

# HEALTHY GENERATIONS

England & Wales · Charity number 1128902

## Details

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Other names	MUSIC FOR PEOPLE
Status	Registered
Legal form	Charitable company
Company number	06750800
Registered	2009-03-31
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	Healthy Generations 6-9 Manor Gardens London N7 6LA
Phone	07981142376
Email	<a href="mailto:office@healthygenerations.org.uk">office@healthygenerations.org.uk</a>
Website	<a href="http://www.healthygenerations.org.uk">www.healthygenerations.org.uk</a>

## Activities

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**Objects:** FOR THE BENEFIT OF THE PUBLIC IN PARTICULAR BUT NOT EXCLUSIVELY IN GREATER LONDON:TO PROMOTE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN AND APPRECIATION OF THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTS.TO RELIEVE SICKNESS AND ANY OTHER CHARITABLE NEED AND PRESERVE AND PROTECT GOOD HEALTH; BY, IN PARTICULAR BUT NOT EXCLUSIVELY, THE PRESENTATION OF AND PARTICIPATION IN PUBLIC PERFORMANCES.

**Activities:** For the benefit of the public, in particular but not exclusively in Greater London: To promote, improve, develop & maintain public education in & appreciation of the art & science of music in all its aspects;To relieve sickness & any other charitable need & preserve and protect good health; by, in particular but not exclusively, the presentation of & participation in public performance

## Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, Disability, Arts/culture/heritage/science
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** IN PARTICULAR BUT NOT EXCLUSIVELY IN GREATER LONDON
- Throughout London

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£223,797	£267,200	-	-
2024-03-31	£330,746	£280,140	-	-
2023-03-31	£273,766	£248,964	-	-
2022-03-31	£175,718	£164,486	-	-
2021-03-31	£175,593	£124,263	-	-

## Trustees

Name	Role	Appointed
<b>Robert Lloyd Coombes MBE</b>	Chair	2006-11-15
Benjamin Alfred Osborne		2019-10-11
Diana Birtas		2024-09-13
<b>MAUREEN KATHLEEN COLLINS BEM</b>		
Shaminda Mahen Perera		2024-02-02

**HEALTHY GENERATIONS**

England & Wales - Charity number 1128902

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# Accounts

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COMPANY REGISTRATION NUMBER: 06750800  
CHARITY REGISTRATION NUMBER: 1128902

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2025**

**Stately Accountants**  
Kingsbridge Court,  
Castlehaven Road  
London  
NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2025

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

#### Reference and administrative details

<b>Registered charity name</b>	Healthy Generations Ltd
<b>Charity registration number</b>	1128902
<b>Company registration number</b>	06750800
<b>Principal office and registered office</b>	6/9 Manor Gardens, London N7 6LA

#### The trustees

Lloyd Coombes MBE - Chair  
Maureen Collins BEM - Treasurer  
Ben Osborne- Secretary  
Len Andrews (Resigned 17/1/25)  
Mahen Perera  
Diana Birtis (Appointed 17/1/25)

**Company secretary** Peter Crockett

**Independent examiner** Stately Accountants  
Kingsbridge Court,  
Castlehaven Road,  
London NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2025

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The trustees present their report and financial statements for the year ended 31st March 2025. The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the trust's charitable trust deed, the charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", applicable from 1st January 2015.

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

The trust was established as a charitable association on 15th November 2006 and became a registered charity called Music for People on 31st March 2009. We changed the name to better reflect our growing health interest and projects to Healthy Generations in 2013.

The registered charity number of Healthy Generations Ltd is 1128902.

The trustees who served during the year are:

Lloyd Coombes MBE - Chair

Mrs. Maureen Collins BEM – Treasurer

Mr. Ben Osborne – Secretary

Mr. Len Andrews – Trustee (Resigned 17/1/25)

Mr. Mahen Perera – Trustee

Ms. Diana Birtis – Trustee (Appointed 17/1/25)

The Trustees appointed are aware of Trustee's responsibilities under charity law and are selected and appointment by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these factors.

#### **Objectives and activities**

The trust's objectives are to help provide ways to keep people fit, healthy, involved in their community and out of hospital through the provision of public education, and services to promote more self-reliance and responsibility in maintaining health – *“reducing isolation and increasing health and wellbeing”*. We presently work with older people and mental health service users in a wide range of community centres, care homes, day centres, libraries, and online. Our favourite banner line is: *“You can’t guarantee good health, but you can improve the odds”*.

We offer various classes, sessions and events - remedial fitness, keep-fit, singing, and dancing - to individuals and groups working in partnership with many local organisations, promoting community.

Healthy Generations Ltd is dedicated to helping people take control of their own health and finding ways to maximise their possibilities of maintaining good health and therefore independence.

In setting objectives and planning activities the trustees give careful consideration to the Charity Commissions guidance on public benefits and also local government and NHS guidelines and needs to promote good health.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2025

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The benefits are provided to the public through the following:

##### **Exercise**

- |                         |                      |                          |
|-------------------------|----------------------|--------------------------|
| - Remedial Osteoporosis | - Remedial Arthritis | - Keep Fit               |
| - Pilates               | - Yoga               | - Meditation             |
| - Alexander Technique   | - Dancing            | - Falls Prevention       |
| - Mindfulness           | - Tai Chi            | - Cardiac Rehabilitation |
| - Diet for Health       | - Men's Club         | - Line Dancing           |
| - Qi Gong               | - Aqua Fitness       | - Menopause Fitness      |

##### **Music**

- |                 |                      |          |
|-----------------|----------------------|----------|
| - Sing-a-longs  | - Tea Dances         | - Choirs |
| - Music therapy | - Music Appreciation |          |

##### **Digital**

- |                             |                                       |
|-----------------------------|---------------------------------------|
| - Digital Help Classes      | - Using Computers/Smartphones/Tablets |
| - Saving money on contracts | - Online safety                       |

##### **Arts & Crafts**

- |                    |                   |            |
|--------------------|-------------------|------------|
| - Sewing           | - Crochet         | - Painting |
| - Gardening        | - Knitting        | - Weaving  |
| - Art Appreciation | - Gardening Group |            |

##### **Achievements and performance**

Healthy Generations Ltd ran a total of 3,681 events in 2024-2025 for 4,103 users, 40,027 user visits with the help of 44 volunteers.

##### **Membership**

Our "Information Network" has continued developing, adding new users and partner organisations each week, keeping them all up-to-date with our classes and events and new projects through email, phone and social media outlets, a partner database and adverts on local notice boards and newsagents. We have a large user base regularly updated with our classes and information and a separate database with all our partner organisations. 519 new users joined Healthy Generations Ltd during the year which is an average of 43.25 per month. We currently have 2,151 users on our email database and 1253 partners, organisations and individuals. We regularly advertise our own and partners' events and classes to our users.

##### **Present Focus**

We still have a strong focus on developing our remedial exercise classes for specific conditions. We run Remedial Osteoporosis, Insomnia, Falls Prevention (Strength & Balance), Type 2 Diabetes, Breathing Difficulties and Stroke. In February 2024 we began classes partnering with Whittington Hospital to provide Phase 4 Cardiac Rehabilitation classes in the community.

We work in partnership with other organisations, presently 29 community centres, 25 care homes, 9 housing

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2025

schemes and 5 libraries including Islington Libraries, Clarion Housing, Peabody, Age UK Islington and Mind. We regularly contact all care homes in North London offering our services.

We now have a gardening page with a list of Islington gardening projects and contact details. We advertise partner events and projects which improve health and wellbeing and above all community.

Our reporting of statistics is second-to-none. Every month we produce an internal email with user visits, website visits, number of classes, etc., and also send this out to partners – we want to help develop areas of social deprivation and have the reporting in place to be able to demonstrate objective progress.

**Volunteers** – We are increasing our volunteer base. The new online Art Appreciation class, the Gardening Group and a new Reiki session are all run by volunteers and we are developing this area. Our **Agewell Steering Group** - volunteer users who help us decide future projects – meets monthly.

#### Outcomes and Impact

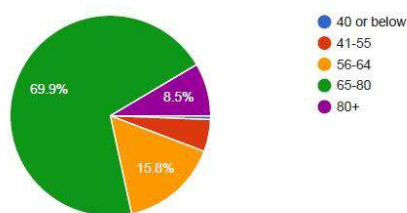
Throughout the course of the year Healthy Generations Ltd had 4,103 different people use its services. The charts below outline the age range, gender, disability of people supported by the services and the breakdown of the classes.

Please note the responses were from our public classes and are statistically significant. The pie charts below came from our latest survey which 331 people returned, 8% of users. In 2024/25 in our public classes 41% of our users had a disability, 89.1% of our users were women, and 94.2% were 56 – 80+ years old.

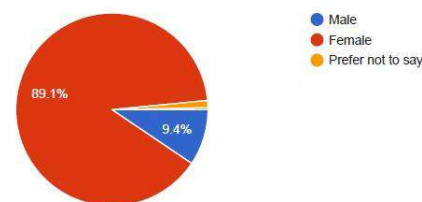
17% of our classes were held in care homes and day centres where the age and the disability rate is higher.

25% of our classes were held online either exclusively or hybrid - live and online, an important resource enabling us to reach many people with special needs or illnesses making it difficult for them to get out.

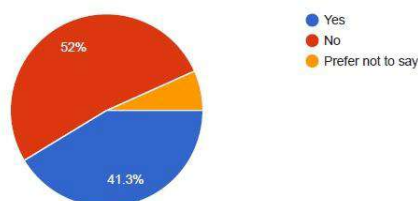
What is your age



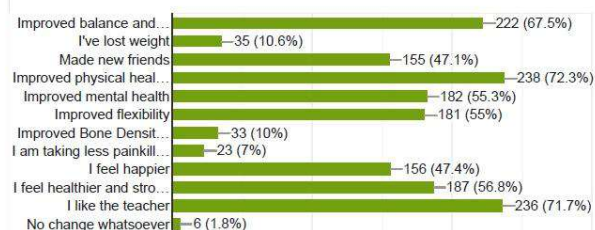
What is your Gender



Do you consider yourself to have a disability or health condition?



How has attending classes helped you? - click as many as you like



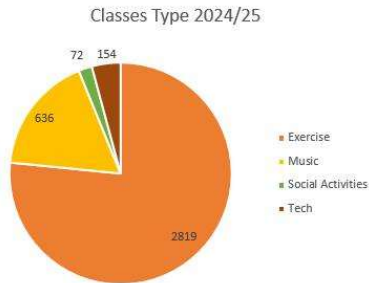
# Healthy Generations Ltd

## Company Limited by Guarantee

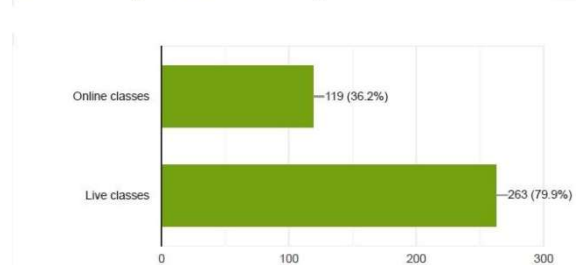
### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

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What classes do you attend? - click both if you attend both



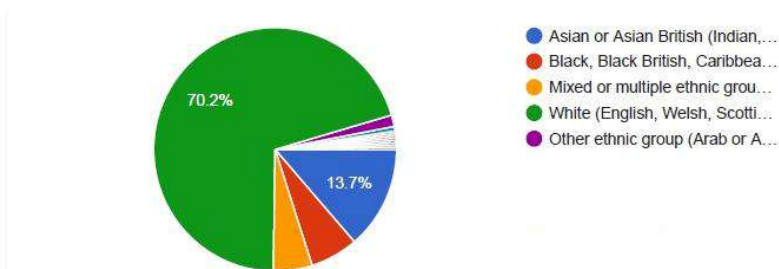
### Risk Management

We maintain a comprehensive risk management and action plan procedure. We mitigate and minimise all risks the charity faces in providing our services. Procedures are in place to ensure compliance with all statutory requirements including employment law and health and safety of staff and users at our events. Our policies are updated every year in April. Risk assessments are produced for each venue we use, and staff are kept up to date with changes and improvements.

### Equality and Diversity

Healthy Generations maintains a general equal opportunities policy. Equal opportunities and diversity run through all strands of our policies, procedures, activities, monitoring and evaluation. Our demographic makeup in terms of ethnicity and culture continues to reflect local demographic averages for staffing and is higher for our users.

What ethnicity would you describe yourself?



### Environment and Sustainability

Healthy Generations is committed to reducing the environmental impact of our operations, encouraging the use of public transport, and minimising the office waste of electricity, paper use and heating. We provide outdoor Park Exercise classes, History and Park Walks and run a campaign to increase the use of local gardening and environmental projects in Islington with a page listing local projects which we promote regularly as well as working in partnership with various local environmental organisations.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

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#### Financial Review

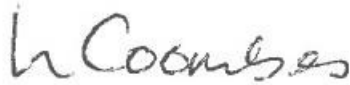
The unrestricted funds of the charity at 31st March 2025 were £66,164 (2023/2024: £70,748) and restricted funds were £67,903 (2023/2024: £106,726). Net incoming resources for the year were £223,797 (2023/2024: £330,746).

#### Reserves Policy

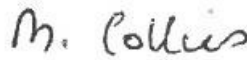
It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months expenditure plus one year of premises costs. This continues to be met satisfactorily.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption. The trustees' annual report was approved on .....06/08/2025..... and signed on behalf of the board of trustees by:



.....  
Lloyd Coombes MBE  
Chair



.....  
Maureen Collins BEM  
Treasurer

Dated:

Dated:

# Healthy Generations Ltd

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Healthy Generations Ltd

Year ended 31 March 2025

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I report to the trustees on my examination of the financial statements of Healthy Generations Ltd ('the charity') for the year ended 31 March 2025.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.



Javed Azam  
Independent Examiner

Stately Accountants  
Kingsbridge Court,  
Castlehaven Road London  
NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

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

Year ended 31 March 2025

		Unrestricted Funds £	2025 Restricted funds £	Total funds £	2024 Total funds £
<b>Income and endowments</b>	<b>Note</b>				
Donations and legacies	5	110,525	109,875	220,400	328,393
Charitable activities	6	-	-	-	-
Investment Income	6.1	3,397	-	3,397	2,353
			-	-	-
<b>Total income</b>		<b>113,922</b>	<b>109,875</b>	<b>223,797</b>	330,746
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	4,365	6,777	11,141	7,938
Expenditure on charitable activities	8,9	97,140	158,922	256,063	272,203
			-	-	-
<b>Total expenditure</b>		<b>101,505</b>	<b>165,699</b>	<b>267,204</b>	280,140
			-	-	-
<b>Transfer between funds</b>		(17,000)	17,000	-	-
<b>Net income and net movement in funds</b>		<b>(4,584)</b>	<b>(38,823)</b>	<b>(43,407)</b>	50,606
<b>Reconciliation of funds</b>					
Total funds brought forward		70,748	106,726	117,474	126,868
<b>Total funds carried forward</b>		<b>66,164</b>	<b>67,903</b>	<b>134,067</b>	117,474

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

The notes on pages 10 to 17 form part of these financial statements.

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2025**

	Note	2025 £	2024 £
<b>Current assets</b>			
Debtors	13	11,705	10,265
Cash at bank and in hand		143,695	197,864
		155,400	208,129
<b>Creditors: amounts falling due within one year</b>	14	<b>(21,334)</b>	30,654
<b>Net current assets</b>		134,067	177,474
<b>Total assets less current liabilities</b>		134,067	177,474
<b>Net assets</b>		<b>134,067</b>	177,474
<b>Funds of the charity</b>			
<b>Restricted funds:</b>			
Restricted funds		50,903	106,726
Designated Project Funds		17,000	
<b>Unrestricted funds</b>		66,164	70,748
<b>Total charity funds</b>	16	<b>134,067</b>	177,474

For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorized for issue on the 12<sup>th</sup> September 2025 and are signed on behalf of the board by:



.....  
Lloyd Coombes MBE  
Chair



.....  
Maureen Collins BEM  
Treasurer

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2025

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 6/9 Manor Gardens, London, N7 6LA.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2025

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2025

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

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#### 4. Limited by guarantee

The charity is limited by guarantee of £1 per member without share capital.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
<b>Current year</b>			
<b>Donations</b>			
Waitrose	-	-	-
Sir Jules Thorn Charitable Trust	-	3,000	3,000
Unrestricted Fees	86,191	-	86,191
Donations collected by tutors	7,559	-	7,559
Trusts Donation	16,775	-	16,775
Housing 21 donation	-	1,000	1,000
Karma Electrical donation	-	200	200
ProCare Wetrooms donation	-	313	313
<b>Grants</b>			
Charles Hayward Foundation	-	5,000	5,000
Arnold Clark CF	-	1,000	1,000
LIF	-	16,512	16,512
Garfield Weston	-	15,000	15,000
Clarion	-	12,000	12,000
VCS	-	10,000	10,000
Robert McAlpine	-	9,900	9,900
London Marathon Charitable Trust	-	20,000	20,000
Groundwork - Walking and Cycling grants	-	2,000	2,000
Lord and Lady Lurgan Trust grant	-	1,500	1,500
People for Places	-	1,000	1,000
Radcliffe	-	2,500	2,500
Sport England	-	7,700	7,700
Sport Islington	-	1,250	1,250
	110,525	109,875	220,400

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	
<b>Prior year figures</b>				
<b>Donations</b>				
Waitrose	963	-	963	
Sir Jules Thorn Charitable Trust	-	2,500	2,500	
Unrestricted Fees	111,958		111,958	
Donations collected by tutors	4,901		4,901	
Trusts Donation	17,566	-	17,032	
<b>Grants</b>				
Whittington Hospital Charitable Fund	-	12,518	12,518	
Peabody	-	9,660	9,660	
LIF	-	18,346	18,346	
Clarion	-	37,997	37,997	
VCS	-	15,000	15,000	
Charles S French Trust	-	5,000	5,000	
Islington Giving Golden Grantmakers grant	-	7,675	7,675	
TFL + Mayor of London walking & Cycling grants	-	2,988	2,988	
Derwent Community Tech Belt Fund	-	4,620	4,620	
Robert McAlpine	-	9,900	9,900	
National Lottery Awards for All	-	9,950	9,950	
Catalyst	-	1,500	1,500	
Parkinsons grant	-	2,990	2,990	
WG Edwards	-	1,000	1,000	
London Marathon Charitable Trust	-	20,000	20,000	
Joan Trust	-	2,900	2,900	
Cripplegate Making it Happen	-	3,500	3,500	
Postcode Society Trust	-	24,960	24,960	
	<b>135,388</b>	<b>193,004</b>	<b>328,393</b>	
	=	=	=	
<b>6. Charitable activities</b>				
	<b>Unrestricted Funds £</b>	<b>Total Funds 2025 £</b>	<b>Unrestricted Funds £</b>	<b>Total Funds 2024 £</b>
Fees/Classes	-	-	-	-
	=	=	=	=
<b>6.1 Other Income</b>				
	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2025 £</b>	<b>Total Funds 2024 £</b>
Bank Interest	3,397	-	3,397	2,353
	=	=	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

#### 7. Costs of raising donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Fundraising costs	4,365	6,777	11,141

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Fundraising costs	1,892	6,046	7,938

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Principal activity-Staff Cost	-	40,020	40,020
Principal activity-Others	81,755	93,364	175,119
Support costs	15,385	25,539	40,924
	97,140	158,922	256,063

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Principal activity-Staff Cost	-	35,057	35,057
Principal activity-Others	98,737	104,874	203,611
Support costs	13,443	20,091	33,534
	112,181	160,022	272,203

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2025	Total fund 2024
	£	£	£	£
Principal activity-Staff Cost	40,020	39,718	79,738	67,378
Principal activity-Others	175,119	-	175,119	203,611
Governance costs	-	1,202	1,202	1,213
	215,139	40,920	256,059	272,203

#### 10. Independent examination fees

	2025	2024
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	1,202	1,213

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2025

---

#### 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	39,036	34,218
Employer contributions to pension plans	984	839
Other employee benefits	428	930
	=====	=====
	40,447	35,987

The average head count of employees during the year was 1 full time and 4 part time (2024: 5), FTE 2.29  
No employee received employee benefits of more than £60,000 during the year (2024: Nil).

#### 12. Trustee remuneration and expenses

SORP 2015 requires the following statement to be made:

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 13. Debtors

	2025	2024
	£	£
Trade debtors	11,705	10,265
	=	=

#### 14. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals and deferred income	19,442	28,762
Social security and other taxes	1,892	1,892
Other creditors	-	-
	-	-
	21,334	30,654
	=	=

#### 15. Pensions and other post-retirement benefits

##### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £984 (2024: £839).

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

#### 16. Analysis of charitable funds

##### Unrestricted funds

	At 1 April			Transfer between funds	At 31 March
	2024	Income	Expenditure		2025
Current year	£	£	£	£	£
Unrestricted fund - General funds	70,748	113,922	(101,505)	(17,000)	66,164
	=	=	=		=
	At			Transfer between funds	At
	1 April 2023	Income	Expenditure		31 March
Prior year	£	£	£	£	2024
Unrestricted fund - General funds	47,078	137,742	(114,072)	--	70,748
	=	=	=		=

##### Restricted funds

	At 1 April			Transfer between Funds	At 31 March 2025
	2024	Income	Expenditure		
	£	£	£	£	£
Restricted Funds	106,726	109,875	(165,699)	--	50,903
Designated Project Funds	-	-	-	17,000	17,000
	106,726	109,875	(165,699)	17,000	67,903
	=	=	=		=
	At			Transfer between funds	At
	1 April 2023	Income	Expenditure		31 March
Prior year	£	£	£	£	2024
Restricted Funds	79,790	193,004	(166,068)	--	106,726
	=	=	=		=

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2025**

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**The following pages do not form part of the financial statements.**

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2025

	2025 £	2024 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Waitrose	–	963
Sir Jules Thorn Charitable Trust	3,000	2,500
Unrestricted Fees	86,191	111,958
Donations collected by Tutors	7,559	4,901
Trusts Donation	16,775	17,566
Housing 21 donation	1,000	
Karma Electrical donation	200	
ProCare Wetrooms donation	313	
Whittington Hospital Charitable Fund	–	12,518
Charles Hayward Foundation	5,000	–
Peabody	–	9,660
Arnold Clark CF	1,000	–
LIF	16,512	18,346
Garfield Weston	15,000	–
Clarion	12,000	37,997
VCS	10,000	15,000
Charles S French Trust		5,000
Islington Giving Golden Grantmakers grant		7,675
TFL + Mayor of London walking and Cycling grants		2,988
Groundwork - Walking and Cycling grants	2,000	
Derwent Community Tech Belt Fund		4,620
Robert McAlpine	9,900	9,900
Lord and Lady Lurgan Trust grant	1,500	
People for Places	1,000	
Radcliffe	2,500	
National Lottery Awards for All		9,950
Postcode Society Trust		24,960
London Marathon Charitable Trust	20,000	20,000
Parkinsons grant		2,990
WG Edwards		1,000
Joan Trust		2,900
Cripplegate Making it Happen		3,500
Catalyst		1,500
Sports England	7,700	
Sports Islington	1,250	
	220,400	328,393
	–	–
<b>Charitable activities</b>		
Fees/Classes	–	–
<b>Other Income</b>		
Bank Interest	3,397	2,353
	–	–
<b>Total income</b>	<b>223,797</b>	<b>330,746</b>
	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2025

	2025 £	2024 £
<b>Expenditure</b>		
Costs of raising donations and legacies	11,141	7,938
Purchases	-	-
<b>Expenditure on charitable activities</b>		
Wages and salaries	39,036	34,218
Pension costs	984	839
Other post-retirement benefits	-	-
Rent	2,737	2,619
Printing, postage and stationery	124	210
Publicity	2,418	4,738
Insurance	-	212
Motor vehicle expenses	1,937	1,495
Legal and professional fees	14,270	3,443
Telephone	593	591
Other office costs	1,150	1,418
Other interest payable and similar charges	55	87
Musicians and performers	42,195	66,599
Tutors fees and expenses	131,289	134,660
Volunteers expenses	604	2,333
Sessional Admin	10,380	10,455
Project Expenses	3,360	800
Social Media Manager	3,467	3,536
Social Activities	-	3,000
Training	432	930
Music equipment and materials	1,032	19
	-	-
	256,063	272,202
	-	-
	-	-
<b>Total expenditure</b>	<b>267,200</b>	<b>280,140</b>
	=	=
	-	-
<b>Net income</b>	<b>(43,407)</b>	<b>50,606</b>
	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

	2025 £	2024 £
<b>Costs of raising donations and legacies</b>		
<b>Fundraising costs</b>		
Fundraising costs	11,141	7,938
	-	-
	-	-
<b>Costs of raising donations and legacies</b>	<b>11,141</b>	<b>7,938</b>
	=	=
<b>Expenditure on charitable activities</b>		
<b>Principal activity-Staff Cost</b>		
<b>Activities undertaken directly</b>		
Sessional workers	39,036	34,218
Pension costs	984	839
	-	-
	<b>40,020</b>	<b>35,057</b>
	-	-
<b>Support costs</b>		
Training	432	930
Rent & Venue/Room hire	2,737	2,619
Printing, postage and stationery	124	210
Publicity	2,418	4,738
Office equipment	1,150	1,418
Insurance	-	212
Computer & Website expenses	-	-
Travel	1,937	1,495
Consulting and professional fees	13,068	2,230
Telephone & Internet	593	591
Sessional Administration	10,380	10,455
Social Media Manager	3,467	3,536
Project Expenses	3,360	800
Social Activities	-	3,000
Bank charges	55	87
	-	-
	<b>39,721</b>	<b>32,321</b>
	-	-
<b>Principal activity-Others</b>		
<b>Activities undertaken directly</b>		
Musicians/Performers	42,195	66,599
Music equipment and materials	1,032	19
Tutors fees and expenses	131,289	134,660
Volunteers expenses	604	2,333
	-	-
	<b>175,120</b>	<b>203,611</b>
	-	-
<b>Governance costs</b>		
Independent examination	1,202	1,213
	-	-
	-	-
<b>Expenditure on charitable activities</b>	<b>256,063</b>	<b>272,203</b>
	=	=

**HEALTHY GENERATIONS**

England & Wales - Charity number 1128902

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# Accounts

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COMPANY REGISTRATION NUMBER: 06750800  
CHARITY REGISTRATION NUMBER: 1128902

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2024**

**Stately Accountants**  
Kingsbridge Court,  
Castlehaven Road  
London  
NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2024

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

#### Reference and administrative details

**Registered charity name** Healthy Generations Ltd

**Charity registration number** 1128902

**Company registration number** 06750800

**Principal office and registered office** 6/9 Manor Gardens,  
London N7 6LA

#### The trustees

Lloyd Coombes MBE - Chair  
Maureen Collins BEM - Treasurer  
Ben Osborne- Secretary  
Len Andrews  
Mahen Perera (Appointed 2/2/24)

**Company secretary** Peter Crockett

**Independent examiner** Stately Accountants  
Kingsbridge Court,  
Castlehaven Road,  
London NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2024

---

The trustees present their report and financial statements for the year ended 31st March 2024. The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the trust's charitable trust deed, the charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", applicable from 1st January 2015.

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

The trust was established as a charitable association on 15th November 2006 and became a registered charity called Music for People on 31st March 2009. We changed the name to better reflect our growing health interest and projects to Healthy Generations in 2013.

The registered charity number of Healthy Generations Ltd is 1128902.

The trustees who served during the year are:

Lloyd Coombes MBE - Chair  
Mrs. Maureen Collins BEM – Treasurer  
Mr. Ben Osborne – Secretary  
Mr. Len Andrews – Trustee  
Mr. Mahen Perera – Trustee (Appointed 2/2/24)

The Trustees appointed are aware of Trustee's responsibilities under charity law and are selected and appointment by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these factors.

#### **Objectives and activities**

The trust's objectives are to help provide ways to keep people fit, healthy, involved in their community and out of hospital through the provision of public education and services to promote more self-reliance and responsibility in maintaining health. We presently work with older people and mental health service users in a wide range of community centres, care homes, day centres, libraries, and online.

To achieve this objective we offer various classes, sessions and events - remedial fitness, keep-fit, Singing, and dancing - to individuals and groups working in partnership with many local organisations.

Healthy Generations Ltd is dedicated to helping people take control of their own health and find ways to maximise their possibilities of maintaining good health and therefore independence.

In setting objectives and planning activities the trustees give careful consideration to the Charity Commissions guidance on public benefits and also local government and NHS guidelines and needs to promote good health.

The benefits are provided to the public through the following:

#### **Exercise**

- |                         |                      |                          |
|-------------------------|----------------------|--------------------------|
| - Remedial Osteoporosis | - Remedial Arthritis | - Keep Fit               |
| - Pilates               | - Yoga               | - Meditation             |
| - Alexander Technique   | - Dancing            | - Falls Prevention       |
| - Mindfulness           | - Tai Chi            | - Cardiac Rehabilitation |
| - Diet for Health       | - Men's Club         | - Line Dancing           |
| - Qi Gong               | - Aqua Fitness       |                          |

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2024

---

##### Music

- Sing-a-longs
- Music therapy
- Tea Dances
- Music Appreciation
- Choirs

##### Digital

- Digital Help Classes
- Saving money on contracts
- Using Computers/Smartphones/Tablets
- Online safety

##### Arts & Crafts

- Sewing
- Gardening
- Crochet
- Knitting
- Painting
- Weaving

#### Achievements and performance

Healthy Generations Ltd ran a total of 4,044 events in 2023-2024 for 3,731 users, 40,560 user visits with the help of 26 volunteers.

#### Membership

Our "Information Network" has continued developing, adding new users and partner organisations each week, keeping them all up-to-date with our classes and events and new projects through email, phone and social media outlets. We have done a lot of training in the use and application of social media through working in partnership with the Big Alliance who put us in touch with Diana Birtas, who continues to volunteer her expertise. We have a large user base regularly updated with our classes and information and a separate database with all our partner organisations. Another big thanks you to Ms. Birtas and her new company Airwallex who allow her the time to volunteer her services.

#### Present Focus

We presently have a strong focus on developing our remedial exercise classes for specific conditions. We have had a lot of success with our Remedial Osteoporosis classes and run classes for Insomnia, Falls Prevention, Type 2 Diabetes, Breathing Difficulties and Stroke. In February we began classes partnering Whittington Hospital to provide Phase 4 Cardiac Rehabilitation classes in the community.

We are also dedicated with working in partnership with organisations. We already work with 18 community centres and Islington Libraries, Clarion Housing, Peabody and care homes and day centres. We are working on a joint bid with Stuart Low Trust (SLT) using our expertise to provide exercise classes in the parks and community centres for mental health service users. We have a long relationship with SLT and presently provide a weekly online class for their members.

We regularly contact all the care homes in North London to offer our expertise and services. We already work in partnership with a wide range of care homes, day centres, housing schemes, housing associations, libraries and community centres.

We have developed a monthly feedback system that tells us exactly how many people went to which class at each location. We are aware of areas of particular social deprivation and are at this moment working with the council to provide more services. We have put a lot of work into developing excellent reporting system on impact, use, social need and social demographic.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2024

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#### Outcomes and Impact

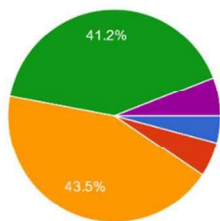
Throughout the course of the year Healthy Generations had 3,731 different people engage in its services. The charts below outline the age range, gender, disability of people supported by our services and the breakdown of our classes.

Please note the responses were from our public classes and are statistically significant. In 2023/24 in our public classes 44% of our users had a disability, 91.2% of our users were women, and 90.6% were 56 – 80+ years old.

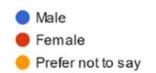
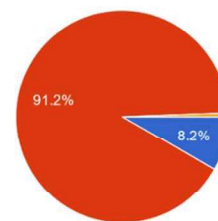
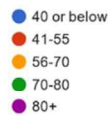
22% of our classes were held in care homes and day centres where the age and the disability rate is higher.

22% of our classes were held online, an important resource enabling us to reach many people with special needs or illnesses making it difficult for them to go to live classes.

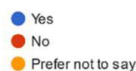
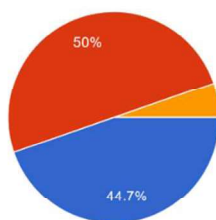
What is your age  
170 responses



What is your Gender  
170 responses



Do you consider yourself to have a disability or health condition?  
170 responses



How has attending classes helped you? (You can click as many as you like)

170 responses



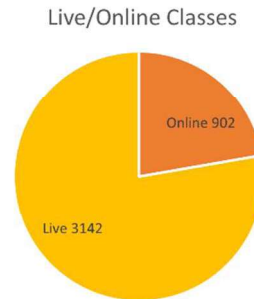
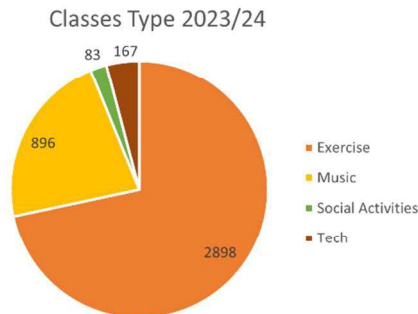
# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

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### Risk Management

We maintain a comprehensive risk management and action plan procedure. We mitigate and minimise all risks the charity faces in providing our services. Procedures are in place to ensure compliance with all statutory requirements including employment law and health and safety of staff and users at our events. Our policies are updated every year in April. Risk assessments are produced for each venue we use, and staff are kept up to date with changes and improvements.

### Equality and Diversity

Healthy Generations maintains a general equal opportunities policy. Equal opportunities and diversity run through all strands of our policies, procedures, activities, monitoring and evaluation. Our demographic makeup in terms of ethnicity and culture continues to reflect local demographic averages for staffing and is higher for our users.

What ethnicity would you describe yourself?

170 responses



# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

## Financial Review

---

The unrestricted funds of the charity at 31st March 2024 were £70,748 (2022/2023: £47,078) and restricted funds were £106,726 (2022/23: £79,790). Net incoming resources for the year were £330,746 (2022/2023: £273,766).

## Reserves Policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months expenditure plus one year of premises costs. This continues to be met satisfactorily.

## Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption. The trustees' annual report was approved on .....and signed on behalf of the board of trustees by:

9/8/24



Lloyd Coombes MBE  
Chair



Maureen Collins BEM  
Treasurer

Dated: 19/08/24

Dated: 13-08-2024

# Healthy Generations Ltd

Company Limited by Guarantee

## Independent Examiner's Report to the Trustees of Healthy Generations Ltd

Year ended 31 March 2024

---

I report to the trustees on my examination of the financial statements of Healthy Generations Ltd ('the charity') for the year ended 31 March 2024.

### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

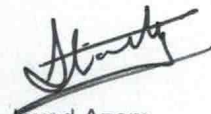
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.



Javed Azam  
Independent Examiner

Stately Accountants  
Kingsbridge Court,  
Castlehaven Road London  
NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

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

Year ended 31 March 2024

		Unrestricted Funds £	2024 Restricted funds £	Total funds £	2023 Total funds £
<b>Income and endowments</b>	<b>Note</b>				
Donations and legacies	5	135,388	193,004	328,393	273,581
Charitable activities	6	-	-	-	-
Investment Income	6.1	2,353	-	2,353	185
			-	-	-
<b>Total income</b>		<b>137,742</b>	<b>193,004</b>	<b>330,746</b>	273,766
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	1,892	6,046	7,938	8,168
Expenditure on charitable activities	8,9	112,181	160,022	272,203	240,796
			-	-	-
<b>Total expenditure</b>		<b>114,072</b>	<b>166,068</b>	<b>280,140</b>	248,964
			-	-	-
<b>Net income and net movement in funds</b>		<b>23,670</b>	<b>26,936</b>	<b>50,606</b>	24,803
<b>Reconciliation of funds</b>					
Total funds brought forward		47,078	79,790	126,868	102,065
			-	-	-
<b>Total funds carried forward</b>		<b>70,748</b>	<b>106,726</b>	<b>177,474</b>	126,868

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

The notes on pages 10 to 17 form part of these financial statements.

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**

**31 March 2024**

	Note	2024 £	2023 £
<b>Current assets</b>			
Debtors	13	10,265	6,136
Cash at bank and in hand		197,864	146,191
		208,129	152,326
<b>Creditors: amounts falling due within one year</b>	14	<b>30,654</b>	25,459
<b>Net current assets</b>		177,474	126,868
<b>Total assets less current liabilities</b>		177,474	126,868
<b>Net assets</b>		<b>177,474</b>	126,868
<b>Funds of the charity</b>			
Restricted funds		106,726	79,790
Unrestricted funds		70,748	47,078
<b>Total charity funds</b>	16	<b>177,474</b>	126,868

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

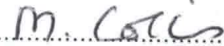
- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on

9/8/24, and are signed on behalf of the board by:

  
 Lloyd Coombes MBE  
 Chair

  
 Maureen Collins BEM  
 Treasurer

# **Healthy Generations Ltd**

**Company Limited by Guarantee**

## **Statement of Financial Position**

The notes on pages 10 to 17 form part of these financial statements.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2024

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 6/9 Manor Gardens, London, N7 6LA.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

---

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

---

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

---

#### 4. Limited by guarantee

The charity is limited by guarantee of £1 per member without share capital.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<b>Current year</b>			
<b>Donations</b>			
Waitrose	963	-	963
Sir Jules Thorn Charitable Trust	-	2,500	2,500
Unrestricted Fees	111,958		111,958
Donations collected by tutors	4,901		4,901
Trusts Donation	17,566	-	17,032
<b>Grants</b>			
Whittington Hospital Charitable Fund	-	12,518	12,518
Peabody	-	9,660	9,660
LIF	-	18,346	18,346
Clarion	-	37,997	37,997
VCS	-	15,000	15,000
Charles S French Trust	-	5,000	5,000
Islington Giving Golden Grantmakers grant	-	7,675	7,675
TFL + Mayor of London walking & Cycling grants	-	2,988	2,988
Derwent Community Tech Belt Fund	-	4,620	4,620
Robert McAlpine	-	9,900	9,900
National Lottery Awards for All	-	9,950	9,950
Catalyst	-	1,500	1,500
Parkinsons grant	-	2,990	2,990
WG Edwards	-	1,000	1,000
London Marathon Charitable Trust	-	20,000	20,000
Joan Trust	-	2,900	2,900
Cripplegate Making it Happen	-	3,500	3,500
Postcode Society Trust	-	24,960	24,960
	135,388	193,004	328,393

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Prior year figures</b>			
<b>Donations</b>			
Waitrose	1,316	–	1,316
Sir Jules Thorn Charitable Trust	–	2,500	2,500
Unrestricted Fees	74,632	–	74,632
Donations collected by tutors	4,282	–	4,282
Trusts Donation	17,032	–	17,032
<b>Grants</b>			
Whittington Hospital Charitable Fund	–	14,746	14,746
Islington Parks	–	4,200	4,200
Peabody	–	9,660	9,660
Arnold Clark CF	–	1,000	1,000
LIF	–	11,750	11,750
Garfield Western	–	15,000	15,000
Clarion	–	25,500	25,500
VCS	–	15,000	15,000
Charles S French Trust	–	5,000	5,000
Islington Giving Golden	–	7,675	7,675
Grantmakers grant	–	–	–
TFL + Mayor of London walking & Cycling grants	–	4,849	4,849
Haringey Council	–	1,500	1,500
Derwent Community Tech Belt Fund	–	5,000	5,000
Robert McAlpine	–	8,800	8,800
Anton Jurgen	–	5,000	5,000
Prince of Wales CT	–	1,500	1,500
Woodroofe Benton	–	750	750
National Lottery Awards for All	–	9,950	9,950
Postcode Society Trust	–	22,940	22,940
NHHG	–	4000	4000
	<b>97,261</b>	<b>176,320</b>	<b>273,581</b>

#### 6. Charitable activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Fees/Classes	–	–	–	–
	=	=	=	=

#### 6.1 Other Income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bank Interest	2,353	–	2,353	185
	=	=	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

#### 7. Costs of raising donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
<b>Fundraising costs</b>	<b>1,892</b>	<b>6,046</b>	<b>7,938</b>
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Fundraising costs	570	7,598	8,168
	=	=	=

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Principal activity-Staff Cost	-	35,057	35,057
Principal activity-Others	98,737	104,874	203,611
Support costs	13,443	20,091	33,534
	-	-	-
	<b>112,181</b>	<b>160,022</b>	<b>272,203</b>
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Principal activity-Staff Cost	-	34,166	34,166
Principal activity-Others	84,466	97,488	183,954
Support costs	4,776	17,899	22,675
	-	-	-
	91,242	149,554	240,796
	=	=	=

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2024	Total fund 2023
	£	£	£	£
Principal activity-Staff Cost	35,057	32,321	67,378	54,188
Principal activity-Others	203,611	-	203,611	183,954
Governance costs	-	1,213	1,213	2,654
	-	-	-	-
	<b>238,669</b>	<b>33,534</b>	<b>272,203</b>	240,796
	=	=	=	=

#### 10. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	1,213	2,654
	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

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#### 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	34,218	33,353
Employer contributions to pension plans	839	813
Other employee benefits	930	1,089
	=====	=====
	35,987	35,255

The average head count of employees during the year was 1 full time and 4 part time (2023: 1), FTE 2.29  
No employee received employee benefits of more than £60,000 during the year (2023: Nil).

#### 12. Trustee remuneration and expenses

SORP 2015 requires the following statement to be made:

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 13. Debtors

	2024	2023
	£	£
Trade debtors	10,265	6,135
	=	=

#### 14. Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals and deferred income	28,762	23,422
Social security and other taxes	1,892	2,037
Other creditors	-	-
	-	-
	30,654	23,459
	=	=

#### 15. Pensions and other post-retirement benefits

##### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £839 (2023: £813).

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

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#### 16. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
<b>Current year</b>				
Unrestricted fund - General funds	47,078	137,742	(114,072)	70,748
	=	=	=	=
	At			At
	1 April 2022	Income	Expenditure	31 March 20
	£	£	£	23
<b>Prior year</b>				
Unrestricted fund - General funds	41,443	97,446	(91,812)	47,078
	=	=	=	=

##### Restricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Restricted Funds	79,790	193,004	(166,068)	106,726
	=	=	=	=
	At			At
	1 April 2022	Income	Expenditure	31 March 20
	£	£	£	23
<b>Prior year</b>				
Restricted Funds	60,622	176,320	(157,152)	79,790
	=	=	=	=

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2024**

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**The following pages do not form part of the financial statements.**

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2024

	2024 £	2023 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Waitrose	963	1,316
Sir Jules Thorn Charitable Trust	2,500	2,500
Unrestricted Fees	111,958	74,632
Donations collected by Tutors	4,901	4,282
Trusts Donation	17,566	17,032
Whittington Hospital Charitable Fund	12,518	14,746
Islington Parks	–	4,200
Peabody	9,660	9,660
Arnold Clark CF	–	1,000
LIF	18,346	11,750
Garfield Western	–	15,000
Clarion	37,997	25,500
VCS	15,000	15,000
Charles S French Trust	5,000	5,000
Islington Giving Golden Grantmakers grant	7,675	7,675
TFL + Mayor of London walking and Cycling grants	2,988	4,849
Haringey Council	–	1,500
Derwent Community Tech Belt Fund	4,620	5,000
Robert McAlpine	9,900	8,800
Anton Jurgen	–	5,000
Prince of Wales CT	–	1,500
Woodroofe Benton	–	750
National Lottery Awards for All	9,950	9,950
Postcode Society Trust	24,960	22,940
Catalyst	1,500	–
Parkinsons grant	2,990	–
WG Edwards	1,000	–
London Marathon Charitable Trust	20,000	–
Joan Trust	2,900	–
Cripplegate Making it Happen	3,500	–
	328,393	273,581
	–	–
<b>Charitable activities</b>		
Fees/Classes	–	–
<b>Other Income</b>		
Bank Interest	2,353	185
	–	–
<b>Total income</b>	330,746	273,766
	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2024

	2024 £	2023 £
<b>Expenditure</b>		
Costs of raising donations and legacies		
Purchases	7,938	8,168
	-	-
<b>Expenditure on charitable activities</b>		
Wages and salaries	34,218	33,353
Pension costs	839	813
Other post-retirement benefits	-	1,089
Rent	2,619	1,952
Printing, postage and stationery	210	296
Publicity	4,738	3,041
Insurance	212	55
Motor vehicle expenses	1,495	1,518
Legal and professional fees	3,443	2,654
Telephone	591	718
Other office costs	1,418	1,371
Other interest payable and similar charges	87	104
Musicians and performers	66,599	60,515
Tutors fees and expenses	134,660	121,529
Volunteers expenses	2,333	1,449
Sessional Admin	10,455	7,038
Project Expenses	800	75
Social Media Manager	3,536	2,720
Social Activities	3000	-
Training	930	-
Music equipment and materials	19	462
	-	-
	272,202	240,796
	-	-
<b>Total expenditure</b>	<b>280,140</b>	<b>248,964</b>
	=	=
	-	-
<b>Net income</b>	<b>50,606</b>	<b>24,803</b>
	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2024

	2024 £	2023 £
<b>Costs of raising donations and legacies</b>		
<b>Fundraising costs</b>		
Fundraising costs	7,938	8,168
	-	-
	-	-
<b>Costs of raising donations and legacies</b>	<b>7,938</b>	<b>8,168</b>
	=	=
<b>Expenditure on charitable activities</b>		
<b>Principal activity-Staff Cost</b>		
<b>Activities undertaken directly</b>		
Sessional workers	34,218	33,353
Pension costs	839	813
	-	-
	<b>35,057</b>	<b>34,166</b>
	-	-
<b>Support costs</b>		
Training	930	1,089
Rent & Venue/Room hire	2,619	1,952
Printing, postage and stationery	210	296
Publicity	4,738	3,041
Office equipment	1,418	704
Insurance	212	55
Computer & Website expenses	-	667
Travel	1,495	1,518
Consulting and professional fees	2,230	-
Telephone & Internet	591	718
Sessional Administration	10,455	7,083
Social Media Manager	3,536	2,720
Project Expenses	800	75
Social Activities	3,000	-
Bank charges	87	104
	-	-
	<b>32,321</b>	<b>20,022</b>
	-	-
<b>Principal activity-Others</b>		
<b>Activities undertaken directly</b>		
Musicians/Performers	66,599	60,515
Music equipment and materials	19	462
Tutors fees and expenses	134,660	121,529
Volunteers expenses	2,333	1,449
	-	-
	<b>203,611</b>	<b>183,954</b>
	-	-
<b>Governance costs</b>		
Independent examination	1,213	2,654
	-	-
	-	-
<b>Expenditure on charitable activities</b>	<b>272,203</b>	<b>240,796</b>
	=	=

**HEALTHY GENERATIONS**

England & Wales - Charity number 1128902

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# Accounts

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COMPANY REGISTRATION NUMBER: 06750800  
CHARITY REGISTRATION NUMBER: 1128902

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2023**

**Stately Accountants**  
Kingsbridge Court,  
Castlehaven Road  
London  
NW1 8QA

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

## Reference and administrative details

**Registered charity name** Healthy Generations Ltd

**Charity registration number** 1128902

**Company registration number** 06750800

**Principal office and registered office** 6/9 Manor Gardens,  
London N7 6LA

**The trustees** Lloyd Coombes MBE - Chair  
Maureen Collins BEM - Treasurer  
Ben Osborne- Secretary  
Len Andrews

**Company secretary** Peter Crockett

**Independent examiner** Stately Accountants  
Kingsbridge Court,  
Castlehaven Road,  
London NW1 8QA

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

---

The trustees present their report and financial statements for the year ended 31st March 2023. The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the trust's charitable trust deed, the charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", applicable from 1st January 2015.

## Structure, governance and management

The trust was established as a charitable association on 15th November 2006 and became a registered charity called Music for People on 31st March 2009. We changed the name to better reflect our growing health interest and projects to Healthy Generations in 2013. The trust's objectives are to help provide ways to keep people fit, healthy, involved in their community and out of hospital. We presently work with older people, mental health service users, a wide range of community centres, care homes, day centres, libraries, and hospitals. The registered charity number of Healthy Generations Ltd is 1128902.

The trustees who served during the year are:

Lloyd Coombes MBE - Chair

Mrs. Maureen Collins BEM – Treasurer

Mr. Ben Osborne – Secretary

Mr. Len Andrews – Trustee

Trustees are appointed who are aware of Trustee's responsibilities under charity law and are selected and appointment by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these factors.

## Objectives and activities

The charity's objectives are to help keep people fit, healthy, involved in their community and out of hospital through the provision of public education and services to promote more self-reliance and responsibility in maintaining health. We presently work mostly with older people and to a lesser extent with mental health service users.

To achieve this objective we offer various classes, sessions and events - remedial fitness, keep-fit, singing and dancing - to individuals and groups working in partnership with many local organisations.

Healthy Generations Ltd is dedicated to helping people take control of their own health and find ways to maximise their possibilities of maintaining good health and therefore independence.

In setting objectives and planning activities the trustees give careful consideration to the Charity Commissions guidance on public benefits and also local government and NHS guidelines and needs to promote good health.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2023

---

The benefits are provided to the public through the following:

#### Exercise

- |                         |                      |                    |
|-------------------------|----------------------|--------------------|
| - Remedial Osteoporosis | - Remedial Arthritis | - Keep Fit         |
| - Pilates               | - Yoga               | - Meditation       |
| - Alexander Technique   | - Dancing            | - Falls Prevention |
| - Mindfulness           | - Tai Chi            | - Zumba            |
| - Diet for Health       | - Men's Club         | - Line Dancing     |

#### Music

- |                 |                      |                                |
|-----------------|----------------------|--------------------------------|
| - Sing-a-longs  | - Tea Dances         | - Choirs                       |
| - Music therapy | - Music Appreciation | - Classical music in hospitals |

#### Digital

- |                             |                                       |
|-----------------------------|---------------------------------------|
| - Digital Help Classes      | - Using Computers/Smartphones/Tablets |
| - Saving money on contracts | - Online safety                       |

#### Arts & Crafts

- |             |            |            |
|-------------|------------|------------|
| - Sewing    | - Crochet  | - Painting |
| - Gardening | - Knitting | - Weaving  |

#### Achievements and performance

Healthy Generations Ltd ran a total of 4,057 events in 2022-2023 for 2,738 users, 32,224 user visits with the help of 19 volunteers.

#### Membership

The "Information Network" continues to connect users and partner organisations keeping everyone updated with our classes, events and new projects through email, phone and social media outlets. We have done a lot of training in the use and application of social media through working in partnership with the Big Alliance who put us in touch with Diana Birtas the Global Field Marketing & Events Manager at "Checkout.com", volunteering her expertise throughout the year. We now have a large user base regularly updated with our classes and information and a separate database with all our partner organisations. We would like to thank Ms. Birtas and Checkout.com who allow her the time to volunteer her services.

#### Post Lockdown

The "Information Network" continues to connect users and partner organisations keeping everyone updated with our classes, events and new projects through email, phone, and social media outlets. We have done a lot of training in the use and application of social media through working in partnership with the Big Alliance who put us in touch with Diana Birtas the Global Field Marketing & Events Manager at "Checkout.com", volunteering her expertise throughout the year. We now have a large user base regularly updated with our classes and information and a separate database with all our partner organisations.

We presently have a strong focus on developing our remedial exercise classes for specific conditions. We have had a lot of success with our Remedial Osteoporosis classes and also run classes for Insomnia, Falls Prevention, Type 2 Diabetes, Breathing Difficulties and Stroke. We have partnered with Whittington Hospital to provide Phase 4 Cardiac Rehabilitation classes in the community and are also in talks with their Pulmonary Unit to see if we can provide classes to help people with breathing difficulties.

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

## Year ended 31 March 2023

We are in the process of contacting all the care homes in North London to offer our expertise and services. We already work in partnership with a wide range of care homes, day centres, housing schemes, housing associations, libraries and community centres.

Events almost doubled in 2022/23 with many of our partner organisations coming back to using our services. Our class numbers (all types) for the year were:

Month	Year 2021-22	Year 2022-23
April	122	276
May	145	331
June	150	302
July	148	305
August	148	285
September	156	359
October	204	347
November	247	407
December	184	274
January	227	356
February	284	375
March	298	440

71% of the classes were live and 29% online.

22% were music, 73% exercise, and the other 5% digital.

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

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## Financial Review

The unrestricted funds of the charity at 31st March 2023 were £47,078 (2021/2022: £41,443) and restricted funds were £79,790 (2022: £60,622). Net incoming resources for the year were £273,766 (2021/2022: £175,718).

## Reserves Policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months' expenditure plus one year of premises costs. This continues to be met satisfactorily.

## Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption. The trustees' annual report was approved on 25-09-23 and signed on behalf of the board of trustees by:



Lloyd Coombes MBE  
Chair



Maureen Collins BEM  
Treasurer

Dated: 25-09-23

# Healthy Generations Ltd

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Healthy Generations Ltd

Year ended 31 March 2023

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I report to the trustees on my examination of the financial statements of Healthy Generations Ltd ('the charity') for the year ended 31 March 2023.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

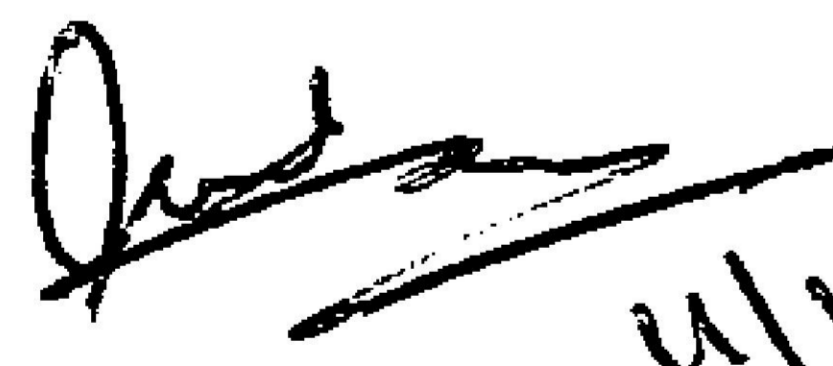
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

  
4/10/23  
Javed Azam  
Independent Examiner

Stately Accountants  
Kingsbridge Court,  
Castlehaven Road London  
NW1 8QA

# Healthy Generations Ltd

## Company Limited by Guarantee

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

Year ended 31 March 2023

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
<b>Income and endowments</b>					
Donations and legacies	5	97,261	176,320	273,581	161,293
Charitable activities	6	-	-	-	14,425
Investment Income	6.1	185	-	185	-
			-	-	-
<b>Total income</b>		<b>97,446</b>	<b>176,320</b>	<b>273,766</b>	<b>175,718</b>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	570	7,598	8,168	8,090
Expenditure on charitable activities	8,9	91,242	149,554	240,796	156,396
			-	-	-
<b>Total expenditure</b>		<b>91,812</b>	<b>157,152</b>	<b>248,964</b>	<b>164,486</b>
			-	-	-
<b>Net income and net movement in funds</b>		<b>5,635</b>	<b>19,168</b>	<b>24,803</b>	<b>11,232</b>
			-	-	-
<b>Reconciliation of funds</b>					
Total funds brought forward		41,443	60,622	102,065	90,833
			-	-	-
<b>Total funds carried forward</b>		<b>47,078</b>	<b>79,790</b>	<b>126,868</b>	<b>102,065</b>

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

The notes on pages 9 to 16 form part of these financial statements.

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**

**31 March 2023**

	Note	2023 £	2022 £
<b>Current assets</b>			
Debtors	13	6,136	10,235
Cash at bank and in hand		146,191	110,784
		152,326	121,019
<b>Creditors: amounts falling due within one year</b>	14	<b>25,459</b>	18,954
<b>Net current assets</b>		126,868	102,065
<b>Total assets less current liabilities</b>		126,868	102,065
<b>Net assets</b>		<b>126,868</b>	102,065
<b>Funds of the charity</b>			
Restricted funds		79,790	60,622
Unrestricted funds		47,078	41,443
<b>Total charity funds</b>	16	<b>126,868</b>	102,065


For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.


**Directors' responsibilities:**

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 25-09-23 and are signed on behalf of the board by:

  
Lloyd Coombes MBE - Chair  
Trustee

  
Maureen Collins BEM - Treasurer  
Trustee

The notes on pages 9 to 16 form part of these financial statements.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2023

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 6/9 Manor Gardens, London, N7 6LA.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

---

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

---

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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#### 4. Limited by guarantee

The charity is limited by guarantee of £1 per member without share capital.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Current year</b>			
<b>Donations</b>			
Waitrose	1,316	-	1,316
Sir Jules Thorn Charitable Trust	-	2,500	2,500
Unrestricted Fees	74,632		74,632
Donations collected by tutors	4,282		4,282
Trusts Donation	17,032	-	17,032
<b>Grants</b>			
Whittington Hospital Charitable Fund	-	14,746	14,746
Islington Parks	-	4,200	4,200
Peabody	-	9,660	9,660
Arnold Clark CF	-	1,000	1,000
LIF	-	11,750	11,750
Garfield Western	-	15,000	15,000
Clarion	-	25,500	25,500
VCS	-	15,000	15,000
Charles S French Trust	-	5,000	5,000
Islington Giving Golden Grantmakers grant	-	7,675	7,675
TFL + Mayor of London walking & Cycling grants	-	4,849	4,849
Haringey Council	-	1,500	1,500
Derwent Community Tech Belt Fund	-	5,000	5,000
Robert McAlpine	-	8,800	8,800
Anton Jurgen	-	5,000	5,000
Prince of Wales CT	-	1,500	1,500
Woodroffe Benton	-	750	750
National Lottery Awards for All	-	9,950	9,950
Postcode Society Trust	-	22,940	22,940
NHHG	-	4,000	4,000
	97,261	176,320	273,581

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# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Prior year figures</b>			
<b>Donations</b>			
Waitrose	1,749	–	1,749
Sir Jules Thorn Charitable Trust	–	1,250	1,250
Unrestricted Fees	42,230	–	42,230
Donations collected by tutors	7,440	–	7,440
Trusts Donation	4,592	–	4,592
<b>Grants</b>			
London Community Foundation	–	9,600	9,600
Whittington Hospital Charitable Fund	–	7,936	7,936
Islington Parks	–	1,000	1,000
Peabody	–	500	500
Shanly Foundation	–	1,500	1,500
Warburtons	–	400	400
Charles Hayward Foundation	–	3,000	3,000
Lennox Hannay Charitable Trust	–	2,000	2,000
Arnold Clark CF	–	1,000	1,000
Neighbourly	–	400	400
Aviva Stronger Comm Crowdfunder	–	133	133
LIF	–	16,583	16,583
Garfield Western	–	15,000	15,000
Magic Little Grants	–	500	500
Clarion	–	20,480	20,480
VCS	–	15,000	15,000
Notting Hill Housing Trust	–	2,000	2,000
Charles S French Trust	–	5,000	5,000
Albert Hunt Trust	–	2,000	2,000
	<b>56,011</b>	<b>105,282</b>	<b>161,293</b>

## 6. Charitable activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Fees/Classes	–	–	14,425	14,425
	=	=	=	=

### 6.1 Other Income

	Unrestricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Bank Interest	185	–	185	–
	=	=	=	=

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

#### 7. Costs of raising donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Fundraising costs	570	7,598	8,168
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Fundraising costs	600	7,490	8,090
	=	=	=

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Principal activity-Staff Cost	–	34,166	34,166
Principal activity-Others	86,466	97,488	183,954
Support costs	4,776	17,899	22,675
	=	=	=
	91,242	149,554	240,796
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Principal activity-Staff Cost	–	27,499	27,499
Principal activity-Others	53,600	54,706	108,306
Support costs	6,916	13,675	20,591
	=	=	=
	60,516	95,880	156,396
	=	=	=

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2023	Total fund 2022
	£	£	£	£
Principal activity-Staff Cost	34,166	20,022	54,188	46,350
Principal activity-Others	183,954	–	183,954	108,306
Governance costs	–	2,654	2,654	1,740
	=	=	=	=
	218,120	22,676	240,796	156,396
	=	=	=	=

#### 10. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	2,654	1,740
	=	=

# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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## 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	33,353	25,885
Employer contributions to pension plans	813	1,614
Other employee benefits	1,089	425
	=====	=====
	35,255	27,324

The average head count of employees during the year was 1 (2022: 1).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

## 12. Trustee remuneration and expenses

SORP 2015 requires the following statement to be made:

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

## 13. Debtors

	2023	2022
	£	£
Trade debtors	6,135	10,235

## 14. Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	23,422	1,740
Social security and other taxes	2,037	1,717
Other creditors	-	15,497
	=====	=====
	25,459	18,954

## 15. Pensions and other post-retirement benefits

### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £813 (2022: £1,614).

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# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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## 16. Analysis of charitable funds

### Unrestricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Current year				
Unrestricted fund - General funds	41,443	97,446	(91,812)	47,078
	=	=	=	=
	At			At
	1 April 2021	Income	Expenditure	31 March 20
	£	£	£	22
Prior year				
Unrestricted fund - General funds	32,123	70,436	(61,116)	41,443
	=	=	=	=

### Restricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Restricted Funds	60,622	176,320	(157,152)	79,790
	=	=	=	=
	At			At
	1 April 2021	Income	Expenditure	31 March 20
	£	£	£	22
Prior year				
Restricted Funds	58,710	105,282	(103,370)	60,622
	=	=	=	=

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**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2023**

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**The following pages do not form part of the financial statements.**

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2023

	2023	2022
	£	£
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Waitrose	1,316	1,749
Sir Jules Thorn Charitable Trust	2,500	1,250
Unrestricted Fees	74,632	42,230
Donations collected by Tutors	4,282	7,440
Trusts Donation	17,032	4,592
London Community Foundation	–	9,600
Whittington Hospital Charitable Fund	14,746	7,936
Islington Parks	4,200	1,000
Peabody	9,660	500
Shanly Foundation	–	1,500
Warburtons	–	400
Charles Hayward Foundation	–	3,000
Lennox Hannay Charitable Trust	–	2,000
Arnold Clark CF	1,000	1,000
Neighbourly	–	400
Aviva Stronger Communities with Crowdfunder	–	133
LIF	11,750	16,583
Garfield Western	15,000	15,000
Magic Little Grants	–	500
Clarion	25,500	20,480
VCS	15,000	15,000
Notting Hill Housing Trust	–	2,000
Charles S French Trust	5,000	5,000
Albert Hunt Trust	–	2,000
Islington Giving Golden Grantmakers grant	7,675	–
TFL + Mayor of London walking and Cycling grants	4,849	–
Haringey Council	1,500	–
Derwent Community Tech Belt Fund	5,000	–
Robert McAlpine	8,800	–
Anton Jurgen	5,000	–
Prince of Wales CT	1,500	–
Woodroffe Benton	750	–
National Lottery Awards for All	9,950	–
Postcode Society Trust	22,940	–
Local giving Fund	–	–
NHHG	4,000	–
	273,581	161,293
<b>Charitable activities</b>		
Fees/Classes	–	14,425
<b>Other Income</b>		
Bank Interest	185	–
	–	–
<b>Total income</b>	<b>273,766</b>	<b>175,718</b>

# Healthy Generations Ltd

Company Limited by Guarantee

## Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2023

---

	2023 £	2022 £
<b>Expenditure</b>		
Costs of raising donations and legacies		
Purchases	8,168	8,090
<b>Expenditure on charitable activities</b>		
Wages and salaries	33,353	25,885
Pension costs	813	1,614
Other post-retirement benefits	1,089	425
Rent	1,952	4,423
Printing, postage and stationery	296	13
Publicity	3,041	2,480
Repairs and maintenance	-	1,111
Insurance	55	314
Other establishment	-	6,786
Motor vehicle expenses	1,518	657
Other motor/travel costs	-	-
Legal and professional fees	2,654	2,307
Telephone	718	529
Other office costs	1,371	1,450
Other interest payable and similar charges	104	96
Musicians and performers	60,515	37,920
Tutors fees and expenses	121,529	70,032
Volunteers expenses	1,449	354
Sessional Admin	7,083	-
Project Expenses	75	-
Social Media Manager	2,720	-
Music equipment and materials	462	-
	240,796	156,396
<b>Total expenditure</b>	248,964	164,486
	=	=
<b>Net income</b>	24,803	11,232
	=	=

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# Healthy Generations Ltd

Company Limited by Guarantee

## Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
<b>Costs of raising donations and legacies</b>		
<b>Fundraising costs</b>		
Fundraising costs	8,168	8,090
	-	-
	-	-
<b>Costs of raising donations and legacies</b>	<b>8,168</b>	<b>8,090</b>
	-	-
<b>Expenditure on charitable activities</b>		
<b>Principal activity-Staff Cost</b>		
<b><i>Activities undertaken directly</i></b>		
Sessional workers	33,353	25,885
Pension costs	813	1,614
	-	-
	<b>34,166</b>	<b>27,499</b>
	-	-
<b><i>Support costs</i></b>		
Training	1,089	425
Rent & Venue/Room hire	1,952	4,423
Printing, postage and stationery	296	13
Publicity	3,041	2,480
Office equipment	704	1,111
Insurance	55	314
Computer & Website expenses	667	6,786
Travel	1,518	657
Membership	-	-
Consulting and professional fees	-	697
Telephone & Internet	718	529
Miscellaneous	-	1,320
Sessional Administration	7,083	
Social Media Manager	2,720	
Project Expenses	75	
Bank charges	104	96
	-	-
	<b>20,022</b>	<b>18,851</b>
	-	-
<b>Principal activity-Others</b>		
<b><i>Activities undertaken directly</i></b>		
Musicians/Performers	60,515	37,920
Music equipment and materials	462	
Tutors fees and expenses	121,529	70,032
Volunteers expenses	1,449	354
Music equipment/Materials	-	-
	-	-
	<b>183,954</b>	<b>108,306</b>
	-	-
<b>Governance costs</b>		
Independent examination	2,654	1,740
	-	-
	-	-
<b>Expenditure on charitable activities</b>	<b>240,796</b>	<b>156,396</b>

**HEALTHY GENERATIONS**

England & Wales - Charity number 1128902

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# Accounts

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COMPANY REGISTRATION NUMBER: 06750800  
CHARITY REGISTRATION NUMBER: 1128902

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2022**

**A I GROMAN FCA**  
Chartered accountants  
Groman & Company, Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

## Reference and administrative details

**Registered charity name** Healthy Generations Ltd

**Charity registration number** 1128902

**Company registration number** 06750800

**Principal office and registered office** 6/9 Manor Gardens  
London  
N7 6LA

**The trustees** Lloyd Coombes MBE - Chair  
Maureen Collins BEM - Treasurer  
Ben Osborne - Secretary  
Len Andrews

**Company secretary** Ben Osborne

**Independent examiner** A.I. Groman FCA  
Groman & Company, Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2022

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The trustees present their report and financial statements for the year ended 31st March 2022. The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the trust's charitable trust deed, the charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", applicable from 1st January 2015.

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

The trust was established as a charitable association on 15th November 2006 and became a registered charity called Music for People on 31st March 2009. We changed the name to better reflect our growing health interest and projects to Healthy Generations in 2013. The trust's objectives are to help provide ways to keep people fit, healthy, involved in their community and out of hospital. We presently work with older people, mental health service users, a wide range of community centres, care homes, day centres, libraries and hospitals. The registered charity number of Healthy Generations Ltd is 1128902.

The trustees who served during the year are:  
Lloyd Coombes MBE - Chair  
Mrs. Maureen Collins BEM – Treasurer  
Mr Nathan Nortey – Secretary -Died July 2021  
Mr. Ben Osborne – Secretary  
Mr. Len Andrews – Trustee

Trustees are appointed who are aware of Trustee's responsibilities under charity law and are selected and appointment by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these factors.

Sadly one of our Trustees, Nathan Nortey, died in July 2021 and we are in the process of recruiting his replacement. Our condolences and warmest wishes go to his family together with heartfelt thanks for the years of support and guidance he provided.

#### **Objectives and activities**

The charity's objectives are to help keep people fit, healthy, involved in their community and out of hospital through the provision of public education and services to promote more self-reliance and responsibility in maintaining health. We presently work mostly with older people and to a lesser extent with mental health service users.

To achieve this objective we offer various classes, sessions and events - remedial fitness, keep-fit, singing and dancing - to individuals and groups working in partnership with many local organisations.

Healthy Generations Ltd is dedicated to helping people take control of their own health and find ways to maximise their possibilities of maintaining good health and therefore independence.

In setting objectives and planning activities the trustees give careful consideration to the Charity Commissions guidance on public benefits and also local government and NHS guidelines and needs to promote good health.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2022

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The benefits are provided to the public through three projects:

##### Music Generations Project

- Sing-a-longs
- Music therapy
- Tea Dances
- Music Appreciation
- Choirs
- Classical music in hospitals

##### Fit Generations Project

- Remedial Osteoporosis
- Pilates
- Alexander Technique
- Mindfulness
- Diet for Health
- Remedial Arthritis
- Yoga
- Dancing
- Tai Chi
- Men's Club
- Keep Fit
- Active Meditation
- Falls Prevention
- Zumba
- Line Dancing

##### Tech Generations Project

- Digital Inclusion Classes
- Using Computers/Smartphones/Tablets
- Saving money on contracts
- Avoiding scams
- Telephone fraud
- Computer fraud

#### Achievements and performance

Healthy Generations Ltd ran a total of 2,313 events in 2021-2022 for 2,344 users, 22,034 user visits with the help of 21 volunteers.

#### Membership

The "Information Network" continues to connect users and partner organisations keeping everyone updated with our classes, events and new projects through email, phone and social media outlets.

#### Covid 19

When lockdown came to an end in July 2021 we began to restart live classes albeit on a much reduced scale. This was interrupted by the Omicron Christmas lockdown but from January 2022 things have continued to open up. We are still nowhere near our pre-lockdown split of 50% exercise and 50% music but live music events are growing rapidly.

Our online exercise classes doubled and by April 2021 we were averaging 133 per month, nearly all exercise. For the whole of 2021/2022 our class numbers have increased most months with a big acceleration since Omicron ended in January as live classes have restarted and new park classes began. Our class numbers (all types) for the year were:

April 2021	122
May 2021	145
June 2021	150
July 2021	148
August 2021	148
September 2021	156
October 2021	204
November 2021	247

December 2021	184
January 2022	227
February 2022	284
March 2022	298

# Healthy Generations Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

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We noticed a reticence from users to go back to live classes which was exacerbated by the Omicron scare. We were immediately pro-active in responding to the desire to help people back to exercise through putting on open air classes in the parks. We now have 6 weekly classes, are doing an Islington Rock and Roll walk each month and have plans for two more monthly walks.

There is obviously a need to keep the online classes running and have been going back to live classes while maintaining our online presence. We plan to review this to consider moving some online classes back to live but generally they are staying.

## Financial Review

The unrestricted funds of the charity at 31st March 2022 were £41,433 (2020/2021: £32,123) and restricted funds were £60,622 (2021: 58,710). Net incoming resources for the year were £175,718 (2020/2021: £175,593).

## Reserves Policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months expenditure plus one year of premises costs. This continues to be met satisfactorily.

## Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption. The trustees' annual report was approved on ..... and signed on behalf of the board of trustees by:

11/8/22

Lloyd Coombes MBE - Chair  
Trustee

Maureen Collins BEM - Treasurer  
Trustee

# Healthy Generations Ltd

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Healthy Generations Ltd

Year ended 31 March 2022

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I report to the trustees on my examination of the financial statements of Healthy Generations Ltd ('the charity') for the year ended 31 March 2022.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

A.I. Groman FCA  
Independent Examiner

Groman & Company, Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

# Healthy Generations Ltd

Company Limited by Guarantee

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

Year ended 31 March 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	56,011	105,282	161,293	151,352
Charitable activities	6	14,425	–	14,425	24,241
<b>Total income</b>		<u>70,436</u>	<u>105,282</u>	<u>175,718</u>	<u>175,593</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	600	7,490	8,090	5,810
Expenditure on charitable activities	8,9	60,516	95,880	156,396	118,453
<b>Total expenditure</b>		<u>61,116</u>	<u>103,370</u>	<u>164,486</u>	<u>124,263</u>
<b>Net income and net movement in funds</b>		<u>9,320</u>	<u>1,912</u>	<u>11,232</u>	<u>51,330</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		32,123	58,710	90,833	39,503
<b>Total funds carried forward</b>		<u>41,443</u>	<u>60,622</u>	<u>102,065</u>	<u>90,833</u>

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

The notes on pages 8 to 15 form part of these financial statements.

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**

**31 March 2022**

	Note	2022 £	2021 £
<b>Current assets</b>			
Debtors	13	10,235	3,735
Cash at bank and in hand		110,784	90,675
		<u>121,019</u>	<u>94,410</u>
<b>Creditors: amounts falling due within one year</b>	<b>14</b>	<u>18,954</u>	<u>3,577</u>
<b>Net current assets</b>		<u>102,065</u>	<u>90,833</u>
<b>Total assets less current liabilities</b>		<u>102,065</u>	<u>90,833</u>
<b>Net assets</b>		<u>102,065</u>	<u>90,833</u>
<b>Funds of the charity</b>			
Restricted funds		60,622	58,710
Unrestricted funds		41,443	32,123
<b>Total charity funds</b>	<b>16</b>	<u>102,065</u>	<u>90,833</u>

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

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 11/18/22 and are signed on behalf of the board by:

*L Coombes*

Lloyd Coombes MBE - Chair  
Trustee

*M. Collins*

Maureen Collins BEM - Treasurer  
Trustee

The notes on pages 8 to 15 form part of these financial statements.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2022

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 6/9 Manor Gardens, London, N7 6LA.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2022

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2022

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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#### 4. Limited by guarantee

The charity is limited by guarantee of £1 per member without share capital.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Current year</b>			
<b>Donations</b>			
Waitrose	1,749	-	1,749
Sir Jules Thorn Charitable Trust	-	1,250	1,250
Unrestricted Fees	42,230		42,230
Donations collected by tutors	7,440		7,440
Trusts Donation	4,592	-	4,592
<b>Grants</b>			
London Community Foundation	-	9,600	9,600
Whittington Hospital Charitable Fund	-	7,936	7,936
Islington Parks	-	1,000	1,000
Peaboy	-	500	500
Shanly Foundation	-	1,500	1,500
Warburtons	-	400	400
Charles Hayward Foundation	-	3,000	3,000
Lennox Hannay Charitable Trust	-	2,000	2,000
Arnold Clark CF	-	1,000	1,000
Neighbourly	-	400	400
Aviva Stronger Communities with Crowdfunder	-	133	133
LIF	-	16,583	16,583
Garfield Western	-	15,000	15,000
Magic Little Grants	-	500	500
Clarion	-	20,480	20,480
VCS	-	15,000	15,000
Notting Hill Housing Trust	-	2,000	2,000
Charles S French Trust	-	5,000	5,000
Albert Hunt Trust	-	2,000	2,000
	<u>56,011</u>	<u>105,282</u>	<u>161,293</u>

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Prior year			
<b>Donations</b>			
Donations - General	9,898	-	9,898
Waitrose	1,929	-	1,929
Tesco	500	1,000	1,500
Sir Jules Thorn Charitable Trust	-	-	-
Foyle Foundation	-	3,500	3,500
Catalyst - Diet for Health	-	1,000	1,000
<b>Grants</b>			
Morris Charitable Trust	-	4,250	4,250
Kanitz Fund	-	3,280	3,280
Whittington Fund	-	8,160	8,160
London Community Response	-	19,131	19,131
National Lottery Community Fund	-	20,130	20,130
Clarion	-	16,600	16,600
Awards For All	-	10,000	10,000
Cadent	-	1,200	1,200
VCS	-	7,500	7,500
Islington LIF	-	4,300	4,300
MCF Masonic Charitable Trust	-	5,000	5,000
CAF Resilience Grant	16,474	-	16,474
Cloudesley	-	10,000	10,000
Charles S French Trust	-	5,000	5,000
Leathersellers	-	1,000	1,000
Barchester's Charitable Foundation	-	500	500
Albert Hunt Trust	-	1,000	1,000
	<u>28,801</u>	<u>122,551</u>	<u>151,352</u>

#### 6. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Fees/Classes	<u>14,425</u>	<u>14,425</u>	<u>24,241</u>	<u>24,241</u>

# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

## 7. Costs of raising donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Fundraising costs	<u>600</u>	<u>7,490</u>	<u>8,090</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Fundraising costs	<u>5,810</u>	<u>–</u>	<u>5,810</u>

## 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Principal activity	–	27,499	27,499
Principal activity	53,600	54,706	108,306
Support costs	6,916	13,675	20,591
	<u>60,516</u>	<u>95,880</u>	<u>156,396</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Principal activity	8,400	34,450	42,850
Principal activity	27,817	34,517	62,334
Support costs	5,485	7,784	13,269
	<u>41,702</u>	<u>76,751</u>	<u>118,453</u>

## 9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Principal activity	27,499	18,851	46,350	54,200
Principal activity	108,306	–	108,306	62,334
Governance costs	–	1,740	1,740	1,919
	<u>135,805</u>	<u>20,591</u>	<u>156,396</u>	<u>118,453</u>

## 10. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,740</u>	<u>1,920</u>

# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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## 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	25,885	42,158
Employer contributions to pension plans	1,614	692
Other employee benefits	425	998
	<u>27,924</u>	<u>43,848</u>

The average head count of employees during the year was 1 (2021: 1).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

## 12. Trustee remuneration and expenses

SORP 2015 requires the following statement to be made:

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

## 13. Debtors

	2022	2021
	£	£
Trade debtors	<u>10,235</u>	<u>3,735</u>

## 14. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	1,740	1,920
Social security and other taxes	1,717	1,657
Other creditors	<u>15,497</u>	<u>-</u>
	<u>18,954</u>	<u>3,577</u>

## 15. Pensions and other post retirement benefits

### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,614 (2021: £692).

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# Healthy Generations Ltd

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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## 16. Analysis of charitable funds

### Unrestricted funds

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Current year				
Unrestricted fund - General funds	<u>32,123</u>	<u>70,436</u>	<u>(61,116)</u>	<u>41,443</u>

	At 1 April 2020	Income	Expenditure	At 31 March 20 21
	£	£	£	£
Prior year				
Unrestricted fund - General funds	<u>26,593</u>	<u>53,042</u>	<u>(47,512)</u>	<u>32,123</u>

### Restricted funds

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Restricted Funds	<u>58,710</u>	<u>105,282</u>	<u>(103,370)</u>	<u>60,622</u>

	At 1 April 2020	Income	Expenditure	At 31 March 20 21
	£	£	£	£
Prior year				
Restricted Funds	<u>12,910</u>	<u>122,551</u>	<u>(76,751)</u>	<u>58,710</u>

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2022**

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**The following pages do not form part of the financial statements.**

# Healthy Generations Ltd

Company Limited by Guarantee

## Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2022

	2022	2021
	£	£
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations - General	-	9,898
Waitrose	1,749	1,929
Tesco	-	1,500
Sir Jules Thorn Charitable Trust	1,250	-
Foyle Foundation	-	3,500
Catalyst - Diet for Health	-	1,000
Unrestricted Fees	42,230	-
Donations collected by Tutors	7,440	
Trusts Donation	4,592	-
London Community Foundation	9,600	-
Whittington Hospital Charitable Fund	7,936	-
Islington Parks	1,000	-
Peaboy	500	-
Shanly Foundation	1,500	-
Warburtons	400	-
Charles Hayward Foundation	3,000	-
Lennox Hannay Charitable Trust	2,000	-
Arnold Clark CF	1,000	-
Neighbourly	400	-
Aviva Stronger Communities with Crowdfunder	133	-
LIF	16,583	-
Garfield Western	15,000	-
Magic Little Grants	500	-
Morris Charitable Trust	-	4,250
Kanitz Fund	-	3,280
Whittington Fund	-	8,160
London Community Response	-	19,131
National Lottery Community Fund	-	20,130
Clarion	20,480	16,600
Awards For All	-	10,000
Cadent	-	1,200
VCS	15,000	7,500
Islington LIF	-	4,300
Notting Hill Housing Trust	2,000	-
MCF Masonic Charitable Trust	-	5,000
CAF Resilience Grant	-	16,474
Cloudesley	-	10,000
Charles S French Trust	5,000	5,000
Leathersellers	-	1,000
Barchester's Charitable Foundation	-	500
Albert Hunt Trust	2,000	1,000
	<u>161,293</u>	<u>151,352</u>
<b>Charitable activities</b>		
Fees/Classes	<u>14,425</u>	<u>24,241</u>
<b>Total income</b>	<u>175,718</u>	<u>175,593</u>

# Healthy Generations Ltd

Company Limited by Guarantee

## Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2022

	2022 £	2021 £
<b>Expenditure</b>		
<b>Costs of raising donations and legacies</b>		
Purchases	<u>8,090</u>	<u>5,810</u>
<b>Expenditure on charitable activities</b>		
Wages and salaries	25,885	42,158
Pension costs	1,614	692
Other post-retirement benefits	425	998
Rent	4,423	5,911
Printing, postage and stationery	13	148
Publicity	2,480	225
Repairs and maintenance	1,111	261
Insurance	314	67
Other establishment	6,786	1,975
Motor vehicle expenses	657	544
Other motor/travel costs	—	13
Legal and professional fees	2,307	2,750
Telephone	529	134
Other office costs	1,450	170
Other interest payable and similar charges	96	73
Musicians and performers	37,920	27,613
Tutors fees and expenses	70,032	32,623
Volunteers expenses	354	408
Music equipment and materials	—	1,690
	<u>156,396</u>	<u>118,453</u>
<b>Total expenditure</b>	<u>164,486</u>	<u>124,263</u>
<b>Net income</b>	<u>11,232</u>	<u>51,330</u>

# Healthy Generations Ltd

Company Limited by Guarantee

## Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
<b>Costs of raising donations and legacies</b>		
<b>Fundraising costs</b>		
Fundraising costs	8,090	5,810
	<u>8,090</u>	<u>5,810</u>
<b>Costs of raising donations and legacies</b>	<b>8,090</b>	<b>5,810</b>
<b>Expenditure on charitable activities</b>		
<b>Principal activity</b>		
<b>Activities undertaken directly</b>		
Sessional workers	25,885	42,158
Pension costs	1,614	692
	<u>27,499</u>	<u>42,850</u>
<b>Support costs</b>		
Training	425	998
Rent & Venue/Room hire	4,423	5,911
Printing, postage and stationery	13	148
Publicity	2,480	225
Office equipment	1,111	261
Insurance	314	67
Computer & Website expenses	6,786	1,975
Travel	657	544
Membership	–	13
Consulting and professional fees	697	831
Telephone & Internet	529	134
Miscellaneous	1,320	170
Bank charges	96	73
	<u>18,851</u>	<u>11,350</u>
<b>Principal activity</b>		
<b>Activities undertaken directly</b>		
Musicians/Performers	37,920	27,613
Tutors fees and expenses	70,032	32,623
Volunteers expenses	354	408
Music equipment/Materials	–	1,690
	<u>108,306</u>	<u>62,334</u>
<b>Governance costs</b>		
Independent examination	1,740	1,919
	<u>1,740</u>	<u>1,919</u>
<b>Expenditure on charitable activities</b>	<b>156,396</b>	<b>118,453</b>

**HEALTHY GENERATIONS**

England & Wales - Charity number 1128902

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# Accounts

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COMPANY REGISTRATION NUMBER: 06750800  
CHARITY REGISTRATION NUMBER: 1128902

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2021**

**A I GROMAN FCA**  
Groman & Company,  
Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

#### Reference and administrative details

**Registered charity name** Healthy Generations Ltd

**Charity registration number** 1128902

**Company registration number** 06750800

**Principal office and registered office** 6/9 Manor Gardens  
London  
N7 6LA

**The trustees** Lloyd Coombes MBE - Chair  
Maureen Collins BEM -  
Treasurer  
Nathan Nortey - Secretary  
Len Andrews  
Ben Osborne

**Company secretary** Nathan Nortey

**Independent examiner** A.I. Groman FCA  
Groman & Company,  
Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

---

#### Structure, governance and management

The trust was established as a charitable association on 15th November 2006 and became a registered charity called Music for People on 31st March 2009. We changed the name to better reflect our growing health interest and projects to Healthy Generations in 2013. The trust's objectives are to help provide ways to keep people fit, healthy, involved in their community and out of hospital. We presently work with older people and to a lesser extent, mental health service users and hospitals. The registered charity number of Healthy Generations Ltd is 1128902.

The trustees who served during the year are:

Lloyd Coombes MBE - Chair  
Mrs. Maureen Collins BEM - Treasurer  
Mr. Nathan Nortey - Secretary  
Mr. Len Andrews - Trustee  
Mr. Ben Osborne - Trustee

Trustees are appointed who are aware of Trustee's responsibilities under charity law and are selected and appointment by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these factors.

#### Objectives and activities

The charity's objectives are to help keep people fit, healthy, involved in their community and out of hospital through the provision of public education and services to promote more self-reliance and responsibility in maintaining health. We presently work mostly with older people and to a lesser extent with mental health service users. Our aim is to expand our work with other generations and there are plans to begin Pilates for pregnancy and self defence classes for children.

To achieve this objective we offer various classes, sessions and events - remedial fitness, keep-fit, singing and dancing - to individuals and groups working in partnership with many local organisations.

Healthy Generations Ltd is dedicated to helping people take control of their own health and find ways to maximise their possibilities of maintaining good health and therefore independence.

In setting objectives and planning activities the trustees give careful consideration to the Charity Commissions guidance on public benefits and also local government and NHS guidelines and needs to promote good health.

The benefits are provided to the public through three projects:

#### Music Generations Project

- |                 |                      |                                |
|-----------------|----------------------|--------------------------------|
| - Sing-a-longs  | - Tea Dances         | - Choirs                       |
| - Music therapy | - Music Appreciation | - Classical music in hospitals |

#### Fit Generations Project

- |                         |                      |                     |
|-------------------------|----------------------|---------------------|
| - Remedial Osteoporosis | - Remedial Arthritis | - Keep Fit          |
| - Pilates               | - Yoga               | - Active Meditation |
| - Alexander Technique   | - Dance              | - Falls Prevention  |
| - Mindfulness           | - Tai Chi            | - Zumba             |
| - Diet for Health       |                      |                     |

# Healthy Generations Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2021

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#### Objectives and activities *(continued)*

##### Tech Generations Project

- Digital Exclusion Classes
- Using Computers/Smartphones/Tablets
- Saving money on contracts

#### Achievements and performance

Healthy Generations Ltd ran a total of 1,120 events in 2020-2021 for 1,933 users, 15,330 user visits with the help of 19 volunteers.

#### Membership

We have begun a membership scheme called the "Information Network" updating members on all our events and sending out regular information on events, health interest, news and equipment contracts. This has proven invaluable since the Covid 19 lockdown and helped us to quickly relocate classes online.

#### Covid 19

In February 2020 we provided 147 sessions. By March 20th this fell to zero. The following week we began putting classes online and in April we provided 46 sessions, in May, 76 sessions. By September 2020 we were back up to 133 sessions. Our music events were mainly working with care homes and day centres and as of April 2021 have still not returned to anywhere near the same level as before lockdown. We expect this to improve as lockdown gradually ends. Our exercise sessions which were held more in community centres and libraries were better able to go online and have increased number and reach through the online platform. We intend to maintain and develop online classes after the lockdown ends. We have found our user numbers increase and realise we are reaching many people classed as isolated via online sessions. In response to Covid 19 we doubled the number of digital exclusion classes helping people better connect with all things digital and also began a befriending service in order to keep in touch with people who used to come to our music events but have been unable to access the internet.

#### Financial review

The unrestricted funds of the charity at 31st March 2021 were £32,123 (2020: £26,593) and restricted funds were £58,710 (2020: £12,910). Net incoming resources for the year were £175,593 (2020: £107,049).

#### Reserves Policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months expenditure plus one year of premises costs. This continues to be met satisfactorily.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

**Healthy Generations Ltd**

**Company Limited by Guarantee**

**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2021**

---

The trustees' annual report was approved on 23/9/21 and signed on behalf of the board of trustees by:

Lloyd Coombes MBE - Chair  
Trustee

Maureen Collins BEM - Treasurer  
Trustee

*L Coombes*

*M. Collins*

# Healthy Generations Ltd

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Healthy Generations Ltd

Year ended 31 March 2021

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I report to the trustees on my examination of the financial statements of Healthy Generations Ltd ('the charity') for the year ended 31 March 2021.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

  
A.I. Groman FCA  
Independent Examiner

Groman & Company,  
Chartered Accountants  
5 Violet Hill  
St. John's Wood  
London  
NW8 9EB

29.9.21

# Healthy Generations Ltd

## Company Limited by Guarantee

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

Year ended 31 March 2021

		Unrestricted funds	2021 Restricted funds	Total funds	2020 Total funds
	Note	£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	28,801	122,551	151,352	59,917
Charitable activities	6	24,241	–	24,241	47,132
<b>Total income</b>		<u>53,042</u>	<u>122,551</u>	<u>175,593</u>	<u>107,049</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	5,810	–	5,810	4,058
Expenditure on charitable activities	8,9	41,702	76,751	118,453	103,368
<b>Total expenditure</b>		<u>47,512</u>	<u>76,751</u>	<u>124,263</u>	<u>107,426</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>5,530</u>	<u>45,800</u>	<u>51,330</u>	<u>(377)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		26,593	12,910	39,503	39,880
<b>Total funds carried forward</b>		<u>32,123</u>	<u>58,710</u>	<u>90,833</u>	<u>39,503</u>

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

The notes on pages 8 to 15 form part of these financial statements.

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**

**31 March 2021**

	Note	2021 £	2020 £
<b>Current assets</b>			
Debtors	13	3,735	10,034
Cash at bank and in hand		90,675	36,800
		<u>94,410</u>	<u>46,834</u>
<b>Creditors: amounts falling due within one year</b>	14	<u>(3,577)</u>	<u>(7,331)</u>
<b>Net current assets</b>		<u>90,833</u>	<u>39,503</u>
<b>Total assets less current liabilities</b>		<u>90,833</u>	<u>39,503</u>
<b>Net assets</b>		<u>90,833</u>	<u>39,503</u>
<b>Funds of the charity</b>			
Restricted funds		58,710	12,910
Unrestricted funds		32,123	26,593
<b>Total charity funds</b>	17	<u>90,833</u>	<u>39,503</u>

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

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on ....., and are signed on behalf of the board by:

23/9/21

Lloyd Coombes MBE - Chair  
Trustee



Maureen Collins BEM - Treasurer  
Trustee



The notes on pages 5 to Error! Bookmark not defined. form part of these financial statements.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2021

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 6/9 Manor Gardens, London, N7 6LA.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2021

---

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2021

---

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2021

---

#### 4. Limited by guarantee

The charity is limited by guarantee of £1 per member without share capital.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Current year</b>			
<b>Donations</b>			
Donations - General	9,898	–	9,898
Waitrose	1,929	–	1,929
Tesco	500	1,000	1,500
Foyle Foundation	–	3,500	3,500
Catalyst - Diet for Health	–	1,000	1,000
<b>Grants</b>			
Morris Charitable Trust	–	4,250	4,250
Kanitz Fund	–	3,280	3,280
Whittington Fund	–	8,160	8,160
London Community Response	–	19,131	19,131
National Lottery Community Fund	–	20,130	20,130
Clarion	–	16,600	16,600
Awards For All	–	10,000	10,000
Cadent	–	1,200	1,200
VCS	–	7,500	7,500
Islington LIF	–	4,300	4,300
MCF Masonic Charitable Trust	–	5,000	5,000
CAF Resilience Grant	16,474	–	16,474
Cloudesley	–	10,000	10,000
Charles S French Trust	–	5,000	5,000
Leathersellers	–	1,000	1,000
Barchester's Charitable Foundation	–	500	500
Albert Hunt	–	1,000	1,000
	<u>28,801</u>	<u>122,551</u>	<u>151,352</u>

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
<i>Prior year</i>			
<b>Donations</b>			
Donations - General	1,350	–	1,350
Waitrose	3,378	–	3,378
Macquarie Group	2,262	–	2,262
<b>Grants</b>			
Clarion	–	22,987	22,987
Islington Community Chest	–	5,000	5,000
The W.G. Edwards Charitable Foundation	–	1,500	1,500
VCS	–	5,000	5,000
Islington LIF	–	2,000	2,000
Groundwork UK	–	240	240
Notting Hill Housing Trust	–	1,200	1,200
The Sobell Foundation	–	10,000	10,000
MCF Masonic Charitable Trust	–	5,000	5,000
	<u>6,990</u>	<u>52,927</u>	<u>59,917</u>

#### 6. Charitable activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Fees/Classes	24,241	24,241	46,729	46,729
Miscellaneous	–	–	403	403
	<u>24,241</u>	<u>24,241</u>	<u>47,132</u>	<u>47,132</u>

#### 7. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Fundraising costs	<u>5,810</u>	<u>5,810</u>	<u>4,058</u>	<u>4,058</u>

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<i>Current year</i>			
Principal activity	8,400	34,450	42,850
Principal activity	27,817	34,517	62,334
Support costs	<u>5,485</u>	<u>7,784</u>	<u>13,269</u>
	<u>41,702</u>	<u>76,751</u>	<u>118,453</u>

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2021

#### 8. Expenditure on charitable activities by fund type *(continued)*

	Unrestricted Funds	Restricted Funds	Total Funds 2020
<i>Prior year</i>	£	£	£
Principal activity	15,616	–	15,616
Principal activity	27,593	51,485	79,078
Support costs	8,674	–	8,674
	<u>51,883</u>	<u>51,485</u>	<u>103,368</u>

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2021	Total fund 2020
	£	£	£	£
Principal activity	42,850	11,350	54,200	23,352
Principal activity	62,334	–	62,334	79,078
Governance costs	–	1,919	1,919	938
	<u>105,184</u>	<u>13,269</u>	<u>118,453</u>	<u>103,368</u>

#### 10. Independent examination fees

	2021	2020
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,920</u>	<u>375</u>

#### 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	42,158	15,500
Employer contributions to pension plans	692	116
Other employee benefits	998	10
	<u>43,848</u>	<u>15,626</u>

The average head count of employees during the year was 1 (2020: Nil).

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

#### 12. Trustee remuneration and expenses

SORP 2015 requires the following statement to be made:

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

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#### 13. Debtors

	2021	2020
	£	£
Accounts receivable	<u>3,735</u>	<u>10,034</u>

#### 14. Creditors: amounts falling due within one year

	2021	2020
	£	£
Accounts payable	–	956
Accruals and deferred income	1,920	6,375
Social security and other taxes	<u>1,657</u>	–
	<u>3,577</u>	<u>7,331</u>

#### 15. Deferred income

	2021	2020
	£	£
Amount deferred in year	<u>–</u>	<u>6,000</u>

#### 16. Pensions and other post retirement benefits

##### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £692 (2020: £116).

**Healthy Generations Ltd**  
**Company Limited by Guarantee**

**Notes to the Financial Statements** *(continued)*

**Year ended 31 March 2021**

**17. Analysis of charitable funds**

**Unrestricted funds**

	At 1 April 2020	Income £	Expenditure £	At 31 March 2021 £
<i>Current year</i>	£	£	£	£
Unrestricted fund - General funds	<u>26,593</u>	<u>53,042</u>	<u>(47,512)</u>	<u>32,123</u>

	At 1 April 2019	Income £	Expenditure £	At 31 March 2020 £
<i>Prior year</i>	£	£	£	£
Unrestricted fund - General funds	<u>28,412</u>	<u>54,122</u>	<u>(55,941)</u>	<u>26,593</u>

**Restricted funds**

	At 1 April 2020	Income £	Expenditure £	At 31 March 2021 £
<i>Current year</i>	£	£	£	£
Restricted Funds	<u>12,910</u>	<u>122,551</u>	<u>(76,751)</u>	<u>58,710</u>

	At 1 April 2019	Income £	Expenditure £	At 31 March 2020 £
<i>Prior year</i>	£	£	£	£
Restricted Funds	<u>11,468</u>	<u>52,927</u>	<u>(51,485)</u>	<u>12,910</u>

**Healthy Generations Ltd**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2021**

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The following pages do not form part of the financial statements.

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities

Year ended 31 March 2021

	2021 £	2020 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations - General	9,898	1,350
Waitrose	1,929	3,378
Macquarie Group	–	2,262
Tesco	1,500	–
Foyle Foundation	3,500	–
Catalyst - Diet for Health	1,000	–
Morris Charitable Trust	4,250	–
Kanitz Fund	3,280	–
Whittington Fund	8,160	–
London Community Response	19,131	–
National Lottery Community Fund	20,130	–
Clarion	16,600	22,987
Islington Community Chest	–	5,000
The W.G. Edwards Charitable Foundation	–	1,500
Awards For All	10,000	–
Cadent	1,200	–
VCS	7,500	5,000
Islington LIF	4,300	2,000
Groundwork UK	–	240
Notting Hill Housing Trust	–	1,200
The Sobell Foundation	–	10,000
MCF Masonic Charitable Trust	5,000	5,000
CAF Resilience Grant	16,474	–
Cloudesley	10,000	–
Charles S French Trust	5,000	–
Leathersellers	1,000	–
Barchester's Charitable Foundation	500	–
Albert Hunt	1,000	–
	<u>151,352</u>	<u>59,917</u>
<b>Charitable activities</b>		
Fees/Classes	24,241	46,729
Miscellaneous	–	403
	<u>24,241</u>	<u>47,132</u>
<b>Total income</b>	<u>175,593</u>	<u>107,049</u>

# Healthy Generations Ltd

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2021

	2021 £	2020 £
<b>Expenditure</b>		
<b>Costs of raising donations and legacies</b>		
Purchases	<u>5,810</u>	<u>4,058</u>
<b>Expenditure on charitable activities</b>		
Wages and salaries	42,158	15,500
Pension costs	692	116
Other post-retirement benefits	998	10
Rent	5,911	4,643
Rates and water	148	343
Light and heat	225	235
Repairs and maintenance	261	–
Insurance	67	134
Other establishment	1,975	675
Motor vehicle expenses	544	1,131
Other motor/travel costs	13	55
Legal and professional fees	2,750	938
Telephone	134	450
Other office costs	170	–
Other interest payable and similar charges	73	60
Musicians and performers	27,613	51,795
Tutors' fees and expenses	32,623	26,010
Volunteers' expenses	408	1,026
Music equipment and materials	1,690	247
	<u>118,453</u>	<u>103,368</u>
<b>Total expenditure</b>	<u>124,263</u>	<u>107,426</u>
<b>Net income/(expenditure)</b>	<u>51,330</u>	<u>(377)</u>

# Healthy Generations Ltd

## Company Limited by Guarantee

### Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2021

	2021 £	2020 £
<b>Costs of raising donations and legacies</b>		
<b>Fundraising costs</b>		
Fundraising costs	5,810	4,058
	<u>5,810</u>	<u>4,058</u>
<b>Costs of raising donations and legacies</b>	<u>5,810</u>	<u>4,058</u>
<b>Expenditure on charitable activities</b>		
<b>Principal activity</b>		
<b><i>Activities undertaken directly</i></b>		
Sessional workers	42,158	15,500
Pension costs	692	116
	<u>42,850</u>	<u>15,616</u>
<b><i>Support costs</i></b>		
Training	998	10
Rent & Venue/Room hire	5,911	4,643
Printing, postage and stationery	148	343
Publicity	225	235
Office equipment	261	–
Insurance	67	134
Computer & Website expenses	1,975	675
Travel	544	1,131
Membership	13	55
Consulting and professional fees	831	–
Telephone & Internet	134	450
Miscellaneous	170	–
Bank charges	73	60
	<u>11,350</u>	<u>7,736</u>
<b>Principal activity</b>		
<b><i>Activities undertaken directly</i></b>		
Musicians/Performers	27,613	51,795
Tutors' fees and expenses	32,623	26,010
Volunteers' expenses	408	1,026
Music equipment/Materials	1,690	247
	<u>62,334</u>	<u>79,078</u>
<b>Governance costs</b>		
Accountancy and bookkeeping	–	563
Independent examination	1,919	375
	<u>1,919</u>	<u>938</u>
<b>Expenditure on charitable activities</b>	<u>118,453</u>	<u>103,368</u>