
BLACKBURN WITH DARWEN HEALTHY LIVING

(A company limited by guarantee)



TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED

31 MARCH 2022

BLACKBURN WITH DARWEN HEALTHY LIVING
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022**

Trustees

Pauline A. Walsh (resigned 11 October 2021)
Jeremy G. Hodgkinson (Chair)
Paul R. Mason (resigned 3 November 2021)
Paula L. Spence
Emma L. Garner
Anika Leslie-Walker
Linda J. Whalley
Elizabeth A. Williams

Company registered number

06073648

Charity registered number

1122978

Registered office

Bangor St Community Centre, Norwich Street, Blackburn, Lancashire, BB1 6NZ

Chief Officer

Dilwara K. Ali

Accountants

CW Accountants Limited, 45 Railway Road, Blackburn, Lancashire, BB1 1EZ

Bankers

The Royal Bank of Scotland PLC, 58 - 62 King William Street, Blackburn, Lancashire, BB1 7HU

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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the company for the year 1 April 2021 to 31 March 2022. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), 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 2015) as amended by Update Bulletin 1 (effective 1 January 2015).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and Activities

a. POLICIES AND OBJECTIVES

The purpose of the Charity is to provide, or in conjunction with other like-minded organisations, to assist in the provision of facilities, services, support, training, education and information in order to preserve and protect the good health of those inhabitants residing in, principally, the borough of Blackburn with Darwen, and throughout all boroughs in England and Wales in an effort to encourage said inhabitants to develop a more positive attitude to health, to lead healthy lifestyles and to improve their quality of life.

In carrying out its purpose, the Charity promotes equality of opportunity and opposes any form of discrimination on grounds of race, ethnic origin, gender, sexual orientation, age, disability, or religion.

b. ACTIVITIES FOR ACHIEVING OBJECTIVES

The key activities carried out by the Charity to achieve its objectives:

- To promote, through partnership, the work of Blackburn with Darwen Healthy Living (BwDHL), with reference to the promotion of Health Improvement and Social Inclusion;
- To promote an active citizenship approach to health and wellbeing through community development; supporting a stronger voice for people who use services and greater choice and control at all levels;
- To ensure effective policies and procedures are in effect in accordance with quality assured services, and those required when using volunteers to undertake activities;
- To measure and track the progress and outcomes of projects including measuring longer term changes in knowledge, attitudes, and behaviours;
- To monitor the financial outputs on a regular basis;
- To ensure the future sustainability of BwDHL.

Our vision is

"To ensure that local people have access to and are involved in the design and delivery of services that improve their health and well-being."

A number of key assumptions are implicit in the success of the work that we do:

- Improving health inequalities requires more than medical intervention;
- For health promotion to be effective, communities and service users must be involved;
- People want to improve their health;
- Partnership working enhances impact and promotes sustainability.

Our trustees have reviewed and agreed three key strategic charitable objectives for BwDHL:

- Promotion of Health and Wellbeing by providing innovative, community-based services based on local needs and priorities;

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- Community Engagement and Development by ensuring that local people have access to and are involved in the design and delivery of services that improve their health and well-being;
- Youth Work by enabling young people to develop holistically, working with them to facilitate their personal, social & educational development to enable them to develop their voice, influence and place in society and to reach their full potential.

c. MAIN ACTIVITIES UNDERTAKEN TO FURTHER THE CHARITY'S PURPOSES FOR PUBLIC BENEFIT

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. As a not-for-profit organisation, Blackburn with Darwen Healthy Living focuses on serving the local communities in which we work. All our charitable activities are aimed at addressing health inequalities, breaking down social isolation and bringing communities together primarily within socially and economically deprived areas of Blackburn with Darwen. We promote social inclusion by encouraging "harder to reach" people to engage in our services regardless of their ethnicity, gender, disability, or financial background.

d. VOLUNTEERS

Volunteers are an integral part of Healthy Living's work, without their support some of the work we deliver would have not been possible. Their time, effort and dedication are appreciated and extremely valuable to our charity.

Achievements and performance

a. REVIEW OF ACTIVITIES

Promotion of Health and Wellbeing
Health Inequalities

• **Community Gyms and Fitness Classes**

We re-opened our community gyms at Roman Rd Library and Bangor St Community Centre on 12th April 2021 in line with COVID 19 government guidance.

We continued to offer low cost, friendly, exercise and fitness facilities in our local community venues. Our gyms are fully equipped with high quality cardiovascular and resistance equipment and Bangor St Community Gym has separate facilities for men and women.

During the year 257 local people benefited from our low-cost exercise classes at Bangor St Community Centre and we maintained 328 members across our community gyms.

On the 1st April 2022 we transferred Bangor Street Community Gym management to Bangor Street Ltd.

• **COVID 19 Local Support Scheme - Household Support Scheme**

Blackburn with Darwen Borough Council was allocated funding from the Government to support those most in need in the Borough. The grant was used to help vulnerable families and adults with utility bills, food packs, white goods, warm clothing, sanitary products, and other essential items. We worked closely with partner organisations focusing on the fuel element.

Through a joint referral process we reached out to the most vulnerable families in need, and they benefited from 3 monthly payments towards their gas and electricity usage.

We saw a huge rise in referrals from October 2021 as the £20 a week uplift in Universal Credit and Working Tax Credit ended which impacted so many families and individuals financially. The uplift had been a lifeline for many people as they struggled to get through COVID 19.

Quotes –

"Thank you so much, what a difference this will make!" British white female aged 33 years old.

"I really appreciate this support, with the £80 benefit reduction this month, this will make such a difference"

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Family of 4, receiving benefits.

"I'm so happy I can now put my heating on and keep warm, I have been spending most of the evenings with my neighbour as I could not afford to heat my home, I can't thank you enough!" South Asian female aged 42 years old.

- **COVID 19 - Vaccination Programme**

BwDHL delivered information and education sessions in community settings, starting with an intensive daily programme of outdoor pop-up stalls in areas where the vaccine uptake has been low /where infection has been high. We targeted areas and groups identified by BwD Council.

We believed that key messages around the Coronavirus (COVID 19) vaccine was best delivered face to face within the community. This approach has been particularly effective in engaging behaviour change in residents to stay safe during the height of the COVID 19 pandemic.

This work was commissioned as many residents in the borough were still reluctant to have their vaccines due to possible side effects. We had conversations with the local community about myths and misconceptions of the vaccine and booked them in for their vaccine if appropriate. With the new Omicron variant, it was paramount that misunderstandings/misinformation were heard and addressed giving reassurance where necessary. We also used this opportunity to distribute information around respiratory infections and keeping warm in winter.

- **T2 Weight Management**

Working in partnership with the Borough Council, Blackburn Rovers Community Trust and Be Strong, we ran two 12week weight management courses focusing on the specific needs of South Asian women. Each course is based on the groups needs which allows us to tackle the most relevant topics to each person. Participants attend twice a week for 12 weeks, with follow up at 6 months and 12 months. In the first session personal health details are taken including height, weight, body fat and muscle, blood pressure and an ECG to detect atrial fibrillation. Using the individuals results, a personal diet plan is given showing the number of portions of different food groups each person can consume in a day, this is done to encourage overall healthy eating rather than simple calorie counting. Other sessions have included hunger vs craving, takeaways, chocolate, fruit and nuts, benefits and types of exercise, blood sugar and meal planning. The sessions also include physical activity, for example circuit training, gym, physical yoga and walking and each participant is given a complementary 6-month gym membership to Bangor Street Community Gym. So far, two groups (20 people) have completed the 12-week program and lost a total of 10 stones 9 pounds.

"Every time I come here I feel empowered"

"Sophie and Samim can educate us but it's our responsibility to take action and change our diet and health"

- **Energy 360**

We worked in partnership with Lancashire BME Network to provide targeted, personalised information, advice and guidance to the most disadvantaged residents increasing their awareness and understanding of their domestic energy usage and helping them to improve the energy efficiency of their homes by introducing energy saving measures.

This year we have supported 311 beneficiaries and attended 2 local events where we reached out to 135 local people. Through advice, successful grant applications, energy vouchers and energy saving measures we have saved these residents a total of £28,984.

Case study - Client A contacted us in despair, there had been miscommunication with the landlord when moving into the property which resulted in a huge gas debt of £1,972. Client A had been trying their best to contribute what they could towards the debt but due to low income from benefits, they really began to struggle. They could see no way out, the large debt was constantly playing on their minds and having an impact on their mental health.

Due to the circumstances, we were able to apply to British Gas Energy Trust Fund and successfully cleared the debt.

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Quote - "I am just so grateful and can't thank you enough, without your help I really don't know what position I would be in. I can now focus on budgeting and paying for my usage without the added worry of the debt.

Community Engagement and Development

Community development is a process where people come together to act on what's important to them. At its heart, it is rooted in the belief that all people should have access to health, wellbeing, wealth, justice, and opportunity. Community ownership and involvement lies at the heart of all our services recognising that they are best delivered with, and not to people. Asset-based community development (ABCD) is one of the most well-known frameworks used to steer processes for community building. It starts by making visible and explicitly valuing, the skills, knowledge, connections, and potential in a community. Once identified, the process seeks to connect the assets: residents, local organisations, and informal community groups to build strong relationships between people and reciprocal social networks. The aim is to mobilise local people to act on the things they care about and want to change. There is also some evidence that health outcomes are affected by the amount of control that residents have over decisions that affect them collectively. Initiatives that aim to promote collective control, for example through co-production and community engagement, have been shown to increase a sense of control, self-esteem, and self-confidence among individuals, and to increase social capital, social cohesion, and social connectedness in communities. All these outcomes have been shown to have a positive influence on health.

• Big Local

In July 2010, the Big Lottery Fund launched the £200 million Big Local Programme pinpointing areas that have previously been overlooked for funding and investment. Shadsworth with Whitebirk was awarded £1 million to be spent over 10 years to make sustainable improvements to life within the ward.

The project journey so far has involved:

- Getting People Involved Phase 1: Raising Awareness and Listening to Residents Views (January 2011 to September 2011)
- Getting People Involved Phase 2: Formation of BIG Local Partnership & creating a Resident led Board (November 2011 to November 2012)
- Community Planning: December 2012 to August 2013.
- Delivery of Community Plan: October 2013 onwards

The Community Plan Vision for the area is:

" A safe and clean place with a strong sense of community where residents can aspire and achieve for a better future for everyone."

BwD Healthy Living as Local Trusted Organisation (LTO) supported the Big Local Partnership, contract management for commissioned services, community engagement, establishment and management of themed task groups, financial management and the development of partnership working.

Current key priorities:

- Big Local Community Shop and food projects
- Community Activities and Events
- Young People and Family Support

Added to the food parcel provision that Big Local provided on a weekly basis, the project also continued promoting the service with partners (Housing Officers, Community Connectors, Councillors, Social Landlords, New Ground, Police, Independent Living Homes and Schools), who identified referrals for vulnerable families.

The Big Local Community Shop had its official Launch in November 2021 and partners, volunteers were invited. BwD Mayor attended and officially opened the shop to the public.

Big Local worked on the Fighting Holiday Hunger campaign and gave out 1412 free meals. They also started an affordable school uniform initiative from the shop for local people to access and use. Many of the families they support have members who are suffering from long term illness, or they are isolated and vulnerable, but one thing they all share is that they have been financially impacted throughout COVID 19.

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- **Local Conversations Highercroft (LC)**

The Highercroft LC delivery plan focused on the topics local people feel were their priorities. Since COVID 19 the steering group have moved forward and carried out several consultation exercises with the community to ascertain what their priorities are after coming out of the COVID 19. The staff and the steering group reviewed the data and produced a report and action plan for the work to be carried out in the area.

The priorities highlighted by the community were:

- Financial Aid – debt, benefit support, employment opportunities, providing affordable and sustainable food for the community
- Stronger Communities – Developing a stronger community hub as a platform for residents to influence change within the community and develop campaigns to better the lifestyles of the residents, improve the environment through growing projects which would support the food larder and continue and develop youth work with the youth forum.

The steering group are also looking at developing a business model to look at continuing the work of Local Conversations after the funding comes to an end to ensure sustainability. There has been a tremendous amount of work carried out to embed the work that is being carried out by the project within Highercroft with the other partner organisations supporting residents.

- **Co-op Expand**

The Co-op Expand project built on previous work funded via the Co-op Explore fund in the Wensley Fold area of Blackburn. The emergence of COVID 19 meant that the original project plan was not possible, however we started again by recruiting a group of local people to establish their priorities for the area:

To improve green spaces enjoyed by them and their family. A mapping activity was done to identify potential locations, with St Barnabas Street Park being eventually chosen as well as revamping the garden space off Nab Lane which had suffered vandalism and was getting overgrown.

Initially the volunteers wanted to repaint the park equipment on St Barnabas Street, however a council risk assessment showed that it was beyond repair and was to be replaced by a children's cycle track. Even though the activities the community initially planned weren't possible they all felt that if they hadn't been involved in the park the play equipment would have quietly been dismantled and the space left empty; they would not have known why the equipment was dismantled or known how to get something to replace it.

Residents understood the power of being interested in their community and standing up and asking for things or making decision makers aware that they are not content to sit back and allow things to be taken away piece by piece. They saw that the values of ownership, community responsibility and influencing change can help people have a better experience of their area. A sign board for the new space was designed by children from a local school. The younger volunteers enjoyed being part of the transformation of the Nab Lane community garden, feeling pride in their area was a new experience for them and they valued having choice over the plants and decorative elements.

- **Experts by Experience**

The Experts by Experience project built on previous work done across the borough, including the 'Darwen Gets Hangry' campaign. Due to COVID 19 the project activities changed substantially, however the aim remained the same: to add greater cultural diversity to the existing conversation around food insecurity in Blackburn with Darwen.

The project worked with asylum seekers and refugees, related organisations, and other ethnic minority young people to collect individual stories and small group conversations to highlight their experiences and views. 'Conversation starter' tools, designed in collaboration with Imagination Lancaster, were used to start and guide the conversations. The tools were customisable to reflect the specific words used by participants and allowed their priorities and experiences to be discussed in an order that naturally flowed, allowing autonomy over the stories shared.

Case study 'Being an asylum seeker I have to travel a lot for the food. We cannot afford taxis or transport fares for food. Sometimes it's very difficult for us to bring food. I would like to share one incident about travelling for food. So, one day my mom was not feeling well, she asked me to bring some stuff from the shop. I went to the

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shop and got carrots, apples, oranges, mangoes, milk etc. While buying all these items I didn't realise that the weight of the items will be too much. So, there were 3 kg of carrots, 4 kg of apples, 4kg of oranges, 2kg of mangoes and 2 litres of milk, so in total 15kg of stuff. When I was coming back to my house, I literally stopped more than 10 times on the way because it was so heavy. Just to save a couple of pounds I walked with 15kg back to my house. On the way I was thinking how stressful my life is. I was crying and I was missing my dad. I don't cry much because I'm a very inexpressive person but that day I was feeling hopeless. I know for some people it's just 15kg, but no one can understand the pain I was going through that day. I will never forget that day.'

• **Food Friends**

Due to start in early 2020 the 'Food Friends' project was postponed, and the timeframe extended to account for COVID 19 lockdowns and restrictions. Initially the aim was to work with women wanting to get into the hospitality and catering industry, this was then widened to include anyone wanting to get back into work.

We worked with people in small groups or one-to-one to identify their strengths, weaknesses, skills, qualifications and needs from work; these individual needs assessments allowed us to tailor the sessions to the person and give them time and space to really consider what they needed to get the job they wanted.

The project ran for 18 months and in this time, we helped a community group register their food box scheme with the authorities and provided training to help them expand the activities they offer; provided training to enable another community group to confidently run fundraising activities; helped 3 women decide on a career in the care sector and organised the level 2 qualification needed for this; and also helped a lady explore options for becoming self-employed including designing a website. Training was organised for one man to obtain his door supervisor licence to enable him to get back into work in the security industry. Advice and guidance were provided to all 21 participants, moving them closer to work or volunteering.

• **Probation Service Citizens' Jury (CJ)**

This Citizens' Jury's aim was to look at why there is an over representation of the Muslim population within prisons and how can we address implementing potential support mechanisms to reduce the number of Muslim men released from prison and their families and aid their rehabilitation and reduce reoffending rates. Working in partnership with Lancashire BME Network, we recruited, developed and delivered 2 Citizens' Juries, one in Blackburn and one in Burnley. BwD Healthy Living recruited 16 people from Blackburn with Darwen to form the Citizens Jury aged from 19 through to 68. The Citizens Jury ran from April 2021 through to June 2021. We had guest speakers from the Police, the Mosques and even an ex-offender who discussed this topic from their perspective.

The CJ was designed to include residents from each area who would actively participate in conversations around the difficulty of supporting Black Asian Minority Ethnic (BAME) and South Asian young Muslim men who have left prison. It is well known amongst those working in or with an interest in the Criminal Justice System (CJS) that people from BAME communities are over-represented at almost all stages of the criminal justice process. However, despite their over-representation within the CJS, BAME and Muslim Offenders/Ex-offenders are in fact, under-represented in the uptake of most services that provide help and support to address behaviour that leads to or reduces offending.

Due to restrictions around COVID 19 the sessions were carried out via Zoom. The Jury members felt that there is definitely a role that communities can play in supporting ex-offenders coming back into society. They feel that there is space for a group like them that can help people to transition from prison back into society. They understand that there is support out there but more could be done and understanding that support within prison does not always relate to actual support once they are released. Support needs to be in place to make sure the following is completed before release or added support needs to be implemented with a support package that includes benefits, bank account, housing, support for families, developing 'real' life skills, volunteering opportunities and employment.

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• **Self-Isolation Young People #NoFOMO 'No Fear of Missing Out'**

Working in partnership with Youth zone the #NoFOMO project delivered peer-to-peer support for Young People (YP) online. This provided a new social network and developed their emotional growth whilst isolating with other YP. This safe space was used to share their experiences, fears and coping mechanisms with each other. It also identified their understanding of self-isolation and their interpretation of COVID 19.

The young people completed a 5-day programme via Zoom whilst feeling safe in the comfort of their home. The delivery consisted of a series of discussions of the importance of isolation, how they feel and their views on COVID 19 whilst supporting mental wellness. These sessions gave the YP coping mechanisms and boosted their mental health.

Each person received a goody bag with activities to do whilst isolating. Optional physical activity sessions were also offered for the YP to take part in to provide health and wellbeing.

Some quotes from YP and parents about COVID 19 and our sessions:

YP: *"We did word searches together via Zoom which we all enjoyed together, I wanted to do this on every session."*

YP: *"Covid felt like just having a cold, but with strict instructions, having to isolate was horrible, when life was just about getting normal not being able to see family and friends again was annoying. I missed out school trips which is one thing we really look forward to."*

YP: *"Missing school was good but still had to do work online which wasn't fair, I wasn't well but still had to participate, and online learning was more difficult than face to face in school."*

Parents: *"My kids loved the sessions with Healthy Living, and they had something to look forward to in isolation."*

• **Trauma Informed Communities (TIC)**

Commissioned by Lancashire Violence Reduction Network (LVRN) to deliver 2 Citizens' Juries (CJ) with residents from East Blackburn and from the Ethnic Minority Community.

The aim of the project was to:

- Increase awareness and understanding of adverse experiences and trauma and the impact on communities
- Propose clear recommendations to inform a borough wide approach
- Produce a report and share findings with stakeholders, in appropriate formats
- Support participants to attempt to put recommendations into action

What is Trauma?

'Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being'. (Substance Abuse and Mental Health Services Administration – SAMHSA)

What is Trauma Informed Approach and Practice?

Trauma Informed (TI) Approach and Practice means recognising how common traumatic stress is, its potential impacts and acting to avoid the possibility that people are 'retraumatised' or unnecessarily stressed by interacting with you or your service.

The CJ process gave the space to community members to discuss, in depth, the issue leading to the production of a set of recommendations. The jury sessions were delivered on line via zoom and face to face. The participants were put into two groups according to the requirements of the funder and 9 sessions were held on a weekly basis.

Certain organisation such as the police and school were specifically chosen to represent different stages of an individual's journey where they could possibly come into contact with one or more of these services. Trauma or Adverse Childhood Experience's ACE's can contribute to increased health inequality, morbidity and poor social outcomes for individuals. Therefore, it was important to see where these services were in their journey to becoming Trauma Informed and take those learnings to be improved or implemented across the system.

A number of recommendations were put together from both the Citizens' Juries. Common themes emerged from

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the discussions and reflections from both groups. The recommendations were separated into 3 specific themes focusing on - Children and Young People, Adults (communities) and Professionals (workforce).

The juries highlighted that central to all the recommendations was the need for everyone to work together to achieve the common goal of a Trauma Informed Approach

Quote from a juror "Everyone reacts differently, we need to develop skills to be forward thinking."

- **Youth Ambassadors**

BwD Healthy Living were successful in delivering a cohort for the Boroughs Youth Ambassador project. We recruited 10 young people from Shadsworth, Whitebirk, Higher Croft and Mill Hill. All the different organisations focused on different aspects regarding youth. BwD HL's cohort focused on the principles of Social Action and more importantly how young people felt living in Blackburn and where they felt was their place within today's society. The young people participated in different sessions that were delivered around image and perception and also tackled prejudice and stereotypes of young people living in the borough. They discussed their place within today's society and how people they could become a more integral part of society.

The young people were introduced to the Social Action aspect of the project and looked at the 6 principles of it. There was emphasis on how it should be youth led and that they should have ownership on the direction of the project. We commented on how socially impactful the idea should be with a clear intended benefit to a community, or cause or social problem. How it should be progressive with a look at how an idea can be sustainable and providing links to other opportunities. We also talked about how an idea should be imbedded into a community and how it should be accessible and integrated into existing pathways. There were also discussions regarding how challenging and reflective the idea should be.

The young people developed and delivered a social action project in Mill Hill with a church group and tackled some of the church grounds that had been damaged through anti-social behaviour in the community. They also helped some of the elderly community with maintaining the over growth of their gardens.

"Before the Youth Ambassadors project, there wasn't many reasons to go out. I found myself spending all my time at home and playing video games. I don't think I made it easy for my mum. During the summer holidays I continued the same behaviour, but one of my mums' friends mentioned the Youth Ambassador project. I have really enjoyed my time during the Youth Ambassadors project and am going to be involved in becoming a youth forum once the project has finished." - Male aged 17 years

- **Takeaway Takeover**

The 'Takeaway Takeover' project worked with a group of young people and a local takeaway, Bano's, to develop healthier menu options. Initially the sessions centred around mapping the fast-food outlets within walking distance of the young people's homes and taste testing different items while considering how items could be made healthier by changing ingredients, cooking methods and portion size.

The young people chose to focus their work on pizzas and milkshakes and spent a few weeks designing and cooking healthier options from scratch using supermarket ingredients and ones available from the chosen takeaway. Once they had decided on their ideal product, they went to the takeaway to teach the owner how to make it; based on their idea the owner suggested adaptations to make it more practical and then cooked it for the young people. The final products were mini pizza bites served with a small portion of fries and green salad and strawberry and banana milkshakes. The pizza bites are now available in Bano's takeaway with the milkshakes to follow.

- **Roman Rd Library**

In November 2015, we entered into an innovative partnership with the Council to provide the day-to-day operation of Roman Road Library with a team of our volunteers. The volunteers completed a structured programme of training to equip them to help in the library ranging from health and safety sessions to specific library work including assisting customers to choose and borrow books.

Since then, the Library has become an integral part of the community in Higher Croft and has become a Hub for the work being carried out in the community. As well as being a library it provides a base to support residents to interact with Local Authority, ward councillors, police, social landlord housing officers and much more. Since COVID 19 the volunteers have been working hard to provide sessions for the community to access the library as well as deliver opportunities for the community to access the gym.

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- **Adverse Childhood Experiences (ACE's) – Citizens' Jury**

This programme was funded by Public Health and delivered in partnership with Healthwatch BwD, it was initially commissioned in January 2020, but due to the COVID 19 pandemic it was delivered from June 2021.

The Citizens' Jury (CJ) model was selected based on the community development theory that people within the community are best placed to know what will and will not work within their own neighbourhoods and this is likely to have a much greater impact on making change happen rather than from initiatives developed by services parachuting into those neighbourhoods.

This model of engagement also offered the opportunity to track changes in views over the period of engagement because the Citizens' Jury approach creates the space for ongoing dialogue with the Jury; it provides a useful sounding board on which 'Experts' can test out their ideas and plans and allows for quick feedback and recommendations directly from residents for achieving an ACE's informed community.

An 8-week programme was developed explaining and introducing ACE's to the jurors, and with each session focusing on development of the recommendations.

The recommendations were categorised into 5 groups, framed around the different stages of the life course.

- Early Years Engagement of New Parents
- Primary School
- Secondary school
- Adulthood
- Engagement of the Whole Community

There were many recommendations put forward, but one of the key recommendations from the Jury was that for this approach to be embedded fully in the borough, the buy-in of leaders from all sectors was required – only with this can there be a cultural shift across the whole borough. The recommendations from this CJ is now helping the BwD Systems Resilience Framework.

- **Applied Research Collaboration Northwest Coast (ARC - NWC)**

BwD Healthy Living are part of the Community Research and Engagement Network (CoREN) Action Plan for Lancaster University who are looking at the health inequalities in the region.

The CoREN is a collaborative of community organisations, academics, public advisors, and representatives of statutory organisations.

The purpose of the CoREN is to provide a generative and facilitative space for applied health and social care research that is responsive to community need. More specifically, the CoREN has the following three aims:

- Collaboration through connection of system partners in health and social care research
- Strengthening of collective community voice within health and social care research
- Elevation of the profile of research for health and social care in practice

Financial review

a. GOING CONCERN

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

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Structure, governance and management

a. CONSTITUTION

The company is registered as a charitable company limited by guarantee and was set up by a Trust deed on 27/02/2008 .

The company is constituted under a Trust deed dated 27/02/2008 and is a registered charity number 1122978.

The company was incorporated on 30 January 2007 and commenced trading on that date.

b. METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The Directors of the company are also Charity Trustees for the purpose of charity law. All those persons appointed to perform the duties of Directors of the Company are referred to as the Management Board and each member has undertaken to contribute the sum of £1 in the event of the company being insolvent on winding up.

The Board of Trustees is the body responsible for the government and management of the organisation. The current Board consists of original members appointed, members re-elected in line with the Governing Document and new members elected onto the Board. The Board seeks to appoint new Trustees to maintain a broad skill mix appropriate to the work of the Charity. One third of all trustees must retire at the Annual General Meeting; retiring members are eligible for re-appointment.

Method of Appointment or Election of Trustees

The management of the Charitable company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association. All those wishing to be a Trustee must support the aims of the Charity and applications to become a Trustee are in a form approved by the existing Trustees.

Induction and Training of Trustees

All new Trustees receive induction training which is tailored to the specific needs of the individual and includes meetings and discussions with the Chief Officer, a copy of the organisation's Business Plan and any relevant past Board papers.

c. ORGANISATIONAL STRUCTURE AND DECISION MAKING

Blackburn with Darwen Healthy Living has a Management Board of up to twelve trustees who meet approximately every 8 weeks; they are responsible for the strategic direction and policy of the charity. The Trustees have delegated the day-to-day running of the charity to the Chief Officer.

d. RISK MANAGEMENT

The Board of Trustees have responsibility for implementing a managed approach to risk management. Measures have been put in place by the introduction and review of policies, procedures, and systems to mitigate the risks that the charity faces. Internal control risks are minimised by the implementation of procedures for the authorisation of all financial transactions. A key element in the management of financial risk is the setting of a reserves policy. The external risks to funding have led to development of strategic plans to address the need for diversification of funding and activities.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2022

e. Annual General Meeting (AGM) 2021

We held our AGM on 3rd November 2021 via Zoom. Our Chief Officer, Dilwara Ali, gave an overview of our key achievements and current projects. Our Chair Garth Hodgkinson thanked and acknowledged our staff, volunteers, residents and partners for their continuing work and support.

Your Support

Blackburn with Darwen Healthy Living is always in need of funds.

Your support and donations will help us to continue and further develop our work promoting and facilitating community involvement to help tackle health, social and economic inequalities within our communities.

We thank our partners, funders and supporters including:

Garfield Weston Foundation
Age UK Blackburn with Darwen
Blackburn with Darwen Public Health
Blackburn Youth Zone
One Voice Blackburn
Co-op Foundation
BIG Lottery Fund
People's Health Trust
Blackburn with Darwen Borough Council
Blackburn with Darwen CVS
Healthwatch Blackburn with Darwen
Jubilee Tower Credit Union
Lancaster University
Lancashire BME Network
Police and Crime Commissioner Lancashire
Food Active
Workers Education Association
Spring North
Iqra Foundation
Care Network
Blackburn Foodbank
University of Central Lancashire (UCLan)
Be Strong
Blackburn Rovers Community Trust (BRFCT)
Bano's Takeaway
Accrington Road Community Centre (UCO)
Recycling Lives

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2022

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also directors of Blackburn with Darwen Healthy Living for the purposes 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).

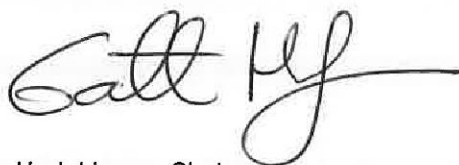
Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting 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 operation.

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

This report was approved by the Trustees, on 6th October 2022

and signed on their behalf by:



Jeremy G. Hodgkinson, Chair



Emma L. Garner, Trustee

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BLACKBURN WITH DARWEN HEALTHY LIVING (the 'company')

I report to the charity Trustees on my examination of the accounts of the company for the year ended 31 March 2022.

This report is made solely to the company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's Trustees as a body, for my work or for this report.

RESPONSIBILITIES AND BASIS OF REPORT

As the Trustees of the company (and 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 the company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

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

I have completed my examination. I can 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.

Signed:



Dated: 13/10/2022.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2022

Courtney Wright BA FCCA

Office 5, The Boulevard Centre
45 Railway Road
Blackburn
Lancashire
BB1 1EZ

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
INCOME FROM:					
Charitable activities - Donations and Grants	2,4,5	120,604	252,087	372,691	271,035
Other trading activities:					
Trading activities		26,837	-	26,837	5,543
Investments	3	15	-	15	49
TOTAL INCOME		147,456	252,087	399,543	276,627
EXPENDITURE ON:					
Charitable activities	6,7	91,741	241,725	333,466	299,234
TOTAL EXPENDITURE		91,741	241,725	333,466	299,234
NET INCOME / (EXPENDITURE) BEFORE OTHER RECOGNISED GAINS AND LOSSES		55,715	10,362	66,077	(22,607)
NET MOVEMENT IN FUNDS		55,715	10,362	66,077	(22,607)
RECONCILIATION OF FUNDS:					
Total funds brought forward		87,745	73,383	161,128	183,735
TOTAL FUNDS CARRIED FORWARD		143,460	83,745	227,205	161,128

The notes on pages 19 to 31 form part of these financial statements.

BLACKBURN WITH DARWEN HEALTHY LIVING**(A company limited by guarantee)****REGISTERED NUMBER: 06073648****BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible assets	11		4,181		2,761
CURRENT ASSETS					
Debtors	12	55,020		37,696	
Cash at bank and in hand		200,318		156,474	
		<u>255,338</u>		<u>194,170</u>	
CREDITORS: amounts falling due within one year	13	(32,314)		(35,803)	
NET CURRENT ASSETS			<u>223,024</u>		<u>158,367</u>
NET ASSETS			<u>227,205</u>		<u>161,128</u>
CHARITY FUNDS					
Restricted funds	14		83,745		73,383
Unrestricted funds	14		143,460		87,745
TOTAL FUNDS			<u>227,205</u>		<u>161,128</u>

The company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees 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 financial statements were approved and authorised for issue by the Trustees on 6th October 2022 and signed on their behalf, by:



Jeremy G. Hodgkinson, Chair



Emma L. Garner, Trustee

The notes on pages 19 to 31 form part of these financial statements.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Cash flows from operating activities			
Net cash provided by/(used in) operating activities	16	46,375	(35,430)
Cash flows from investing activities:			
Proceeds from the sale of tangible fixed assets		564	-
Purchase of tangible fixed assets		(3,095)	(1,197)
Net cash used in investing activities		(2,531)	(1,197)
Change in cash and cash equivalents in the year		43,844	(36,627)
Cash and cash equivalents brought forward		156,474	193,101
Cash and cash equivalents carried forward	17	200,318	156,474

The notes on pages 19 to 31 form part of these financial statements.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Blackburn with Darwen Healthy Living meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Reconciliation with previous Generally Accepted Accounting Practice

In preparing these accounts, the Trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

No restatements were required.

1.3 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES (continued)

1.4 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the company which is the amount the company would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

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 allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Charitable activities and Governance costs are costs incurred on the company's operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES (continued)

1.6 Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office equipment	-	33% Straight Line
Gym equipment	-	20% - 33% Straight Line

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.11 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. ACCOUNTING POLICIES (continued)

1.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2. INCOME FROM DONATIONS AND GRANTS

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Donations	80	-	80	1,130
Grants	71,061	252,087	323,148	224,597
Similar incoming resources	49,463	-	49,463	45,308
	<u>120,604</u>	<u>252,087</u>	<u>372,691</u>	<u>271,035</u>
Total donations and legacies				
	<u>120,604</u>	<u>252,087</u>	<u>372,691</u>	<u>271,035</u>
Total 2021	120,467	150,568	271,035	

3. INVESTMENT INCOME

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Investment income - other local investments	15	-	15	49
	<u>15</u>	<u>-</u>	<u>15</u>	<u>49</u>
Total 2021	49	-	49	

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

4. GRANTS

	2022 £	2021 £
Spring North	17,288	2,295
Lancashire BME Network	32,708	16,602
Newground	478	3,105
Big Local/ Local Conversations	212,050	121,467
WEA	5,807	4,418
Garfield Weston	10,000	20,000
Blackburn with Darwen Borough Council	27,529	21,838
Lancashire Police	17,288	-
Food Power	-	13,564
Health Equalities Group	-	4,500
Co-Op Foundation	-	9,980
Lancashire Foundation	-	3,744
Future Directions	-	3,084
	-	-
	<u>323,148</u>	<u>224,597</u>

5. SIMILAR INCOMING RESOURCES

	2022 £	2021 £
SLA's	42,009	42,431
Other/ Sundry Income	7,534	2,877
	-	-
	<u>49,543</u>	<u>45,308</u>

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. DIRECT COSTS

	2022 £	2021 £
Staff costs	186,577	188,308
Awards and grants	20,722	1,600
Volunteer expenses	85	224
Office expenses	8,094	12,855
Printing and stationery	915	1,259
Vehicle expenses	1,468	1,323
Equipment and furniture	29,217	26,782
Equipment lease/hire	8,256	7,991
Food	19,584	9,036
Insurance	6,079	6,317
Meals and entertainment	532	300
Rent and rates	15,522	8,078
Repairs and maintenance	6,393	1,227
Travel and meetings	638	5
Sundry expenses	-	2,208
Bank charges	74	80
Legal and professional fees	-	640
Coaches and trips	1,450	75
Support costs	1,723	3,336
Venue Hire	2,203	2,288
	<u>309,532</u>	<u>273,932</u>

7. SUPPORT COSTS

	2022 £	2021 £
Staff costs	4,012	3,763
Depreciation	1,111	452
Contracted services	7,580	2,589
Office expenses	3,087	5,475
Subscriptions	-	144
Equipment and furniture	431	187
Equipment lease and hire	88	413
Food	186	21
Insurance	2,876	3,523
Recruitment	161	47
Rent and rates	3,745	5,133
Travel and meetings	-	2
Venue hire	85	35
Sundry expenses	-	333
Bank charges	503	467
Legal and professional fees	69	3,346
	<u>23,934</u>	<u>25,930</u>

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2022	2021
	£	£
Depreciation of tangible fixed assets:		
- owned by the charity	1,675	1,306
Auditors' remuneration - audit	385	3,346
	<hr/> <hr/>	<hr/> <hr/>

During the year, no Trustees received any remuneration (2021 - £NIL).

During the year, no Trustees received any benefits in kind (2021 - £NIL).

During the year, no Trustees received any reimbursement of expenses (2021 - £NIL).

9. AUDITORS' REMUNERATION

The Independent Examiner's remuneration amounts to an Independent Examination fee of £ 385 (2021 - £3,960).

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

10. STAFF COSTS

Staff costs were as follows:

	2022 £	2021 £
Wages and salaries	190,589	192,071

The average number of persons employed by the company during the year was as follows:

	2022 No.	2021 No.
Project staff	10	11
Administration and support	2	2
	12	13

No employee received remuneration amounting to more than £60,000 in either year.

11. TANGIBLE FIXED ASSETS

	Office equipment £	Other fixed assets £	Total £
Cost			
At 1 April 2021	25,103	38,523	63,626
Additions	593	2,502	3,095
Disposals	(564)	-	(564)
At 31 March 2022	25,132	41,025	66,157
Depreciation			
At 1 April 2021	23,988	36,877	60,865
Charge for the year	528	1,147	1,675
On disposals	(564)	-	(564)
At 31 March 2022	23,952	38,024	61,976
Net book value			
At 31 March 2022	1,180	3,001	4,181
At 31 March 2021	1,115	1,646	2,761

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

12. DEBTORS

	2022 £	2021 £
Trade debtors	49,097	29,878
Prepayments and accrued income	5,923	7,818
	<u>55,020</u>	<u>37,696</u>

13. CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	19,453	8,854
Other taxation and social security	2,963	2,097
Accruals and deferred income	9,898	24,852
	<u>32,314</u>	<u>35,803</u>

14. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Designated funds					
Designated Funds - all funds	68,359	-	-	(1,207)	67,152
General funds					
General Funds - all funds	19,386	147,456	(91,741)	1,207	76,308
Total Unrestricted funds	<u>87,745</u>	<u>147,456</u>	<u>(91,741)</u>	<u>-</u>	<u>143,460</u>
Restricted funds					
Big Lottery BIG Local / Local					
Conversations	55,789	212,050	(188,970)	-	78,869
Energy 360	415	32,707	(33,122)	-	-
WEA Food Friends	2,329	5,807	(6,541)	-	1,595
Knife Crime Mentor Programme	4,870	-	(4,870)	-	-
Co-op Expand	9,980	1,045	(7,744)	-	3,281
Newground Together	-	478	(478)	-	-
	<u>73,383</u>	<u>252,087</u>	<u>(241,725)</u>	<u>-</u>	<u>83,745</u>

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. STATEMENT OF FUNDS (continued)

Total of funds	<u>161,128</u>	<u>399,543</u>	<u>(333,466)</u>	<u>-</u>	<u>227,205</u>
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STATEMENT OF FUNDS - PRIOR YEAR

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2021 £</i>
Designated Funds	32,776	-	(1,306)	36,889	68,359
General funds					
General Unrestricted Funds	4,449	123,382	(71,556)	(36,889)	19,386
Restricted funds					
Restricted Funds	146,511	153,244	(226,372)	-	73,383

DESIGNATED FUNDS

Business Continuity - To cover 3 months statutory and contractual obligations totaling £29,906

Redundancy Costs - To cover redundancy costs in the event the company is wound up totaling £37,246.

RESTRICTED FUNDS

Big Local/ Local Conversations - Working in the Shadsworth & Whitebirk area, community lead initiative concentrating on the priorities they have identified in their area/ Working in the Highercroft ward. Community lead initiative concentrating on the priorities they have identified in their area.

Energy 360 – Fuel Poverty project, supporting the ethnic minority community with energy issues i.e., fuel debts and poverty.

WEA Food Friends – Upskilling 50+ residents of the borough around employability. Helping them set up social groups, providing training and supporting them to set up small social enterprises.

Newground Together, taking steps to Independence – Befriending project for the 50+ to address social isolation, predominantly in the Shadsworth and Whitebirk area.

Co-op Expand – Working with residents of Wensley Fold ward to look at assets within the ward and how they can be most utilised e.g., green space, community spaces.

Knife Crime – working with young people who attended a variety of sessions and discuss various topics, i.e., knife crime, bullying, to help develop a toolkit and they received training to help them deliver the toolkit to their peers.

BLACKBURN WITH DARWEN HEALTHY LIVING
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

SUMMARY OF FUNDS - CURRENT YEAR

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Designated funds	68,359	-	-	(1,207)	67,152
General funds	19,386	147,456	(91,741)	1,207	76,308
	<u>87,745</u>	<u>147,456</u>	<u>(91,741)</u>	<u>-</u>	<u>143,460</u>
Restricted funds	73,383	252,087	(241,725)	-	83,745
	<u>161,128</u>	<u>399,543</u>	<u>(333,466)</u>	<u>-</u>	<u>227,205</u>

SUMMARY OF FUNDS - PRIOR YEAR

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2021 £
Designated funds	32,776	-	(1,306)	36,889	68,359
General funds	4,449	123,382	(71,556)	(36,889)	19,386
	<u>37,225</u>	<u>123,382</u>	<u>(72,862)</u>	<u>-</u>	<u>87,745</u>
Restricted funds	146,511	153,244	(226,372)	-	73,383
	<u>183,736</u>	<u>276,626</u>	<u>(299,234)</u>	<u>-</u>	<u>161,128</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	4,181	-	4,181
Current assets	171,593	83,745	255,338
Creditors due within one year	(32,314)	-	(32,314)
	<u>143,460</u>	<u>83,745</u>	<u>227,205</u>

BLACKBURN WITH DARWEN HEALTHY LIVING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS (continued)

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	2,761	-	2,761
Current assets	120,787	73,383	194,170
Creditors due within one year	(35,803)	-	(35,803)
	<u>87,745</u>	<u>73,383</u>	<u>161,128</u>

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

	2022 £	2021 £
Net income/(expenditure) for the year (as per Statement of Financial Activities)	66,077	(22,607)
Adjustment for:		
Depreciation charges	1,111	1,306
Increase in debtors	(17,324)	(2,425)
Decrease in creditors	(3,489)	(11,704)
Net cash provided by/(used in) operating activities	<u>46,375</u>	<u>(35,430)</u>

17. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2022 £	2021 £
Cash in hand	200,318	156,474
Total	<u>200,318</u>	<u>156,474</u>

BLACKBURN WITH DARWEN HEALTHY LIVING
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

18. OPERATING LEASE COMMITMENTS

At 31 March 2022 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2022 £	2021 £
Amounts payable:		
Within 1 year	4,467	8,080
Between 1 and 5 years	1,044	23,660
Total	<u>5,511</u>	<u>31,740</u>

19. RELATED PARTY TRANSACTIONS

There have been no related party transactions throughout the financial year.

20. POST BALANCE SHEET EVENTS

There have been no significant events affecting the company since the year end.

21. CONTROLLING PARTY

Those directors/ trustees listed in the company administrative section control the company.

