

Registered number: 06073648  
Charity number: 1122978

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## **BLACKBURN WITH DARWEN HEALTHY LIVING**

**(A company limited by guarantee)**

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### **TRUSTEES' REPORT AND FINANCIAL STATEMENTS**

### **FOR THE YEAR ENDED 31 MARCH 2023**



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**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 2023**

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**Trustees**

Koser Khan (appointed 19 October 2022)  
Jeremy G. Hodgkinson  
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 executive officer**

Dilwara 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 2023**

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The Trustees (who are also Directors of the Charity for purposes of the Companies Act) present their Annual Report together with the financial statements of Blackburn with Darwen Healthy Living (the Charitable company) for the year ended 31st March 2023. The Trustees confirm that the Annual Report and financial statements of the Charitable company comply with the current statutory requirements of the Charitable 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).

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, 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 Blackburn with Darwen Healthy Living.

**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 Blackburn with Darwen



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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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Healthy Living:

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

**Community Gyms and fitness classes**

At Roman Road Library we have a fully equipped community gym integrated into the building supporting people to access the gym whenever the building is open to the public. We continue to offer low-cost memberships. Our staff carry out the inductions and maintain the equipment to the highest standard.



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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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Whilst we are no longer responsible for the day to day running of the gyms at Bangor Street Community Centre, we continue to work in partnership with Bangor Street Ltd to carry out gym inductions for both the male and female gyms.

### **Household Support Scheme**

The Household Support Scheme, funded by central Government via the Borough Council, continued into 2022-2023 but with a change to the eligibility criteria, focussing on low income, working households. We continued to deliver the fuel support to residents in the East areas of Blackburn, including Shadsworth, Whitebirk, Higher Croft, Audley, and Little Harwood wards. In this financial year 5,172 households were referred for gas, electricity, and water support, of these 1,642 (31%) were dealt with by Healthy Living. The gas, electricity and water support offered across the borough totalled £627,160 with Healthy Living's referrals accounting for £197,245. The partnerships we have developed over previous years were strengthened through continued good communication and teamwork, this has resulted in a seamless service for clients helping to build dignity into the process at a time when some have feelings of shame and embarrassment.

"Thank you so much for the help, I've never had to ask for help before, I'm embarrassed it's come to this" – single lady living in Shadsworth.

"Money towards my gas and electric has really helped me keep the heating on for my kids" – working family living in Higher Croft.

### **T2 Weight Management**

Following on from the two courses run in the previous year, the final three weight management courses were completed this year. Funded by Blackburn with Darwen Borough Council, our courses focused on the specific requirements of South Asian Women with the session content based on the group's needs, allowing us to tackle the topics most relevant to the participants.

Participants attended twice a week for 12 weeks (apart from the final group which completed 10 weeks due to the beginning of Ramadan overlapping with the final 2 weeks), with follow ups at 6 months and 12 months. In the first session personal health details were 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 was given showing the number of portions of different food groups each person can consume in a day, this was done to encourage overall healthy eating rather than simple calorie counting. Additional sessions included hunger vs craving, takeaways, chocolate, fruit and nuts, advantages and types of exercise, blood sugar and meal planning. The sessions also included physical activity, usually circuit training, which was gradually increased in difficulty and intensity to continually challenge the women.

Participants were recruited by the council's Health and Wellbeing team; 38 people attended one of the three courses and lost a total of 66.3kg (10 stones 6 pounds).

Follow ups with groups from the previous year as well as the current groups were completed with 13 people continuing to lose a further 29kg (4 stones 8 pounds) between them.

### **Case study**

S attended the weight loss program in July 2022. She had several health conditions including rheumatoid arthritis which significantly affected her day-to-day movement. Through small changes in her diet and small increases in her activity levels S achieved a small weight loss of 1.7kg over the 12 weeks, however at the final follow up which takes place a year after commencing the program S had continued to lose weight (a further 7.9kg) and now had a healthy BMI and was focusing on maintaining her weight. "I learned a lot about healthy eating and portion sizes, but it was the exercise that made such a difference. Because of my health conditions I was quite limited, but we were able to adapt the exercises, so I was able to take part in the full session with the rest of the group. By the end of the program, I could do so much more. I managed to carry on losing weight afterwards by being



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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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more active in my day-to-day life and keeping my eye on the food. I'm happy to be able to keep my weight as it is now".

### **LOT 2 Physical Activity**

Funded by Public Health, we delivered variety of classes including circuit training, seated exercise, physical yoga, boxing, and exercise to music in both indoor and outdoor settings. Our highly experienced instructors meant that all activities were suitable for beginners as well as regulars. We targeted women, people with long term conditions and older people. We promoted the exercise classes to existing Bangor Street gym members, on social media, spoke to beneficiaries from other projects and parents whose children access the Madrassah in the community centre, as well as distributing leaflets/flyers at community events.

This project took place between June 2022 – March 2023. We ran 3 ladies only classes per week for 36 weeks with 117 individuals attending at least one session. We also ran nine 6-week exercise courses including walking groups with a total of 105 individuals attending. In total 215 different individuals benefited from this project.

#### **Case study**

"Over the past few months, I have been attending fitness classes on a Wednesday. I have noticed so many positive changes that are now part of my life. I now feel fitter, healthier, happier, and stronger when it comes to my physical and mental well-being.

The strength I now feel in my body is incredible. Carrying heavy shopping bags? Not a problem! Lifting heavy things? Not an issue at all! Once at a tile shop, I carried a large box of heavy tiles despite the owner insisting that he would do it for me. I didn't let him! Not only has the instructor given me the confidence to know that my body can do this, but she has also educated me in the way the above should be carried out e.g., core engaged etc.

I feel a lot more clarity. As a woman with a very busy professional life, not to mention being a busy mum too, coming to the classes has enabled me to come to a crucial understanding. That is, to serve others well, I need to commit to looking after myself first.

Balance is also something I feel so much better about. I no longer feel 'guilt' when eating something as I know the instructor will push me to the max! And she has!

Overall, the confidence I have in my body is down to the classes that I've been coming to. I love the way how toned parts of my body are beginning to look, how strong I feel, and just knowing what I am capable of. Thank you so much."



### **Energy 360**

We continued to deliver the Energy 360 project into 2022/23 working in partnership with Lancashire BME Network. We provided advice and guidance to the most disadvantaged residents aiming to increase their

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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awareness and understanding of their domestic energy usage and to help them improve the energy efficiency of their homes by introducing energy saving measures.

In this period, we attended a community event in the Shadsworth area and engaged with 29 beneficiaries, offering advice and support, and provided energy saving packs. The packs were a great hit on the day, here are just a few quotes we received -

"The packs are great, so much stuff inside that will be really useful."

"I love the solar charger; I won't need to use any electricity to charge my phone!"

"I'll use the temperature checker card in my kids' bedroom to make sure it's warm enough for them".

We also reached out and supported a further 103 local people in the borough. Through advice, energy vouchers and energy saving measures we have saved these residents a total of £6,978. We have also been able to make 34 onward referrals to partner organisations for additional support such as food parcels. The project came to an end on 30th September 2022.

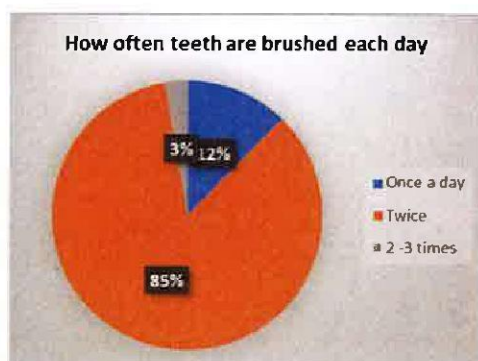
#### **Oral Health – Madrassah**

To coincide with Blackburn with Darwen's Oral Health Strategy, Public Health commissioned BwD Healthy Living to work with a local Madrassah (Madrassah is a Muslim school, college, or university that is often part of a mosque) to pilot a program to engage with children and their families.

National data showed Blackburn with Darwen (BwD) had the highest proportion of its five-year-olds experiencing decay in the whole of England: 51 per cent of five-year-olds have at least one decayed missing or filled tooth. It also has the second highest rate for hospital admissions for tooth decay for eight to five-year-olds in the Northwest. Poor oral health can affect the ability of children to sleep, eat, speak, play and socialise with other children. Other impacts include pain, infections, poor diet, and impaired nutrition and growth which affect the ability of the child to learn, thrive and develop.

As North Primary Care Network have the highest rates of decay in the borough, Little Harwood ward was chosen as it falls in that area. We engaged with a Madrassah to help reach out to children and families to improve children's and parents' knowledge on oral health. We also consulted with parents to help us understand what the children's behaviour and routine around brushing, snacking, and eating was. We also delivered knowledge building workshops in partnership with AP Smilecare to each class which were tailored according to the class age; Oral health videos were produced in English, Urdu and Gujarati which are now on the Blackburn Council's website.

We worked with Iqra Foundation Madrassah (Blackburn) where 120 students were registered, aged from 4 years to 11 years plus. We sent out questionnaires to all parents through their children and had 73 returned. One of the questions were – how many times does your child brush their teeth each day?



The chart shows the patterns of children brushing their teeth daily. It should be noted that the questionnaire was completed by the parents which could skew the results, questioning whether this is a true reflection of their children's brushing habits. The message relating to the number of times a person should brush their teeth is apparent, but is this really being adhered to by people living in Blackburn and Darwen? Unfortunately, if you were to accept this analysis without further study, you would not understand why there is an issue with oral health within the borough.



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### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

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This was a pilot project; more work needs to be done to understand the issues to provide the right guidance and information for the community.

Reflecting from the project, it is evident from the data that has been collated that much more refined work needs to be completed which has been put forward to Public Health and presented at the Oral Health Strategy Launch.



#### Personal Health Budget (PHB)

Blackburn with Darwen Personal Health Budget (PHB) Pilot was funded by Lancashire and South Cumbria Integrated Care Board. Mental ill-health is the largest single source of burden of disease in the UK. Almost 23% of the total burden of disease in the UK is attributable to mental disorders, compared to 16.2% for cardiovascular disease and 15.9% for cancer. 1 in 4 families worldwide is likely to have at least one member experiencing mental ill health or behavioural difficulties. People in marginalised groups are at greater risk of mental health problems, including people from Black, Asian and other minority ethnic (BAME) backgrounds, lesbian, gay, bisexual and transgender people, disabled people and people who have had contact with the criminal justice system, among others.

Evidence shows that prior to the COVID-19 pandemic Black and Ethnic Minority communities were disproportionately affected meaning they were at higher risk of exacerbating mental health inequalities and were unequally impacted by social determinants associated with mental ill health. Barriers to accessing mental health support and the role of cultural beliefs and attitudes have been cited as explanations for existing mental health inequalities that face BAME communities living in the UK.

Black and ethnic minority communities, especially Black and South Asian groups experience more adverse pathways to care, higher rates of compulsory admission and treatment, more contact with the police and criminal justice agencies and poorer longer-term outcomes compared with White British people.

“Good mental health is recognised as an integral part of a person's wellbeing, embedded in all aspects of their whole life, their beliefs, faith, culture, environment, spirituality, work, housing, education, family and community respect. Extract from Race Equalities Foundation, Mental Health and Wellbeing Briefing Paper – Race Equality Foundation

The COVID-19 experience strengthened an already strong body of evidence that showed some BAME communities experienced low levels of support from Mental Health services.

In 2020/21 The Race Equality Foundation partnered with National Health Service England to look at how PHB's could assist in helping improve access to Mental Health support. The project evaluation showed numerous positive outcomes and suggested areas for further development which led to the development of the Blackburn with Darwen PHB pilot.

The main aim of the project was to identify unmet mild to moderate mental health needs who could benefit from Personal Health Budget Support, to prevent unnecessary escalation to unplanned higher tier mental health services. We worked with individuals to identify what was important to them in a shared decision-making

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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process. A personalised care and support plan was identified which helped the person to access relevant support to meet their needs and self-manage their mental health.

We tracked improvement during intervention and captured stories as part of the evaluation process.

Case study

44-year-old B lives in Blackburn with her daughter and their 2 cats, her sister lives in the south of England and her other family are in Poland. She has struggled with her mental health for several years but still maintained a normal, everyday life. However, in October 2021 she was sexually assaulted which had a huge impact on her mental health which resulted in her being unable to work. Simply leaving the house is difficult for B and managing public transport is almost impossible due to anxiety, when she was referred for a PHB she was feeling increasingly lonely and isolated and was struggling financially.

"It's hard because I've never been in a situation where I can't provide for me and my daughter. I'm very embarrassed and ashamed of my situation. I don't share my problems. All my family call me for support, but I can't help myself. My anxiety is killing my day. It takes me ages to do basic things because of thousands of symptoms".

B bought herself a second-hand mattress a couple of years ago, but the springs started coming out, so she had to get rid of it in December 2022 and has been sleeping on the sofa since. She got her daughter a mattress but couldn't afford a base as well. "I wake up a lot in the night, so I get tired a lot in the day, it's hard to be motivated when you're so tired. I get headaches because I'm tired. I sleep on my daughter's mattress on Saturday's when she stays with her dad. I want to overcome anxiety, to be able to live without constant fear so I started CBT with Minds Matter as well as starting an online course for community interpreting and learning massage and reflexology, these will help me get closer to where I want to be, but my broken sleep is making it difficult for me to keep focussed and do everything to the best I can. I am going to do a counselling course in September so I can learn to help other people who are struggling".

The person-centred conversation enabled B to see just how much she was already able to do rather than focus on what she couldn't do, using her personal health budget to purchase a bed and mattress made sense as B's lack of quality sleep was impacting on the things she was already trying to do. We did try to get the bed through other funding however this was refused. A bed base for her daughter was also purchased as B felt that her having a beautiful bed but her daughter having just a mattress on the floor would negatively impact on her mental health. She already struggles with the idea that she's not able to provide for her daughter as well as she would like. "Getting sheets, duvet cover and pillowcases was such a great extra, made the whole thing complete".

As well as engaging with Minds Matter, B was referred into the Flourishing Minds project to help provide additional support around mental health and Bill Busters to support her with her debt for gas and electricity: her debt of over £1500 was cleared as a result, "Having my e on next debt cleared has been a huge surprise and I still can't believe in it. It is taking off a huge stress off my shoulders. I still have £1000 debt with places for people, however one debt less is a huge relief, and I am forever thankful". "Having mental support is amazing, but unfortunately it doesn't help me a lot. Maybe I need something different than that. But it was fantastic opportunity to try it and learn about different methods I can try to use".

"I can't thank you and charities enough for all the support. Having bed has made me feel like a human again. It's so nice to go to my room and just relax. It is like getting my personal space back. I sleep much better, still struggling with anxiety a lot, however it gives me huge comfort to have bed rather than sofa. My daughter is so delighted, it made me so happy. In the ocean of things, I need or have problems with, having those beds made me believe that things can get better".

"I'm forever grateful to Healthy Living and all who helped me. It made my day full of hell a bit less scary and gave me hope".

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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### **Trauma Informed Communities**

This project supported Blackburn with Darwen Public Health's vision and commitment to a partnership approach to supporting Trauma Informed practice for the borough.

Data was drawn in 2012, where BwD was the first area in the UK to undertake a population-based Adverse Childhood Experience (ACE) survey, which identified the prevalence of ACEs across the Borough and identified poor health and social outcomes in adulthood. A study by Bellis et al in 2013 found that almost half (46%) of adults living in BwD had suffered at least one ACE, with 12% of adults in BwD having suffered four or more ACEs.

Research has shown that the more ACEs people experience, the greater the risk of a wide range of health-harming behaviours and diseases as an adult. The impact of ACEs and trauma is wide reaching; it crosses organisational boundaries, settings, population groups and impacts across the life-course.

Since then, various frameworks were developed, and Public Health have now set up a clear Governance Structure to feed into Strategic Boards. Healthy Living, in partnership with the council, sit on the Communities Managed Network to collaborate across different organisations to action common goals and to pool expertise, skills and to share good practice. The other three networks include vulnerable adults, schools and Early years.

Becoming a trauma informed borough and developing a Systems-Resilience Framework will reduce the incidence and impact of trauma amongst the population and workforce of Blackburn with Darwen.

### **Community Engagement and Development**

#### **Big Local**

The Big Local initiative funded by the Lottery was predominately run by volunteers from the community it serves: Shadsworth with Whitebirk. The community is referred to as the 'Partnership.' Over the years it had delivered various projects by identifying the areas priorities. During the pandemic it started its food parcel through the Fare Share program, and they have evolved the project continue this. The Partnership also managed to receive funding from BwD Council to deliver the food program during this year.

The Partnership started the first Knife Bin program in the borough with support from JJ Effect and delivered workshops in local schools. The initiative was launched in October by the Mayor and Executive Councillor. The 10-year Big Local programme moved into its final phase of the initiative in 2022/23. We, as the Locally Trusted Organisation (LTO) for the programme, started to taper down our support allowing the Partnership to transition independently.

A business plan was developed by another independent organisation so the Partnership could apply for charity status. They are currently a Company Limited by Guarantee and are now officially known as 'The Big Local Community Shop Ltd' still awaiting charity statues.

We transferred contracts such as utility and the property lease into their name and supported the governance for them to go forward.

Our last 3 months 'close out' period as LTO went into effect from the 30 March 2022, which allowed us to totally phase out our support for the Partnership. This slow approach of transition worked well for us as an LTO and for the Partnership as all elements of hand over allowed the Partnership grow in confidence knowing we as LTO were there throughout the process for support, advice and guidance. It also allowed the Big Local trust to see the progress and how a community could be empowered and given responsibility to achieve their passion and what they felt was priority in their community.

They continue to deliver the Fare Share program, addressing food insecurity as one of their priorities and carry



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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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out events and trips for families who may not normally be able to afford trips. The Partnership are now running a charity shop from the site on Accrington Road and sell everything from new products to upcycled clothes.

### **Local Conversations**

The Local Conversations Higher Croft programme was funded by the Peoples Health Trust and has been running for the last 6 years. The programme was run by local volunteers who formed a 'Steering Group' supported by staff from Healthy Living and local ward councillors; the Local Conversations programme is one of many being delivered throughout England, Scotland, and Wales.

The programme is due to be completed by December 2023 so the Steering Group have spent time this year self-evaluating the programme and discussing if and how they would continue delivering the work post December 2023. An extensive consultation was carried out throughout the area, which identified several priorities.

Over the last year the steering group members and Healthy Living staff have worked closely with the Local Authority. The steering group was supported by Healthy Living to identify possible venues to develop a community base for the project. Two options were shortlisted with costings for the steering group to decide on which resulted in Higher Croft Children's Centre being chosen.

We launched the Community Food Larder in February 2023 and was attended by Blackburn with Darwen Mayor Councillor Suleman Khonat, Executive and Ward Councillors alongside partners and stakeholders. It runs 3 times a week from Higher Croft Children's Centre and provides affordable food as a 'top up service' to people's regular shop. The food larder also provides added support where volunteers and staff can signpost and support service users with issues relating to health, housing, employment, or training. It also provides free period products as well as cleaning and personal hygiene products.



The project is developing space for groups to access such as youth and community groups.

Community CVS Blackburn have been commissioned to support the steering group to become a charity with a view to eventually taking over the lease from Healthy Living and a business plan will be written to enable the group to continue post December 2023.

During the Christmas period 2022 the project received funding from Blackburn CVS, Places for People and Together Housing via the Tenants and Residents Base at Manxman Road to hold a Christmas Party. Over 90 people attended the party who enjoyed games, food and received Christmas gifts.

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

The research programme was funded by the National Institute for Health and Care Research (NIHR) working with Lancaster University. The programme evolved from the research that was conducted in the Wesley Fold area and 9 other areas in the Northwest (CLAHRC – Collaboration for Leadership in Applied Health Research

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and Care) supporting local systems to tackle the social determinants of health inequalities.

This year ARC looked at working together with organisations to learn more about these health inequalities and overcome the barriers around translating these discoveries in health research into practice which improves lives. It further supported and evaluated the implementation of research findings that address health priorities, which increased the sustainability and resilience of health and social care systems, locally and nationally.

The partnership jointly chose three research themes reflecting local needs. These were: 'Person-Centred Complex Care', 'Improving Population Health' and 'Equitable Place-based Health and Care'. The ARC had a funding extension to March 2026 to address these research themes, details are still to be decided how Healthy Living will remain involved.

### **Blackburn with Darwen Strategic Youth Alliance**

The Strategic Youth Alliance (SYA) was established in 2018, and Healthy Living has been a member from the beginning. The SYA's purpose was to work in partnership to enhance services to young people and to source and utilise additional funding.

Discussions took place over several months to consider the next steps for the Alliance to create a greater ability to align strategic 'place based' priorities that benefit the young people of the borough. It is intended that becoming a legal entity will increase resources both to strategic alignment as well as providing dedicated senior resources to respond to the needs of the borough and increase funds through grants, trust and foundations. This will also reduce competing with member organisations.

It was agreed that BwD SYA would be an independent charity/company and be accountable to its members only. The SYA has now affiliated with the Young Peoples Foundation (YPF).

A start up grant as well as all 8 core members of the SYA contributed for the first year set up cost. A CEO has been appointed to seek other funding and to ensure future investment to sustain the organisation.

### **Conversation Club**

'Learning English Together' – Conversation Club is a national, Government funded initiative, which supports the development of literacy skills across the Borough using a variety of innovative approaches.

The intention of this programme was to improve the literacy skills of BwD residents.

1. Improve English proficiency in speaking and listening- giving ESOL learners an additional opportunity outside of the classroom to practise these essential skills.
2. Improve confidence in using functional English in a variety of day-to-day settings.
3. Increase learner confidence to use English and engage with people outside their immediate community.
4. Connect learners to sources of advice on a range of issues that may directly or indirectly affect them- most specifically health.
5. Improve learner's connection to the borough.
6. Recruit some learners who are not already engaging in formal ESOL classes and encourage them to into learning with one of the ESOL Hub partners.

Healthy Living completed 10 sessions over the months of January through to April. The Topics covered in the sessions were: Friends, Families, Food, Transport, Hobbies, Money Management, Bills and Gas and Electricity, Environment and Education. These topics were chosen with the learners so that we could cater to their needs making the topics relatable and useful. The delivery plan for the sessions allowed all the learners to share their stories whilst learning new things in a fun way. Feedback from the learners showed they enjoyed the sessions and learned fun and informative facts that helped them practice English conversations. A total of 8 participants attended the 10-week course.

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**FOR THE YEAR ENDED 31 MARCH 2023**

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**Roman Road Library**

Healthy Living renewed the lease for Roman Road Library for a further three years to continue to provide the day-to-day running by our group of 11 volunteers. The volunteers represent the diverse makeup of the community including people with disabilities, people from different ethnic backgrounds and asylum seekers. The library is open 6 days a week and has been used over the year to provide a safe warm space as well as a place to meet and raise concerns with the elected officials, social landlords and the local police. The community library also hosts some of the Local Conversations groups such as the Women's group, Youth clubs and Monday Makers.

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

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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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.

**e. Annual General Meeting (AGM) 2022**

We held our AGM on 19th October 2022 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,



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

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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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 would like to thank our partners, funders and supporters including:**

Garfield Weston Foundation  
Age UK Blackburn with Darwen  
Blackburn with Darwen Public Health  
BwD Mayor Suleman Khonat  
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  
Iqra Foundation Madrassah Blackburn  
Care Network  
Blackburn Foodbank  
University of Central Lancashire (UCLan)  
Blackburn Rovers Community Trust (BRFCT)  
Accrington Road Community Centre (UCO)  
Our Lady of Perpetual Succour  
St James Church  
Church of the Saviour  
AP Smilecare  
The Race Equality Foundation  
Lancashire and South Cumbria Integrated Care Board  
Lancashire Mind

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

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**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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**TRUSTEES' RESPONSIBILITIES STATEMENT**

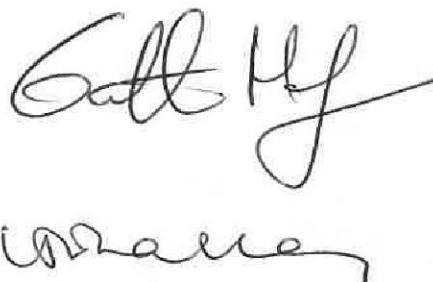
The Trustees (who are also directors of Blackburn with Darwen Healthy Living for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 \_\_\_\_\_ and signed on their behalf by:



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

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**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED 31 MARCH 2023**

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**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 2023.

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:



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

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**INDEPENDENT EXAMINER'S REPORT (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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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 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>INCOME FROM:</b>					
Charitable activities - Donations and Grants	2,4,5	52,524	271,994	324,518	372,691
Other trading activities:					
Trading activities		32,197	-	32,197	26,837
Investments	3	1,011	-	1,011	15
<b>TOTAL INCOME</b>		<b>85,732</b>	<b>271,994</b>	<b>357,726</b>	<b>399,543</b>
<b>EXPENDITURE ON:</b>					
Charitable activities	6,7	73,604	258,536	332,140	333,466
<b>TOTAL EXPENDITURE</b>		<b>73,604</b>	<b>258,536</b>	<b>332,140</b>	<b>333,466</b>
<b>NET INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES</b>		<b>12,128</b>	<b>13,458</b>	<b>25,586</b>	<b>66,077</b>
<b>NET MOVEMENT IN FUNDS</b>		<b>12,128</b>	<b>13,458</b>	<b>25,586</b>	<b>66,077</b>
<b>RECONCILIATION OF FUNDS:</b>					
Total funds brought forward		143,460	83,745	227,205	161,128
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>155,588</b>	<b>97,203</b>	<b>252,791</b>	<b>227,205</b>

The notes on pages 21 to 34 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 2023**

	Note	£	2023 £	£	2022 £
<b>FIXED ASSETS</b>					
Tangible assets	11		3,192		4,181
<b>CURRENT ASSETS</b>					
Debtors	12	31,531		55,020	
Cash at bank and in hand		265,817		200,318	
		<u>297,348</u>		<u>255,338</u>	
<b>CREDITORS:</b> amounts falling due within one year	13	(47,749)		(32,314)	
<b>NET CURRENT ASSETS</b>			<u>249,599</u>		<u>223,024</u>
<b>NET ASSETS</b>			<u>252,791</u>		<u>227,205</u>
<b>CHARITY FUNDS</b>					
Restricted funds	14		97,203		83,745
Unrestricted funds	14		155,588		143,460
<b>TOTAL FUNDS</b>			<u>252,791</u>		<u>227,205</u>


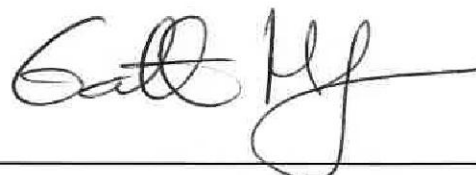
The company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

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 \_\_\_\_\_ and signed on their behalf, by:

The notes on pages 21 to 34 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 2023**

	Note	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Net cash provided by operating activities	16	<u>65,499</u>	<u>46,375</u>
<b>Cash flows from investing activities:</b>			
Proceeds from the sale of tangible fixed assets		-	564
Purchase of tangible fixed assets		-	<u>(3,095)</u>
<b>Net cash used in investing activities</b>		<u>-</u>	<u>(2,531)</u>
<b>Change in cash and cash equivalents in the year</b>		<b>65,499</b>	<b>43,844</b>
Cash and cash equivalents brought forward		<u>200,318</u>	<u>156,474</u>
<b>Cash and cash equivalents carried forward</b>	17	<u><u>265,817</u></u>	<u><u>200,318</u></u>

The notes on pages 21 to 34 form part of these financial statements.

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

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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**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.

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

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**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.

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

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**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 2023**

**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 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Donations	102	-	102	80
Grants	30,970	271,994	302,964	323,148
Similar incoming resources	21,452	-	21,452	49,463
	<u>52,524</u>	<u>271,994</u>	<u>324,518</u>	<u>372,691</u>
Total donations and legacies				
	<u>52,524</u>	<u>271,994</u>	<u>324,518</u>	<u>372,691</u>
Total 2022	372,691	-	372,691	

**3. INVESTMENT INCOME**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Investment income - other local investments	1,011	-	1,011	15
	<u>1,011</u>	<u>-</u>	<u>1,011</u>	<u>15</u>
Total 2022	15	-	15	

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

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**4. GRANTS**

	2023 £	2022 £
Spring North	-	17,288
Lancashire BME Network	15,860	32,708
Newground	-	478
Big Local/ Local Conversations	174,428	212,050
WEA	6,039	5,807
Garfield Weston	-	10,000
Blackburn with Darwen Borough Council	44,713	27,529
Lancashire Police	-	17,288
Big Lottery Fund	42,264	-
Jubilee Tower Credit Union	19,660	-
	-	-
	<u>302,964</u>	<u>323,148</u>

**5. SIMILAR INCOMING RESOURCES**

	2023 £	2022 £
SLA's	10,500	42,009
Other/ Sundry Income	10,952	7,534
	-	-
	<u>21,452</u>	<u>49,543</u>

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

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**6. DIRECT COSTS**

	2023 £	2022 £
Staff costs	188,087	186,577
Awards and grants	18,783	20,722
Volunteer expenses	417	85
Office expenses	6,854	8,094
Printing and stationery	387	915
Vehicle expenses	23,340	1,468
Equipment and furniture	19,228	29,217
Equipment lease/hire	2,576	8,256
Food	21,189	19,584
Insurance	5,485	6,079
Meals and entertainment	459	532
Rent, rates and utilities	16,825	15,522
Repairs and maintenance	1,091	6,393
Travel and meetings	1,350	638
Training	6,955	-
Bank charges	28	74
Legal and professional fees	-	-
Coaches and trips	-	1,450
Support costs	-	1,723
Venue Hire	2,834	2,203
	<u>315,888</u>	<u>309,532</u>

**7. SUPPORT COSTS**

	2023 £	2022 £
Staff costs	4,035	4,012
Depreciation	989	1,111
Contracted services	-	7,580
Office expenses	542	3,087
Subscriptions	544	-
Equipment and furniture	412	431
Equipment lease and hire	55	88
Food	450	186
Insurance	2,000	2,876
Recruitment	515	161
Rent and rates	3,921	3,745
Travel and meetings	126	-
Venue hire	-	85
Training	773	-
Bank charges	431	503
Legal and professional fees	1,459	69
	<u>16,252</u>	<u>23,934</u>

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

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**8. NET INCOME/(EXPENDITURE)**

This is stated after charging:

	<b>2023</b>	<i>2022</i>
	<b>£</b>	<b>£</b>
Depreciation of tangible fixed assets:		
- owned by the charity	<b>989</b>	<i>1,675</i>
Auditors' remuneration - audit	<b>450</b>	<i>385</i>
	<b>=====</b>	<b>=====</b>

During the year, no Trustees received any remuneration (2022 - £NIL).

During the year, no Trustees received any benefits in kind (2022 - £NIL).

During the year, no Trustees received any reimbursement of expenses (2022 - £NIL).

**9. AUDITORS' REMUNERATION**

The Independent Examiner's remuneration amounts to an Independent Examination fee of £ 450 (2022 - £ 385).                      -    -

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

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**10. STAFF COSTS**

Staff costs were as follows:

	2023 £	2022 £
Wages and salaries	192,122	190,589

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

	2023 No.	2022 No.
Project staff	8	10
Administration and support	1	2
	9	12

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

**11. TANGIBLE FIXED ASSETS**

	Office equipment £	Other fixed assets £	Total £
<b>Cost</b>			
At 1 April 2022 and 31 March 2023	25,132	41,025	66,157
<b>Depreciation</b>			
At 1 April 2022	23,952	38,024	61,976
Charge for the year	389	600	989
At 31 March 2023	24,341	38,624	62,965
<b>Net book value</b>			
At 31 March 2023	791	2,401	3,192
At 31 March 2022	1,180	3,001	4,181

**12. DEBTORS**

	2023 £	2022 £
Trade debtors	31,325	49,097
Prepayments and accrued income	206	5,923
	31,531	55,020

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

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**13. CREDITORS: Amounts falling due within one year**

	2023 £	2022 £
Trade creditors	4,375	19,453
Other taxation and social security (see below)	2,500	2,963
Accruals and deferred income	40,874	9,898
	<u>47,749</u>	<u>32,314</u>
<b>Other taxation and social security</b>		
	2023 £	2022 £
PAYE/NI control	2,500	2,963
	<u>£</u>	<u>£</u>
<b>Deferred income</b>		
Deferred income at 1 April 2022		7,619
Resources deferred during the year		38,710
Amounts released from previous years		(7,619)
Deferred income at 31 March 2023		<u>38,710</u>

**14. STATEMENT OF FUNDS**

**STATEMENT OF FUNDS - CURRENT YEAR**

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
<b>Designated funds</b>					
Designated Funds - all funds	67,152	-	-	(20,311)	46,841
<b>General funds</b>					
General Funds - all funds	76,308	85,732	(73,604)	20,311	108,747
Total Unrestricted funds	<u>143,460</u>	<u>85,732</u>	<u>(73,604)</u>	<u>-</u>	<u>155,588</u>

**BLACKBURN WITH DARWEN HEALTHY LIVING**  
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**NOTES TO THE FINANCIAL STATEMENTS  
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**14. STATEMENT OF FUNDS (continued)**

**Restricted funds**

Big Lottery BIG Local / Local					
Conversations	78,869	186,699	(190,645)	-	74,923
Energy 360	-	15,860	(15,860)	-	-
WEA Food Friends	1,595	6,039	(7,634)	-	-
Co-op Expand	3,281	-	(3,281)	-	-
Big Lottery Fuel Debt	-	63,396	(41,116)	-	22,280
	<u>83,745</u>	<u>271,994</u>	<u>(258,536)</u>	<u>-</u>	<u>97,203</u>
Total of funds	<u>227,205</u>	<u>357,726</u>	<u>(332,140)</u>	<u>-</u>	<u>252,791</u>

**STATEMENT OF FUNDS - PRIOR YEAR**

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
Designated Funds - all funds	68,359	-	-	(1,207)	67,152
General Funds - all funds	<u>19,386</u>	<u>147,456</u>	<u>(91,741)</u>	<u>1,207</u>	<u>76,308</u>
<b>Restricted funds</b>					
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>

**DESIGNATED FUNDS**

Business Continuity - To cover 3 months statutory and contractual obligations totaling £10,000

Redundancy Costs - To cover redundancy costs in the event the company is wound up totaling £36,841



**BLACKBURN WITH DARWEN HEALTHY LIVING**  
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**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.

Big Lottery Fuel Debt - addressing fuel debt in the Borough and re-establish The Affordable Warmth Forum to help create a sustainable offer of support for residents in fuel debt and poverty.

**SUMMARY OF FUNDS - CURRENT YEAR**

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Designated funds	67,152	-	-	(20,311)	46,841
General funds	76,308	85,732	(73,604)	20,311	108,747
	<b>143,460</b>	<b>85,732</b>	<b>(73,604)</b>	<b>-</b>	<b>155,588</b>
Restricted funds	83,745	271,994	(258,536)	-	97,203
	<b>227,205</b>	<b>357,726</b>	<b>(332,140)</b>	<b>-</b>	<b>252,791</b>

**BLACKBURN WITH DARWEN HEALTHY LIVING**  
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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**14. STATEMENT OF FUNDS (continued)**

**SUMMARY OF FUNDS - PRIOR YEAR**

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
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>

**15. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

**ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR**

	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Tangible fixed assets	3,192	-	3,192
Current assets	200,145	97,203	297,348
Creditors due within one year	(47,749)	-	(47,749)
	<u>155,588</u>	<u>97,203</u>	<u>252,791</u>

**ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR**

	<b>Unrestricted funds 2022 £</b>	<b>Restricted funds 2022 £</b>	<b>Total funds 2022 £</b>
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  
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**16. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	25,586	66,077
<b>Adjustment for:</b>		
Depreciation charges	989	1,111
Decrease/(increase) in debtors	23,489	(17,324)
Increase/(decrease) in creditors	15,435	(3,489)
<b>Net cash provided by operating activities</b>	<b>65,499</b>	<b>46,375</b>

**17. ANALYSIS OF CASH AND CASH EQUIVALENTS**

	2023 £	2022 £
Cash in hand	265,817	200,318
Total	<b>265,817</b>	<b>200,318</b>

**18. OPERATING LEASE COMMITMENTS**

At 31 March 2023 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2023 £	2022 £
<b>Amounts payable:</b>		
Within 1 year	2,337	4,467
Between 1 and 5 years	-	1,044
Total	<b>2,337</b>	<b>5,511</b>

**19. RELATED PARTY TRANSACTIONS**

Community CVS/Garth (Chair)

The steering group for Local Conversations at Highercroft sourced several proposals to help them develop their business plan. It was their decision to commission Community CVS and BWDHL and BWDHL board of Trustees had no influence in this decision.

**20. POST BALANCE SHEET EVENTS**

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

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**BLACKBURN WITH DARWEN HEALTHY LIVING**  
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**NOTES TO THE FINANCIAL STATEMENTS  
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**21. CONTROLLING PARTY**

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