

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

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

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# KEIGHLEY HEALTHY LIVING NETWORK

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# KEIGHLEY HEALTHY LIVING NETWORK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2025

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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

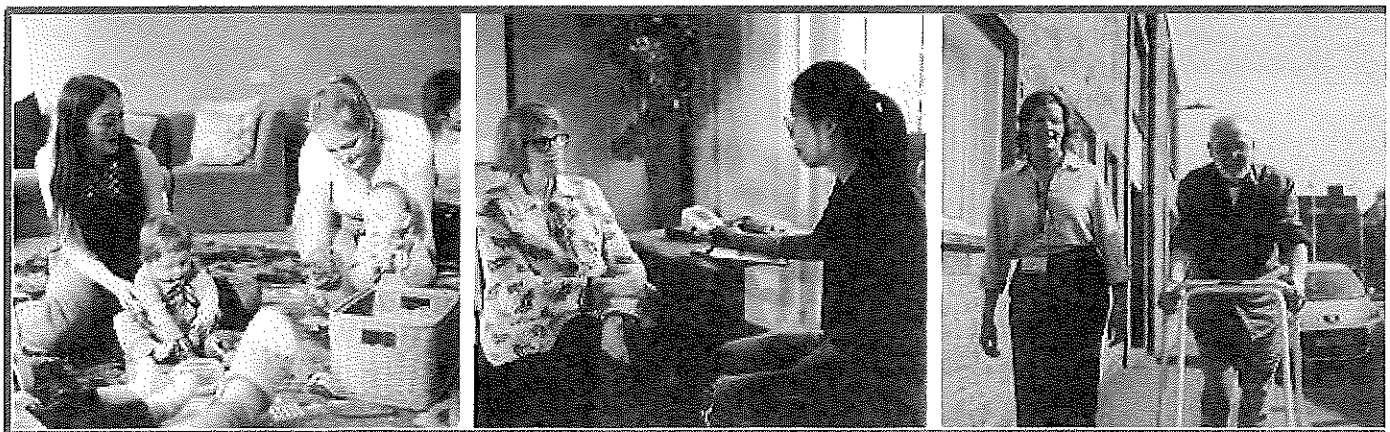
- To improve physical and mental health and wellbeing
- To reduce social isolation and loneliness
- To facilitate a strong integrated community
- To work in collaboration to address health inequalities
- To advocate for and support an integrated health system

#### 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

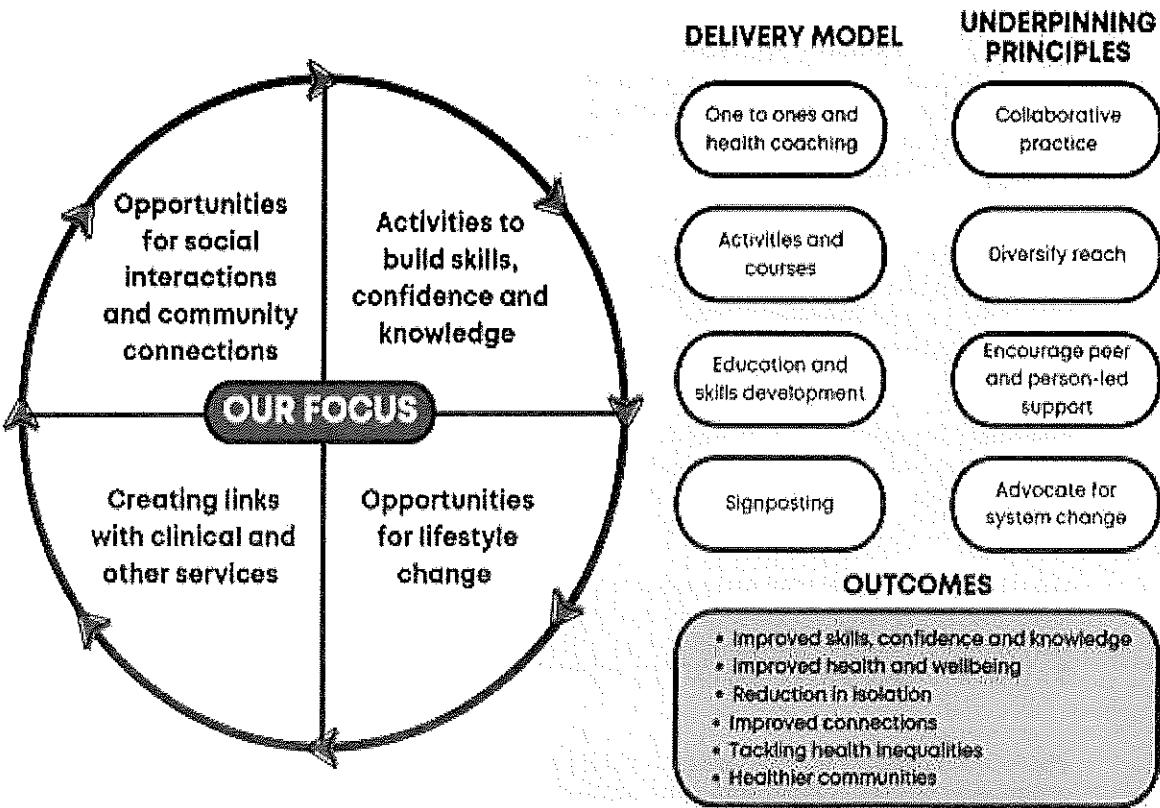
KHL is a charity that provides inclusive opportunities to improve the physical and mental health and wellbeing of people living in our local community. We are proud to be rooted in the heart of Keighley, West Yorkshire and our centre offers a friendly, welcoming and accessible space for personal growth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

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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**

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### **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](http://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.

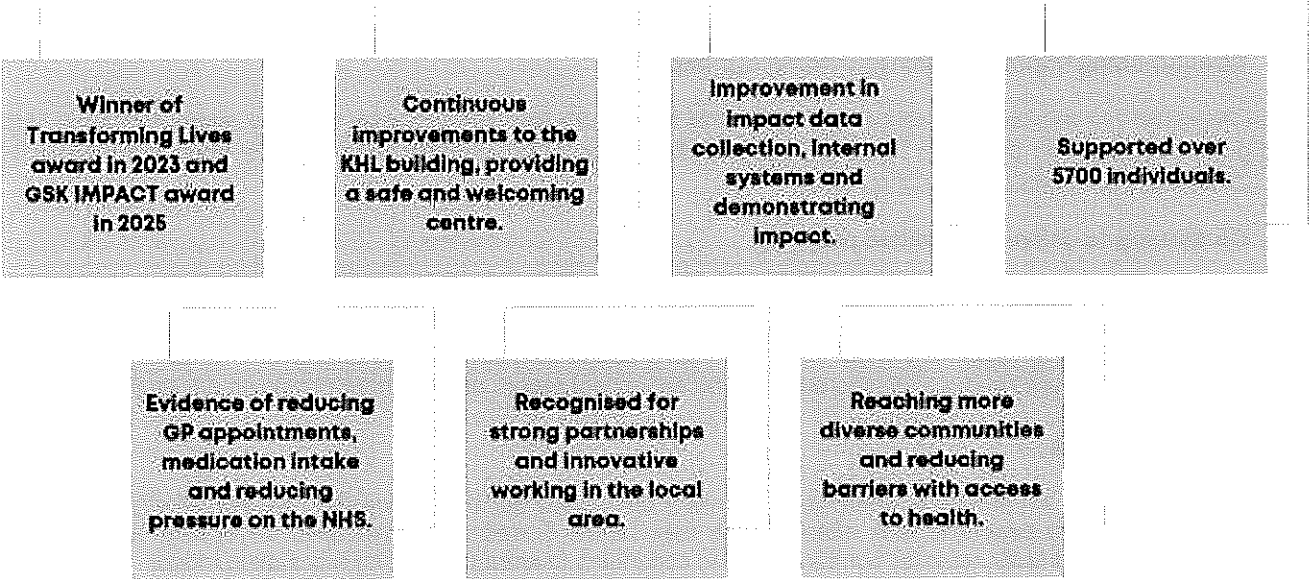
# KEIGHLEY HEALTHY LIVING NETWORK

## 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**

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**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)
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	225,634
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# KEIGHLEY HEALTHY LIVING NETWORK

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

FOR THE YEAR ENDED 31 MARCH 2025

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### 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

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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**

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### 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

Date: 14/12/2025  
.....

# KEIGHLEY HEALTHY LIVING NETWORK

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

**FOR THE YEAR ENDED 31 MARCH 2025**

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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

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#### 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

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#### **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

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#### 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

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#### 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					
<b>Income and endowments from:</b>						
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
<b>Total income</b>		163,002	118,843	861,833	1,143,678	1,375,621
<b>Expenditure on:</b>						
Charitable activities	7	111,886	106,882	1,127,155	1,345,923	1,075,809
<b>Total expenditure</b>		111,886	106,882	1,127,155	1,345,923	1,075,809
<b>Net income/(expenditure)</b>		51,116	11,961	(265,322)	(202,245)	299,812
Transfers between funds		12,443	(5,112)	(7,331)	-	-
<b>Net movement in funds</b>	10	63,559	6,849	(272,653)	(202,245)	299,812
<b>Reconciliation of funds:</b>						
Fund balances at 1 April 2024		414,538	90,471	568,834	1,073,843	774,031
<b>Fund balances at 31 March 2025</b>		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				
<b>Income and endowments from:</b>					
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
<b>Total income</b>		131,650	74,253	1,169,718	1,375,621
<b>Expenditure on:</b>					
Charitable activities	7	117,730	94,485	863,594	1,075,809
<b>Total expenditure</b>		117,730	94,485	863,594	1,075,809
<b>Net income/(expenditure)</b>		13,920	(20,232)	306,124	299,812
Transfers between funds		100,277	(239,075)	138,798	-
<b>Net movement in funds</b>	10	114,197	(259,307)	444,922	299,812
<b>Reconciliation of funds:</b>					
Fund balances at 1 April 2023		300,341	349,778	123,912	774,031
<b>Fund balances at 31 March 2024</b>		414,538	90,471	568,834	1,073,843

# KEIGHLEY HEALTHY LIVING NETWORK

## BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
<b>Fixed assets</b>					
Tangible assets	14		252,463		254,423
<b>Current assets</b>					
Debtors	15	120,545		183,032	
Cash at bank and in hand		539,575		681,181	
		660,120		864,213	
<b>Creditors: amounts falling due within one year</b>	16	(40,985)		(44,793)	
<b>Net current assets</b>			619,135		819,420
<b>Total assets less current liabilities</b>			871,598		1,073,843
<b>The funds of the charity</b>					
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 £	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	24		(153,337)		108,469
<b>Investing activities</b>					
Purchase of tangible fixed assets		(7,099)		(91,442)	
Investment income received		18,830		27,922	
<b>Net cash generated from/(used in) investing activities</b>			11,731		(63,520)
<b>Net cash generated from financing activities</b>			-		-
<b>Net (decrease)/increase in cash and cash equivalents</b>			(141,606)		44,949
Cash and cash equivalents at beginning of year			681,181		636,232
<b>Cash and cash equivalents at end of year</b>			539,575		681,181

# KEIGHLEY HEALTHY LIVING NETWORK

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2025

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#### 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

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### 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
<b>Donations and gifts</b>								
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 £
<b>Direct costs</b>		
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
<b>Share of support and governance costs (see note 9)</b>		
Governance	8,400	7,800
	<u>1,345,923</u>	<u>1,075,809</u>
<b>Analysis by fund</b>		
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
	£	£	£	£	£
<b>Cost</b>					
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
<b>Depreciation and impairment</b>					
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
<b>Carrying amount</b>					
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
	£	£
<b>Amounts falling due within one year:</b>		
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
	£	£
<b>Defined contribution schemes</b>		
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**

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### 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 £
<b>At 31 March 2025:</b>				
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 £
<b>At 31 March 2024:</b>				
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
<b>Adjustments for:</b>		
Investment income recognised in statement of financial activities	(18,830)	(27,922)
Depreciation and impairment of tangible fixed assets	9,059	7,873
<b>Movements in working capital:</b>		
Decrease/(increase) in debtors	62,487	(138,391)
(Decrease) in creditors	(3,808)	(8,155)
(Decrease) in deferred income	-	(24,748)
<b>Cash (absorbed by)/generated from operations</b>	<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

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Date	Activity
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