

KEIGHLEY HEALTHY LIVING NETWORK

England & Wales · Charity number 1090543

Details

Other names	COMMUNITY ACTION FOR HEALTH
Status	Registered
Legal form	Charitable company
Company number	04190566
Registered	2002-02-12
Register	View on the Charity Commission register

Contact

Address	13 Scott Street Keighley West Yorkshire BD21 2JH
Phone	01535677177
Email	admin@khl.org.uk
Website	www.khl.org.uk

Activities

Objects: A) TO PROMOTE FOR THE BENEFIT OF THE PUBLIC IN AND AROUND KEIGHLEY (THE AREA OF BENEFIT) GOOD PRACTICE IN PUBLIC HEALTH AND HEALTH CAREB) TO RELIEVE POVERTY, HARDSHIP AND DISTRESS ASSOCIATED WITH POOR HEALTH FOR ALL THOSE LIVING OR WORKING WITHIN THE AREA OF BENEFIT.C) TO ADVANCE EDUCATION RELATING TO THE BENEFITS OF GOOD HEALTH AND SOCIAL WELL BEING AND IT'S IMPLICATIONS FOR ALL THOSE LIVING OR WORKING WITHIN THE AREA OF BENEFIT.

Activities: Keighley Healthy Living Network is a community health and well being charity. Our aim is to promote the health and well being opportunities for people in the Keighley area.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** KEIGHLEY
- Bradford City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,143,678	£1,345,923	£871,598	29
2024-03-31	£1,375,621	£1,075,809	£1,073,843	25
2023-03-31	£926,624	£632,120	£774,031	19
2022-03-31	£504,895	£428,384	£479,528	11
2021-03-31	£540,892	£259,705	£403,017	4

Trustees

Name	Role	Appointed
Francine Elizabeth Setter		2020-12-10
John Hartley		2021-03-28
Kate Elizabeth Lounds		2025-11-24
PAM ESSLER		
SUSAN BARTLETT		
Steve Davison		2024-03-18

Accounts

Company registration number 04190566 (England and Wales)

Charity registration number 1090543 (England and Wales)

**KEIGHLEY HEALTHY LIVING NETWORK
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

KEIGHLEY HEALTHY LIVING NETWORK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	P M Essler J Hahn S S F Orr F E Setter S Bartlett S Davison J Hartley
Chair	P M Essler
Vice Chair	S Bartlett
Treasurer	S Davison
Secretary	Melanie Hey
Charity number	1090543
Company number	04190566
Registered office	13 Scott Street Keighley West Yorkshire BD21 2JH
Auditor	BK Plus Audit Limited 52 St Johns Lane Halifax West Yorkshire England HX1 2BW
Bankers	Virgin Money The Team at Virgin Money 1 Westgate Shipley BD18 3SD CCLA Investment Management Ltd 80 Cheapside London EC2V 5DZ

KEIGHLEY HEALTHY LIVING NETWORK

CONTENTS

	Page
Trustees' report	1 - 10
Statement of trustees' responsibilities	11
Independent auditor's report	12 - 15
Statement of financial activities	16 - 17
Balance sheet	18
Statement of cash flows	19
Notes to the financial statements	20 - 36

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Our core purpose is to build strong, thriving and well-connected communities. We put the community at the heart of what we do; empowering local people to have a voice and the ability to influence the decisions we make to positively impact their health and wellbeing.

Our mission

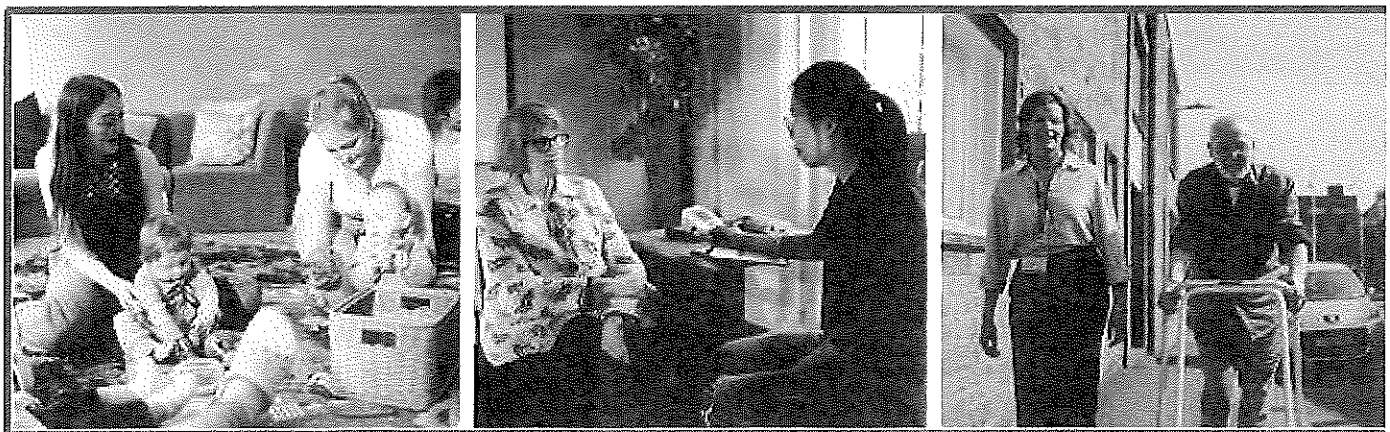
- To improve physical and mental health and wellbeing
- To reduce social isolation and loneliness
- To facilitate a strong integrated community
- To work in collaboration to address health inequalities
- To advocate for and support an integrated health system

Our values

- **KHL put people first** - people and the community make up the heart of KHL. We are open and accessible to all.
- **KHL are understanding** - we care about those around us and can empathise.
- **KHL are flexible** - we adapt to those around us to make an impact on people's lives.
- **KHL work with others** - we collaborate to create networks and broaden opportunities.
- **KHL think creatively** - we innovate and progress with originality.

Who do we support?

- People experiencing isolation
- People experiencing poverty
- People with preventative health and wellbeing concerns
- People living with long-term health conditions
- Young parents and families
- People living in pain
- People experiencing mental health challenges



KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Who we are

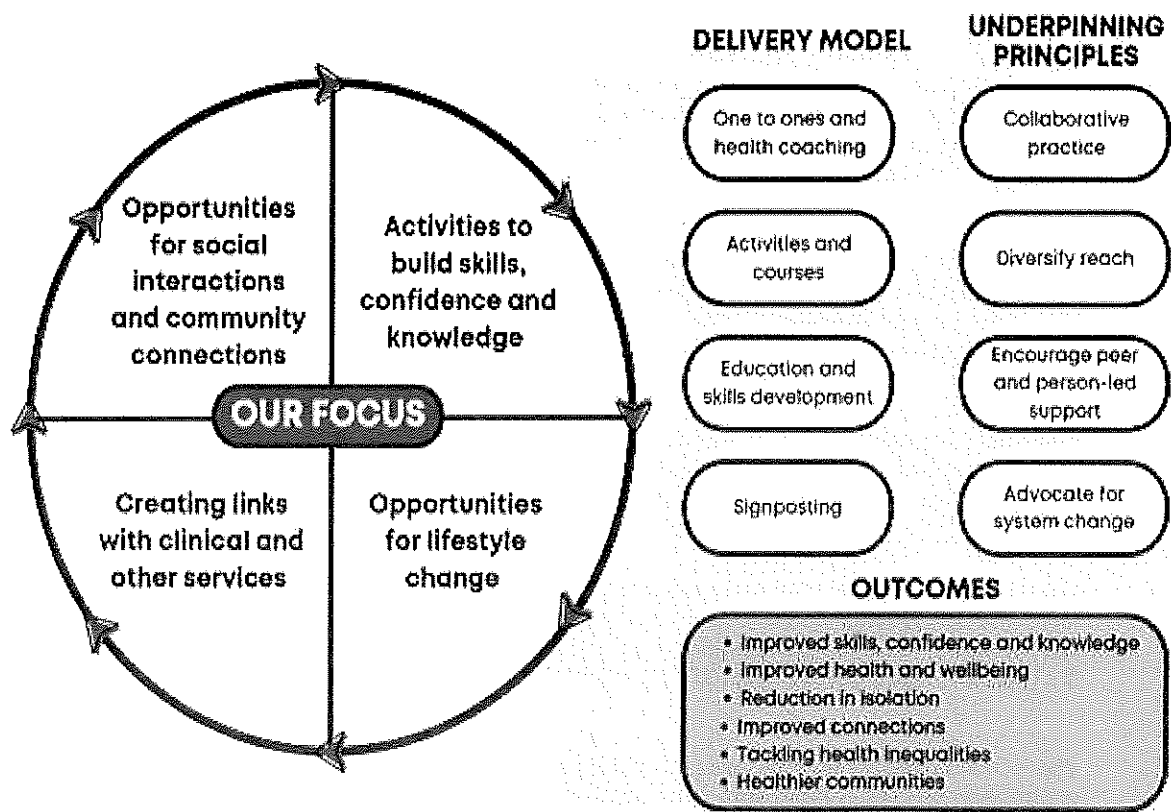
KHL is a charity that provides inclusive opportunities to improve the physical and mental health and wellbeing of people living in our local community. We are proud to be rooted in the heart of Keighley, West Yorkshire and our centre offers a friendly, welcoming and accessible space for personal growth and building connections.

We deliver a wide range of projects across Keighley and the wider Bradford district, shaped by local health and social priorities. Our weekly timetable provides over 40 groups and classes, alongside personalised health and wellbeing coaching, one-to-one support, and signposting to local services.

We use local health data to create and deliver initiatives to meet the needs of the local community and to work towards achieving sustained change. We listen and understand the challenges our communities face, and build on their strengths to create meaningful impact.

Alongside our day-to-day delivery of activities, we work in partnership with a variety of other organisations, including local authorities, GP practices, NHS services and charities.

Our approach



KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Healthy Communities	Our Healthy Communities project promotes both physical and mental wellbeing by offering tailored support that strengthens social connections and encourages positive lifestyle changes. We deliver over 40 group sessions, courses, and one-to-one support opportunities, creating accessible pathways for people to improve their health and feel more connected.
Rethinking Pain	Rethinking Pain is a community-based service for adults living with long-term pain, enabling people in the Bradford and Craven area to better manage pain through understanding exercise, sleep, diet and more.
Mental Health Connect	Mental Health Connect enhances the current mental health support that is available in the local area and makes it more accessible to the community through one to ones, group sessions, exercise and WRAP.
Maternity, Young Parents and Families	Through our Maternity Circles and T-Natal projects, we provide support with pregnancy and parenting journeys, baby's health and development and building important social connections that will help families to navigate the challenges of parenthood.
Blood Pressure Connect	Blood Pressure Connect is a free, local project designed to support individuals who have been advised by their GP or health professional that their blood pressure is above the normal range. The project offers personalised one-to-one coaching and practical lifestyle support to help manage and improve blood pressure through positive, sustainable changes.
MAST	MAST (Multi-Agency Support Team) supports patients at Bradford Royal Infirmary, Airedale General Hospital, and in the community after discharge. Referred directly by hospital staff, we work alongside trusted partners to provide peer-led support that helps individuals address the root causes of frequent hospital visits.
Keighley Pathways	Keighley Pathways works with people who are facing challenges and feel they might be at a crisis point. The service offers both face-to-face and telephone appointments to provide specialist advice around a range of social issues, information, and referrals to local services.
Takeaways	We are supporting fast food takeaways in the Bradford district to develop a healthy approach to the food they sell. During the project, we are offering one to one business coaching to implement small cost-effective changes, nutritional advice and support for menus and promotional materials, with the goal of encouraging vendors to offer healthier options.
KCAN	The KCAN project improves access to health support by placing trained 'health champions' in local community centres. Champions offer basic guidance on issues like cancer awareness, smoking cessation, diet, and fitness, and can signpost people to specialist services when needed.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

KHL has continued to grow and develop during the year. We have also consolidated several of our systems to support our infrastructure and to help us really demonstrate our impact.

We have continued to develop innovative projects that explore how clinical care can be effectively connected to community-based support and looking at ways to create an integrated system that really helps meet the needs of the community.

Our key highlights/achievements this year include:

1. Strengthening/improving demonstrating our impact

We have improved our evaluation systems and data collection which has supported us to really demonstrate our impact. This supported us receiving the Kings Fund GSK Impact Award for 2025 (awarded May 25). We were highly delighted to receive this award and the recognition of our work.

2. Continuing to deliver innovative projects

Our projects have really developed over the past few years, and we offer a range of diverse and collaborative projects and to support people with their health and wellbeing. These include MHC, RTP, BPC, Healthy Communities and young parents & families. We have seen a development in our work with young people and families and offer over 9 maternity circles across the district. Please visit www.khl.org.uk to see our most recent impact report, and for more details on our projects.

3. Health Coaching

Alongside delivering over 40 groups a week we have really developed our health coaching model (offering 8,549 one to ones this year) to support people to look after/manage their health & wellbeing. We have undertaken a range of staff training and developing competencies for our coaches and continuing to strengthen using a coaching model.

4. Collaboration

We have continued to work with a range of partners across all projects and aim to embed collaboration in projects in a meaningful way. We have also continued to work with Leeds Beckett University with our Rethinking Pain Programme service, plus worked with Leeds University on a Positive Intentions project and Oxford University on a menopause project. We have strengthened our user engagement through open days, user groups and feedback opportunities.

5. Increased reach

We are working across Keighley, Wharfedale and the wider Bradford district. We are working with a range of partners and delivering our services across a variety of community centres and venues across the district.

Throughout 2024/25, KHL remained committed to delivering outstanding services and health-based initiatives. This year marked progress in diversifying our group activities especially around physical activity, increasing the number of short courses and workshops to promote community integration and skill development, plus broadening our reach through health checks that connected us with more individuals across the area.

Behind the scenes, we dedicated resources to strengthening our evaluation and data collection processes, enabling us to measure impact more effectively. One key outcome was a demonstrable reduction in GP appointments and medication use among our service users. We also streamlined our programmes to make the KHL offer more accessible, helping service users better understand how services interlink and ensuring they received the most suitable support.

Our projects have gained momentum. The Maternity, Young Parents and Families programme has grown significantly, now delivering support groups in nine locations while maintaining strong one-to-one support for young and vulnerable families. The Rethinking Pain programme continued to push boundaries with innovative resources that bridge clinical and community care, earning recognition as an exceptional model of work. Mental Health Connect experienced high demand, receiving over 1,270 referrals and delivering 2,197 one-to-one interventions.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

The Blood Pressure Connect programme demonstrated increased impact, with 72% of clients seeing a reduction in Blood Pressure readings. KHL's Healthy Communities programme remained a cornerstone of our work, consistently supporting the health and wellbeing of people throughout Keighley. All of which supported us to be a Kings Fund GSK IMPACT Award winner 2025!

Key highlights



KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

IMPACT SUMMARY

5790

individuals

903

sessions of exercise

Improving the
physical
wellbeing of

585

participants

We have supported

43

active volunteers

We have delivered

538

social groups

providing
social
opportunities
for

423

participants

We have delivered

8549

one to one
interventions

We have delivered

639

support groups
(including workshops)

Improving the
mental
wellbeing of

2809

participants

77%

of people have made a
positive change to their
lifestyle

95%

of people have improved
mental health

63%

of attendees feel less
isolated

78%

of participants now have
the motivation to try new
things

66%

of participants now have
more self confidence

For those who were looking
to access further support
and find out more about
other organisations

83% of them said that
KHL had made
this easier

58%

of people who frequently
attended their GP surgery
have reduced their visits
since attending KHL

Of those who were open to
return to work or volunteer

63%

said that KHL
has given them
the skills and
confidence to
do so

91%

of people have improved
physical health

“

This place has saved
my life. I love coming
here meeting friends
and having a coffee
and a chat.

”

KHL is an excellent,
accessible friendly
organisation where
everyone is made welcome
and encouraged in meeting
health/lifestyle goals.
Thank you!

”

KHL treat staff and
volunteers as one team. We
all work together solving all
tasks as one happy team
that keeps it safe and
running like clockwork.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Fundraising practices

Public benefit statement

In setting our objectives and planning our activities all trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health, wellbeing and citizenship.

Fundraising

Keighley Healthy Living Network raises funds through grant applications to charitable trusts and securing commissions for work from statutory agencies including the local authority. Our main funders are The National Lottery Communities Fund, Bradford Metropolitan District Council, Keighley Towns Fund, West Yorkshire & Harrogate Health and Care Partnership.

Other funders are shown in the annual accounts including, Leeds Community Foundation, Garfield Weston, Project 6, HALE, Keighley & Worth Valley Community Partnership, Wharfedale & Silsden Community Partnership, Give Bradford, the Co-op Local Community Fund, KAWACC, The Brelm's Trust and Bradford VCS Alliance.

We are registered with the Fundraising Regulator and adhere to the code of fundraising practice.

Financial review

The net deficit for the year was (£202,245), 2024: surplus £299,813, including net surplus of £70,405, 2024 (£6,312) on unrestricted funds and net deficit of (£272,653), 2024: £306,124 on restricted funds.

Reserves policy

In conjunction with our Financial Procedures Policy the Reserves Policy forms part of our commitment to ensure the management and allocation of funds is carried out responsibly to enable Keighley Healthy Living Network to continue to provide its core services and to secure the viability of the organisation beyond the immediate future. The need to provide for medium to long term will ensure that we can absorb setbacks and take advantage of change and opportunity.

It is the view that we should have sufficient funds to enable Keighley Healthy Living Network to exist for a period of time (not less than three months and no more than six months), to enable the development of alternative funding streams.

The charity's free reserves, excluding designated funds, restricted funds and fixed assets were £225,634. This represents approximately 2 months cover based on expenditure for the year of £1,345,923.

With the Charity going through an unprecedented growth in turnover and service provision, it has been difficult to increase the Reserve Funds in to meet optimum level (3 to 6 months of Annual turnover).

We therefore have aimed to hold reserves levels as to cover the immediate Liabilities of the Organisation (Minimal Level) to include - Redundancies, Statutory and Legal costs, any Lease or Hire Agreements, etc, but will continue to work towards holding the optimum levels required within the next 3 years

This is calculated as below:

	31.3.25
	£
Total funds at 31/3/25	871,598
Less : Designated funds	(97,320)
Less : Restricted funds	(296,181)
Less : Fixed Assets	(252,463)

	225,634

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Major risks

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. The major risk to Keighley Healthy Living Network is non-renewal of contracts/grants and loss of income streams. Keighley Healthy Living Network has taken action, and have diversified our funding streams. We have a risk register in place and include current risks at each board meeting. We are planning to update our strategy for 2025 to 2028.

Insurance and other risks

Keighley Healthy Living Network carries buildings, public liability, employer's liability and contents insurance through Towergate Insurance.

Plans for future periods

Growing concern

We feel we have grown significantly over the past years and have diversified our income. However the major risk to which Keighley Healthy Living Network is exposed is the non-renewal of existing funding and loss of income. Keighley Healthy Living Network has increased our contracts and are looking at new fundraising opportunities.

The charity currently has reasonable financial resources, the trustees/directors believe that the charity is well placed to manage its financial risks successfully. The trustees/directors have a reasonable expectation that the charity will adapt to the current environment and respond to the needs of the community and look at measures to ensure ongoing sustainability of the organisation. We have strengthened our organisations infrastructure and invested in new data, HR systems over the past year.

Plans for the future

Keighley Healthy Living Network intends to build on its progress and its established programme and will continue to build on partnerships to strengthen projects and communities working together. Building a resilient organisation, securing funding for its core delivery and continuing to meet the needs of the community will be its key focus.

We are further developing our health and medical conditions projects to support people to make changes to improve their health and wellbeing and quality of life. We will continue to work collaboratively and strengthen local partnerships to provide integrated services. We are looking to ensure sustainability of contracts by securing funding from the health care system alongside grants.

We will continue to maintain our building and improve our environmental impact to create an excellent health and wellbeing centre in the heart of Keighley. We are working in partnership to create a new community and family hub in the local shopping Centre. We are developing a new strategy for 25 to 2028 and linking to local and national priorities. The strategy will include:

1. **Supporting Self-Care and Wellbeing:** Help people build the confidence, skills, and knowledge to take control of their health and wellbeing.
2. **Reaching More People:** Extend our support to those not currently accessing our centre, offering flexible tools, resources and activities that people can use in their own time and space.
3. **Collaborating for Joined-Up Support:** Work with partners to connect community, health, and care services, creating more joined-up support for local people, advocating for systemic change.
4. **Putting Communities First:** Listen to and act on what local people tell us they need, ensuring our work reflects the realities of their lives.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

5. **Learning, Growth & Development:** Create a culture of continuous learning and improvement by investing in staff and volunteer development and sharing knowledge with partners and the wider sector - giving the members of our community a voice.

Structure, governance and management

The charity is a company limited by guarantee and was formed on 30 March 2001. It is governed by a memorandum and articles of association as amended by special resolution dated 14 January 2002.

The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

P M Essler

J Drury

(Resigned 8 November 2024)

J Hahn

S S F Orr

F E Setter

S Bartlett

S Davison

J Hartley

Recruitment and appointment of trustees

The trustees of the charity are also the directors for the purpose of company law and are appointed by the members at the AGM. We have made changes to our Trustee recruitment methods including the use of Reach Volunteering. We have a strong effective board with a good skill mix and range of experience. We are looking at recruiting 2 new trustees next year and looking at how ensure diversity and skill mix within the board.

Organisational structure

The CEO reports on the work of the organisation to the Board of Trustees at least quarterly. The CEO and the Finance Manager also report on the state of the finances of Keighley Healthy Living Network. Any trustee can ask for further information from staff members. Day to day management of funds, staff buildings, work programmes and development of new initiatives is delegated to the appropriate Manager/s. There are also 2 sub-groups HR, Finance & General purpose; and Project Governance & Risk who have delegated responsibilities that will be reported to the board.

Staff and volunteers

Keighley Healthy Living Network currently employs 31 staff that deliver projects within the centre and in out-reach settings. We have an excellent staff team who are highly committed to the charity.

Keighley Healthy Living Network is also supported by a range of volunteers who support our projects such as our social groups, activities and reception. In addition, we contract freelance staff to deliver several of our specialised projects such as exercise classes, art groups, and bereavement support.

Relationship with wider network

Keighley Healthy Living Network supports the work of the Keighley and Wharfe Valley Community Partnerships; Community Action Bradford and District; and is a Locality Member and a member of ACEVO.

These memberships have no impact on the day-to-day operations of Keighley Healthy Living Network.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Relationships with other organisations

Keighley Healthy Living Network has no subsidiaries. Keighley Healthy Living Network works in partnership with a range of other voluntary, community and statutory agencies to deliver its key work programmes.

Auditor

In accordance with the company's articles, a resolution proposing that BK Plus Audit Limited be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

2024–25 has been another successful year of development and delivery, demonstrating the growing role Keighley Healthy Living plays in supporting our community to live healthier, happier lives.

Evidence continues to highlight the importance of broader lifestyle factors in promoting health and wellbeing. Yet many people lack the knowledge or opportunity to take steps that could improve their lives. At Keighley Healthy Living, we help individuals make small, achievable changes by offering information, support, and activities that are both appropriate and enjoyable.

Our expanding range of services is developed in partnership with the community and statutory organisations, ensuring they are targeted, relevant, and deliver better outcomes and value for money. Like many charities, our main ongoing challenge is short-term funding. However, we have significantly diversified our income streams in recent years.

We remain confident that our dedicated team of skilled staff, volunteers, and trustees will continue to meet future challenges ensuring Keighley Healthy Living delivers high-quality, effective, and efficient services for our local population.

The trustees' report was approved by the Board of Trustees.

Pamela Essler

.....
P M Essler
Chair of KHL

14/12/2025
Date:

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2025

The trustees, who are also the directors of Keighley Healthy Living Network for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees:

Signed..... *Pamela Essler* (Trustee)

Name Pamela Essler

Date..... 14/12/2025

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF KEIGHLEY HEALTHY LIVING NETWORK

Opinion

We have audited the financial statements of Keighley Healthy Living Network (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF KEIGHLEY HEALTHY LIVING NETWORK

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF KEIGHLEY HEALTHY LIVING NETWORK

Other matters

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- We identified the laws and regulations applicable to the company through discussions with directors and other management, and from our commercial knowledge and experience of the industry sector;
- We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, taxation legislation and data protection, anti-bribery, employment, environmental and health and safety legislation;
- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- Ensured laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was a susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and
- Understanding the design of the company's remuneration policies.

To address the risk of fraud through management bias and override of controls, we;

- Performed analytical procedures to identify any unusual or unexpected relationships;
- Tested journal entries to identify unusual transactions
- Assessed whether judgements and assumptions made in determining the accounting estimates set out in note 2 were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risks of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation;
- Reading the minutes of meetings of those charged with governance;
- Enquiring of management as to actual and potential litigation and claims; and
- Reviewing correspondence with HMRC, relevant regulators and the company's legal advisors.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from the financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF KEIGHLEY HEALTHY LIVING NETWORK

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Victoria Atkinson FCA (Senior Statutory Auditor)

For and on behalf of BK Plus Audit Limited, Statutory Auditor

Chartered Certified Accountants

52 St Johns Lane

Halifax

West Yorkshire

HX1 2BW

England

Date: 17 December 2025

BK Plus Audit Limited

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Current financial year		Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
	Notes					
Income and endowments from:						
Donations and legacies	3	52,901	80,537	6,629	140,067	5,562
Charitable activities	4	67,549	38,306	855,104	960,959	1,320,977
Investments	5	18,830	-	-	18,830	27,922
Other income	6	23,722	-	100	23,822	21,160
Total income		163,002	118,843	861,833	1,143,678	1,375,621
Expenditure on:						
Charitable activities	7	111,886	106,882	1,127,155	1,345,923	1,075,809
Total expenditure		111,886	106,882	1,127,155	1,345,923	1,075,809
Net income/(expenditure)		51,116	11,961	(265,322)	(202,245)	299,812
Transfers between funds		12,443	(5,112)	(7,331)	-	-
Net movement in funds	10	63,559	6,849	(272,653)	(202,245)	299,812
Reconciliation of funds:						
Fund balances at 1 April 2024		414,538	90,471	568,834	1,073,843	774,031
Fund balances at 31 March 2025		478,097	97,320	296,181	871,598	1,073,843

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

KEIGHLEY HEALTHY LIVING NETWORK

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

FOR THE YEAR ENDED 31 MARCH 2025

Prior financial year		Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes				
Income and endowments from:					
Donations and legacies	3	5,462	-	100	5,562
Charitable activities	4	77,106	74,253	1,169,618	1,320,977
Investments	5	27,922	-	-	27,922
Other income	6	21,160	-	-	21,160
Total income		131,650	74,253	1,169,718	1,375,621
Expenditure on:					
Charitable activities	7	117,730	94,485	863,594	1,075,809
Total expenditure		117,730	94,485	863,594	1,075,809
Net income/(expenditure)		13,920	(20,232)	306,124	299,812
Transfers between funds		100,277	(239,075)	138,798	-
Net movement in funds	10	114,197	(259,307)	444,922	299,812
Reconciliation of funds:					
Fund balances at 1 April 2023		300,341	349,778	123,912	774,031
Fund balances at 31 March 2024		414,538	90,471	568,834	1,073,843

KEIGHLEY HEALTHY LIVING NETWORK

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	14		252,463		254,423
Current assets					
Debtors	15	120,545		183,032	
Cash at bank and in hand		539,575		681,181	
		660,120		864,213	
Creditors: amounts falling due within one year	16	(40,985)		(44,793)	
Net current assets			619,135		819,420
Total assets less current liabilities			871,598		1,073,843
The funds of the charity					
Restricted income funds	18	296,181		568,834	
Unrestricted funds - general	20	478,097		414,538	
Unrestricted funds - designated	19	97,320		90,471	
		871,598		1,073,843	

The financial statements were approved by the trustees on 14/12/2025

Pamela Essler

P M Essler
Chair of KHL

Company registration number 04190566 (England and Wales)

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	24		(153,337)		108,469
Investing activities					
Purchase of tangible fixed assets		(7,099)		(91,442)	
Investment income received		18,830		27,922	
Net cash generated from/(used in) investing activities			11,731		(63,520)
Net cash generated from financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(141,606)		44,949
Cash and cash equivalents at beginning of year			681,181		636,232
Cash and cash equivalents at end of year			539,575		681,181

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Keighley Healthy Living Network is a private company limited by guarantee incorporated in England and Wales. The registered office is 13 Scott Street, Keighley, West Yorkshire, BD21 2JH.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 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 or grantors 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.

1.4 Income

Income is recognised when the charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

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.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	Straight line over 50 years
Fixtures and fittings	25% on reducing balance
Computers	Straight line over 3 years
Office Furniture	25% on reducing balance

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.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible 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).

1.8 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.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity'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.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

3 Income from donations and legacies

	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	52,901	80,537	6,629	140,067	5,462	-	100	5,562
Donations and gifts								
GSK Awards	40,000	-	-	40,000	-	-	-	-
Postcode Lottery	-	80,000	-	80,000	-	-	-	-
Other	12,901	537	6,629	20,067	5,462	-	100	5,562
	52,901	80,537	6,629	140,067	5,462	-	100	5,562

This year we received a National Award as well as a Donation from Postcode Lottery

4 Income from charitable activities

	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
Rethinking pain			412,833	412,833	-	-	557,141	557,141
Mental health transformation	-	-	200,000	200,000	-	-	200,000	200,000
Big Lottery Community Fund	-	-	76,470	76,470	-	-	75,318	75,318
Keighley Towns Fund	-	-	-	-	-	-	104,659	104,659
Other income	67,549	38,306	165,801	271,656	77,106	74,253	232,500	383,859
	67,549	38,306	855,104	960,959	77,106	74,253	1,169,618	1,320,977

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	18,830	27,922

6 Other income

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Rental income	22,821	-	22,821	20,989	-	20,989
Miscellaneous income	901	100	1,001	171	-	171
	23,722	100	23,822	21,160	-	21,160

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Staff costs	671,438	570,103
Depreciation and impairment	9,059	7,873
Rent and premises	58,458	46,164
Repairs and maintenance	31,080	31,181
Office costs	5,473	3,983
Advertising and marketing	9,289	9,195
Training	15,166	3,761
Motor and travel	-	23
Activity and resources	18,120	20,742
Tutors	101,826	102,647
Subcontractors	348,270	228,823
Staff and volunteer cost	5,100	4,895
Subscriptions	1,512	333
Legal and professional	32,842	17,295
Bank charges and interest	-	52
Sundries	10,028	9,649
	<u>1,317,661</u>	<u>1,056,719</u>
Grant funding of activities (see note 8)	19,862	11,290
Share of support and governance costs (see note 9)		
Governance	8,400	7,800
	<u>1,345,923</u>	<u>1,075,809</u>
Analysis by fund		
Unrestricted funds - general	111,886	117,730
Unrestricted funds - designated	106,882	94,485
Restricted funds	1,127,155	863,594
	<u>1,345,923</u>	<u>1,075,809</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

8 Grants payable

	Charitable activities 2025 £	Charitable activities 2024 £
Grants to institutions (12 grants):		
Hainworth Wood Community Centre	5,000	-
Highfield Community Association	-	4,990
The Cellar Trust	3,659	-
Climate Action Ikley	3,500	-
Inspire Highfield	2,960	-
Eden Comm Association	1,968	-
Others	2,775	-
Nebula Girls Group	-	5,000
Haworth Central Park Bowling	-	1,300
	<u>19,862</u>	<u>11,290</u>

Grants were funded by Keighley & Worth Valley Community Partnership

Other grants paid to Lund Park, The Shed Oakworth, Bracken Bank & District CA, Lees cum Cross Roads Village Association, Haworth Central Park Bowling Club, Keighley Creative, Friends of Park Wood.

9 Support costs allocated to activities

	Charitable activities 2025 £	Total 2024 £
Governance	<u>8,400</u>	<u>7,800</u>
	2025 £	2024 £
Governance costs comprise:		
Audit fees	<u>8,400</u>	<u>7,800</u>
	<u>8,400</u>	<u>7,800</u>

10 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	8,400	7,800
Depreciation of owned tangible fixed assets	<u>9,059</u>	<u>7,873</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year the charity purchased trustees indemnity insurance at a cost of £447.

12 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Charitable staff	29	25
Employment costs	2025 £	2024 £
Wages and salaries	605,782	519,894
Social security costs	48,900	36,438
Other pension costs	16,756	13,771
	671,438	570,103

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025 £	2024 £
Aggregate compensation	216,939	211,701

The management of the charity have been identified as:

Melanie Hey	-	Chief Executive Officer (Key management)
Kerry Page	-	Programme Manager (Rethinking Pain)
Bridget La Fauci	-	Programme Manager (Social Groups)
Candy Squire-Watt	-	Project Development Manager (Mental Health)
Helen Maguire	-	Project Manager (Lifestyle Change)
Dan Brannan	-	Facilities and IT Manager
Flora Jennings	-	Young Parents & Families Health & Wellbeing Project Coordinator

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

14 Tangible fixed assets

	Freehold land and buildings	Fixtures and fittings	Computers	Office Furniture	Total
	£	£	£	£	£
Cost					
At 1 April 2024	267,579	598	15,346	10,665	294,188
Additions	7,099	-	-	-	7,099
	<u>274,678</u>	<u>598</u>	<u>15,346</u>	<u>10,665</u>	<u>301,287</u>
At 31 March 2025	274,678	598	15,346	10,665	301,287
Depreciation and impairment					
At 1 April 2024	15,971	598	12,531	10,665	39,765
Depreciation charged in the year	6,535	-	2,524	-	9,059
	<u>22,506</u>	<u>598</u>	<u>15,055</u>	<u>10,665</u>	<u>48,824</u>
At 31 March 2025	22,506	598	15,055	10,665	48,824
Carrying amount					
At 31 March 2025	252,172	-	291	-	252,463
	<u>251,608</u>	<u>-</u>	<u>2,815</u>	<u>-</u>	<u>254,423</u>
At 31 March 2024	251,608	-	2,815	-	254,423

15 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	111,950	181,482
Prepayments and accrued income	8,595	1,550
	<u>120,545</u>	<u>183,032</u>

16 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other creditors	31,084	31,084
Accruals and deferred income	9,901	13,709
	<u>40,985</u>	<u>44,793</u>

17 Retirement benefit schemes

	2025	2024
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	16,756	13,771

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

17 Retirement benefit schemes

(Continued)

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2025 £
Keighley & Worth Valley Community Partnership (Hosting)	(5,747)	1,000	(3,240)	10,476	-	(6,969)
Keighley & Worth Valley Community Partnership ABCD Grants #1 (Hosting)	12,019	-	(9,920)	-	-	2,099
Keighley & Worth Valley Community Partnership ABCD Grants #2 (Hosting)	10,500	-	(12,508)	-	-	(2,008)
Bradford MDC LCS Grants	57	21,682	(21,737)	-	-	2
Family Hub (Keighley Centre Project)	-	-	-	1,500	-	1,500
The National Lottery Community Fund: CONNECT Keighley	(2,343)	76,499	(77,058)	2,902	-	-
Asda Community	-	800	(785)	(15)	-	-
Co-op Local Community Fund	2,041	-	(130)	-	-	1,911
Craven Wellbeing Project	-	(8,584)	(9,926)	-	-	(18,510)
Connect Keighley (Lottery Funde	-	-	(44)	-	-	(44)
Cardiac Patients Peer Support	-	5,000	(181)	-	-	4,819
Garfield Weston	20,000	-	(9,702)	-	-	10,298
Healthy Holidays	130	-	(130)	-	-	-
K-CAN (Kawacc)	6,460	750	(5,174)	-	-	2,036
Keighley Towns Fund	7,533	-	(4,009)	-	-	3,524
Keighley & Worth Valley CP	-	31,200	(22,745)	-	-	8,455
KHL Building Fund	746	8,000	(6,457)	-	-	2,289
KHL Health Checks	14,000	-	(14,008)	-	-	(8)
Keighley & Worth Valley Community Partnership, KHL Young Parents Group	5,000	-	(5,050)	-	-	(50)
LCF AWC Community Health Grants	10,639	-	(8,362)	-	-	2,277
Maternity Circles CORE20PLUS5	16,993	31,950	(34,430)	-	-	14,513
Bradford District Care Trust Mental Health Transformation	144,793	200,100	(257,810)	-	-	87,083
Project 6, Pathways	2,375	9,375	(8,964)	-	-	2,786
Rethinking Pain	266,550	412,933	(560,306)	(6,403)	-	112,774
Rethinking Pain - Exercise Class	21,000	-	(6,749)	6,402	-	20,653
Shears Holiday Activities	-	5,725	-	-	-	5,725
Start 4 Life MC Evening Group	-	7,500	(79)	-	-	7,421
The Brelms Trust	2,498	-	(2,498)	-	-	-
Thriving Community - Awards for All	20,000	-	(12,914)	-	-	7,086
WBN Program (CRAVEN)	-	21,459	(1,592)	-	-	19,867
Wharfedale MH Support	-	25,000	(24,928)	-	-	72
VCSE Energy Efficiency Scheme	-	11,444	(5,718)	-	-	5,726
Versus Arthritis	1,241	-	-	(1,241)	-	-
Young Parents' Emergency Fund	855	-	-	-	-	855
	568,834	861,833	(1,127,155)	7,331	-	296,181

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

(Continued)

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 March 2024
	£	£	£	£	£	£
Keighley & Worth Valley Community Partnership (Hosting)	-	30,212	(24,465)	-	-	5,747
Keighley & Worth Valley Community Partnership ABCD Grants #1 (Hosting)	-	25,010	(6,491)	(6,500)	-	12,019
Keighley & Worth Valley Community Partnership ABCD Grants #2 (Hosting)	-	20,000	(9,500)	-	-	10,500
Bradford MDC LCS Grants	1,405	21,154	(22,501)	-	-	58
The National Lottery Community Fund: CONNECT Keighley	-	71,178	(73,521)	-	-	(2,343)
Co-op Local Community Fund	-	2,041	-	-	-	2,041
Cost of Living UKSPF	-	4,500	(4,447)	(53)	-	-
Garfield Weston	-	20,000	-	-	-	20,000
Healthy Holidays	1,050	625	(1,545)	-	-	130
K-CAN (Kawacc)	-	6,460	-	-	-	6,460
Keighley Towns Fund	1,982	104,659	(8,538)	(90,570)	-	7,533
KHL Building Fund	-	3,250	(2,504)	-	-	746
KHL Health Checks	-	-	14,000	-	-	14,000
Keighley & Worth Valley Community Partnership, KHL Young Parents Group	-	-	5,000	-	-	5,000
LCF Local Care Direct, Digital Hubs	2,484	7,415	(9,899)	-	-	-
LCF AWC Community Health Grants	15,295	14,500	(19,156)	-	-	10,639
NHS Charities Together	13,483	-	(13,483)	-	-	-
Maternity Circles CORE20PLUS5	-	29,190	(12,197)	-	-	16,993
Bradford District Care Trust Mental Health Transformation	88,589	200,000	(143,796)	-	-	144,793
The National Lottery Community Fund	414	-	(409)	(5)	-	-
The National Lottery Community Fund Awards for All, Thriving Communities	-	9,833	(9,833)	-	-	-
Project 6, Pathways	(3,616)	15,000	(9,009)	-	-	2,375
Rethinking Pain	-	557,091	(526,650)	236,108	-	266,549
Rethinking Pain - Exercise Class	-	-	21,000	-	-	21,000
The Brelms Trust	(10)	7,500	(4,992)	-	-	2,498
Thornbury Centre	182	-	-	(182)	-	-
Thriving Community - Awards for All	-	20,000	-	-	-	20,000
Versus Arthritis	1,586	-	(346)	-	-	1,240
Young Parents' Emergency Fund	1,068	100	(312)	-	-	856
						-
	123,912	1,169,718	863,594	138,798	-	568,834

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

(Continued)

Awards for All (Lottery) – Thriving Communities

Delivery of lifestyle activities including exercise and cookery to support behaviour change.

Airedale NHS Foundation Trust - Cardiac Patients Peer Support

Delivery of two cardiac peer support groups for people living with a heart condition.

Co Operative Grant – Wharfedale Wellness Together

To support activities within the Wharfedale Wellness Together mental health weekly support group.

National Lottery Community Fund – Connect Keighley

Project to reduce loneliness and increase community connections.

Start 4 Life – Family Hub

Capital funding to refurbish a local shopping unit to create a community and family hub.

Youth Service – Holy Family School (Hosting) - Hosted funding for youth service.

K and WV Community Partnership – K-Can - Health champion role to support cancer screening awareness.

Keighley & Worth Valley Community Partnership (Hosting)

Hosted budget for Keighley & Worth Valley Community Partnership.

Project 6 - Keighley Pathways - One to one appointments for people in crisis, working with project 6.

KHL Building Fund- Yor 4 good - Funding to improve KHL facilities.

KWV Community Partnership – KHL Health Checks - Delivery of health checks across the community.

Garfield Weston – KHL Young Parents Project

Delivery of young parents support group and education sessions.

Lifestyle Change Project 23/24 - Delivery of a mix of exercise and nutrition programmes.

Local Community Support Groups - BMDC

Delivery of social groups to prevent social isolation for older people.

Core20plus – Maternity Circles

Weekly groups for parents with children under 2 to access both professional and peer support.

Modality/WACA– Mental Health Transformation

Partnership project providing community mental health support as part of a wider mental health transformation programme.

West Yorkshire ICB – Rethinking Pain

Community-based pain support through health coaching, education sessions, resources and active signposting.

West Yorkshire ICB – Rethinking Pain Exercise Class - Delivery of pain-specific weekly exercise classes.

Shears Foundation - Holiday Activities

Delivery of activities for disadvantaged children throughout the school holidays including provision of food.

Start 4 Life - Maternity Circles Evening Group - Delivery of monthly pregnancy support group.

Groundwork UK – VCSE Energy Efficiency Scheme - Installation of solar panels, LED lights and loft insulation.

Wharfedale Community Partnership - Wharfedale Mental Health Support

Delivery of weekly activities in Wharfedale.

Young Parent Support Fund - To support young parents in need of emergency supplies.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

(Continued)

19 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
Art 4 All Project 2020	-	5,168	(4,234)	2,331	3,265
Healthy Hearts (Act as One)	26	-	-	(26)	-
Hypertension Blood Pressure Project	14,824	-	(14,739)	(85)	-
Lifestyle Change Project 2023 & 2024	16,536	1,487	(18,575)	552	-
London Marathon	-	675	-	(675)	-
Morrisons Cook and Eat	822	-	-	(822)	-
Postcode Lottery Award 2024	-	80,000	-	-	80,000
Rotary Club of Skipton	-	5,000	(36)	-	4,964
System Connector Wellbeing Hubs	10,387	-	(4,000)	(6,387)	-
Takeaway Tender	24,593	24,860	(47,752)	-	1,701
Warm Spaces	3,643	1,653	(1,523)	-	3,773
Wharfe Valley Pathways	7,333	-	(3,716)	-	3,617
Young Parent Project 2023-2025	12,307	-	(12,307)	-	-
	<u>90,471</u>	<u>118,843</u>	<u>(106,882)</u>	<u>(5,112)</u>	<u>97,320</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

19 Unrestricted funds - designated

(Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Airedale Community Partnership MSK Project	20,319	-	-	(20,319)	-
Bradford MDC ARF Digital Hubs	(1,545)	-	1,545	3,090	-
Art 4 All Project 2020	6,479	6,438	4,095	(8,822)	-
Healthy Hearts (Act as One)	3,314	9,385	12,675	-	24
Hypertension Blood Pressure Project	-	-	5,495	20,319	14,824
Lifestyle Change Project 2023 & 2024	16,009	1,385	858	-	16,536
Morrisons Cook and Eat	3,109	-	2,288	-	821
MSK Project	5,965	-	8,730	2,765	-
Power to Change - Resilience Funding	4,355	-	4,355	-	-
Rethinking Pain	236,108	-	-	236,108	472,216
System Connector Wellbeing Hubs	10,597	10,000	10,209	-	10,388
Takeaway Tender	-	36,807	12,214	-	24,593
Warm Spaces	1,000	2,738	95	-	3,643
Wharfe Valley Pathways	7,223	7,500	7,390	-	7,333
Young Parent Project 2023-2025	36,845	-	24,536	-	12,309
	<u>349,778</u>	<u>74,253</u>	<u>(94,485)</u>	<u>(239,075)</u>	<u>90,471</u>

20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2025 £
General funds	160,115	163,002	(111,606)	14,774	-	226,285
General funds - Fixed Assets	254,423	-	(1,960)	-	-	252,463
	<u>414,538</u>	<u>163,002</u>	<u>113,566</u>	<u>14,774</u>	<u>-</u>	<u>478,748</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

20 Unrestricted funds (Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2024 £
General funds	129,487	40,208	109,857	100,277	-	160,115
General funds - Fixed Assets	170,854	91,442	7,873	-	-	254,423
	<u>300,341</u>	<u>131,650</u>	<u>117,730</u>	<u>100,277</u>	<u>-</u>	<u>414,538</u>

21 Analysis of net assets between funds

	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:				
Tangible assets	252,463	-	-	252,463
Current assets/(liabilities)	225,634	97,320	296,181	619,135
	<u>478,097</u>	<u>97,320</u>	<u>296,181</u>	<u>871,598</u>
	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	254,423	-	-	254,423
Current assets/(liabilities)	160,115	90,471	568,834	819,420
	<u>414,538</u>	<u>90,471</u>	<u>568,834</u>	<u>1,073,843</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

22 Operating lease commitments

Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025 £	2024 £
Within one year	982	982
Between two and five years	246	1,228
	<u>1,228</u>	<u>2,210</u>

Lessor

23 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

24 Cash (absorbed by)/generated from operations

	2025 £	2024 £
(Deficit)/surplus for the year	(202,245)	299,812
Adjustments for:		
Investment income recognised in statement of financial activities	(18,830)	(27,922)
Depreciation and impairment of tangible fixed assets	9,059	7,873
Movements in working capital:		
Decrease/(increase) in debtors	62,487	(138,391)
(Decrease) in creditors	(3,808)	(8,155)
(Decrease) in deferred income	-	(24,748)
Cash (absorbed by)/generated from operations	<u>(153,337)</u>	<u>108,469</u>

25 Analysis of changes in net funds

The charity had no material debt during the year.

Document Activity Report

Document Sent Wed, 10 Dec 2025 08:57:15 GMT

Document Activity History

Document history shows most recent activity first

Date	Activity
Sun, 14 Dec 2025 13:28:43 GMT	Pamela Essler Approved the document
Wed, 10 Dec 2025 09:03:48 GMT	Document Sent

Accounts

Charity registration number 1090543

Company registration number 04190566 (England and Wales)

KEIGHLEY HEALTHY LIVING NETWORK
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

KEIGHLEY HEALTHY LIVING NETWORK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	P M Essler J Drury (Resigned 8/11/24) J Hahn S S F Orr J Hartley F E Setter S Bartlett S Davison (Appointed 18/3/24)
Chair	P M Essler
Vice Chair	S Bartlett
Treasurer	S Davison
Secretary	M Hey
Charity number	1090543
Company number	04190566
Registered office	13 Scott Street Keighley West Yorkshire BD21 2JH
Auditor	BK Plus Audit Limited 52 St Johns Lane Halifax West Yorkshire England HX1 2BW
Bankers	Virgin Money The Team at Virgin Money 1 Westgate Shipley BD18 3SD CCLA Investment Management Ltd 80 Cheapside London EC2V 5DZ

KEIGHLEY HEALTHY LIVING NETWORK

CONTENTS

	Page
Statement from Chair of the Board	1
Trustees' report	2 - 10
Statement of trustees' responsibilities	11
Independent auditor's report	12 - 15
Statement of financial activities	16 - 17
Balance sheet	18
Statement of cash flows	19
Notes to the financial statements	20 - 39

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT FROM CHAIR OF THE BOARD FOR THE YEAR ENDED 31 MARCH 2024

Like many other voluntary sector organisations, Keighley Healthy Living has had an exciting but challenging year.

Working closely with the local community, the range of activities offered has been expanded to provide extra support to people who want to improve or maintain their health and wellbeing. Many of our sessions are oversubscribed demonstrating the need for such provision and clients often describe how participation in, for example a yoga session, not only provides them with a form of exercise but also encourages them to try other activities whilst linking them into a wider community. This in turn has a positive effect on their mental and physical health.

We are very much aware of the fact that we don't work in isolation so in the past year have worked with an increasing number of partners both in Keighley and across the wider Bradford and Craven District. This enables us to share expertise and knowledge in the hope that we can address the needs of a wider range of people. In addition, by working more closely with the health community in particular a new model of support has been developed using the wide range of skill and expertise within voluntary sector to address clinical issues in a more inclusive way.

None of this happens without resources – both human and financial. We are very fortunate to have a wonderful team of staff and volunteers who are not only very skilled but also passionate about the organisation. Their dedication to KHL makes it what it is and it is pleasing to see that during the year have we been able to recruit high calibre individuals to new posts with many applicants citing the fact that they were attracted by the recognition that this is a value driven organisation with very strong community links. Special recognition must go to our CEO Melanie Hey who not only provides strong leadership but also managed to combine strategic vision with an eye for detail .

As these accounts report 2023-24 was a relatively stable financial year for the organisation; demonstrating the successful diversification of our funding base in parallel with the development of new models of provision. However we operate in an environment where there are huge financial pressures and are very aware of the fact that not only is much of our funding time limited but also increasingly difficult to access for the future particularly for core services. The situation is closely monitored by staff and trustees and we are confident that plans are in place to address any financial challenges in the coming months accepting that it might be necessary to modify programmes in some instances.

I feel incredibly privileged to chair the board of Keighley Healthy Living but could not do this without the support of other trustees. We are fortunate to have a group of committed individuals with skills and experience in commissioning and safeguarding through to HR, finance and business development. Whilst they are willing to use their expertise to address any specific issues within the organisation the culture is such that their robust constructive challenge provides assurance that the organisation is not only fit for purpose bus also for the future. Thank you!

Pamela Essler

.....
Pam Essler

Chair

Date: 17/12/2024
.....

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Our core purpose is to build strong, thriving and well connected communities. We put the community at the heart of what we do; enabling local people to have a voice and the ability to influence the decisions we make to positively impact their health and wellbeing.

Who do we support?

We work with the local community and surrounding areas with a focus on supporting people who are:

- Experiencing isolation
- Experiencing poverty
- Living with preventative health and wellbeing concerns
- Living with long-term health conditions
- Young parents and families
- Living in pain
- Experiencing mental health challenges

Our Aims

- Work in collaboration to address health inequalities
- Reduce social isolation and loneliness
- Facilitate a strong integrated community
- Advocate for and support an integrated health system
- Improve physical and mental health and wellbeing

Our Values

We act with integrity and live out our values. Together, we:

Put people first - People and the community make up the heart of KHL. We are open and accessible to all.

Are understanding - We care about those around us and can empathise.

Are flexible - We adapt to those around us to make an impact on people's lives.

Work with others - We collaborate to create networks and broaden opportunities for all.

Think creatively - We innovate and think progress with originality.

Public benefit

In setting our objectives and planning our activities all trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health, wellbeing and citizenship.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our Services

We deliver a wide range of services including:

An extensive timetable of social and physical activities, support groups and informative sessions, broken down into the following:

- Social Groups - providing opportunities to learn skills, build social connections and develop confidence
- Lifestyle Change - tackling the essentials of healthy living to more complex health conditions through group classes and one to one health checks and intervention
- Maternity, Young Parents and Families - supporting the wellbeing of parents and children throughout their parenting journey

Delivery of innovative projects linked to specific health conditions or concerns:

- Mental Health Connect - providing community based mental health support, and ensuring help is more accessible in our area
- Rethinking Pain - supporting people with long-term pain through health and wellbeing coaching and informative sessions
- Blood Pressure Connect - providing non-medical community-based support to those with diagnosed hypertension

Our timetable delivers approximately 40 weekly groups based on exercise, social interaction, peer support and skills development, delivered in-person and online. Our in-person groups are run at 10+ centres across Keighley district and beyond throughout the week at various times, including after working hours to ensure our services are accessible to all communities and individuals in need of support.

Achievements and performance

To achieve our aims, we offer a wide range of activities based in our centre and various outreach settings. We work with a wide range of partners, including community PCNs, members of the local council, healthcare professionals and other community organisations to co-design, advise, lead and deliver multiple projects to Keighley and surrounding area.

Last reporting year, we worked directly with 5,420 people:

- We have delivered 5,000+ hours of social and physical activities
- 53% of service users accessed more than one project/service
- 96% of people have made a positive lifestyle change as a result of attending
- 89% of people have increased confidence since attending KHL
- We delivered 283.5 hours of volunteer training
- 1,074 new people were introduced to KHL and engaged with a project

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

HEADLINE ACHIEVEMENTS

KHL has grown significantly during this year and we have built on our strengths to provide excellent services, strong partnerships and demonstrated our impact. We recognise, however, that many people are still facing challenges with their mental and physical health and this can be exacerbated by health inequalities and barriers people are frequently facing.

Working in collaboration with the community and partners, we will continue to develop and offer our services to our local community to enable them to improve their health and wellbeing. Alongside delivering our grass roots services this year, we have committed to work collaboratively to transform projects to ensure there is an effective pathway between clinical care and community health to help create an integrated health and care system. This will be a key focus going forward with the aim of achieving a long-term sustained change to support healthier communities.

Our key achievements this year include:

(1) Strengthening our partnerships and developing collaborative work with our local community partnerships (Keighley, Worth Valley and Wharfedale), our local Primary Care Network and a wide range of community organisations across Keighley, Ilkley and Bradford.

We have been working in partnership to deliver more services in outreach settings surrounding Keighley. By doing this, we are able to ensure our reach is diverse and accessible to those facing health inequalities. Our range of programmes provides broad support options that address the whole person, not just their clinical diagnosis.

(2) Collaboration with Leeds Beckett University to support the development of a Theory of Change for our Rethinking Pain service, leading to a published article in Frontiers and plans for further research next year.

The Frontiers paper highlights the positives and benefits of incorporating the voluntary and community sector in partnership with the clinical sector to create a 'whole person' approach, in this case, to create greater personalised care for adults living with long-term pain.

To view the Frontiers paper, see <https://rethinkingpain.org/scientific-papers/>

(3) We have undertaken an extensive refurbishment of our building and improved our facilities, access and inclusivity.

Throughout this reporting year, one of the biggest projects was the renovation of the KHL building and garden. Work started in May 2023, and was completed in September 2023. This renovation included moving walls to open a new 'Welcome space' and merging two smaller rooms in to one large space than can be better utilised by the community. We also renovated the disabled toilet to be more accessible, and the KHL garden is now fully wheelchair friendly.

As we were still operating to full capacity throughout this time, this meant that a lot of our groups and activities had to be relocated. Through our close partnership working with organisations across Keighley, we managed to find suitable alternatives that didn't negatively affect the running of our projects. It was nice to see participants venturing further afield and experiencing different settings.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

(4) We were delighted to receive the Locality award for Transforming Lives.

In November 2023, KHL received Locality's award for Transforming Lives, in recognition of our work in improving the health and wellbeing in our community. The award springboards community organisations who have had a significant impact on changing people's lives to a national level of awareness.

ACHIEVEMENTS AND PERFORMANCE

Some examples of how we have worked to achieve our aims this financial year:

Work in collaboration to address health inequalities

- Focused on increasing awareness and offering community-based support for specific physical and mental health conditions including hypertension, cancer, diabetes, etc.
- Strengthened and developed partnerships with other organisations to deliver activities across different communities, breaking down barriers by bringing health into a location where people feel more comfortable.
- Widened our reach to work with over 20 different community organisations.

Reduce social isolation and loneliness

- Delivered over 40 groups a week that give people the opportunity to connect, resulting in 89% of visitors feeling their social connections have increased.
- Introduced the Welcome Space as part of our building renovation, which provides our visitors with a place to connect socially with others.
- Developed a number of peer support groups and built new opportunities for communities to connect.
- Focused on 'special interest' courses such as 'Give It a Go' which allows groups of diverse attendees to connect socially and try new activities every week, and introducing British Sign Language courses.

Facilitate a strong integrated community

- Invested in our volunteer programme, offering trips and 283.5 hours of training to our 27 volunteers.
- Built stronger collaboration with other organisations in the community, to enable successful signposting and more support for service users.
- As a result of our programmes and services this year, 80% of visitors feel more connected to their community.

Advocate for and support an integrated health system

- Continued to develop our relationship with local primary care networks across the Keighley district, in addition to being a community anchor for the Keighley and Worth Valley Community Partnership, which aims to create initiatives for better health in Keighley and surrounding areas.
- Began working with Leeds Beckett University in connection with our Rethinking Pain project, developing a theory of change for this service. This led to a published Frontiers paper, showcasing the benefits of incorporating the VCS with the clinical sector to create a 'whole person' approach.
- Our Blood Pressure Connect programme partnered with local primary care networks working on lifestyle change initiatives with patients with known high blood pressure and helped in identifying undiagnosed high blood pressure.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Improve physical and mental health and wellbeing

- Our service users have accessed over 5,000 hours of social and physical activity through our arranged sessions and groups.
- Our Mental Health Connect and Rethinking Pain projects have provided over 3,500 1:1 sessions and peer support
- Delivering a range of education sessions including WRAP, Understanding Pain and lifestyle education.
- As a result of attending KHL sessions, 72% of visitors stated an improvement in their mental health.
- Expanded our offering for mental health support and support for pre-natal and post-natal mums through the Mental Health Connect and Maternity Circles projects.
- Launched a redesigned 'My Healthy Weight Journey' programme, which included group cookery lessons and 1:1 health coaching to promote healthy lifestyle choices.

Fundraising practices

Keighley Healthy Living Network raises funds through grant applications to charitable trusts and securing commissions for work from statutory agencies including the local authority. Our main funders are The National Lottery Communities Fund & Awards for All, Bradford Metropolitan District Council, Keighley Towns Fund, Bradford District Care Trust and the NHS West Yorkshire Integrated Care Board (ICB).

Other funders are shown in the annual accounts including, Leeds Community Foundation, Garfield Weston, Project 6, HALE, Keighley & Worth Valley Community Partnership, Wharfedale & Silsden Community Partnership, Give Bradford, the Co-op Local Community Fund, KAWACC, The Brelm's Trust and Bradford VCS Alliance.

We are registered with the Fundraising Regulator and adhere to the code of fundraising practice.

Financial review

The net income for the year was £299,813, including net income of £142,440 on unrestricted funds and net income of £157,373 on restricted funds after transfers.

KHL has experienced another year of growth with an increase in both Income and project delivery.

The Charity has also continued to see an increase in the investment into its building (acquired 2021) through funding from Towns Fund (City of Bradford Metropolitan Council) - and this has had a significant impact on the level of unrestricted funds shown in accounts.

The Trustees are pleased therefore to report that KHL is in a robust financial position this year and look forward to continuing its success and develop innovative services to support and develop a local healthy community.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Reserves policy

In conjunction with our Financial Procedures Policy the Reserves Policy forms part of our commitment to ensure the management and allocation of funds is carried out responsibly to enable Keighley Healthy Living Network to continue to provide its core services and to secure the viability of the organisation beyond the immediate future.

The need to provide for medium to long term will ensure that we can absorb setbacks and take advantage of change and opportunity.

It is the view that we should have sufficient funds to enable Keighley Healthy Living Network to exist for a period of time (not less than three months and no more than six months), to enable the development of alternative funding streams.

The charity's free reserves, excluding designated funds, restricted funds and fixed assets were £160,115. This represents approximately 1.8 months cover based on expenditure for the year of £1,075,809.

This is calculated as below:

	31.3.24
	£
Total funds at 31/3/24	1,073,843
Less : Designated funds	(90,471)
Less : Restricted funds	(568,834)
Less : Fixed Assets	(254,423)

	160,115

With the Charity going through an unprecedented growth in turnover and service provision over the last two financial years, it has not been possible to significantly increase the Reserve Funds in such a short period to achieve the 3 to 6 months standing reserves as per Reserves Policy.

Trustees have set a target to hold optimum levels of reserves within 3 to 5 years. Reserve value at year end was at a level to meet all statutory, legal and Employee costs.

Major risks

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. The major risk to which Keighley Healthy Living Network is exposed is non-renewal of grants and loss of income streams. Keighley Healthy Living Network has taken action and developed a funding plan and diversified our funding streams. We have a risk register in place and also include current risks at each board meeting.

Insurance and other risks

Keighley Healthy Living Network carries buildings, public liability, employer's liability and contents insurance through Towergate Insurance.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

Growing concern

As stated earlier, the major risk to which Keighley Healthy Living Network is exposed is the non-renewal of existing funding and loss of income. Keighley Healthy Living Network is actively seeking to secure alternative future funding and ensuring the organisation is ready to be able to apply for tenders/contracts relevant to our work.

We have also diversified our funding streams and are applying for new grants. However, as the charity has considerable financial resources, the trustees/directors believe that the charity is well placed to manage its financial risks successfully despite the current uncertain economic outlook. The trustees/directors have a reasonable expectation that the charity will adapt to the current environment and respond to the needs of the community and look at measures to ensure ongoing sustainability of the organisation. Over the last two years we have also increased the number of members on our Board, bringing in expertise in HR, health and safety and links with local healthcare.

Plans for the future

Keighley Healthy Living Network plans to build on our progress and growth to develop and sustain our projects. We aim to continue to strengthen our partnerships and commit to meaningful co-design and working together with our community. We are planning to update our strategic plan and we will have a key focus on developing our impact and continuing to advocate and innovate for system change to create an integrated health care system

Our key objectives for the future are:

1. Building a resilient organisation
2. Securing funding for our core delivery
3. Continuing to meet the needs of the community

Project Specific Plans

One of our plans for the future will be to embed the learning from our Rethinking Pain Project and we will be redesigning our Blood Pressure Connect project using this model. We would like to combine our social groups and lifestyle change projects to create a Healthier Communities project, which really supports people to move through the stages of change and make long-term sustained lifestyle changes. We will also look to increase our activities with maternal health and increase Maternity Circles and work supporting families during pregnancy and birth.

Environmental Change

We will continue to refurbish our building and create an excellent health and wellbeing centre in the heart of Keighley with a focus on improving energy efficiency and reducing impact on the environment. We will respond to the demands of the current climate and adapt to meet the challenges ahead.

Policy, Staff & Infrastructure

We have been strengthening our infrastructure and updating policies and procedures. We would like to carry out an organisational review and look at how growth has impacted on our organisation's structure and what changes may be needed. We plan to continue to strengthen and improve internal systems, including financial management systems, in addition to further developing and embracing equality, inclusion and diversity in all we do.

We will continue to invest in our team by providing a range of training and development opportunities, staff wellbeing initiatives and creating a learning culture.

The learning gained from this past year has enabled KHL to develop and expand to reach a wider audience in Keighley and surrounding areas. Through this period of growth, we have been able to reflect, adapt and manage change innovatively, and create a strong plan for our organisation for future years.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

The charity is a company limited by guarantee and was formed on 30 March 2001. It is governed by a Memorandum and Articles of Association as amended by special resolution dated 14 January 2002.

The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

P M Essler
J Drury (Resigned 8/11/24)
J Hahn
S S F Orr
J Hartley
F E Setter
S Bartlett
S Davison (Appointed 18/3/24)

Recruitment and appointment of trustees

The trustees of the charity are also the directors for the purpose of company law and are appointed by the members at the AGM. We have made changes to our Trustee recruitment methods including the use of Reach Volunteering. We have recruited a new Treasurer during the course of this year. We have a strong effective board with a good skill mix and range of experience.

Organisational structure

The CEO reports on the work of the organisation to the Board of Trustees at least quarterly. The CEO and the Finance Manager also report on the state of the finances of Keighley Healthy Living Network. Any trustee can ask for further information from staff members. Day to day management of funds, staff buildings, work programmes and development of new initiatives is delegated to the appropriate Manager/s.

Staff and volunteers

Keighley Healthy Living Network has seen a significant growth in staff numbers, with 28 employed staff recorded at the end of March 2024, who are responsible for delivering projects within the centre and in out-reach settings. We have an excellent staff team who are highly committed to the charity.

Keighley Healthy Living Network is also supported by a range of volunteers who support our projects such as our social groups, activities and reception. In addition, we contract freelance staff to deliver several of our specialised projects such as exercise classes, art groups, menopause support and bereavement support.

Relationship with wider network

Keighley Healthy Living Network supports the work of the Keighley and Wharfe Valley Community Partnerships, Community Action Bradford and District and Locality.

These memberships have no impact on the day-to-day operations of Keighley Healthy Living Network.

Relationships with other organisations

Keighley Healthy Living Network has no subsidiaries. Keighley Healthy Living Network works in partnership with a range of other voluntary, community and statutory agencies to deliver its key work programmes.

KEIGHLEY HEALTHY LIVING NETWORK

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Auditor

In accordance with the company's articles, a resolution proposing that BK Plus Audit Limited be reappointed as auditor of the company will be put at a General Meeting.

The trustees' report was approved by the Board of Trustees.

Pamela Essler

.....

P M Essler

Trustee

Date: 17/12/2024.....

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of Keighley Healthy Living Network for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF KEIGHLEY HEALTHY LIVING NETWORK

Opinion

We have audited the financial statements of Keighley Healthy Living Network (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF KEIGHLEY HEALTHY LIVING NETWORK

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF KEIGHLEY HEALTHY LIVING NETWORK

Other matters

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- We identified the laws and regulations applicable to the company through discussions with directors and other management, and from our commercial knowledge and experience of the industry sector;
- We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, taxation legislation and data protection, anti-bribery, employment, environmental and health and safety legislation;
- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- Ensured laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was a susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and
- Understanding the design of the company's remuneration policies.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships;
- Tested journal entries to identify unusual transactions
- Assessed whether judgements and assumptions made in determining the accounting estimates set out in note 2 were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risks of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation;
- Reading the minutes of meetings of those charged with governance;
- Enquiring of management as to actual and potential litigation and claims; and
- Reviewing correspondence with HMRC, relevant regulators and the company's legal advisors.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from the financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

KEIGHLEY HEALTHY LIVING NETWORK

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF KEIGHLEY HEALTHY LIVING NETWORK

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Victoria Atkinson FCA (Senior Statutory Auditor)
for and on behalf of BK Plus Audit Limited

Chartered Accountants
Statutory Auditor

*BK Plus Audit
Limited*

17 December 2024

52 St Johns Lane
Halifax
West Yorkshire
England
HX1 2BW

BK Plus Audit Limited is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
Income and endowments from:									
Donations and legacies	3	5,462	-	100	5,562	4,858	-	2,897	7,755
Charitable activities	4	77,108	74,253	1,169,618	1,320,977	82,220	476,086	320,351	878,657
Investments	5	27,922	-	-	27,922	10,126	-	-	10,126
Other income	6	21,160	-	-	21,160	30,085	-	-	30,085
Total income		131,650	74,253	1,169,718	1,375,621	127,289	476,086	323,248	926,623
Expenditure on:									
Charitable activities	7	117,730	94,485	863,594	1,075,809	79,798	253,381	298,940	632,119
Total expenditure		117,730	94,485	863,594	1,075,809	79,798	253,381	298,940	632,119
Net income/(expenditure)		13,920	(20,232)	306,124	299,812	47,491	222,705	24,308	294,504
Transfers between funds		100,277	(239,075)	138,798	-	75,544	30,736	(106,280)	-
Net movement in funds	10	114,197	(259,307)	444,922	299,812	123,035	253,441	(81,972)	294,504
Reconciliation of funds:									
Fund balances at 1 April 2023		300,341	349,778	123,912	774,031	177,306	96,337	205,884	479,527
Fund balances at 31 March 2024		414,538	90,471	568,834	1,073,843	300,341	349,778	123,912	774,031

KEIGHLEY HEALTHY LIVING NETWORK

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

FOR THE YEAR ENDED 31 MARCH 2024

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

KEIGHLEY HEALTHY LIVING NETWORK

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	14		254,423		170,854
Current assets					
Debtors	15	183,032		44,641	
Cash at bank and in hand		681,181		636,232	
		864,213		680,873	
Creditors: amounts falling due within one year	16	(44,793)		(77,696)	
Net current assets			819,420		603,177
Total assets less current liabilities			1,073,843		774,031
Net assets excluding pension liability			1,073,843		774,031
The funds of the charity					
Restricted income funds	19		568,834		123,912
Unrestricted funds - general			414,538		300,341
Unrestricted funds - designated	20		90,471		349,778
			1,073,843		774,031

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 17/12/2024

Pamela Essler

P M Essler
Trustee

Company registration number 04190566 (England and Wales)

KEIGHLEY HEALTHY LIVING NETWORK

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	25		108,469		398,927
Investing activities					
Purchase of tangible fixed assets		(91,442)		-	
Investment income received		27,922		10,126	
Net cash (used in)/generated from investing activities			(63,520)		10,126
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			44,949		409,053
Cash and cash equivalents at beginning of year			636,232		227,179
Cash and cash equivalents at end of year			681,181		636,232

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Keighley Healthy Living Network is a private company limited by guarantee incorporated in England and Wales. The registered office is 13 Scott Street, Keighley, West Yorkshire, BD21 2JH.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 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 or grantors 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.

1.4 Income

Income is recognised when the charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

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.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	Straight line over 50 years
Plant and equipment	25% on reducing balance
Fixtures and fittings	25% on reducing balance
Computers	Straight line over 3 years
Office Furniture	25% on reducing balance

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.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible 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).

1.8 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.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity'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.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	5,462	100	5,562	4,858	2,897	7,755

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Income from charitable activities

	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
Charitable activities income	77,106	74,253	1,169,618	1,320,977	82,220	476,086	320,351	878,657

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>27,922</u>	<u>10,126</u>

6 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Rental income	20,989	28,847
Miscellaneous income	171	1,238
	<u>21,160</u>	<u>30,085</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Staff costs	570,103	364,376
Depreciation and impairment	7,873	6,025
Rent and premises	46,164	27,609
Repairs and maintenance	31,181	56,234
Office costs	3,983	8,183
Advertising and marketing	9,195	2,573
Training	3,761	3,091
Motor and travel	23	-
Activity and resources	20,742	10,910
Tutors	102,647	90,465
Subcontractors	228,823	40,020
Staff and volunteer costs	4,895	6,427
Subscriptions	333	1,057
Legal and professional	17,295	7,165
Bad debts	-	835
Bank charges and interest	52	-
Sundries	9,649	5,752
	<u>1,056,719</u>	<u>630,722</u>
Grant funding of activities (see note 8)	11,290	1,397
Share of support and governance costs (see note 9)		
Governance	7,800	-
	<u>1,075,809</u>	<u>632,119</u>
Analysis by fund		
Unrestricted funds - general	117,730	79,798
Unrestricted funds - designated	94,485	253,381
Restricted funds	863,594	298,940
	<u>1,075,809</u>	<u>632,119</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Grants payable

	Charitable activities 2024 £	Charitable activities 2023 £
Grants to institutions (3 grants):		
Bracken Bank & District Community Association	-	500
Highfield Community Association	4,990	-
People First Keighley and Craven	-	797
The Shed Oakworth	-	100
Haworth Central Park Bowling	1,300	-
Nebula Girls Group	5,000	-
	<u>11,290</u>	<u>1,397</u>

9 Support costs allocated to activities

	Charitable activities 2024 £	Total 2023 £
Governance	<u>7,800</u>	<u>-</u>
	2024	2023
	£	£
Governance costs comprise:		
Audit fees	<u>7,800</u>	<u>-</u>
	<u>7,800</u>	<u>-</u>

10 Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	7,800	-
Depreciation of owned tangible fixed assets	<u>7,873</u>	<u>6,025</u>

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year the charity purchased trustees indemnity insurance at a cost of £447.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

12 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Charitable staff	25	20

Employment costs

	2024 £	2023 £
Wages and salaries	519,894	335,267
Social security costs	36,438	20,803
Other pension costs	13,771	8,306
	570,103	364,376

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	50,784	45,183

The management of the charity have been identified as:

Melanie Hey	-	Chief Executive Officer (Key management)
Kerry Page	-	Programme Manager (Rethinking Pain)
Bridget La Fauci	-	Programme Manager(Social Groups)
Candy Squire-Watt	-	Project Development Manager (Mental Health)
Helen Maguire	-	Project Manager (Lifestyle Change)
Dan Brannan	-	Facilities and IT Manager
Flora Jennings	-	Young Parents & Families Health & Wellbeing Project Coordinator

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

14 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Computers £	Office Furniture £	Total £
Cost					
At 1 April 2023	177,010	598	14,473	10,665	202,746
Additions	90,569	-	873	-	91,442
At 31 March 2024	267,579	598	15,346	10,665	294,188
Depreciation and impairment					
At 1 April 2023	10,620	598	10,009	10,665	31,892
Depreciation charged in the year	5,351	-	2,522	-	7,873
At 31 March 2024	15,971	598	12,531	10,665	39,765
Carrying amount					
At 31 March 2024	251,608	-	2,815	-	254,423
At 31 March 2023	166,390	-	4,464	-	170,854

15 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	181,482	40,878
Prepayments and accrued income	1,550	3,763
	183,032	44,641

16 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Deferred income	17	-	24,748
Other creditors		31,084	47,046
Accruals and deferred income		13,709	5,902
		44,793	77,696

17 Deferred income

	2024 £	2023 £
Other deferred income	-	24,748

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

17 Deferred income

(Continued)

Deferred income is included in the financial statements as follows:

	2024 £	2023 £
Deferred income is included within:		
Current liabilities	-	24,748
Movements in the year:		
Deferred income at 1 April 2023	24,748	-
Released from previous periods	(24,748)	-
Resources deferred in the year	-	24,748
Deferred income at 31 March 2024	-	24,748

18 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	13,771	8,306

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2024 £
Keighley & Worth Valley Community Partnership (Hosting)	-	30,212	(24,465)	-	-	5,747
Keighley & Worth Valley Community Partnership ABCD Grants #1 (Hosting)	-	25,010	(6,491)	(6,500)	-	12,019
Keighley & Worth Valley Community Partnership ABCD Grants #2 (Hosting)	-	20,000	(9,500)	-	-	10,500
Bradford MDC LCS Grants	1,405	21,154	(22,501)	-	-	58
The National Lottery Community Fund: CONNECT Keighley	-	71,178	(73,521)	-	-	(2,343)
Co-op Local Community Fund	-	2,041	-	-	-	2,041
Cost of Living UKSPF	-	4,500	(4,447)	(53)	-	-
Garfield Weston	-	20,000	-	-	-	20,000
Healthy Holidays	1,050	625	(1,545)	-	-	130
K-CAN (Kawacc)	-	6,460	-	-	-	6,460
Keighley Towns Fund	1,982	104,659	(8,538)	(90,570)	-	7,533
KHL Building Fund	-	3,250	(2,504)	-	-	746
KHL Health Checks	-	-	14,000	-	-	14,000
Keighley & Worth Valley Community Partnership, KHL Young Parents Group	-	-	5,000	-	-	5,000
LCF Local Care Direct, Digital Hubs	2,484	7,415	(9,899)	-	-	-
LCF AWC Community Health Grants	15,295	14,500	(19,156)	-	-	10,639
NHS Charities Together	13,483	-	(13,483)	-	-	-
Maternity Circles CORE20PLUS5	-	29,190	(12,197)	-	-	16,993
Bradford District Care Trust Mental Health Transformation	88,589	200,000	(143,796)	-	-	144,793
The National Lottery Community Fund	414	-	(409)	(5)	-	-
The National Lottery Community Fund Awards for All, Thriving Communities	-	9,833	(9,833)	-	-	-

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

						(Continued)
19	Restricted funds					
Project 6, Pathways	(3,616)	15,000	(9,009)	-	-	2,375
Rethinking Pain	-	557,091	(526,650)	236,108	-	266,549
Rethinking Pain - Exercise Class	-	-	21,000	-	-	21,000
The Brelms Trust	(10)	7,500	(4,992)	-	-	2,498
Thornbury Centre	182	-	-	(182)	-	-
Thriving Community - Awards for All	-	20,000	-	-	-	20,000
Versus Arthritis	1,586	-	(346)	-	-	1,240
Young Parents' Emergency Fund	1,068	100	(312)	-	-	856
	<u>123,912</u>	<u>1,169,718</u>	<u>(663,594)</u>	<u>(138,798)</u>	<u>-</u>	<u>568,834</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds

(Continued)

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 March 2023
	£	£	£	£	£	£
CBMDC - Covid 19 Emergency	2,491	-	-	(2,491)	-	-
CBMDC - Digital Hubs	12,480	-	-	(12,480)	-	-
CBMDC - Kickstart 2021	2,009	6,163	5,053	(3,119)	-	-
Bradford MDC LCS Grants	1,636	31,207	31,438	-	-	1,405
Co-op - Tackling Food Poverty	116	-	-	(116)	-	-
Give Bradford	10,000	-	9,943	(57)	-	-
Greggs Foundation	1,680	-	-	(1,680)	-	-
Healthy Holidays	(745)	-	1,269	3,054	-	1,050
Keith Thompson Centre (Hosting)	-	435	435	-	-	-
Keighley Town Fund	-	4,260	2,268	-	-	1,982
KHL Building Fund	4,038	4,552	30,567	21,977	-	-
LCF Local Care Direct, Digital Hubs	9,886	2,472	9,874	-	-	2,484
LCF Healthy Hearts	6,073	-	-	(6,073)	-	-
LCF AWC Community Health Grants	7,887	15,000	7,592	-	-	15,295
NHS Charities Together	10,073	50,000	46,590	-	-	13,483
Lloyds Bank Foundation	500	32,647	34,482	1,335	-	-
Mencap	1,260	-	1,260	-	-	-
Bradford District Care Trust Mental Health Transformation	-	100,000	11,411	-	-	88,589
Modality Partnerships	26,160	-	408	(25,752)	-	-
Morrisons Foundation	8,066	-	-	(8,066)	-	-
The National Lottery Community Fund	1,273	54,151	55,604	594	-	414
NHS Bradford District & Craven CCG	61,861	-	-	(61,861)	-	-
Players of People's Postcode Lottery	9,776	-	9,775	(1)	-	-
Play Bradford	1,892	-	-	(1,892)	-	-
Power to Change	4,049	-	4,049	-	-	-
Project 6, Pathways	4,044	15,000	22,660	-	-	(3,616)
Sangat Community Centre	3,640	-	-	(3,640)	-	-

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19	Restricted funds	(Continued)				
	Sovereign Healthcare	2,165	-	(2,165)	-	-
	The Breims Trust	2,482	2,500	4,992	-	(10)
	The Leap	57	-	-	(57)	-
	Thornbury Centre	182	-	-	-	182
	Versus Arthritis	3,820	4,871	7,105	-	1,586
	Wakefield CCG / Modality	5,965	-	-	(5,965)	-
	Young Parents' Emergency Fund	1,068	-	-	-	1,068
		<u>205,884</u>	<u>323,248</u>	<u>298,940</u>	<u>(106,280)</u>	<u>123,912</u>

The charity funding for Rethinking Pain has been reallocated during the year, from unrestricted designated funds to restricted funds. This is to reflect the change in nature of the funding from a developmental pilot, to a structured provision of services. The unrestricted designated fund balance carried forward at 31/3/23 of £236,108, has therefore been transferred into restricted funds, as per the above.

A description of each restricted fund is shown below:

CBMDC - Living Well - Towards older peoples activities including Living Well, Connecting Communities and Skill Share projects.
 Healthy Holidays - Funding from HAFP and Leeds Community Foundation for Healthy Holidays.
 Keighley Town Fund - Capital funding for refurbishment of part of the building
 KHL Building Fund - Funding from CBMDC and Power to Change along with other individual donations towards to refurbishment of Scott Street.
 LCF Digital Hubs - Connect Digital Health and Wellbeing Programme (Digital Hubs).
 LCF Keighley Com. Health - Lifestyle Change Programme.
 Leeds Hospital Charity - Tackling health inequalities exacerbated by Covid 19. Working with Project 6, Carers Resource and Roshni Ghar.
 Mental Health Transformation - A partnership project providing community mental health support as part of the wider mental health transformation programme
 National Lottery Community Fund - CONNECT Keighley - project to reduce loneliness and increase community connection.
 Project 6 - Keighley Pathways.
 The Breims Trust - Salary Contribution for core/support staff.
 Thornbury Centre - Integrated Communities Programme/Community Engagement Project.
 Versus Arthritis - Sport England grant for MSK exercise delivery and peer support.
 Young Parents Emergency Fund - Donation to make funds available to young parents in need of assistance.

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

20 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Airedale Community Partnership MSK Project	20,319	-	-	(20,319)	-
Bradford MDC ARF Digital Hubs	(1,545)	-	(1,545)	3,090	-
Art 4 All Project 2020	6,479	6,438	(4,095)	(8,822)	-
Healthy Hearts (Act as One)	3,314	9,385	(12,675)	-	24
Hypertension Blood Pressure Project	-	-	(5,495)	20,319	14,824
Lifestyle Change Project 2023 & 2024	16,009	1,385	(858)	-	16,536
Morrisons Cook and Eat	3,109	-	(2,288)	-	821
MSK Project	5,965	-	(8,730)	2,765	-
Power to Change - Resilience Funding	4,355	-	(4,355)	-	-
Rethinking Pain	236,108	-	-	(236,108)	-
System Connector Wellbeing Hubs	10,597	10,000	(10,209)	-	10,388
Takeaway Tender	-	36,807	(12,214)	-	24,593
Warm Spaces	1,000	2,738	(95)	-	3,643
Wharfe Valley Pathways	7,223	7,500	(7,390)	-	7,333
Young Parent Project 2023-2025	36,845	-	(24,536)	-	12,309
	<u>349,778</u>	<u>74,253</u>	<u>(94,485)</u>	<u>(239,075)</u>	<u>90,471</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

20 Unrestricted funds - designated

(Continued)

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
Airedale Community Partnership MSK Project	61,861	-	(41,542)	-	20,319
Bradford MDC ARF Digital Hubs	12,480	-	(14,025)	-	(1,545)
Art 4 All Project 2020	-	6,487	(8)	-	6,479
Hainworth Wood CC	-	24	(5,106)	5,082	-
Healthy Hearts (Act as One)	6,073	5,433	(8,192)	-	3,314
Lifestyle Change Project 2023 & 2024	-	315	(57)	15,751	16,009
Morrisons Cook and Eat	8,066	-	(4,957)	-	3,109
MSK Project	5,965	-	-	-	5,965
Outdoor Play Facilitator	1,892	-	-	(1,892)	-
Power to Change - Resilience Funding	-	10,000	(5,645)	-	4,355
Rethinking Pain	-	390,277	(154,169)	-	236,108
System Connector Wellbeing Hubs	-	30,000	(19,403)	-	10,597
Warm Spaces	-	1,000	-	-	1,000
Wharfe Valley Pathways	-	7,500	(277)	-	7,223
Young Parent Project 2023-2025	-	25,050	-	11,795	36,845
	<u>96,337</u>	<u>476,086</u>	<u>(253,381)</u>	<u>30,736</u>	<u>349,778</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

21 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2024 £
General funds	129,487	40,208	(109,857)	100,277	-	160,115
General funds - Fixed Assets	170,854	91,442	(7,873)	-	-	254,423
	<u>300,341</u>	<u>131,650</u>	<u>117,730</u>	<u>100,277</u>	<u>-</u>	<u>414,538</u>
Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2023 £
General Fund	427	127,289	73,773	75,544	-	129,487
General Fund - Fixed Assets	176,879	-	6,025	-	-	170,854
	<u>177,306</u>	<u>127,289</u>	<u>79,798</u>	<u>75,544</u>	<u>-</u>	<u>300,341</u>

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

22 Analysis of net assets between funds

	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	254,423	-	-	254,423
Current assets/(liabilities)	160,115	90,471	568,834	819,420
	<u>414,538</u>	<u>90,471</u>	<u>568,834</u>	<u>1,073,843</u>
	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:				
Tangible assets	170,854	-	-	170,854
Current assets/(liabilities)	129,487	349,778	123,912	603,177
	<u>300,341</u>	<u>349,778</u>	<u>123,912</u>	<u>774,031</u>

23 Operating lease commitments

Lessee

	2024 £	2023 £
Within one year	982	-
Between two and five years	1,228	-
	<u>2,210</u>	<u>-</u>

Lessor

24 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

KEIGHLEY HEALTHY LIVING NETWORK

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

25	Cash generated from operations	2024 £	2023 £
	Surplus for the year	299,812	294,504
	Adjustments for:		
	Investment income recognised in statement of financial activities	(27,922)	(10,126)
	Depreciation and impairment of tangible fixed assets	7,873	6,025
	Movements in working capital:		
	(Increase)/decrease in debtors	(138,391)	32,878
	(Decrease)/increase in creditors	(8,155)	50,898
	(Decrease)/increase in deferred income	(24,748)	24,748
	Cash generated from operations	108,469	398,927

26 Analysis of changes in net funds

The charity had no material debt during the year.

Accounts

REGISTERED COMPANY NUMBER: 04190566 (England and Wales)
REGISTERED CHARITY NUMBER: 1090543

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st March 2023
for
KEIGHLEY HEALTHY LIVING NETWORK**

BK Plus Limited
52 St Johns Lane
Halifax
West Yorkshire
HX1 2BW

KEIGHLEY HEALTHY LIVING NETWORK

Contents of the Financial Statements for the Year Ended 31st March 2023

	Page
Report of the Trustees	1 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Balance Sheet	10 to 11
Cash Flow Statement	12
Notes to the Cash Flow Statement	13
Notes to the Financial Statements	14 to 33
Detailed Statement of Financial Activities	34 to 35

**Report of the Trustees
for the Year Ended 31st March 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2023. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To promote for the benefit of the public in and around Keighley good practice in public health and health care.

To relieve poverty, hardship and distress associated with poor health for all those living or working within the area of benefit.

To advance education relating to the benefits of good health and social wellbeing and its implications for all those living or working within the area of benefit.

Our Vision: A strong, connected and thriving community that is resilient, capable and healthy.

Our Mission:

- To support people to take ownership of their own health and wellbeing.
- To create an environment for friendships to develop and where people can support each other and connect to their community.
- To build personal growth and confidence, resilience and capability through providing opportunities to thrive.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

**Report of the Trustees
for the Year Ended 31st March 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Keighley Healthy Living Network is a charity based in central Keighley which is dedicated to improving the health and wellbeing of the local population.

We offer a range of activities with a focus on

- improving physical and mental health and well-being
- tackling health inequalities
- working towards a strong integrated community where people from different backgrounds live, work and socialise together, based on shared rights, responsibilities and opportunities
- providing inclusive and accessible community health services (support & delivery)
- reducing social isolation and loneliness
- co-designing innovative interventions for individuals and our community's health
- having a test-and-learn, iterative approach
- sharing learning and insights that support local and national strategic health outcomes

To support our key areas of work we offer a wide range of activities based in our centre and various out-reach settings and include:

Lifestyle Change projects - Community projects including cooking courses, healthy lifestyle courses, a variety of exercise classes, such as dancing classes, yoga, core and floor, walks, weight management classes and one to one health coaching sessions.

Skill and confidence building - IT one to one support to improve digital skills, a range of courses including managing pain, menopause awareness and British Sign language.

Young Parents - A bespoke project to support young parents with parenting skills, a postnatal group and one to one support for a range of areas including housing, relationships and debt.

Social Groups - A variety of weekly groups and short courses such as Art 4 All, The Shed, singing, games and Conversation Cafes with a focus on people who are experiencing loneliness and/or living with physical and / or mental health conditions.

Building Connections - working in partnership with the community and other organisations to build on communities' strengths and develop projects as needed by the community.

Enabling - we work in partnership on a range of projects, such Keighley Pathways, MAST and Achieve to offer support during crisis and when needing immediate support with issues such as accessing food banks and benefit advice. We signpost and support people to access resources, equipment as needed.

Rethinking Pain - a new innovative district wide service to support people living with pain and helping them manage their pain through community interventions.

Mental Health Transformation - a new project to help people navigate mental health service and access support to improve their health and well being.

We also offer volunteering opportunities and student placements. We have strong partnerships and links across Keighley and Bradford District. Keighley Healthy Living Network works with local people across all age, ethnicity and ability ranges; we frequently consult with local people to identify what will be the most effective way that we can work with them to improve their own health through lifestyle changes. We aim to tackle social isolation, inequalities in health and build confidence and capacity in the local population by delivering outreach sessions and working in other community centres.

**Report of the Trustees
for the Year Ended 31st March 2023**

Achievements and performance

KHL have grown significantly over the last few years and in the period have secured two significant contracts. Rethinking Pain which is a partnership project supporting people living with pain to improve their health and wellbeing and the Mental Health Transformation project to support people facing mental health challenges. In both of these projects we are also developing clear community health pathways that enable people to have more control over their health and wellbeing. We have continued to strengthen our Keighley Connect project and Lifestyle Change project and increased our outreach activities by working across the area and working in partnerships.

In Summary

- We have increased our income through grants and contracts and expanded our delivery to reach more people within the community.
- We have increased our outreach activities, delivering in a range of local community centres across Keighley and Bradford.
- We worked with the local Primary Care Networks to improve systems of connecting patients from the local GP to community health activities.
- We are working with Leeds University to evaluate our Rethinking Pain model.
- We have improved data collection and management systems in place helping us to measure our impact.
- We have secured additional funding to update the community space and include a new café style space and improve our garden facilities.
- We have increased our community engagement activities and set up a new user engagement group.

Please see our website www.khl.org.uk for additional information. Full details of our work can be seen in our impact reports, case studies and project reports.

Fundraising activities

Keighley Healthy Living Network raises funds through grant applications to charitable trusts and securing commissions for work from statutory agencies including the local authority. We are registered with the Fundraising Regulator and have a few small fundraising activities such as collection boxes.

FINANCIAL REVIEW

Financial position

Income for the year was £926,624 (2022 : £504,895), expenditure for the year was £632,120 (2022 : £428,385). The net income for the year was £294,504 (2022 : £76,510), including net income of £270,196 on unrestricted funds and net income of £24,308 on restricted funds before transfers.

Transfers between funds total £106,280 and recognise projects that have ended within the year where excess funds have been released to unrestricted funds.

**Report of the Trustees
for the Year Ended 31st March 2023**

FINANCIAL REVIEW**Reserves policy**

In conjunction with our Financial Procedures Policy the Reserves Policy forms part of our commitment to ensure the management and allocation of funds is carried out responsibly to enable Keighley Healthy Living Network to continue to provide its core services and to secure the viability of the organisation beyond the immediate future. The need to provide for the medium to long term will ensure that we can absorb setbacks and take advantage of change and opportunity.

It is the view that we should have sufficient funds to enable Keighley Healthy Living Network to exist for a period of time (not less than three months and no more than six months), to enable the development of alternative funding streams.

The charity's free reserves, excluding restricted funds and fixed assets, at the year-end were £129,487. This represents approximately 1.4 months cover based on budgeted income of £1.15m.

This is calculated as below:

	31.3.23
	£
Total funds at 31/3/23	774,031
Less : Designated funds	(349,777)
Less : Restricted funds	(123,913)
Less : Fixed assets	(170,854)
	<u>129,487</u>

With the Charity going through an unprecedented growth in turnover and service provision, it has not been possible to increase the Reserve Funds in such a short period (this financial year). We therefore aim to hold reserves levels as to cover the immediate Liabilities of the Organisation (Minimal Level) to include - Redundancies, Statutory and Legal costs, any Lease or Hire Agreements, etc, but will work towards holding the optimum levels required within a period of 3-5 years. Optimum Levels (3+ months of Annual Turnover)

Going concern

As stated earlier, the major risk to which Keighley Healthy Living Network is exposed is the non-renewal of existing funding and loss of income. Keighley Healthy Living Network is actively seeking to secure alternative future funding and ensuring the organisation is ready to be able to apply for tenders/contracts relevant to our work. We have also diversified our funding streams and are applying for new grants. However, as the charity has considerable financial resources, the trustees/directors believe that the charity is well placed to manage its financial risks successfully despite the current uncertain economic outlook. The trustees/directors have a reasonable expectation that the charity will adapt to the current environment and respond to the needs of the community and look at measures to ensure ongoing sustainability of the organisation. Over the last two years we have also increased the number of members on our Board, bringing in expertise in HR, health and safety and links with local healthcare.

**Report of the Trustees
for the Year Ended 31st March 2023**

FUTURE PLANS

Keighley Healthy Living Network intends to build on its progress and its established programme and will continue to build on partnerships to strengthen projects and communities working together. Building a resilient organisation, securing funding for its core delivery and continuing to meet the needs of the community will be its key focus.

We are building on our lifestyle change projects to support people to make changes to improve their health and wellbeing and working with people living with a long-term health condition and providing a strong community offer to support the community to improve their health and wellbeing. We are aiming to increase our work in partnerships with Primary Care Networks and community centres to provide a consistent service across the area. We are looking to ensure sustainability of contracts by securing funding from the health care system alongside grants.

We have continued to refurbish our building and create an excellent health and wellbeing centre in the heart of Keighley. We will respond to the demands of the current climate and adapt to meet the challenges ahead.

We have been strengthening our infra structure and updating policies and procedures as we grow into a larger organisation to enable us to sustain our growth and most importantly ensure that we deliver excellent services with good outcomes.

We are updating our strategic plan and will have a key focus on impact and how we measure impact for the future.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee and was formed on 30 March 2001. It is governed by a memorandum and articles of association as amended by special resolution dated 14 January 2002. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Recruitment and appointment of new trustees

The trustees of the charity are also the directors for the purpose of company law and are appointed by the members at the AGM. We have made changes to our Trustee recruitment methods including the use of Reach Volunteering and this has resulted in the successful recruitment of new Trustees over the last 2 years. We have a strong effective board with a good skill mix and range of experience.

Organisational structure

The Managers report on the work of the organisation to the Board of Trustees at least quarterly. The Managers also report on the state of the finances of Keighley Healthy Living Network. Any trustee can ask for further information from staff members.

Day to day management of funds, staff buildings, work programmes and development of new initiatives is delegated to the Manager/s.

Staff and volunteers

Keighley Healthy Living Network currently employs 22 staff that deliver projects within the centre and in out-reach settings. We have an excellent staff team who are highly committed to the charity. Keighley Healthy Living Network is also supported by a range of volunteers who support our projects such as our social groups, activities and reception. In addition, we contract freelance staff to deliver several of our specialised projects such as exercise classes, art groups, menopause support and digital hubs.

Wider network

Keighley Healthy Living Network support the work of the Airedale Community Partnerships, the National Council for Voluntary Organisations, Community Action Bradford and District and Locality. These memberships have no impact on the day-to-day operations of Keighley Healthy Living Network.

**Report of the Trustees
for the Year Ended 31st March 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Relationships with other organisations

Keighley Healthy Living Network has no subsidiaries. Keighley Healthy Living Network works in partnership with a range of other voluntary, community and statutory agencies to deliver its key work programmes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04190566 (England and Wales)

Registered Charity number

1090543

Registered office

13 Scott Street
Keighley
West Yorkshire
BD21 2JH

Trustees

S Bartlett
J Drury
P M Essler
J Hahn
J Hartley
G Hodgson (resigned 11/1/23)
S S F Orr
F E Setter

The following trustees hold the office of:

Chair	- P Essler
Vice Chair	- S Bartlett
Treasurer	- S Bartlett

Company Secretaries

M Hey

Independent Examiner

BK Plus Limited
52 St Johns Lane
Halifax
West Yorkshire
HX1 2BW

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Keighley Healthy Living Network for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

**Report of the Trustees
for the Year Ended 31st March 2023**

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

Approved by order of the board of trustees on 25/01/24 and signed on its behalf by:



P M Essler - Trustee

**Independent Examiner's Report to the Trustees of
Keighley Healthy Living Network (Registered number: 04190566)**

Independent examiner's report to the trustees of Keighley Healthy Living Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2023.

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 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 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can 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.

V J Atkinson FCA
The Institute of Chartered Accountants in England and Wales

BK Plus Limited
52 St Johns Lane
Halifax
West Yorkshire
HX1 2BW

BK Plus Limited

Date: *29 January 2024*

KEIGHLEY HEALTHY LIVING NETWORK

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2023**

		Unrestricted funds £	Restricted funds £	31/3/23 Total funds £	31/3/22 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	4,859	2,897	7,756	10,027
Charitable activities	4				
General charitable activities		558,306	320,351	878,657	451,344
Investment income	3	10,126	-	10,126	68
Other income		30,085	-	30,085	43,456
Total		<u>603,376</u>	<u>323,248</u>	<u>926,624</u>	<u>504,895</u>
EXPENDITURE ON					
Charitable activities	5				
General charitable activities		<u>333,180</u>	<u>298,940</u>	<u>632,120</u>	<u>428,385</u>
NET INCOME		270,196	24,308	294,504	76,510
Transfers between funds	16	<u>106,280</u>	<u>(106,280)</u>	-	-
Net movement in funds		376,476	(81,972)	294,504	76,510
RECONCILIATION OF FUNDS					
Total funds brought forward		273,643	205,884	479,527	403,017
TOTAL FUNDS CARRIED FORWARD		<u>650,119</u>	<u>123,912</u>	<u>774,031</u>	<u>479,527</u>

The notes form part of these financial statements

KEIGHLEY HEALTHY LIVING NETWORK (REGISTERED NUMBER: 04190566)

**Balance Sheet
31st March 2023**

	Notes	31/3/23 £	31/3/22 £
FIXED ASSETS			
Tangible assets	12	170,854	176,879
CURRENT ASSETS			
Debtors	13	44,641	77,519
Cash at bank and in hand		636,231	227,179
		<u>680,872</u>	<u>304,698</u>
CREDITORS			
Amounts falling due within one year	14	(77,695)	(2,050)
NET CURRENT ASSETS		<u>603,177</u>	<u>302,648</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>774,031</u>	<u>479,527</u>
NET ASSETS		<u>774,031</u>	<u>479,527</u>
FUNDS	16		
Unrestricted funds		650,118	273,643
Restricted funds		123,913	205,884
TOTAL FUNDS		<u>774,031</u>	<u>479,527</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that 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 surplus or deficit 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 notes form part of these financial statements

Balance Sheet - continued
31st March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25/01/24 and were signed on its behalf by:

P. M. Essler
P M Essler - Trustee

The notes form part of these financial statements

KEIGHLEY HEALTHY LIVING NETWORK

Cash Flow Statement
for the Year Ended 31st March 2023

	Notes	31/3/23 £	31/3/22 £
Cash flows from operating activities			
Cash generated from operations	1	398,926	58,382
Net cash provided by operating activities		398,926	58,382
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(6,695)
Interest received		10,126	68
Net cash provided by/(used in) investing activities		10,126	(6,627)
Change in cash and cash equivalents in the reporting period		409,052	51,755
Cash and cash equivalents at the beginning of the reporting period		227,179	175,424
Cash and cash equivalents at the end of the reporting period		636,231	227,179

The notes form part of these financial statements

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Cash Flow Statement
for the Year Ended 31st March 2023

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31/3/23 £	31/3/22 £
Net income for the reporting period (as per the Statement of Financial Activities)	294,504	76,510
Adjustments for:		
Depreciation charges	6,025	5,525
Interest received	(10,126)	(68)
Decrease/(Increase) in debtors	32,878	(23,835)
Increase in creditors	75,645	250
Net cash provided by operations	<u>398,926</u>	<u>58,382</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22 £	Cash flow £	At 31/3/23 £
Net cash			
Cash at bank and in hand	<u>227,179</u>	<u>409,052</u>	<u>636,231</u>
	<u>227,179</u>	<u>409,052</u>	<u>636,231</u>
Total	<u>227,179</u>	<u>409,052</u>	<u>636,231</u>

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31st March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- Straight line over 50 years
Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of any restricted fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

2. DONATIONS AND LEGACIES

	31/3/23	31/3/22
	£	£
Donations	<u>7,756</u>	<u>10,027</u>

3. INVESTMENT INCOME

	31/3/23	31/3/22
	£	£
Deposit account interest	<u>10,126</u>	<u>68</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31/3/23	31/3/22
	General charitable activities £	Total activities £
Charitable activities	<u>878,657</u>	<u>451,344</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £	Grant funding of activities (see note 7) £	Totals £
General charitable activities	<u>630,723</u>	<u>1,397</u>	<u>632,120</u>

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31/3/23	31/3/22
	£	£
Staff costs	364,377	195,795
Rates and water	1,504	1,943
Insurance	3,955	5,050
Light and heat	17,779	12,085
Telephone	2,697	3,094
Postage and stationery	5,485	4,259
Advertising	2,573	907
Sundries	5,752	2,110
Rent	3,352	1,390
Repairs and maintenance	35,138	95,422
Cleaning	1,020	606
Computer repairs and maintenance	21,096	3,477
Subscriptions	1,057	732
Training	3,091	1,185
DBS fees	956	162
Carried forward	<u>469,832</u>	<u>328,217</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

6. DIRECT COSTS OF CHARITABLE ACTIVITIES - continued

	31/3/23	31/3/22
	£	£
Brought forward	469,832	328,217
Payroll fees	1,285	1,132
Motor and travel expenses	-	12
Staff expenses	4,506	806
Volunteer expenses	1,921	470
Tutors	90,465	52,134
Sub Contractors	40,020	10,488
Bad debts	835	-
Food / Activity materials	3,979	4,803
Resources	6,931	8,725
Professional fees	4,924	2,100
Depreciation	6,025	5,525
	<u>630,723</u>	<u>414,412</u>

7. GRANTS PAYABLE

	31/3/23	31/3/22
	£	£
General charitable activities	<u>1,397</u>	<u>13,973</u>

The total grants paid to institutions during the year was as follows:

	31/3/23	31/3/22
	£	£
Bracken Bank & District Community Association	500	4,477
Highfield Community Association	-	5,500
Lion's Den Shed	-	3,996
People First Keighley and Craven	797	-
The Shed Oakworth	100	-
	<u>1,397</u>	<u>13,973</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/3/23	31/3/22
	£	£
Depreciation - owned assets	<u>6,025</u>	<u>5,525</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2023 nor for the year ended 31st March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2023 nor for the year ended 31st March 2022.

10. STAFF COSTS

	31/3/23	31/3/22
	£	£
Wages and salaries	335,268	184,771
Social security costs	20,803	8,159
Other pension costs	8,306	2,865
	<u>364,377</u>	<u>195,795</u>

The average monthly number of employees during the year was as follows:

	31/3/23	31/3/22
	20	12
Charitable staff	<u>20</u>	<u>12</u>

No employees received emoluments in excess of £60,000.

The exact average number of employees during the year was 19.5 (2022: 11.5), being an average of 14.5 full time equivalent (2022 : 7.3).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	4,627	5,400	10,027
Charitable activities			
General charitable activities	20,357	430,987	451,344
Investment income	68	-	68
Other income	43,206	250	43,456
Total	<u>68,258</u>	<u>436,637</u>	<u>504,895</u>
EXPENDITURE ON			
Charitable activities			
General charitable activities	60,863	367,522	428,385
NET INCOME	7,395	69,115	76,510

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Transfers between funds	11,560	(11,560)	-
Net movement in funds	18,955	57,555	76,510
RECONCILIATION OF FUNDS			
Total funds brought forward	254,687	148,330	403,017
TOTAL FUNDS CARRIED FORWARD	<u>273,642</u>	<u>205,885</u>	<u>479,527</u>

12. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1st April 2022 and 31st March 2023	<u>177,010</u>	<u>10,665</u>	<u>598</u>	<u>14,473</u>	<u>202,746</u>
DEPRECIATION					
At 1st April 2022	7,080	10,487	598	7,702	25,867
Charge for year	<u>3,540</u>	<u>178</u>	<u>-</u>	<u>2,307</u>	<u>6,025</u>
At 31st March 2023	<u>10,620</u>	<u>10,665</u>	<u>598</u>	<u>10,009</u>	<u>31,892</u>
NET BOOK VALUE					
At 31st March 2023	<u>166,390</u>	<u>-</u>	<u>-</u>	<u>4,464</u>	<u>170,854</u>
At 31st March 2022	<u>169,930</u>	<u>178</u>	<u>-</u>	<u>6,771</u>	<u>176,879</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23 £	31/3/22 £
Trade debtors	40,878	77,519
Prepayments and accrued income	<u>3,763</u>	<u>-</u>
	<u>44,641</u>	<u>77,519</u>

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23	31/3/22
	£	£
Other creditors	-	250
Accruals and deferred income	5,902	1,800
Deferred income	71,793	-
	<u>77,695</u>	<u>2,050</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	31/3/23 Total funds	31/3/22 Total funds
	£	£	£	£
Fixed assets	170,854	-	170,854	176,879
Current assets	553,333	127,539	680,872	304,698
Current liabilities	(74,069)	(3,626)	(77,695)	(2,050)
	<u>650,118</u>	<u>123,913</u>	<u>774,031</u>	<u>479,527</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

16. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	273,643	47,491	(20,793)	300,341
Airedale Community Partnership MSK project	-	(41,542)	61,861	20,319
ARF Council Digi Hubs	-	(14,025)	12,480	(1,545)
Art 4 All Project 2020	-	6,479	-	6,479
Hainworth Wood CC	-	(5,082)	5,082	-
Healthy Heart (Act as One)	-	(2,759)	6,073	3,314
Lifestyle Change Project 2023 & 2024	-	258	15,751	16,009
Morrisons Cook and Eat	-	(4,957)	8,066	3,109
MSK Project	-	-	5,965	5,965
Power to Change - Resilience Funding	-	4,355	-	4,355
Rethinking Pain	-	236,108	-	236,108
System Connector Wellbeing Hubs	-	10,596	-	10,596
Warm Spaces	-	1,000	-	1,000
Wharfe Valley Pathways	-	7,223	-	7,223
Young Parent Project 2023-2025	-	25,050	11,795	36,845
	<u>273,643</u>	<u>270,195</u>	<u>106,280</u>	<u>650,118</u>
Restricted funds				
CBMDC - Covid 19 Emergency	2,491	-	(2,491)	-
CBMDC - Digital Hubs	12,480	-	(12,480)	-
CBMDC - Kickstart 2021	2,009	1,110	(3,119)	-
CBMDC - Living Well	1,636	(231)	-	1,405
Co-op - Tackling Food Poverty	116	-	(116)	-
Give Bradford	10,000	(9,943)	(57)	-
Greggs Foundation	1,680	-	(1,680)	-
Healthy Holidays	(745)	(1,269)	3,064	1,050
Keighley Town Fund	-	1,982	-	1,982
KHL Building Fund	4,038	(26,015)	21,977	-
LCF Digital Hubs	9,886	(7,402)	-	2,484
LCF Healthy Heart	6,073	-	(6,073)	-
LCF Keighley Com. Health	7,887	7,408	-	15,295
Leeds Hospital Charity	10,073	3,410	-	13,483
Lloyds Bank Foundation	500	(1,835)	1,335	-
Mencap	1,260	(1,260)	-	-
Mental Health Transformation	-	88,589	-	88,589
Modality Partnerships	26,160	(408)	(25,752)	-
Morrisons Foundation	8,066	-	(8,066)	-
National Lottery Community Fund (ID: 20180631)	1,273	(1,453)	594	414
NHS Bradford District & Craven CCG	61,861	-	(61,861)	-
Peoples Postcode Lottery	9,776	(9,775)	(1)	-
Play Bradford	1,892	-	(1,892)	-
Power to Change	4,049	(4,049)	-	-
Project 6	4,044	(7,660)	-	(3,616)
Sangat Community Centre	3,640	-	(3,640)	-
Sovereign Healthcare	2,165	(2,165)	-	-

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

The Breims Trust	2,482	(2,492)	-	(10)
The Leap	57	-	(57)	-
Thornbury Centre	182	-	-	182
Versus Arthritis	3,820	(2,233)	-	1,587
Wakefield CCG / Modality	5,965	-	(5,965)	-
Young Parents' Emergency Fund	1,068	-	-	1,068
	<u>205,884</u>	<u>24,309</u>	<u>(106,280)</u>	<u>123,913</u>
TOTAL FUNDS	<u>479,527</u>	<u>294,504</u>	<u>-</u>	<u>774,031</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	127,289	(79,798)	47,491
Airedale Community Partnership MSK project	-	(41,542)	(41,542)
ARF Council Digi Hubs	-	(14,025)	(14,025)
Art 4 All Project 2020	6,487	(8)	6,479
Hainworth Wood CC	24	(5,106)	(5,082)
Healthy Heart (Act as One)	5,433	(8,192)	(2,759)
Lifestyle Change Project 2023 & 2024	315	(57)	258
Morrisons Cook and Eat	-	(4,957)	(4,957)
Power to Change - Resilience Funding	10,000	(5,645)	4,355
Rethinking Pain	390,277	(154,169)	236,108
System Connector Wellbeing Hubs	30,000	(19,404)	10,596
Warm Spaces	1,000	-	1,000
Wharfe Valley Pathways	7,500	(277)	7,223
Young Parent Project 2023-2025	25,050	-	25,050
	<u>603,375</u>	<u>(333,180)</u>	<u>270,195</u>
Restricted funds			
CBMDC - Kickstart 2021	6,163	(5,053)	1,110
CBMDC - Living Well	31,207	(31,438)	(231)
Give Bradford	-	(9,943)	(9,943)
Healthy Holidays	-	(1,269)	(1,269)
Keith Thompson Centre	435	(435)	-
Keighley Town Fund	4,250	(2,268)	1,982
KHL Building Fund	4,552	(30,567)	(26,015)
LCF Digital Hubs	2,472	(9,874)	(7,402)
LCF Keighley Com. Health	15,000	(7,592)	7,408
Leeds Hospital Charity	50,000	(46,590)	3,410
Lloyds Bank Foundation	32,647	(34,482)	(1,835)
Mencap	-	(1,260)	(1,260)
Mental Health Transformation	100,000	(11,411)	88,589
Modality Partnerships	-	(408)	(408)
National Lottery Community Fund (ID: 20180631)	54,151	(55,604)	(1,453)
Peoples Postcode Lottery	-	(9,775)	(9,775)
Power to Change	-	(4,049)	(4,049)
Project 6	15,000	(22,660)	(7,660)
Sovereign Healthcare	-	(2,165)	(2,165)
The Brelms Trust	2,500	(4,992)	(2,492)
Versus Arthritis	4,872	(7,105)	(2,233)
	<u>323,249</u>	<u>(298,940)</u>	<u>24,309</u>
TOTAL FUNDS	<u>926,624</u>	<u>(632,120)</u>	<u>294,504</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

16. MOVEMENT IN FUNDS - continued

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	254,687	7,396	11,560	273,643
Restricted funds				
BVCS Alliance Sunshine Project	500	(500)	-	-
CBMDC - Covid 19 Emergency	-	2,491	-	2,491
CBMDC - Digital Hubs	-	12,480	-	12,480
CBMDC - Kickstart 2021	-	2,009	-	2,009
CBMDC - Kickstart	4,106	(4,106)	-	-
CBMDC - Lion's Den	5,477	(5,477)	-	-
CBMDC - Living Well	1,415	221	-	1,636
Co-op - Tackling Food Poverty	2,553	(2,437)	-	116
Give Bradford	-	10,000	-	10,000
Greggs Foundation	1,852	(172)	-	1,680
Healthy Holidays	(263)	1,318	(1,800)	(745)
Keighley Town Council	739	(739)	-	-
KHL Building Fund	3,942	96	-	4,038
LCF Digital Hubs	-	9,886	-	9,886
LCF Healthy Heart	3,000	3,073	-	6,073
LCF Keighley Com. Health	11,733	(2,846)	(1,000)	7,887
Leeds Hospital Charity	-	10,673	(600)	10,073
Lloyds Bank Foundation	3,044	296	(2,840)	500
Mencap	-	1,260	-	1,260
Modality Partnerships	21,781	4,379	-	26,160
Morrison's Foundation	-	8,966	(900)	8,066
National Lottery Community Fund (ID: 20180631)	19,979	(17,106)	(1,600)	1,273
NHS Bradford District & Craven CCG	-	61,861	-	61,861
Peoples Postcode Lottery	-	9,776	-	9,776
Play Bradford	102	1,790	-	1,892
Power to Change	-	4,049	-	4,049
Project 6	324	3,720	-	4,044
Sangat Community Centre	-	3,640	-	3,640
Sovereign Healthcare	2,165	-	-	2,165
Sport England	47	2,453	(2,500)	-
The Brelms Trust	-	2,482	-	2,482
The Leap	862	(805)	-	57
Thornbury Centre	3,445	(3,263)	-	182
Versus Arthritis	-	4,140	(320)	3,820
Wakefield CCG / Modality	19,235	(13,270)	-	5,965
WY&H Health Inequalities	41,210	(41,210)	-	-
Young Parents' Emergency Fund	1,082	(14)	-	1,068
	<u>148,330</u>	<u>69,114</u>	<u>(11,560)</u>	<u>205,884</u>

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16.	MOVEMENT IN FUNDS - continued				
	TOTAL FUNDS	<u>403,017</u>	<u>76,510</u>	<u>-</u>	<u>479,527</u>

KEIGHLEY HEALTHY LIVING NETWORK

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2023**

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	68,259	(60,863)	7,396
Restricted funds			
BVCS Alliance Sunshine Project	-	(500)	(500)
CBMDC - Covid 19 Emergency	2,671	(180)	2,491
CBMDC - Digital Hubs	12,480	-	12,480
CBMDC - Kickstart 2021	7,298	(5,289)	2,009
CBMDC - Kickstart	-	(4,106)	(4,106)
CBMDC - Lion's Den	2,350	(7,827)	(5,477)
CBMDC - Living Well	29,214	(28,993)	221
Co-op - Tackling Food Poverty	-	(2,437)	(2,437)
Give Bradford	10,000	-	10,000
Greggs Foundation	-	(172)	(172)
Healthy Holidays	11,065	(9,747)	1,318
Keighley Town Council	-	(739)	(739)
KHL Building Fund	94,099	(94,003)	96
LCF Digital Hubs	9,886	-	9,886
LCF Healthy Heart	3,073	-	3,073
LCF Keighley Com. Health	14,855	(17,701)	(2,846)
Leeds Hospital Charity	25,000	(14,327)	10,673
Lloyds Bank Foundation	32,818	(32,522)	296
Mencap	2,200	(940)	1,260
Modality Partnerships	7,222	(2,843)	4,379
Morrisons Foundation	15,300	(6,334)	8,966
National Lottery Community Fund (ID: 20180631)	16,275	(33,381)	(17,106)
NHS Bradford District & Craven CCG	61,861	-	61,861
Peoples Postcode Lottery	19,838	(10,062)	9,776
Play Bradford	4,500	(2,710)	1,790
Power to Change	7,866	(3,817)	4,049
Project 6	10,517	(6,797)	3,720
Sangat Community Centre	7,140	(3,500)	3,640
Sovereign Healthcare	2,988	(2,988)	-
Sport England	7,440	(4,987)	2,453
The Brelms Trust	5,000	(2,518)	2,482
The Leap	-	(805)	(805)
Thornbury Centre	3,680	(6,943)	(3,263)
Versus Arthritis	10,000	(5,860)	4,140
Wakefield CCG / Modality	-	(13,270)	(13,270)
WY&H Health Inequalities	-	(41,210)	(41,210)
Young Parents' Emergency Fund	-	(14)	(14)
	<u>436,636</u>	<u>(367,522)</u>	<u>69,114</u>
TOTAL FUNDS	504,895	(428,385)	76,510

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

=====

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	254,687	54,887	(9,233)	300,341
Airedale Community Partnership MSK project	-	(41,542)	61,861	20,319
ARF Council Digi Hubs	-	(14,025)	12,480	(1,545)
Art 4 All Project 2020	-	6,479	-	6,479
Hainworth Wood CC	-	(5,082)	5,082	-
Healthy Heart (Act as One)	-	(2,759)	6,073	3,314
Lifestyle Change Project 2023 & 2024	-	258	15,751	16,009
Morrisons Cook and Eat	-	(4,957)	8,066	3,109
MSK Project	-	-	5,965	5,965
Power to Change - Resilience Funding	-	4,355	-	4,355
Rethinking Pain	-	236,108	-	236,108
System Connector Wellbeing Hubs	-	10,596	-	10,596
Warm Spaces	-	1,000	-	1,000
Wharfe Valley Pathways	-	7,223	-	7,223
Young Parent Project 2023-2025	-	25,050	11,795	36,845
	254,687	277,591	117,840	650,118
Restricted funds				
BVCS Alliance Sunshine Project	500	(500)	-	-
CBMDC - Covid 19 Emergency	-	2,491	(2,491)	-
CBMDC - Digital Hubs	-	12,480	(12,480)	-
CBMDC - Kickstart 2021	-	3,119	(3,119)	-
CBMDC - Kickstart	4,106	(4,106)	-	-
CBMDC - Lion's Den	5,477	(5,477)	-	-
CBMDC - Living Well	1,415	(10)	-	1,405
Co-op - Tackling Food Poverty	2,553	(2,437)	(116)	-
Give Bradford	-	57	(57)	-
Greggs Foundation	1,852	(172)	(1,680)	-
Healthy Holidays	(263)	49	1,264	1,050
Keighley Town Council	739	(739)	-	-
Keighley Town Fund	-	1,982	-	1,982
KHL Building Fund	3,942	(25,919)	21,977	-
LCF Digital Hubs	-	2,484	-	2,484
LCF Healthy Heart	3,000	3,073	(6,073)	-
LCF Keighley Com. Health	11,733	4,562	(1,000)	15,295
Leeds Hospital Charity	-	14,083	(600)	13,483
Lloyds Bank Foundation	3,044	(1,539)	(1,505)	-
Mental Health Transformation	-	88,589	-	88,589
Modality Partnerships	21,781	3,971	(25,752)	-
Morrisons Foundation	-	8,966	(8,966)	-
National Lottery Community Fund (ID: 20180631)	19,979	(18,559)	(1,006)	414
NHS Bradford District & Craven CCG	-	61,861	(61,861)	-

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

Peoples Postcode Lottery	-	1	(1)	-
Play Bradford	102	1,790	(1,892)	-
Project 6	324	(3,940)	-	(3,616)
Sangat Community Centre	-	3,640	(3,640)	-
Sovereign Healthcare	2,165	(2,165)	-	-
Sport England	47	2,453	(2,500)	-
The Brelms Trust	-	(10)	-	(10)
The Leap	862	(805)	(57)	-
Thornbury Centre	3,445	(3,263)	-	182
Versus Arthritis	-	1,907	(320)	1,587
Wakefield CCG / Modality	19,235	(13,270)	(5,965)	-
WY&H Health Inequalities	41,210	(41,210)	-	-
Young Parents' Emergency Fund	1,082	(14)	-	1,068
	<u>148,330</u>	<u>93,423</u>	<u>(117,840)</u>	<u>123,913</u>
TOTAL FUNDS	<u>403,017</u>	<u>371,014</u>	<u>-</u>	<u>774,031</u>

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	195,548	(140,661)	54,887
Airedale Community Partnership MSK project	-	(41,542)	(41,542)
ARF Council Digi Hubs	-	(14,025)	(14,025)
Art 4 All Project 2020	6,487	(8)	6,479
Hainworth Wood CC	24	(5,106)	(5,082)
Healthy Heart (Act as One)	5,433	(8,192)	(2,759)
Lifestyle Change Project 2023 & 2024	315	(57)	258
Morrisons Cook and Eat	-	(4,957)	(4,957)
Power to Change - Resilience Funding	10,000	(5,645)	4,355
Rethinking Pain	390,277	(154,169)	236,108
System Connector Wellbeing Hubs	30,000	(19,404)	10,596
Warm Spaces	1,000	-	1,000
Wharfe Valley Pathways	7,500	(277)	7,223
Young Parent Project 2023-2025	25,050	-	25,050
	<u>671,634</u>	<u>(394,043)</u>	<u>277,591</u>
Restricted funds			
BVCS Alliance Sunshine Project	-	(500)	(500)
CBMDC - Covid 19 Emergency	2,671	(180)	2,491
CBMDC - Digital Hubs	12,480	-	12,480
CBMDC - Kickstart 2021	13,461	(10,342)	3,119
CBMDC - Kickstart	-	(4,106)	(4,106)
CBMDC - Lion's Den	2,350	(7,827)	(5,477)
CBMDC - Living Well	60,421	(60,431)	(10)
Co-op - Tackling Food Poverty	-	(2,437)	(2,437)
Give Bradford	10,000	(9,943)	57
Greggs Foundation	-	(172)	(172)
Healthy Holidays	11,065	(11,016)	49
Keighley Town Council	-	(739)	(739)
Keith Thompson Centre	435	(435)	-
Keighley Town Fund	4,250	(2,268)	1,982
KHL Building Fund	98,651	(124,570)	(25,919)
LCF Digital Hubs	12,358	(9,874)	2,484
LCF Healthy Heart	3,073	-	3,073
LCF Keighley Com. Health	29,855	(25,293)	4,562
Leeds Hospital Charity	75,000	(60,917)	14,083
Lloyds Bank Foundation	65,465	(67,004)	(1,539)
Mencap	2,200	(2,200)	-
Mental Health Transformation	100,000	(11,411)	88,589
Modality Partnerships	7,222	(3,251)	3,971
Morrisons Foundation	15,300	(6,334)	8,966
National Lottery Community Fund (ID: 20180631)	70,426	(88,985)	(18,559)

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued			
NHS Bradford District & Craven CCG	61,861	-	61,861
Peoples Postcode Lottery	19,838	(19,837)	1
Play Bradford	4,500	(2,710)	1,790
Power to Change	7,866	(7,866)	-
Project 6	25,517	(29,457)	(3,940)
Sangat Community Centre	7,140	(3,500)	3,640
Sovereign Healthcare	2,988	(5,153)	(2,165)
Sport England	7,440	(4,987)	2,453
The Brelms Trust	7,500	(7,510)	(10)
The Leap	-	(805)	(805)
Thornbury Centre	3,680	(6,943)	(3,263)
Versus Arthritis	14,872	(12,965)	1,907
Wakefield CCG / Modality	-	(13,270)	(13,270)
WY&H Health Inequalities	-	(41,210)	(41,210)
Young Parents' Emergency Fund	-	(14)	(14)
	<u>759,885</u>	<u>(666,462)</u>	<u>93,423</u>
TOTAL FUNDS	<u><u>1,431,519</u></u>	<u><u>(1,060,505)</u></u>	<u><u>371,014</u></u>

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

Fund Name	Purpose of restriction
Art 4 All Project 2020	- Income received to support continuation of the Art 4 All groups
BVCS Alliance Sunshine Project	- Towards the Sunshine Project.
CBMDC - Covid 19 Emergency	- Infection control linked to Covid 19.
CBMDC - Digital Hubs / ARF Council	- Towards 1:1 community digital support.
Digi Hubs	
CBMDC Kickstart 2021	- Funding from Bradford Council towards breastfeeding, healthy weight and young parents' activities.
CBMDC - Lion's Den	- Towards the Lion's Den Shed project.
CBMDC - Living Well	- Towards older peoples activities including Living Well, Connecting Communities and Skill Share projects.
Co-op Tackling Poverty	- Cooking club for children
Give Bradford	- Towards strategic development costs.
Greggs Foundation	- For Bumps, Babies, Breastfeeding and Beyond project.
Hainworth Wood CC	- Delivery of cooking classes and social activities
Healthy Holidays	- Funding from HAFP and Leeds Community Foundation for Healthy Holidays.
Keighley Town Council	- Covid Response Digital Inclusion - Resources.
Keighley Town Fund	- Capital funding for refurbishment of part of the building
KHL Building Fund	- Funding from CBMDC and Power to Change along with other individual donations towards to refurbishment of Scott Street.
LCF Digital Hubs	- Connect Digital Health and Wellbeing Programme (Digital Hubs).
LCF Healthy Heart (Act as One)	- Healthy Heart Programme / Act as One.
LCF Keighley Com. Health	- Lifestyle Change Programme.
Leeds Hospital Charity	- Tackling health inequalities exacerbated by Covid 19. Working with Project 6, Carers Resource and Roshni Ghar.
Lifestyle Change Project 23 & 24	- Delivery of food and exercise activities across Keighley
Lloyds Bank Foundation	- Young parents' health and wellbeing project.
Mencap	- Mencap 'Round the World' physical activity challenge.
Mental Health Transformation	- A partnership project providing community mental health support as part of the wider mental health transformation programme
Modality Partnerships	- Health coaching.
Morrisons Foundation (Cook and Eat)	- Healthy cooking classes.
National Lottery Community Fund	- CONNECT Keighley - project to reduce loneliness and increase community connection.
NHS Bradford District & Craven CCG / Airedale Community Partnership Host Fund	- Airedale Community Partnership project.
Peoples Postcode Lottery	- Healthy Lifestyle and Co-design project manager.
Play Bradford	- Outdoor play project.
Power to Change	- Towards business development costs.
Power to Change Resilience Fund	- Support with increased energy costs and improving energy efficiency of the building
Project 6	- Keighley Pathways.
Rethinking Pain	- Community based chronic pain service connecting people from clinical care with community health services and support
Sangat Community Centre	- Towards exercise classes at Sangat Community Centre.
Sovereign Healthcare	- Towards young chef classes.

KEIGHLEY HEALTHY LIVING NETWORK

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

16. MOVEMENT IN FUNDS - continued

Sport England	-	Returning to Exercise - additional exercise classes.
System Connector Wellbeing Hubs	-	Supporting development of a wellbeing network and connecting projects together
The Brelms Trust	-	Salary Contribution for core/support staff.
The Leap	-	Art engagement and consultation.
Thornbury Centre	-	Integrated Communities Programme/Community Engagement Project.
Versus Arthritis	-	Sport England grant for MSK exercise delivery and peer support.
Wakefield CCG / Modality / MSK Project	-	MSK Connect - a pilot health and care pathway for people with long term or evolving musculoskeletal conditions.
Warm Space	-	Offering weekly sessions for the community to access warm space and refreshments
Wharfe Valley Pathways	-	Delivery of weekly sessions and one to one support the Wharfe Valley pathways
WY&H Health Inequalities	-	Digital inclusion - Digital Hubs.
Young Parents Emergency Fund	-	Donation to make funds available to young parents in need of assistance.
Young Parents Project 2023-25	-	Delivery of a bespoke project to support young parents in pregnancy and with parenting

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2023.

18. ULTIMATE CONTROLLING PARTY

The charity is under the control of the board of trustees.

Accounts

Keighley Healthy Living Network

Charity number 1090543

A company limited by guarantee number 04190566

Annual Report and Financial Statements for the year ended 31 March 2022



Keighley Healthy Living

t: 01535 677177

e: admin@khl.org.uk

www.khl.org.uk



West Yorkshire Community Accounting Service

Keighley Healthy Living Network

Annual Report and Financial Statements for the year ended 31 March 2022

Contents	Page
Trustees' report	2 to 7
Examiner's report	8
Statement of financial activities	9
Balance sheet	10
Statement of cash flows	11
Notes to the accounts	12 to 20

Prepared by West Yorkshire Community Accountancy Service CIO

Keighley Healthy Living Network

Trustees' report for the year ended 31 March 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Pam Essler	Chair	
Susan Bartlett	Treasurer	
Sharon Orr		
Gary Hodgson		
Francine Setter		
Jean Hahn		
John Hartley		
James Drury		Appointed August 2021
Charity number	1090543	Registered in England and Wales
Company number	04190566	Registered in England and Wales
Registered and principal address	Bankers	
13 Scott Street	Yorkshire Bank	CCLA Investment Management Ltd
Keighley	73 North Street	COIF Charity Funds
West Yorkshire	Keighley	80 Cheapside
BD21 2JH	BD21 3SD	London EC2V 6DZ

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a company limited by guarantee and was formed on 30 March 2001. It is governed by a memorandum and articles of association as amended by special resolution dated 14 January 2002. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purpose of company law and are appointed by the members at the AGM. We have made changes to our Trustee recruitment methods including the use of Reach Volunteering and this has resulted in the successful recruitment of new Trustees over the last 2 years. We have a strong effective board with a good skill mix and range of experience.

Organisational decision making

The Managers report on the work of the organisation to the Board of Trustees at least quarterly. The Managers also report on the state of the finances of Keighley Healthy Living Network. Any trustee can ask for further information from staff members.

Day to day management of funds, staff buildings, work programmes and development of new initiatives is delegated to the Manager/s.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2022

Staff and volunteers

Keighley Healthy Living Network currently employs 13 staff that deliver projects within the centre and in out-reach settings. We have an excellent staff team who are highly committed to the charity. Keighley Healthy Living Network is also supported by a range of volunteers who support our projects such as our social groups, activities and reception. In addition, we contract freelance staff to deliver a number of our specialised projects such as exercise classes, art groups, menopause support and digital hubs.

Membership of wider network

Keighley Healthy Living Network is a member of Airedale, Wharfedale and Craven Clinical Commissioning Group Health & Wellbeing Hub, Airedale Community Partnerships, the National Council for Voluntary Organisations, Community Action Bradford and District and Locality. These memberships have no impact on the day to day operations of Keighley Healthy Living Network.

Relationships with other organisations

Keighley Healthy Living Network has no subsidiaries. Keighley Healthy Living Network works in partnership with a range of other voluntary, community and statutory agencies in order to deliver its key work programmes.

Major risks to Keighley Healthy Living Network

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. The major risk to which Keighley Healthy Living Network is non-renewal of grants and loss of income streams. Keighley Healthy Living Network has taken action and developed a funding plan and diversified our funding streams. Throughout the year we experienced the impact of COVID and needed to be flexible and work with constant changes in terms of a loss of income, staff changes, Covid restrictions and refurbishing the building.

Insurance and other risks

Keighley Healthy Living Network carries buildings, public liability, employer's liability and contents insurance through Towergate Insurance.

Objectives and activities

The charity's objects

To promote for the benefit of the public in and around Keighley (the area of benefit) good practice in public health and health care

To relieve poverty, hardship and distress associated with poor health for all those living or working within the area of benefit.

To advance education relating to the benefits of good health and social well being and its implications for all those living or working within the area of benefit.

Our Vision:

A strong and thriving local community that is resilient, capable and healthy and where people are well connected to each other.

Our Mission:

- To support people to take ownership of their own health and wellbeing.
- To create an environment for friendships to develop and where people can support each other and connect to their community.
- To build personal growth and confidence, resilience and capability through providing opportunities to thrive.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2022

The charity's main activities

Keighley Healthy Living Network is a charity based in central Keighley which is dedicated to improving the health and wellbeing of the local population.

We offer a range of activities with a focus on

- improving physical and mental health and well-being
- tackling health inequalities
- working towards a strong integrated community where people from different backgrounds live, work and socialise together, based on shared rights, responsibilities and opportunities
- providing inclusive and accessible community health services (support & delivery)
- reducing social isolation and loneliness
- co-designing innovative interventions for individuals and our community's health
- having a test-and-learn, iterative approach
- sharing learning and insights that support local and national strategic health outcomes

To support our key areas of work we offer a wide range of activities based in our centre and various out-reach settings and include:

Lifestyle Change – Community projects including cooking courses, healthy lifestyle courses, dancing classes, walks, weight management classes, Staying Steady - falls prevention course, Fitstart - Introduction to Exercise and outdoor play, Digital Hubs and our MSK project for people with musculo-skeletal conditions.

Young Parents – A bespoke project to support Young Parents with parenting skills, postnatal group and one to one support for a range of areas including housing, relationships and debt.

Social Groups– A variety of weekly groups and short courses such as Art 4 All, The Shed, patchwork, exercise groups and wellbeing, games and conversation cafes with a focus on people who are experiencing loneliness and/or with mild dementia/mental health problems.

Building Connections – working in partnership with the community and other organisations to build on communities' strengths and develop projects as needed by the community.

Enabling – we support a local partnership project, Keighley Pathways to offer support during crisis and when needing immediate support with accessing food banks and benefit advice. We signpost and support people to access resources, equipment as needed.

We also offer volunteering opportunities and student placements. We have strong partnerships and links across Keighley and Bradford District. Keighley Healthy Living Network works with local people across all age, ethnicity and ability ranges; we frequently consult with local people to identify what will be the most effective way that we can work with them to improve their own health through lifestyle changes. We aim to tackle social isolation, inequalities in health and build confidence and capacity in the local population by delivering outreach sessions and working in other community centres.

Achievements and performance

Due to the ongoing restrictions of the pandemic this has been a challenging year with many changes and impact on the community. We have demonstrated that we are agile and have responded well to these challenges.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

We have continued to provide an active service to the community in a range of formats including online groups and activities, phone calls, outdoor activities, food and activity packs, navigating and signposting to appropriate support. We have also strengthened our infrastructure and embedded new staff and roles including a Marketing and Communications officer and a Project Lead for Lifestyle Change. During this year we have also undertaken major refurbishment of our community building including installing new windows and a new roof. We have increased our Trustee board and strengthened its skill mix.

In Summary

We have increased our income through grants and contracts and expanded our delivery to reach more people within the community.

We have increased our outreach activities, delivering in a range of local community centres across Keighley.

We worked with the local Primary Care Networks to improve systems of connecting patients from the local GP to community health activities. This has increased referral of people seeing the GP for their health conditions such as MSK to attend community activities such as exercise, cooking and peer support. This pilot project has been expanded and funded for the next year.

We have improved data collection and management and are starting to use our new database.

We have continued to refurbish the building and replaced flooring and redecorated.

We have grown as an organisation in terms of reach, projects delivered and impact.

Please see our website www.khl.org.uk for additional information and our Impact reports, case studies and project reports.

Public benefit statement

In setting our objectives and planning our activities all trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health, wellbeing and citizenship.

Fundraising

Keighley Healthy Living Network raises funds through grant applications to charitable trusts and securing commissions for work from statutory agencies including the local authority. Our main funders are The National Lottery Communities Fund, the Lloyds Bank Foundation for England & Wales, Bradford Metropolitan District Council, Keighley Community Health Care, West Yorkshire & Harrogate Health and Care Partnership. Other funders are shown in the annual accounts including, Power to Change, Leeds Community Foundation, Sport England, the players of the People's Postcode Lottery, Leeds Hospitals Charity - NHS Charities Together, Versus Arthritis – Sport England Grants, Morrison's Foundation, The Brelm's Trust and Equality Together.

Financial review

The net income for the year was £76,511, including net income of £18,957 on unrestricted funds and net income of £57,554 on restricted funds.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2022

Reserves policy

In conjunction with our Financial Procedures Policy the Reserves Policy forms part of our commitment to ensure the management and allocation of funds is carried out responsibly to enable Keighley Healthy Living Network to continue to provide its core services and to secure the viability of the organisation beyond the immediate future.

The need to provide for medium to long term will ensure that we can absorb setbacks and take advantage of change and opportunity.

It is the view that we should have sufficient funds to enable Keighley Healthy Living Network to exist for a period of time (not less than three months and no more than six months), to enable the development of alternative funding streams.

The charity's free reserves, excluding fixed assets, at the year end were £96,765.

Going concern

As stated earlier, the major risk to which Keighley Healthy Living Network is exposed is the non-renewal of existing funding and loss of income due to the current crisis. Keighley Healthy Living Network is actively seeking to secure alternative future funding and ensuring the organisation is ready to be able to apply for tenders/contracts relevant to our work. We have also diversified our funding streams and are applying for new grants. The pandemic and subsequent restrictions had an impact on the charity and created a loss of rental income from our building. However, as the charity has considerable financial resources, the trustees/directors believe that the charity is well placed to manage its financial risks successfully despite the current uncertain economic outlook. The trustees/directors have a reasonable expectation that the charity will adapt to the current environment and respond to the needs of the community and look at measures to ensure ongoing sustainability of the organisation. Over the last two years we have also increased the number of members on our Board, bringing in expertise in HR, health and safety and links with local healthcare.

Plans for the future

Keighley Healthy Living Network intends to build on its progress and its established programme and will continue to build on partnerships to strengthen projects and communities working together. Building a resilient organisation, securing funding for its core delivery and continuing to meet the needs of the community will be its key focus.

We are building on our role in lifestyle change and aiming to increase our work in partnerships with GP practices and community centres to provide a consistent service across the area. We are looking to increase contracts from the health care system and working with people living with a long-term health condition and providing a strong community offer to support the community to improve their health and wellbeing.

We have continued to refurbish our building and create an excellent health and wellbeing centre in the heart of Keighley. We will respond to the demands of the current climate and adapt to meet the challenges ahead.

We have once again had a challenging year but in many ways this has helped us to grow as an organisation. We have had to learn new ways of working and we will maintain some of these methods going forward along with our face to face activities. The expansion of our Board means that we have strengthened the expertise we have. This will be used to update our strategic framework and in turn will give confidence and support to staff who have worked hard during the challenging time.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2022

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

- select suitable accounting policies and apply them consistently;

- observe the methods and principles in the Charities SORP;

- 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 accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by the board of trustees on 21/11/2022

Pam Essler (Trustee)

Keighley Healthy Living Network

Independent examiner's report to the trustees of Keighley Healthy Living Network

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 31 March 2022, which are set out on pages 9 to 20.

Responsibilities and basis of report

As the charity's trustees of the charitable 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 charitable 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 ('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 charitable company's gross income exceeded £250,000 your examiner must be a fellow 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 fellow of ACIE which is one of the listed bodies.

I have completed my examination. I confirm that no material 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.

Simon Bostrom FCIE

28/11/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Keighley Healthy Living Network
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 31 March 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Income from:					
Donations and legacies		4,626	5,400	10,026	5,923
Charitable activities	(2)	20,358	430,986	451,344	529,092
Other trading activities - room hire		20,451	250	20,701	5,787
Other income		22,756	-	22,756	-
Investments		68		68	90
Total income		68,259	436,636	504,895	540,892
Expenditure on:					
Charitable activities	(3)	60,862	367,522	428,384	259,705
Total expenditure		60,862	367,522	428,384	259,705
Net income / (expenditure)		7,397	69,114	76,511	281,187
Transfers between funds		11,560	(11,560)	-	-
Net movement in funds		18,957	57,554	76,511	281,187
Fund balances brought forward		254,687	148,330	403,017	121,830
Fund balances carried forward	(6)	273,644	205,884	479,528	403,017

All incoming resources and resources expended derive from continuing activities.

Keighley Healthy Living Network

Balance sheet

as at 31 March 2022

		2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		£	£	£	£
Fixed assets					
Tangible assets	(7)	176,879	-	176,879	175,709
Total fixed assets		<u>176,879</u>	<u>-</u>	<u>176,879</u>	<u>175,709</u>
Current assets					
Debtors and prepayments	(8)	77,519	-	77,519	53,684
Cash at bank and in hand	(9)	21,046	206,134	227,180	175,424
Total current assets		<u>98,565</u>	<u>206,134</u>	<u>304,699</u>	<u>229,108</u>
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	(10)	1,800	250	2,050	1,800
Total current liabilities		<u>1,800</u>	<u>250</u>	<u>2,050</u>	<u>1,800</u>
Net current assets / (liabilities)		<u>96,765</u>	<u>205,884</u>	<u>302,649</u>	<u>227,308</u>
Net assets		<u>273,644</u>	<u>205,884</u>	<u>479,528</u>	<u>403,017</u>
Funds					
Unrestricted funds		273,644	-	273,644	254,687
Restricted funds		-	205,884	205,884	148,330
Total funds		<u>273,644</u>	<u>205,884</u>	<u>479,528</u>	<u>403,017</u>

For the year ending 31 March 2022 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 21/11/2022

Pam Essler (Trustee)

Keighley Healthy Living Network
Statement of cash flows
for the year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities	<u>58,383</u>	<u>240,160</u>
Cash flows from investing activities:		
Dividends and interest	68	90
Purchase of tangible fixed assets	<u>(6,695)</u>	<u>(180,011)</u>
Net cash provided by (used in) investing activities	<u>(6,627)</u>	<u>(179,921)</u>
Change in cash and cash equivalents in the reporting period	51,756	60,239
Cash and cash equivalents at the beginning of the reporting period	<u>175,424</u>	<u>115,185</u>
Cash and cash equivalents at the end of the reporting period	<u>227,180</u>	<u>175,424</u>
Reconciliation of net movement in funds to net cash flow from operating activities	2022	2021
	£	£
Net movement in funds for the reporting period (as per the statement of financial activities)	76,511	281,187
Adjustments for:		
Depreciation charges	5,525	4,920
Dividends and interest from investments	(68)	(90)
(Increase) / decrease in debtors	(23,835)	(45,938)
Increase / (decrease) in creditors	250	81
Net cash provided by (used in) operating activities	<u>58,383</u>	<u>240,160</u>
Analysis of cash and cash equivalents	2022	2021
	£	£
Cash in hand	972	149
Notice deposits (less than 30 days)	<u>226,208</u>	<u>175,275</u>
Total cash and cash equivalents	<u>227,180</u>	<u>175,424</u>

Keighley Healthy Living Network

Notes to the accounts

for the year ended 31 March 2022

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

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

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Tangible fixed assets costing more than £500 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost over their expected useful economic lives as follows:

Leasehold property: 10 years straight line

Office furniture: 25% reducing balance

Fixtures and fittings: 25% reducing balance

Computer equipment: over 3 years straight line

Keighley Healthy Living Network

Notes to the accounts

for the year ended 31 March 2022

1 Accounting policies continued

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2022

2 Charitable activities income	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City of Bradford Met.District Council (CBMDC)	-	81,665	81,665	54,745
Community First Yorkshire	-	2,000	2,000	1,500
Leeds Community Foundation (LCF)	-	37,814	37,814	27,156
Leeds Hopsital Charity	-	25,000	25,000	-
Lloyds Bank Foundation	-	32,818	32,818	38,014
Mencap	-	2,200	2,200	-
Modality Partnerships	-	7,222	7,222	43,830
Morrisons Foundation	-	15,300	15,300	-
NHS Bradford District & Craven CCG	-	61,861	61,861	-
Peoples Postcode Trust	-	19,838	19,838	-
Play Bradford	-	4,500	4,500	7,000
Power to Change	-	77,866	77,866	155,000
Project 6	-	10,517	10,517	5,517
Sangat Community Centre	-	7,140	7,140	-
Sovereign Health	-	2,988	2,988	-
Sport England	-	7,440	7,440	-
The Brelms Trust	-	5,000	5,000	-
The National Lottery Community Fund	-	16,275	16,275	53,057
The Thornbury Centre	-	3,430	3,430	3,445
Versus Arthritis	-	10,000	10,000	-
Allan Clark	-	-	-	4,000
Bernard Sunley	-	-	-	5,000
Bradford VCS Alliance	-	-	-	4,000
Charities Aid Foundation	-	-	-	1,500
Clothworkers Foundation	-	-	-	30,000
Community Action Bradford and Dist. (CABAD)	-	-	-	7,500
Croft Cargo	-	-	-	1,000
Duke of Devonshire	-	-	-	3,000
Groundwork	-	-	-	500
Hainworth Wood Community Centre	-	-	-	7,310
HMRC Job Retention Scheme Grant	-	-	-	7,784
Keighley Big Local	-	-	-	3,200
Keighley Town Council	-	-	-	8,828
NHS Wakefield CCG	-	-	-	49,902
The Leap	-	-	-	2,350
Transforming Lives for Good	-	-	-	1,880
Participant fees	7,613	112	7,725	2,074
Other fee income	12,745	-	12,745	-
	<u>20,358</u>	<u>430,986</u>	<u>451,344</u>	<u>529,092</u>

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2022

3 Charitable activities expenditure	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Charitable activities	34,262	162,666	196,928	133,515
Project expenses	10,138	69,641	79,779	76,696
Administrative expenses	8,101	12,223	20,324	17,431
Premises costs	1,036	109,019	110,055	23,468
Depreciation	5,525	-	5,525	4,920
Grants payable	-	13,973	13,973	1,875
Independent examination	1,800	-	1,800	1,800
	<u>60,862</u>	<u>367,522</u>	<u>428,384</u>	<u>259,705</u>

4 Staff costs and numbers	2022	2021
	£	£
Gross salaries	184,772	122,252
Social security costs	8,159	8,256
Pensions	2,865	2,022
Payroll charges	1,132	985
	<u>196,928</u>	<u>133,515</u>

The average number of employees during the year was 11.5, being an average of 7.3 full time equivalent (2021: 6.7, 4.3 FTE). There were no employees with emoluments above £60,000.

Defined contribution pension scheme	2022	2021
	£	£
Costs of the scheme to the charity for the year	2,865	2,022
Amount of any contributions outstanding at the year end	-	-

5 Grant making

Project or activity	2022	2021
	Grants to	Grants to
	institutions	institutions
	£	£
Bracken Bank & District Community Association	4,477	1,375
Highfield Community Association	5,500	-
Lion's Den Shed	3,996	-
Salvation Army	-	500
Total	<u>13,973</u>	<u>1,875</u>

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2022

6 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
CBMDC Digital Hubs	-	12,480	-	-	12,480
NHS Bfd Dist & Craven CCG	-	61,861	-	-	61,861
Mencap	-	2,200	940	-	1,260
Sangat Community Centre	-	7,140	3,500	-	3,640
Give Bradford	-	10,000	-	-	10,000
LCF Digital Hubs	-	9,886	-	-	9,886
The Brelms Trust	-	5,000	2,518	-	2,482
CBMDC Kickstart 2021	-	7,298	5,289	-	2,009
Versus Arthritis	-	10,000	5,860	(320)	3,820
Morrisons Foundation	-	15,300	6,334	(900)	8,066
Leeds Hospitals Charity	-	25,000	14,327	(600)	10,073
Power to Change	-	7,866	3,817	-	4,049
LCF Healthy Heart (Act as One)	3,000	3,073	-	-	6,073
CBMDC Living well	1,415	29,214	28,993	-	1,636
Healthy Holidays	(263)	11,065	9,747	(1,800)	(745)
Wakefield CCG/ Modality	19,235	-	13,270	-	5,965
Co-op Tackling Food Poverty	2,553	-	2,437	-	116
Thornbury Centre	3,445	3,680	6,943	-	182
Play Bradford	102	4,500	2,710	-	1,892
LCF Keighley Com. Health	11,733	14,855	17,701	(1,000)	7,887
The Leap	862	-	805	-	57
WY&H Health Inequalities	41,210	-	41,210	-	-
Keighley Town Council	739	-	739	-	-
CBMDC COVID 19 Emergency	-	2,671	180	-	2,491
Greggs Foundation	1,852	-	172	-	1,680
KHL Building Fund	3,942	94,099	94,003	-	4,038
Modality Partnerships	21,781	7,222	2,843	-	26,160
CBMDC Lion's den	5,477	2,350	7,827	-	-
BVCS Alliance Sunshine proj.	500	-	500	-	-
Peoples Postcode Lottery	-	19,838	10,062	-	9,776
Sport England	47	7,440	4,987	(2,500)	-
Lloyds Bank Foundation	3,044	32,818	32,522	(2,840)	500
National Lottery Com. Fund	19,979	16,275	33,381	(1,600)	1,273
Project 6	324	10,517	6,797	-	4,044
CBMDC Kickstart	4,106	-	4,106	-	-
Sovereign Healthcare	2,165	2,988	2,988	-	2,165
Young parents' emergency fund	1,082	-	14	-	1,068
	<u>148,330</u>	<u>436,636</u>	<u>367,522</u>	<u>(11,560)</u>	<u>205,884</u>

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2022

6 Restricted funds continued

Fund name	Purpose of restriction
CBMDC Digital Hubs	Towards 1:1 community digital support
NHS Bfd Dist & Craven CCG	Airedale Community Partnership project
Mencap	Mencap Round the World physical activity challenge
Sangat Community Centre	Towards exercise classes at Sangat Community Centre
Give Bradford	Towards strategic development costs
LCF Digital Hubs	Connect Digital Health and Wellbeing Programme (Digital Hubs)
The Brelms Trust	Salary Contribution core/support staff
CBMDC Kickstart 2021	Funding from Bradford Council towards breastfeeding, healthy weight and young parents activities
Versus Arthritis	Sport England Grant for MSK exercise delivery and peer support
Morrisons Foundation	Healthy cooking classes
Leeds Hospitals Charity	Tackling health inequalities exacerbated by C-19. Working with Project 6, Carers Resource and Roshni Ghar
Power to Change	Towards business development costs
LCF Healthy Heart (Act as One)	Healthy Hearts Programme/Act As One
CBMDC Living well	Towards older peoples activities including Living well, Connecting Communities and Skill share projects
Healthy Holidays	Funding from HAFP and Leeds Community Foundation for Healthy Holidays
Wakefield CCG/ Modality	MSK Connect – a pilot health and care pathway for people with long term or evolving musculoskeletal conditions
Co-op Tackling Food Poverty	Cooking club for children
Thornbury Centre	Integrated Communities Programme/Community Engagement Project
Play Bradford	Outdoor Play project
LCF Keighley Com. Health	Lifestyle Change Programme
The Leap	Art engagement and consultation
WY&H Health Inequalities	Digital Inclusion – Digital Hubs
Keighley Town Council	COVID Response Digital Inclusion – Resources
CBMDC COVID 19 Emergency	Infection Control linked to COVID-19.
Greggs Foundation	For the Bumps, Babies, Breastfeeding and Beyond project
KHL Building Fund	Funding from CBMDC and Power to Change along with other individual donations towards the refurbishment of Scott Street.
Modality Partnerships	Health coaching
CBMDC Lion's den	Towards the Lion's Den Shed project
BVCS Alliance Sunshine proj.	Towards the Sunshine Project
Peoples Postcode Lottery	Healthy Lifestyles & Co-design Project Manager
Sport England	Returning to Exercise – additional exercise classes
Lloyds Bank Foundation	Young parents health and wellbeing project
National Lottery Com. Fund	CONNECT Keighley – project to reduce loneliness and increase community connection.
Project 6	Keighley Pathways
CBMDC Kickstart	Funding from Bradford Council towards breastfeeding, healthy weight and young parents activities
Sovereign Healthcare	Towards young chef classes
Young parents' emergency fund	Donation to make funds available to young parents in need of assistance

All of the transfers relate to room hire charges.

Keighley Healthy Living Network
Notes to the accounts continued
for the year ended 31 March 2022

7 Tangible assets	Land and buildings	Office furniture	Fixtures and fittings	Computer equipment	Total
Cost	£	£	£	£	£
At 1 April 2021	177,010	10,665	598	7,778	196,051
Additions	-	-	-	6,695	6,695
At 31 March 2022	<u>177,010</u>	<u>10,665</u>	<u>598</u>	<u>14,473</u>	<u>202,746</u>
Depreciation					
At 1 April 2021	3,540	10,427	598	5,777	20,342
Charge for year	3,540	60	-	1,925	5,525
At 31 March 2022	<u>7,080</u>	<u>10,487</u>	<u>598</u>	<u>7,702</u>	<u>25,867</u>
Net book value					
At 31 March 2022	<u>169,930</u>	<u>178</u>	<u>-</u>	<u>6,771</u>	<u>176,879</u>
At 31 March 2021	<u>173,470</u>	<u>238</u>	<u>-</u>	<u>2,001</u>	<u>175,709</u>
8 Debtors and prepayments				2022	2021
				£	£
Debtors				77,519	30,087
Prepayments				-	426
Accrued income				-	23,171
				<u>77,519</u>	<u>53,684</u>
9 Cash at bank and in hand				2022	2021
				£	£
Cash at bank				226,208	175,275
Cash in hand				972	149
				<u>227,180</u>	<u>175,424</u>
10 Creditors and accruals				2022	2021
				£	£
Accruals				1,800	1,800
Other creditors				250	-
				<u>2,050</u>	<u>1,800</u>

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2022

11 Related party transactions

Trustee expenses

No trustee received any remuneration or benefit during this year (previous year: 1 trustee and £11 in respect of travel).

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Remuneration and benefits received by key management personnel

The total employee benefits received by key management personnel were £33,907 (previous year: £34,457).

12 Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:

	2022	2021
	£	£
Within one year	144	864
In the second to fifth years inclusive	-	144
Over five years from the balance sheet date	-	-
	<u>144</u>	<u>1,008</u>

Keighley Healthy Living Network

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 March 2022

	2022 Unrestricted funds £	2021 Unrestricted funds £	2022 Restricted funds £	2021 Restricted funds £	2022 Total funds £	2021 Total funds £
Income						
Donations and legacies	4,626	611	5,400	5,312	10,026	5,923
Charitable activities	20,358	33,164	430,986	495,928	451,344	529,092
Other trading activities - room hire	20,451	5,787	250	-	20,701	5,787
Other income	22,756	-	-	-	22,756	-
Investments	68	90	-	-	68	90
Total income	68,259	39,652	436,636	501,240	504,895	540,892
Expenditure						
Charitable activities	60,862	41,229	367,522	218,476	428,384	259,705
Total expenditure	60,862	41,229	367,522	218,476	428,384	259,705
Net income / (expenditure)	7,397	(1,577)	69,114	282,764	76,511	281,187
Transfers between funds	11,560	179,210	(11,560)	(179,210)	-	-
Net movement in funds	18,957	177,633	57,554	103,554	76,511	281,187
Fund balances brought forward	254,687	77,054	148,330	44,776	403,017	121,830
Fund balances carried forward	273,644	254,687	205,884	148,330	479,528	403,017

Accounts

Keighley Healthy Living Network

Charity number 1090543

A company limited by guarantee number 04190566

Annual Report and Financial Statements for the year ended 31 March 2021



Keighley Healthy Living

t: 01535 677177

e : admin@khl.org.uk

www.khl.org.uk



West Yorkshire Community Accounting Service

Keighley Healthy Living Network

Annual Report and Financial Statements for the year ended 31 March 2021

Contents	Page
Trustees' report	2 to 6
Examiner's report	7
Statement of financial activities	8
Balance sheet	9
Statement of cash flows	10
Notes to the accounts	11 to 18

Prepared by West Yorkshire Community Accounting Service

Keighley Healthy Living Network

Trustees' report for the year ended 31 March 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Pam Essler	Chair	
Susan Bartlett	Treasurer	
Sharon Orr		
Simon Booth		Resigned July 2020
Victoria Collins		Resigned September 2020
Gary Hodgson		Appointed November 2020
Francine Setter		Appointed December 2020
Jean Hahn		Appointed December 2020
John Hartley		Appointed March 2021
James Drury		Appointed August 2021
Company secretary	Susan Bartlett	
Charity number	1090543	Registered in England and Wales
Company number	04190566	Registered in England and Wales
Registered and principal address	Bankers	
13 Scott Street	Yorkshire Bank	CCLA Investment Management Li
Keighley	73 North Street	COIF Charity Funds
West Yorkshire	Keighley	80 Cheapside
BD21 2JH	BD21 3SD	London EC2V 6DZ

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a company limited by guarantee and was formed on 30 March 2001. It is governed by a memorandum and articles of association as amended by special resolution dated 14 January 2002. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purpose of company law and are appointed by the members at the AGM. We have made changes to our Trustee recruitment methods including the use of Reach Volunteering and this has resulted in the successful recruitment of four new Trustees.

Organisational decision making

The Managers report on the work of the organisation to the Board of Trustees at least quarterly. The Managers also report on the state of the finances of Keighley Healthy Living Network. Any trustee can ask for further information from staff members.

Day to day management of funds, staff buildings, work programmes and development of new initiatives is delegated to the Manager/s.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2021

The charity's main activities

Keighley Healthy Living Network is a charity based in central Keighley which is dedicated to improving the health and wellbeing of the local population.

We offer a range of activities with a focus on

- tackling health inequalities
- improving physical and mental health and well-being
- working towards a strong integrated community where people from different backgrounds live, work and socialise together, based on shared rights, responsibilities and opportunities
- providing inclusive and accessible community health services (support & delivery)
- reducing social isolation and loneliness
- co-designing innovative interventions for individuals and our community's health
- having a test-and-learn, iterative approach
- sharing learning and insights that support local and national strategic health outcomes

To support our key areas of work we offer a wide range of activities based in our centre and various out-reach settings and include:

Lifestyle Change – Community projects including cooking courses, healthy lifestyle courses, dancing classes, walks, weight management classes, Staying Steady - falls prevention course, Fitstart- Introduction

Young Parents – A bespoke project to support Young Parents with parenting skills, postnatal group and one to one support for a range of areas including housing, relationships and debt.

Social Groups – A variety of weekly groups and short courses such as Art 4 all, The Shed, patchwork, exercise groups and wellbeing, games and conversation cafes with a focus on people who are experiencing loneliness and/or with mild dementia/mental health problems.

Building Connections – Working in partnership with the community and other organisations to build on communities' strengths and develop projects as needed by the community.

Enabling – We support a local partnership project, Keighley Pathways to offer support during crisis and when needing immediate support with accessing food banks and benefit advice. We set up a cooking equipment project to provide cooking equipment to people in need and this became a vital service during the pandemic lockdown.

We also offer volunteering opportunities and student placements. We have strong partnerships and links across Keighley and Bradford District. Keighley Healthy Living Network works with local people across all age, ethnicity and ability ranges; we frequently consult with local people to identify what will be the most effective way that we can work with them to improve their own health through lifestyle changes. We aim to tackle social isolation, inequalities in health and build confidence and capacity in the local population by delivering outreach sessions and working in other community centres.

Achievements and performance

Due to the pandemic this has been a challenging year with many changes and impact on the community. We have demonstrated that we are agile and have responded well to these challenges.

We have continued to provide an active service to the community in a range of formats including online groups and activities, phone calls, outdoor activities, food and activity packs, navigating and signposting to appropriate support. We have also strengthened our infrastructure and appointed new staff and roles including a marketing and communications officer and a project lead for lifestyle change. We have developed several new innovative projects including MSK Connect and 2 digital hubs to connect services and support together. During this year we have also purchased our community building and have started a refurbishment project including a new roof, replacing all windows and external repairs. We have increased our Trustee board and strengthened its skill mix. We have carried out an audit of our IT system and are looking at introducing a new database and improved IT software and hardware. Please refer to our website khl.org.uk for more information on our impact and case studies.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2021

Public benefit statement

In setting our objectives and planning our activities all trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health, wellbeing and citizenship.

Fundraising

Keighley Healthy Living Network raises funds through grant applications to charitable trusts and securing commissions for work from statutory agencies including the local authority. Our main funders are The National Lottery Community Fund, Lloyds Community Foundation, Bradford Metropolitan District Council, Keighley Community Health Care, West Yorkshire & Harrogate Health and Care Partnership. Other funders are shown in the annual accounts including, Power to Change, Leeds Community Foundation, Sport England, Clothworkers Foundation, People's Postcode Trust, Greggs Foundation, Sovereign Healthcare, The LEAP, Keighley Town Council, Play Bradford and Bradford As One.

Financial review

The net income for the year was £281,187, including net income of £177,633 on unrestricted funds and net income of £103,554 on restricted funds.

Reserves policy

In conjunction with our Financial Procedures Policy the Reserves Policy forms part of our commitment to ensure the management and allocation of funds is carried out responsibly to enable Keighley Healthy Living Network to continue to provide its core services and to secure the viability of the organisation beyond the immediate future.

The need to provide for medium to long term will ensure that we can absorb setbacks and take advantage of change and opportunity.

It is the view that we should have sufficient funds to enable Keighley Healthy Living Network to exist for a period of time (not less than three months and not more than six months), to enable the development of alternative funding streams. Budgeted annual spending for the year ended 31 March 2022 is approximately £300,000.

The charity's free reserves, excluding fixed assets, at the year end were £78,978. This represents a little under three months of budgeted expenditure.

Going concern

The major risk to which Keighley Healthy Living Network is exposed is the non-renewal of existing funding and loss of income due to the current crisis. Keighley Healthy Living Network is actively seeking to secure alternative future funding and ensuring the organisation is ready to be able to apply for tenders/contracts relevant to our work. We have also diversified our funding streams and are applying for new grants. The recent pandemic has had an impact on the charity. As the charity has considerable financial resources, the trustees believe that the charity is well placed to manage its financial risks successfully despite the current uncertain economic outlook. The trustees have a reasonable expectation that the charity will adapt to the current environment and respond to the needs of the community and look at measures to ensure ongoing sustainability of the organisation. We have purchased the building which we were leasing and this has helped to support our long term sustainability, reduce outgoings in the longer term and provide an excellent asset in the local area. We have also increased the number of members on our Board, bringing in expertise in HR, health and safety and links with local healthcare.

In light of this the trustees believe that there are no material uncertainties so significant as to cast doubt over the ability of the charity to continue to operate as a going concern.

Plans for the future

Keighley Healthy Living Network intends to build on its progress and its established programme and will continue to build on partnerships to strengthen projects and communities working together. Building a resilient organisation, securing funding for its core delivery and continuing to meet the needs of the community will be its key focus.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2021

Plans for the future continued

We are building on our role in lifestyle change and aiming to work in partnerships with GP practices and community centres to provide a consistent service across the area. We have started to refurbish our building and create an excellent health and wellbeing centre in the heart of Keighley. We will respond to the demands of the current climate and adapt to meet the challenges ahead.

We have had a challenging year but in many ways this has helped us to grow as an organisation. We have had to learn new ways of working and we will maintain some of these methods going forward along with re-introducing our face to face activities. The expansion of our Board means that we have strengthened the expertise we have. This will be used to update our strategic framework and in turn will give confidence and support to staff who have worked hard during the challenging time.

Keighley Healthy Living Network

Trustees' report (continued) for the year ended 31 March 2021

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

- select suitable accounting policies and apply them consistently;

- observe the methods and principles in the Charities SORP;

- 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 accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on 15 December 2021

Pam Essler (Trustee)

Keighley Healthy Living Network

Independent examiner's report to the trustees of Keighley Healthy Living Network

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 31 March 2021, which are set out on pages 8 to 18.

Responsibilities and basis of report

As the charity's trustees of the charitable 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 charitable 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 ('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 charitable 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 fellow of ACIE which is one of the listed bodies.

I have completed my examination. I confirm that no material 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.

Simon Bostrom FCIE

15 December 2021

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Keighley Healthy Living Network
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 31 March 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Income from:					
Charitable activities	(2)	31,701	501,240	532,941	161,553
Other trading activities		7,861	-	7,861	44,558
Investments		90	-	90	780
Total income		<u>39,652</u>	<u>501,240</u>	<u>540,892</u>	<u>206,891</u>
Expenditure on:					
Charitable activities	(3)	41,229	218,476	259,705	218,783
		-			
Total expenditure		<u>41,229</u>	<u>218,476</u>	<u>259,705</u>	<u>218,783</u>
Net income / (expenditure)		<u>(1,577)</u>	<u>282,764</u>	<u>281,187</u>	<u>(11,892)</u>
Transfers between funds		<u>179,210</u>	<u>(179,210)</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>177,633</u>	<u>103,554</u>	<u>281,187</u>	<u>(11,892)</u>
Fund balances brought forward		<u>77,054</u>	<u>44,776</u>	<u>121,830</u>	<u>133,722</u>
Fund balances carried forward	(4)	<u>254,687</u>	<u>148,330</u>	<u>403,017</u>	<u>121,830</u>

All incoming resources and resources expended derive from continuing activities.

Keighley Healthy Living Network

Balance sheet

as at 31 March 2021

		2021	2021	2021	2020
		Unrestricted	Restricted	Total	Total
		£	£	£	£
Fixed assets					
Tangible assets	(5)	175,709	-	175,709	618
Total fixed assets		<u>175,709</u>	<u>-</u>	<u>175,709</u>	<u>618</u>
Current assets					
Debtors and prepayments	(6)	30,513	23,171	53,684	7,746
Cash at bank and in hand	(7)	50,265	125,159	175,424	115,185
Total current assets		<u>80,778</u>	<u>148,330</u>	<u>229,108</u>	<u>122,931</u>
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	(8)	1,800	-	1,800	1,719
Total current liabilities		<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,719</u>
Net current assets / (liabilities)		<u>78,978</u>	<u>148,330</u>	<u>227,308</u>	<u>121,212</u>
Net assets		<u>254,687</u>	<u>148,330</u>	<u>403,017</u>	<u>121,830</u>
Funds					
Unrestricted funds		254,687	-	254,687	77,054
Restricted funds		-	148,330	148,330	44,776
Total funds		<u>254,687</u>	<u>148,330</u>	<u>403,017</u>	<u>121,830</u>

For the year ending 31 March 2021 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 15 December 2021

Pam Essler (Trustee)

Keighley Healthy Living Network
Statement of cash flows
for the year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities	<u>240,160</u>	<u>(5,409)</u>
Cash flows from investing activities:		
Dividends and interest	90	780
Purchase of tangible fixed assets	(180,011)	-
Net cash provided by (used in) investing activities	<u>(179,921)</u>	<u>780</u>
Cash flows from financing activities:		
Repayments on borrowing	-	-
Cash inflows from new borrowing	-	-
Net cash provided by (used in) financing activities	<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period	60,239	(4,629)
Cash and cash equivalents at the beginning of the reporting period	<u>115,185</u>	<u>119,814</u>
Cash and cash equivalents at the end of the reporting period	<u>175,424</u>	<u>115,185</u>

Reconciliation of net movement in funds to net cash flow from operating activities	2021 £	2020 £
Net movement in funds for the reporting period (as per the statement of financial activities)	281,187	(11,892)
Adjustments for:		
Depreciation charges	4,920	406
Dividends and interest from investments	(90)	(780)
(Increase) / decrease in debtors	(45,938)	7,285
Increase / (decrease) in creditors	81	(428)
Net cash provided by (used in) operating activities	<u>240,160</u>	<u>(5,409)</u>

Analysis of cash and cash equivalents	2021 £	2020 £
Cash in hand	149	988
Notice deposits (less than 30 days)	<u>175,275</u>	<u>114,197</u>
Total cash and cash equivalents	<u>175,424</u>	<u>115,185</u>

Keighley Healthy Living Network

Notes to the accounts

for the year ended 31 March 2021

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

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

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Tangible fixed assets costing more than £500 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost over their expected useful economic lives as follows:

Leasehold property: 10 years straight line

Office furniture: 25% reducing balance

Fixtures and fittings: 25% reducing balance

Computer equipment: over 3 years straight line

Keighley Healthy Living Network

Notes to the accounts

for the year ended 31 March 2021

1 Accounting policies continued

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Grants payable with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2021

2 Charitable activities income	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Bradford VCS Alliance	-	4,000	4,000	860
Community Action Bradford and Dist. (CABAD)	-	7,500	7,500	2,000
City of Bradford Met.District Council (CBMDC)	10,890	43,855	54,745	39,759
Clothworkers Foundation	-	30,000	30,000	-
Community First Yorkshire	-	1,500	1,500	-
Groundwork	-	500	500	-
HMRC Job Retention Scheme Grant	-	7,784	7,784	-
Keighley Town Council	-	8,828	8,828	-
Leeds Community Foundation	-	27,156	27,156	5,743
Lloyds Bank Foundation	-	38,014	38,014	32,811
Power to Change	20,000	135,000	155,000	-
The National Lottery Community Fund	-	53,057	53,057	39,757
Hainworth Wood Community Centre	-	7,310	7,310	-
Keighley Big Local	200	3,000	3,200	-
Modality Partnerships	-	43,830	43,830	2,155
NHS Wakefield CCG	-	49,902	49,902	-
Play Bradford	-	7,000	7,000	-
Project 6	-	5,517	5,517	5,517
The Leap	-	2,350	2,350	-
The Thornbury Centre	-	3,445	3,445	-
Transforming Lives for Good	-	1,880	1,880	-
Allan Clark	-	4,000	4,000	-
Bernard Sunley	-	5,000	5,000	-
Croft Cargo	-	1,000	1,000	-
Duke of Devonshire	-	3,000	3,000	-
Charities Aid Foundation	-	1,500	1,500	1,500
Asda Foundation	-	-	-	1,000
Greggs Foundation	-	-	-	1,890
Peoples Postcode Trust	-	-	-	11,966
Sovereign Health	-	-	-	2,470
Sport England	-	-	-	9,930
Other donations	611	5,312	5,923	4,195
	<u>31,701</u>	<u>501,240</u>	<u>532,941</u>	<u>161,553</u>

3 Charitable activities expenditure	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Staff costs	(9) 5,371	128,144	133,515	117,627
Project expenses	5,857	70,839	76,696	51,920
Administrative expenses	11,182	6,249	17,431	20,579
Premises costs	10,224	13,244	23,468	26,015
Depreciation	4,920	-	4,920	406
Grants payable	1,875	-	1,875	786
Independent examination	1,800	-	1,800	1,200
Bad debts	-	-	-	250
	<u>41,229</u>	<u>218,476</u>	<u>259,705</u>	<u>218,783</u>

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2021

4 Restricted funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
CBMDC H&W Day Opportunities	1,351	29,102	29,038	-	1,415
Sport England	3,433	-	3,386	-	47
Young parents' emergency fund	1,160	-	78	-	1,082
Lloyds Bank Foundation	1,387	32,314	31,994	(1,200)	507
CBMDC Kickstart	5,456	-	1,350	-	4,106
National Lottery	18,189	53,057	50,267	(1,000)	19,979
Bradford VCS Alliance	110	-	110	-	-
Greggs Foundation	1,890	-	38	-	1,852
Sovereign Healthcare	2,240	-	75	-	2,165
KHL Building Fund	2,364	183,632	5,044	(177,010)	3,942
Modality	226	21,830	275	-	21,781
CBMDC Lion's den	2,089	9,063	5,675	-	5,477
BVCS Alliance Sunshine proj.	500	-	-	-	500
Peoples Postcode Trust	4,381	-	4,381	-	-
Healthy Heart (Act as One)	-	3,000	-	-	3,000
Healthy Holidays	-	21,838	22,101	-	(263)
Wakefield CCG/ Modality	-	22,000	2,765	-	19,235
Co-op Tackling Food Poverty	-	3,540	987	-	2,553
Integrated Communities Program	-	3,445	-	-	3,445
Play Bradford	-	4,500	4,398	-	102
Keighley Community Health Grants	-	23,315	11,582	-	11,733
CABAD Test & Trace	-	7,500	7,500	-	-
The Leap	-	2,350	1,488	-	862
WY&H Health Inequalities	-	49,902	8,692	-	41,210
Keighley Town Council	-	7,590	6,851	-	739
Lloyds React Fund (COVID)	-	5,700	3,163	-	2,537
Leeds Community Foundation	-	3,761	3,761	-	-
HMRC JRS	-	7,784	7,784	-	-
Groundwork	-	500	500	-	-
Project 6 (CCG)	-	5,517	5,193	-	324
	<u>44,776</u>	<u>501,240</u>	<u>218,476</u>	<u>(179,210)</u>	<u>148,330</u>

Fund name

Purpose of restriction

CBMDC H&W Day Opportunities

Towards older peoples activities including Living well, Connecting Communities and Skill share projects

Sport England

For the Keighley Come Dancing project – to promote dancing and encourage activity

Young parents' emergency fund

Donation to make funds available to young parents in need of assistance

Lloyds Bank Foundation

Young Parents project. The transfer relates to room hire.

CBMDC Kickstart

Funding from Bradford Council towards breastfeeding, healthy weight and young parents activities

National Lottery

Development of social groups to connect communities and reduce social isolation. The transfer relates to room hire.

Bradford VCS Alliance

Towards the Health Messages programme

Greggs Foundation

For the Bumps, Babies, Breastfeeding and Beyond project

Sovereign Healthcare

Towards young chef classes

KHL Building Fund

Funding from CABAD, CAF, CBMDC, Clothworkers Fdn, Power to Change, Bernard Sunley, Duke of Devonshire, Keighley Big Local along with other individual donations towards the purchase and refurbishment of Scott Street. The transfer relates to the purchase of the property for the general use of the charity.

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2021

4 Restricted funds continued

Fund name	Purpose of restriction
Modality	Health coaching
CBMDC Lion's den	Towards the Lion's Den Shed project
BVCS Alliance Sunshine proj.	Towards the Sunshine Project
Peoples Postcode Trust	Preventing food poverty – cooking equipment scheme and cooking classes
Healthy Heart (Act as One)	Healthy Hearts Programme/Act As One
Healthy Holidays	Funding from HAFP and Leeds Community Foundation for Healthy Holidays
Wakefield CCG/ Modality	MSK Connect – a pilot health and care pathway for people with long term or evolving musculoskeletal conditions
Co-op Tackling Food Poverty	Cooking club for children
Integrated Communities Program	Integrated Communities Programme/Community Engagement Project
Play Bradford	Outdoor Play project
Keighley Community Health Grants	Lifestyle Change Programme
CABAD Test & Trace	Community Engagement re COVID-19
The Leap	Art engagement and consultation
WY&H Health Inequalities	Digital Inclusion – Digital Hubs
Keighley Town Council	COVID Response Digital Inclusion – Resources
Lloyds React Fund (COVID)	Additional funds to support KHL's response to COVID-19 crisis
Leeds Community Foundation	Extension to Healthy Holidays funding
HMRC JRS	Towards the cost of furloughed staff salaries
Groundwork	For food parcels which we gave to the Salvation Army to support their work
Project 6 (CCG)	Keighley Pathways

5 Tangible assets

	Land and buildings	Office furniture	Fixtures and fittings	Computer equipment	Total
<u>Cost</u>			£	£	£
At 1 April 2020	-	10,665	598	4,777	16,040
Additions	177,010	-	-	3,001	180,011
At 31 March 2021	177,010	10,665	598	7,778	196,051
<u>Depreciation</u>					
At 1 April 2020	-	10,347	598	4,477	15,422
Charge for year	3,540	80	-	1,300	4,920
At 31 March 2021	3,540	10,427	598	5,777	20,342
<u>Net book value</u>					
At 31 March 2021	173,470	238	-	2,001	175,709
At 31 March 2020	-	318	-	300	618

Security over assets

The land and buildings includes the property at 13 Scott Street, Keighley. This property was purchased partly from funding provided by the Clothworkers Foundation and Power to Change. Whilst neither funder holds a legal charge on the property, the terms of the Power to Change funding do not permit the sale or transfer of the asset without prior consent. The position will be monitored by the funder up to ten years from the purchase.

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2021

6 Debtors and prepayments	2021	2020
	£	£
Debtors	53,258	6,072
Prepayments	426	1,674
	<u>53,684</u>	<u>7,746</u>
7 Cash at bank and in hand	2021	2020
	£	£
Cash at bank	175,275	114,197
Cash in hand	149	988
	<u>175,424</u>	<u>115,185</u>
8 Creditors and accruals	2021	2020
	£	£
Creditors	-	-
Accruals	1,800	1,719
	<u>1,800</u>	<u>1,719</u>
9 Staff costs and numbers	2021	2020
	£	£
Gross salaries	122,252	110,942
Social security costs	8,256	3,720
Pensions	2,022	2,129
Payroll charges	985	836
	<u>133,515</u>	<u>117,627</u>

The average number employees during the year was 6.7, being an average of 4.3 full time equivalent (2020: 8.7, 4.1 FTE). There were no employees with emoluments above £60,000.

Defined contribution pension scheme	2021	2020
	£	£
Costs of the scheme to the charity for the year	2,022	2,129
Amount of any contributions outstanding at the year end	-	-

10 Related party transactions

Trustee expenses

During the year 1 trustee was paid a total of £11 in respect of travel (previous year: £nil).

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Remuneration and benefits received by key management personnel

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits of the key management personnel of the charity were £34,457 (previous year: £30,879).

No trustee received any remuneration or benefit in this capacity during this or the previous year.

Keighley Healthy Living Network

Notes to the accounts continued

for the year ended 31 March 2021

11 Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:	2021	2020
	£	£
Within one year	864	869
In the second to fifth years inclusive	144	1,014
Over five years from the balance sheet date	-	-
	<u>1,008</u>	<u>1,883</u>

12 Contingent assets

During the year an insurance claim was submitted by the charity in relation to losses due to the Covid pandemic. The original claim was for approximately £30,000. A lower amount has been offered but the claim was still in the process of being negotiated at the date of approval of the accounts and therefore has not been adjusted for.

Keighley Healthy Living Network

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 March 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	2020 Total funds £
Income						
Charitable activities	31,701	3,119	501,240	158,434	532,941	161,553
Other trading activities	7,861	42,302	-	2,256	7,861	44,558
Investments	90	780	-	-	90	780
Total income	<u>39,652</u>	<u>46,201</u>	<u>501,240</u>	<u>160,690</u>	<u>540,892</u>	<u>206,891</u>
Expenditure						
Charitable activities	41,229	46,811	218,476	171,972	259,705	218,783
Total expenditure	<u>41,229</u>	<u>46,811</u>	<u>218,476</u>	<u>171,972</u>	<u>259,705</u>	<u>218,783</u>
Net income / (expenditure)	<u>(1,577)</u>	<u>(610)</u>	<u>282,764</u>	<u>(11,282)</u>	<u>281,187</u>	<u>(11,892)</u>
Transfers between funds	<u>179,210</u>	<u>-</u>	<u>(179,210)</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds	<u>177,633</u>	<u>(610)</u>	<u>103,554</u>	<u>(11,282)</u>	<u>281,187</u>	<u>(11,892)</u>
Fund balances brought forward	<u>77,054</u>	<u>77,664</u>	<u>44,776</u>	<u>56,058</u>	<u>121,830</u>	<u>133,722</u>
Fund balances carried forward	<u>254,687</u>	<u>77,054</u>	<u>148,330</u>	<u>44,776</u>	<u>403,017</u>	<u>121,830</u>