of the charity, alongside actions taken to mitigate that impact. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### **Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### **Incoming resources**

Income is recognised when the charitable company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Grants received are allocated between activities and between restricted and unrestricted funds according to their nature.

# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Notes on Accounts (Continued)

Year ended 31 March 2023

### 1. Accounting policies (continued)

#### Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the year in which they are incurred.

Charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes grants made to projects, costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the charity. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees, independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and include irrecoverable VAT.

Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

#### Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Individual fixed assets costing more than £500 are capitalised.

Depreciation is calculated to write down the cost less estimated residual value of all tangible fixed assets held for charity use other than freehold land by equal annual instalments over their expected useful lives. The rates generally applicable are:

|                     |  |
|---------------------|--|
| Leasehold buildings | straight line over the life of the lease |
| Plant and machinery | 10%, 20% and 33% straight line           |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Notes on Accounts (Continued)

Year ended 31 March 2023

### 1. Accounting policies (continued)

#### Impairment of fixed assets

At each reporting end date, the charitable company reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss, if any.

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use, the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of the time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

If the recoverable amount of an asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount. An impairment loss is recognised immediately in income/(expenditure) for the year, unless the relevant asset is carried at a revalued amount, in which case the impairment loss is treated as a revaluation decrease.

Recognised impairment losses are reversed if, and only if, the reasons for the impairment loss have ceased to apply. Where an impairment loss subsequently reverses, the carrying amount of the asset is increased to the revised estimate of its recoverable amount, but so that the increased carrying amount does not exceed the carrying amount that would have been determined had no impairment loss been recognised for the asset in prior years. A reversal of an impairment loss is recognised immediately, unless the relevant asset is carried in at a revalued amount, in which case the reversal of the impairment loss is treated as a revaluation increase.

#### Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the statement of comprehensive income.

#### Judgements in applying accounting policies and key sources of estimation uncertainty

In the application of the charitable company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods. There are no judgements or estimates which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities.

## Upperthorpe & Netherthorpe Healthy Living Centre Trust

### Notes on Accounts (Continued)

Year ended 31 March 2023

#### 2. Income

|                        | 2023<br>£     | 2022<br>£     |
|------------------------|---------------|---------------|
| <b>Grants income</b>   |               |               |
| Sheffield City Council | 80,000        | 80,000        |
|                        | <u>80,000</u> | <u>80,000</u> |

#### 3. Charitable activities

|                               | 2023<br>£      | 2022<br>£      |
|-------------------------------|----------------|----------------|
| Depreciation                  | 95,770         | 95,770         |
| Bank charges                  | 93             | 75             |
| Grant funding (see note 4)    | 78,560         | 78,485         |
| Governance costs (see note 5) | -              | 1,440          |
|                               | <u>174,423</u> | <u>175,770</u> |
| Analysis by fund              |                |                |
| Unrestricted fund             | 15,471         | 15,450         |
| Restricted fund               | <u>158,952</u> | <u>160,320</u> |
|                               | <u>174,423</u> | <u>175,770</u> |

#### 4. Grants payable

|   | 2023<br>£     | 2022<br>£     |
|---|---------------|---------------|
| Netherthorpe and Upperthorpe Community Alliance | 78,560        | 78,485        |
|   | <u>78,560</u> | <u>78,485</u> |

#### 5. Governance costs

Governance costs includes payments to the independent examiner of £Nil for accountancy (2022: £720) and £Nil for examination fees (2022: £720).

#### 6. Trustee remuneration

The Trustees neither received nor waived any emoluments during the year (2022: £nil).

No out of pocket expenses were reimbursed for any trustees (2022: £nil).



# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Notes on Accounts (Continued)

Year ended 31 March 2023

### 7. Staff costs

The average number of employees during the year was Nil (2022: Nil).

### 8. Tangible fixed assets

|                          | Leasehold<br>buildings<br>£ | Plant and<br>machinery<br>£ | Total<br>£ |
|--------------------------|-----------------------------|-----------------------------|------------|
| <b>Cost or valuation</b> |                             |                             |            |
| At 1 April 2022          | 2,563,404                   | 105,628                     | 2,669,032  |
| Additions                | -                           | -                           | -          |
| Disposals                | -                           | -                           | -          |
| Revaluations             | -                           | -                           | -          |
| At 31 March 2023         | 2,563,404                   | 105,628                     | 2,669,032  |
| <b>Depreciation</b>      |                             |                             |            |
| At 1 April 2022          | 1,607,751                   | 105,628                     | 1,713,379  |
| Charge for the year      | 95,770                      | -                           | 95,770     |
| Disposals                | -                           | -                           | -          |
| Revaluations             | -                           | -                           | -          |
| At 31 March 2023         | 1,703,521                   | 105,628                     | 1,809,149  |
| <b>Net book value</b>    |                             |                             |            |
| At 31 March 2023         | 859,883                     | -                           | 859,883    |
| At 31 March 2022         | 955,653                     | -                           | 955,653    |

The leasehold property owned by the charitable company is subject to a legal charge held by The Secretary of State for Health for £499,152.

### 9. Creditors

|  | 2023<br>£ | 2022<br>£ |
|--|-----------|-----------|
| <b>Amounts falling due within one year</b> |           |           |
| Accruals                                   | -         | 1,440     |
| Amounts due to group undertakings          | 864       | 275       |
|  | 864       | 1,715     |

# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Notes on Accounts (Continued)

Year ended 31 March 2023

### 10. Restricted funds 2023

|                                   | Balance at<br>1 April<br>2022<br>£ | Incoming<br>resources<br>£ | Resources<br>expensed<br>£ | Transfer<br>£  | Balance<br>at<br>31 March<br>2023<br>£ |
|-----------------------------------|------------------------------------|----------------------------|----------------------------|----------------|--|
| <b>Restricted funds</b>           |                                    |                            |                            |                |  |
| The Building Complex Fund         | 597,752                            | -                          | (59,776)                   | -              | 537,976                                |
| Zest Improvement Fund             | 192,618                            | -                          | (20,616)                   | -              | 172,002                                |
| Core Management Admin and Finance | -                                  | 80,000                     | (78,560)                   | (1,440)        | -                                      |
|                                   | <u>790,370</u>                     | <u>80,000</u>              | <u>(158,952)</u>           | <u>(1,440)</u> | <u>709,978</u>                         |

### 2022

|                                   | Balance at<br>1 April<br>2022<br>£ | Incoming<br>resources<br>£ | Resources<br>expensed<br>£ | Transfer<br>£  | Balance<br>at<br>31 March<br>2023<br>£ |
|-----------------------------------|------------------------------------|----------------------------|----------------------------|----------------|--|
| <b>Restricted funds</b>           |                                    |                            |                            |                |  |
| The Building Complex Fund         | 657,528                            | -                          | (59,776)                   | -              | 597,752                                |
| Zest Improvement Fund             | 214,677                            | -                          | (22,059)                   | -              | 192,618                                |
| Core Management Admin and Finance | -                                  | 80,000                     | (78,485)                   | (1,515)        | -                                      |
|                                   | <u>872,205</u>                     | <u>80,000</u>              | <u>(160,320)</u>           | <u>(1,515)</u> | <u>790,370</u>                         |

The Building Complex Fund      This fund was where the various incoming resources were applied to meet the costs associated with the lease, design and construction work to the buildings. Depreciation is charged to this fund.

Zest Improvement Fund      This fund was provided by the Social Enterprise Investment Fund and Sheffield City Council for improvements to the swimming pool roof. Depreciation is charged to this fund.

Core Management Admin and Finance      This fund was awarded to pay for the costs of some of the Upperthorpe Healthy Living Centre's revenue costs with the majority paying for the management of the centre. The remaining funds have been transferred to unrestricted funds.

# Upperthorpe & Netherthorpe Healthy Living Centre Trust

## Notes on Accounts (Continued)

### Year ended 31 March 2023

#### 11. Unrestricted funds

|                           | Balance at<br>1 April<br>2022<br>£ | Incoming<br>resources<br>£ | Resources<br>expensed<br>£ | Transfer<br>£ | Balance at<br>31 March<br>2023<br>£ |
|---------------------------|------------------------------------|----------------------------|----------------------------|---------------|-------------------------------------|
| <b>2023</b>               |                                    |                            |                            |               |                                     |
| <b>Unrestricted funds</b> | <u>166,323</u>                     | <u>-</u>                   | <u>(15,471)</u>            | <u>1,440</u>  | <u>152,292</u>                      |
|                           | Balance at<br>1 April<br>2021<br>£ | Incoming<br>resources<br>£ | Resources<br>expensed<br>£ | Transfer<br>£ | Balance at<br>31 March<br>2022<br>£ |
| <b>2022</b>               |                                    |                            |                            |               |                                     |
| <b>Unrestricted funds</b> | <u>180,258</u>                     | <u>-</u>                   | <u>(15,450)</u>            | <u>1,515</u>  | <u>166,323</u>                      |

#### 12. Analysis of net assets between funds 2023

|                       | Unrestricted<br>Funds<br>£ | Restricted<br>Income<br>Fund<br>£ | Total<br>£     |
|-----------------------|----------------------------|-----------------------------------|----------------|
| Tangible fixed assets | 149,905                    | 709,978                           | 859,883        |
| Current assets        | 3,251                      | -                                 | 3,251          |
| Current liabilities   | (864)                      | -                                 | (864)          |
|                       | <u>152,292</u>             | <u>709,978</u>                    | <u>862,270</u> |
| <b>2022</b>           |                            |                                   |                |
|                       | Unrestricted<br>Funds<br>£ | Restricted<br>Income<br>Fund<br>£ | Total<br>£     |
| Tangible fixed assets | 165,283                    | 790,370                           | 955,653        |
| Current assets        | 2,755                      | -                                 | 2,755          |
| Current liabilities   | (1,715)                    | -                                 | (1,715)        |
|                       | <u>166,323</u>             | <u>790,370</u>                    | <u>956,693</u> |

#### 13. Control

The ultimate controlling party is Netherthorpe and Upperthorpe Community Alliance. No one individual has control over that organisation.

Netherthorpe and Upperthorpe Community Alliance (being the smallest and largest group of which the charitable company is a member for which group financial statements are prepared) prepares group accounts and copies can be obtained from The Zest Centre, 18 Upperthorpe, Sheffield, S6 3NA.

#### 14. Transactions with related parties

In accordance with FRS102 paragraph 33.1A the company has taken advantage of the exemption from disclosing transactions with its fellow group companies.