

HEALTHY LIVING CENTRE DARTFORD

England & Wales · Charity number 1142458

Details

Other names HLC DARTFORD

Status Registered

Legal form Charitable company

Company number [07409535](#)

Registered 2011-06-17

Register [View on the Charity Commission register](#)

Contact

Address Tree Estate Community Centre
Cedar Road
Dartford
Kent
England
DA1 2RS

Phone 01322311265

Email info@hlcdartford.org.uk

Website www.hlcdartford.org.uk

Activities

Objects: THE CHARITY'S OBJECTS (THE OBJECTS) ARE:1. THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN DARTFORD AND THE SURROUNDING AREAS.2. THE RELIEF OF UNEMPLOYMENT FOR THE BENEFIT OF THE PUBLIC IN SUCH WAYS AS MAY BE THOUGHT FIT, INCLUDING ASSISTANCE TO FIND EMPLOYMENT.

Activities: Improvement of health and wellbeing and reduction of health inequalities within the borough of Dartford through education and the provision of services to the community

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Kent

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £465,269 | £306,395 | - | - |
| 2024-03-31 | £152,029 | £240,016 | - | - |
| 2023-03-31 | £257,293 | £253,400 | - | - |
| 2022-03-31 | £318,713 | £179,726 | - | - |
| 2021-03-31 | £199,516 | £156,483 | - | - |

Trustees

| Name | Role | Appointed |
|------------------------|------|------------|
| LORRAINE BATHGATE | | 2011-06-17 |
| Rosemarie Neale | | 2020-09-28 |
| Rupert George Cook | | 2023-02-10 |
| Steven William Grimsey | | 2017-09-13 |

HEALTHY LIVING CENTRE DARTFORD

England & Wales - Charity number 1142458

Accounts

Healthy Living Centre Dartford

Trustees' Report

Including Financial Report & Statements

1 April 2024 – 31 March 2025

Registered Charity: 1142458
Registered Company: 07409535

HEALTHY LIVING CENTRE DARTFORD
Report and financial statements

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HEALTHY LIVING CENTRE DARTFORD

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2025

| | |
|--|---|
| Charity name | Healthy Living Centre Dartford |
| Charity registration number | 1142458 |
| Company registration number | 07409535 |
| Registered office and operational address | Tree Estate Community Centre Cedar Road Dartford Kent DA1 2RS |
| Directors and Trustees | Ms L Bathgate Mr S Grimsey Mrs R Neale Ms S Maybourne Mr R Cook |
| Secretary | Ms S Phillips |
| Independent Examiner | Jonathan Healey FCA Lindeyer Francis Ferguson Limited 198 High Street Tonbridge Kent TN9 1BE |
| Bankers | HSBC Bank plc 38 High Street Dartford Kent DA1 1DG |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

We are pleased to present our annual report together with the independently examined financial statements of the charity for the year ended 31 March 2025.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, including "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

Structure, Governance and Management

The company is a charity registered with the Charity Commission and registered under the Companies Act 2006 as a Company limited by guarantee. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up.

The company is managed on behalf of the members by a Board of Directors, who are also Trustees of the charity. The Directors provide their services to the management of the charitable company free of charge. None of the Directors had a material interest in any contract of significance to which the charitable company was a party during the year, nor has any beneficial interest in the charitable company.

Management and governance arrangements

At each Annual General Meeting the number of directors as is nearest to one third must retire. The charity may by ordinary resolution determine the rotation in which directors are to retire.

As set out in the Articles of Association, the charitable company may by ordinary resolution appoint a person who is willing to act to be a director. No person other than a director retiring by rotation may be appointed at any general meeting, unless not less than fourteen days nor more than thirty five clear days before the date of the meeting, the charity is given notice that is: signed by a member entitled to vote; states the members intention to propose the appointment of a person as a director; contains the details that, if the person were to be appointed, the charitable company would have to file at Companies House; and, is signed by the person who is proposed to show their willingness to be appointed.

The day to day administration of the charitable company is under the control of the manager, Sharon Phillips. The manager is responsible to the Board of Directors. The charitable company employs a total of 11 staff.

Public benefit

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these when new activities are considered. All of our activities address (some or all of) the following subjects which form part of the Healthy Living Centre Dartford's ("HLCD") aims: physical health, emotional wellbeing, the relief of poverty and education.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Objectives and Activities

The charity's objects are defined by its Memorandum of Association as:

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Dartford and the surrounding areas.
- The relief of unemployment for the benefit of the public as such ways as may be thought fit, including assistance to find employment.

The aims of our charity are to improve health and wellbeing and reduce health inequalities within the borough of Dartford through education and the provision of services to the community.

Achievements and Performance

Healthy Living Centre Dartford is grateful to its funders for their support of our health and wellbeing work in Dartford; The National Lottery Community Fund, Postcode Community Trust, Tudor Trust, Kent County Council - Public Health and Members, Dartford Borough Council, Involve Kent, The Mayor of Dartford's Charity, the ASDA Foundation, NISA, Winners Chapel, Amazon LCY3, Odogbulu Descendants Union, Debbie Dickinson, Darenth Valley Building Services and Llanfair Lodge Challanfair.

Healthy Living Centre Dartford acknowledges the fantastic contribution our volunteers make to the local communities we serve - we know we could not have achieved as much as we have been able to without the support of our amazing 53 volunteers, who this year gave at least 6,890 hours of their time to help us deliver services to improve the health and wellbeing of local people. To calculate the financial contribution made by the volunteers to the organisation and the local community, we use the mean of the national living wage (£11.44 per hour) and the median wage rate (£18.72 per hour - source statista.com), which this year equated to **£103,901**, a substantial in-kind contribution to our local communities. To thank our volunteers in Volunteer Week in June, the staff team served an afternoon tea at Temple Hill Community Centre, and delivered a Christmas celebration at Tree Estate Community Centre.

Extensive research demonstrates that volunteering has a significant impact on physical and mental health and wellbeing, provides a sense of purpose and teaches valuable skills, and increases social interaction, nurturing existing and new relationships with the volunteers. We asked our new applicants why they wanted to volunteer with Healthy Living Centre Dartford. Their responses showed that:

- 64 % wanted to be more involved with their local community.
- 46 % wanted to share their skills and expertise.
- 43 % wanted to learn new skills.
- 41% wanted to make new friends.
- 53% wanted to do something rewarding with their spare time.
- 25% wanted to volunteer to help with job/career prospects.
- 47 % wanted to help achieve HLCD's aims and objectives.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Community Engagement

- We delivered Two Easter Family Activities from Tree and Temple Hill Community Centres, with 87 families attending. As well as engaging young people with our food growing and reduce, reuse and recycle initiatives, these events give us the opportunity to promote health messages and services delivered by, and in collaboration with, Healthy Living Centre Dartford. *"Fabulous Event" "Children learnt the parts of plants – very interesting" "Great idea for using up old CDs"*
- Our staff team promoted our services at the Dartford Railway Station Health Promotion Event organised by South East Rail, supported by our local One You Lifestyle advisor.
- To promote our Repair Café activities, we held a Big Fix Event at our May Community Hub at Tree Estate. In January 2025 we celebrated 5 years of delivering the Dartford Repair Café.
- In the May half term, we delivered a Home Grown Family Event at Temple Hill Community Centre, a family learning event to engage with local families with all things related to growing. 35 local people attended, and contact details taken for further follow up.
- In July we supported two young men from Wilmington Academy with their work experience placements.
- Healthy Living Centre Dartford supported the Amazon LC3Y family day at Dartford Rugby club, promoting HLCD services and activities.
- In August we delivered the second Home Grown project Community Engagement Event at Temple Hill, generously funded by the ASDA Foundation, which included a market stall set up attended by the One You Lifestyle Team, Kent County Council social services, Kent Police, Dartford Borough Council Resident Involvement team, Kent Fire and Rescue and the Shaw Trust. We held a second Engagement Event at Tree Estate later in the month, requested by the DBC resident involvement team due to the success of the Temple Hill Event.
- The CEO attended the Ebbsfleet Central Consultation Meeting at the invitation of the consultants The Yard Creative.
- Discussions with organisations and individuals initiated great interest in taking part in a Jumble Trail, which provides the opportunity for a mass form of 'Yard Sale' to take place in an area on the same day. The purpose of which is to reduce items going into land fill, provide opportunities for upcycling, selling homegrown or homemade produce, generate local income as well as building community relationships, enabling local people to have the excuse to get out and chat as they walk around. We organised the event for 7 September, and the initiative was very well received and actioned, with other areas in Dartford expressing interest in holding a Jumble Trail in their area in the future.
- In the October Half term we delivered two Family Activity events to celebrate the Autumn season. 139 people attended, and gave excellent feedback on the benefits of attending: *"My daughter loved the activities – it was educational and fun. Lots of skills were being encouraged by all the activities for children of all ages- fine motor skills, colour recognition, taking turns, problem solving, concentration and social interaction."* Everyone enjoyed the burgers and pumpkin pasta prepared and served by volunteers.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

- December was a hive of activity to celebrate Christmas: 270 children and their carers enjoyed hot chocolate and sweet treats prepared by HLCD volunteers whilst waiting for the Dartford Borough Council Santa visit to Temple Hill and Tree Estate Community Centre. Our Christmas Market attracted 13 local business stall holders and around 60 shoppers; 45 of our service users enjoyed a coach trip to the Canterbury Christmas Market, and requested more similar trips in 2025; our staff, volunteers, partners, local school children and members of the weekly cookery club prepared, cooked and served 352 Christmas lunches over six dates for the local community, including Porchlight and ADSS clients – this was generously supported by Councillor Penny Cole, Argos within Sainsburys Crayford, NISA and Winners Chapel. Staff hosted a volunteer social event to thank them for their support throughout the year, and Healthy Living Centre Dartford supported Mummy's Link up with their Christmas party celebrations.
- In the February 2025 half term, 126 children and their carers joined in "Pizza and Paint" family activities, where arts and crafts, pizza and pasta dishes were enjoyed by all.
- In the last year, the usage of the community centres by various organisations offering services to the community has increased to 49% of capacity; this includes mother and baby yoga socials, young people's boxing classes, South Asian women's exercise sessions and a Chinese dance exercise class, a men's social group and a church youth group.

Regular Activities Provided by HLC Dartford April 2024 – March 2025 (Supported by Actively Involved)

| Social Activities | Sessions | Contacts |
|-------------------|------------|--------------|
| Cookery Club | 47 | 735 |
| IT Tree | 39 | 240 |
| Community Hub | 27 | 794 |
| Hygge | 45 | 1964 |
| Bingo Club | 47 | 1591 |
| IT Temple | 36 | 278 |
| Lunch Club | 10 | 296 |
| Hatchlings | 9 | 70 |
| ESOL | 22 | 98 |
| Pin Cushion | 36 | 177 |
| TOTALS | 260 | 5,968 |

| Physical Activities | Sessions | Contacts |
|---------------------|------------|--------------|
| Zumba | 48 | 696 |
| Tue Yoga | 46 | 517 |
| Tai Chi | 45 | 709 |
| Chair Based | 42 | 381 |
| Circ-Hiits | 38 | 413 |
| Thu Yoga | 48 | 316 |
| Walking Netball | 37 | 168 |
| Gardening Club | 26 | 147 |
| TOTALS | 330 | 3,347 |

| | | |
|--|--|--------------|
| Total Contacts for Regular Activities | | 9,315 |
|--|--|--------------|

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Partnerships

Healthy Living Centre Dartford supported and /or facilitated the following activities, events and projects:

The Kent School Screening Team; Porchlight Drop in Service; Darent Valley Hospital Community Allotment Planting Day; Our Lady's Primary School – volunteering at their school garden when the centres were closed for polling; DWP Complex Needs partnership; Kent VCSE leaders Network; Working Lunch; Darent Valley Hospital A&E team training; Clarion Power to Change Domestic Abuse Course; Amazon LCY3 Environment, Social and Governance (CSR) event; Darent Valley Local Partnership Board; Dartford Science and Technology College whole school volunteer day; O.W.E Revamp and Upcycle Course; Homestart North West Kent; Harmony Hypnobirthing Pregnancy Yoga socials, Palladium Refugee Employment Programme

Training Courses delivered via Healthy Living Centre Dartford 2024-2025

We facilitate a variety of training sessions to support personal development, improve employment prospects, health and wellbeing and social interaction.

| | <u>Delivered by</u> | <u>Contacts</u> | <u>Accreditations</u> |
|--|---------------------|-----------------|-----------------------|
| ESOL | HLCD | 9 | N/A |
| Staying Positive while Job searching/ Interview Skills | Response | 5 | N/A |
| Mixology | Response | 8 | N/A |
| Food Safety Level 2 x 3 | Response | 30 | 29 |
| Air Fryer/Cooking on a Budget Course | Multiply | 9 | N/A |
| ESOL | Multiply | 8 | N/A |
| Health and Safety Level 2 | Response | 5 | 5 |
| British Sign Language | Response | 5 | N/A |
| Emergency First Aid at Work L3 | Response | 5 | 3 |
| Conflict Management | Response | 6 | 4 |
| Christmas Crafts | Response | 15 | N/A |
| Food Allergens | Response | 12 | 12 |

Food

- In addition to our regular food offers, including providing meals for the weekly Porchlight drop in session and our monthly lunch clubs, as one of the charities supported the Mayor of Dartford's, we provided a buffet for their bowls event for 70 guests.
- To support our reduce food waste initiative our Activity Coordinator delivered two Bread Pudding making sessions, utilising donated bread from local supermarkets. 43 participants took part in this social activity, including Alzheimer's and Dementia Support Services clients using the centre on the day.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

- In May and September, our Activity Coordinator and volunteers delivered four week Hatchlings courses, teaching 25 young people aged from 8 to 12 years basic cookery skills and building confidence in the kitchen, experimenting with different cooking methods and ingredients. Lesson plans topics include portion sizes, the Eatwell Guide, fruit and vegetable tasting and hidden sugars in foods. *"It is such a heart-warming experience for kids as well as parents."* *"Thank you so much for how you have made Isaac and all of us enjoy cooking."* *"You all do an amazing job. Thank you."* *"It was super great, and I hope it will come back because it was so fun!"* *"Thank you! So much! It was amazing!"*



- In July, the Activity Coordinator delivered two Hatchlings Plus courses for young people moving from school to college/university providing them with simple recipes .
- Our volunteers prepared and served an Afternoon Tea for 46 Bingo Club members to welcome the project to the HLCD's portfolio of social activities.
- We celebrated Volunteers Week with staff preparing and serving Afternoon Tea as a thank you to our amazing volunteer team. Most of our volunteers attended, and the Mayor of Dartford joined our celebrations and gave a thank you on behalf of the borough to the volunteers for their support of the local communities they serve.



HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

- Our well attended and appreciated Working Lunches were hosted by Dartford Adult Education Centre, the Hill Hub, and we hosted the largest group of the year – 50 people representing 43 different organisations attended. Working Lunch is an informal information exchange and networking forum to keep organisations working in Dartford updated on projects and services available within the local area.
- Our volunteers collected some bulk dried items from M&S – pasta, lentils, rice, nuts, fruit etc. which we were able to share with the local Sikh Temple and local Scout Groups to support their food programmes.
- Volunteers and staff supported the Dartford Family Hubs Holiday Activity and Food programme by preparing, cooking and delivering two course meals to the Swanscombe and Oakfield Sites. Our volunteers prepared, cooked and delivered 440 two course healthy lunches meals over four weeks in July and August 2024. Feedback was extremely positive, and we have been asked to deliver again for the Summer 2025 programme.
- In August we were approached by Argos inside Sainsburys with an offer of £500 for food support. We requested items to make up 100 breakfast bags (spread, cereals, juice etc) to help support local families in need.
- The new Mayor of Dartford's fund-raising team asked us to provide a buffet for their fundraising event, which we again delivered for 70 guests.
- In March our team prepared and delivered a fundraising Afternoon Tea for We are Beams charity. The feedback was fabulous – one gentleman described the spread as better than the Ritz! This was the first of 4 teas booked for 2025 and we are proud to support such a great local charity.
- From April 2024 to March 2025, we distributed 118 Family Foodbank boxes that helped support 180 Adults and 170 children in food crisis.
- From Fareshare Go* stores, we collected 208 surplus food donations (2716Kg), equivalent to 6,452 meals, and saving 6199kg of CO2 emissions. At this point we are unable to get the equivalent data from Neighbourly but can confidently state that the figures quoted above can easily be doubled.
*Data supplied by Foodiverse.
- Our "Growing Community" Food Network partnership has grown this year, with the Bridge Primary School, Holy Trinity Primary School and Rivermill Primary School joining the scheme.

Business Development

- We are developing the next stage of our successful "Growing Community" programme. The "Home Grown" project, focussing on Temple Hill Ward and the communities within in, consists of four themes: **Impact, Opportunity, Business and Health**. Our proposal to Dartford Borough Council UK Shared Prosperity Fund for **Home Grown Opportunities – People and Skills** was successful. The funding enabled us to recruit a community chef and buy in horticultural expertise to deliver a practical training programme aimed at supporting people into work in food related industries. We began delivery of the first courses in March 2025.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

- As part of our **Home Grown Impact** development, we are engaging with local businesses, councillors, council officers and residents of Temple Hill to investigate opportunities to utilise green spaces to increase biodiversity, encourage food growing, leading to opportunities to learn cookery and food preservation skills, small scale environmental schemes such as community composting and rainwater harvesting, and increased community engagement and cohesion.
- Our new Centre Coordinator was recruited in May. The postholder has a wealth of experience in community development and engagement and will be a great asset to the team.
- Healthy Living Centre Dartford is delivering part of the Kent Infrastructure Support programme, in partnership with Council for Voluntary Service North West Kent and Swale CVS.
- Healthy Living Centre Dartford was invited to be a partner in a new social supermarket initiative planned for Dartford Town Centre, in partnership with Crossways Community Church and funded in part by Local Trust. Our successful proposal means we can engage our community chef on a full time contract to deliver cookery courses from the venue and help process ingredients into meals to be included as part of the "Dartford Larder" offer, and to also recruit a food growing officer to help deliver a large scale community garden/growing scheme. The project will launch in the next financial year.
- Healthy Living Centre Dartford was successful in securing UK Shared Prosperity Funding to develop a volunteer community driver scheme, to assist older people unable to access public transport to get to medical and health related appointments. The funding enabled us to recruit a coordinator for the scheme, and meetings have been held with potential delivery partners, including Darenth Valley Hospital Charity and volunteers to support the success of this scheme.

Development Sessions undertaken

- Succession Planning for Non-Profits training course
- Quality Improvement Practitioner Training
- Pro-Bono Legal Training Sessions
- Tips on raising funds for non-profits
- Recover, Pivot, Scale
- Charity Mentor Sessions

Awards and Successes!

In 2024/25, the charity achieved the following:

- Bronze – Kent Wildlife "Wilder Kent" Award – HLCD Community Garden
- Gold Certificate of Achievement – Ruxley in Bloom (London Garden Society) – HLCD Community Garden
- Level 4 Thriving – South and Southeast in Bloom "It's Your Neighbourhood" Award -HLCD Community Garden
- The Golden Trowel – Ruxley in Bloom - was awarded to our Growing Community project officer Frances Jones for her contribution to horticulture in the community. Very well deserved!

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

- We received the Dartford Green Business Award for the second year running, and were judged highly commended in the Good for Society section. We were also highly commended in the Kent Mental Wellbeing Awards 2024
- In July we were delighted to be “gifted” a grant of £65,000 from the Peoples Postcode Lottery following a “Millionaire Street” win in a DA1 Postcode. This has enabled us to purchase a vehicle to deliver outreach sessions across the borough.

Impact

We've conducted a survey of our beneficiaries to find out what they have gained participating in our activities:

| Benefits of Participating - Healthy Living Centre Dartford | % |
|--|----|
| Helped me manage my mental/physical health | 87 |
| Helped build new friendships | 86 |
| Enabled me to feel more connected to my local community | 71 |
| Enabled me to try new activities | 65 |
| Enabled me to do more activity than I have done previously | 52 |
| Increased enjoyment in being active | 60 |
| Increased my confidence | 60 |
| Other | 4 |

“HLC Dartford has literally saved my life. Gave me an additional space and listening ear when I needed it most”

“I really enjoy socialising and mixing with the friendly people who laugh, chat and enjoy a healthy meal together.”

“You are always amazing me with your achievements - onwards and upwards 🙌”

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Temple Hill Community Centre

Temple Hill Square, Dartford, DA1 5HY

Monday
Chop 'n' Chop Cookery Club: 10:00-12:30
 Refreshed and laminated cookery cards. Prepare and enjoy your festive themed pastries and canapés from one host. All ingredients provided. Just bring your own apron.
 Call 01322 311265 for more details.

The Pla Cuisine: 10:00-12:00
 Bring your own ingredients to work on all our weekly social sessions for all things seafood. The ideal place to share ideas and inspiration. No need to cook.

Yumba Gold: 10:00-10:30
 Freestyle exercise class. No need to book. £2.50 per session.

Tuesdays
MLC Community Hub: 10:00-10:00 3rd Tuesday of every month
 Pay in for a delicious, affordable home cooked lunch, get party by crafts, meet a cuppa, enjoy a massage, book a massage therapy session, or if you're feeling festive bring and bake to the MLC Refresh Cafe. You'll see if they can help in time!

Pre-Loved Table Top Sale: 10:00-12:00 3rd Tuesday of every month.
 Join us to Re-use more in 2nd. FREE entry for volunteers.
 Email info@hlsdartford.org.uk to book a table.

Wednesday
Hydrate on the Hill: 10:00-12:00
 Search for a seasonal recipe, starting with free tea, coffee and sweet biscuits, with an array of flavoured and flavoured drinks and more along.

Alzheimer's and Dementia Support Services 11:30-12:30
 1st Wednesday of every month: Activity Cafe
 3rd Wednesday of every month: Memory Cafe
 2nd & 4th Wednesday of every month: Peer Support Groups
 To see all of these sessions, please call ADSS on 01474 839990.


Thursday
Paralympic Outreach Drop In: 10:00-12:00 (Tel: 01322 311265)
Go Online Class: 12:00-12:00
 Our friendly, small group online classes can help you get online and improve your computer confidence. Booking Required. Call 01322 311265 for more details.

Weighting Method: 12:00-12:00
 A fun and friendly, very low impact method based class. Suitable for all ages and abilities. No need to book. £2.50 per session.

Gentle Exercise Group: 12:00-12:30
 Especially designed for people with reduced mobility to stretch and stretch muscles and mobilise joints. No need to book. £2.50 per session.

Friday
Mummy's Link Up Parent & Child Group: 10:30-12:30 4th Friday of every month
 Meet us with other parents and children in a fun and relaxed setting, with toys and games for children to play. www.instagram.com/templehillclub/

Telephone: 01322 311265 Email: info@hlsdartford.org.uk
 Website: www.hlsdartford.org.uk Facebook: [HealthyLivingCentreDartford](https://www.facebook.com/HealthyLivingCentreDartford) Instagram: [hlsdartford](https://www.instagram.com/hlsdartford)



Tree Community Centre

Cedar Road, Dartford, DA3 2HS

Monday
Be Outfit: 12:30-14:30
 Sign up to our weekly course to learn the basic skills for using computers, appropriate mobile devices. Call 01322 311265 for more details.
Pregnancy Yoga Classes: 19:00-19:30
 Gentle classes designed to keep you and your baby healthy and strong throughout pregnancy. Booking essential. Contact Catherine on 01944 571315.

Tuesday
MLC Community Hub: 10:00-10:00 2nd & 4th Tuesday of every month.
 Pay in for a delicious, affordable home cooked lunch, get party by crafts, meet a cuppa, enjoy a massage, book a massage therapy session, bring your brown items along and let us donate. MLC Refresh Cafe. You'll see if they can help in time!

Whitsea Cycling Social:
 Join us for a gentle bike ride from the Community Centre then back to refreshments. Call 01322 311265 for more details and dates.

Yoga with Honey: 10:00-10:30
 Increase fitness, strength and flexibility. Pads and mats are provided. £2.50 per session.

Wednesday
Mum & Baby Yoga: 10:00-11:00
 Gentle postnatal safe exercise with baby, followed by warm 'sooty coffee' morning. All new mums welcome.
 Booking essential, for more details call 01944 571315.

Dad's Men's Shed: 10:00-12:00
 A place to enjoy a friendly place where men meet, chat and undertake activities such as DIY projects.

Bonding Club: 11:00-12:00
 Share your parenting skills, learn from other friendly groups at our support.

Free Sing Club: 14:00-14:30
 Friendly, no singing vocal club. A weekly sing and make, tea and refreshments.

Board Club: 17:00-18:00
 Friendly, informal and relaxed painting social.

Thursday
Tai Chi: 10:00-11:00
 Gentle movements improve muscular strength, flexibility, balance, fitness and confidence.


ARC-HITS: 12:30-13:30
 Shake it up on Pilates, Benji and MCT for health, fitness and stamina.

Yoga with Hazel: 10:15-10:45
 Increase fitness, strength and flexibility. Pads and mats are provided. £2.50 per session - essential to bring.

Friday
Alzheimer's and Dementia Support Services - Singing Back the Memories
 10:30-12:00 2nd & 4th Friday of every month
 To attend these sessions, please call ADSS on 01474 839990.

Tree Community Lunch: 12:00-14:00 3rd Friday of every month
 Enjoy a hot date home cooked 2 course meal, tea and coffee and good company £5 per person. Booking essential - call 01322 311265 for more details.

Telephone: 01322 311265 Email: info@hlsdartford.org.uk
 Website: www.hlsdartford.org.uk Facebook: [HealthyLivingCentreDartford](https://www.facebook.com/HealthyLivingCentreDartford) Instagram: [hlsdartford](https://www.instagram.com/hlsdartford)



Financial Review

The charitable company's incoming resources for the year ended 31 March 2025 totalled £465,269 (2024 - £152,029). Resources expended for the year totalled £306,395 (2024 - £240,016), giving net income for the year of £158,874 (2024 - net expenditure of £87,987).

Funds brought forward totalled £211,376, giving total funds carried forward at 31 March 2025 of £370,250. Of these funds, £220,588 (2024 - £144,489) are general free reserves.

Reserves policy

It is the policy of Healthy Living Centre Dartford to maintain unrestricted funds, which are free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure to provide sufficient funds to cover management, administration and support costs. Based on the level of unrestricted expenditure in 2024-25, the charity's general free reserves will cover 21 months of cost, which is in excess of the reserves policy. The trustees have aimed to hold reserves at a level higher than usual this year because there are a number of staff on one-year contracts to deliver pilot projects. Should the pilot projects prove successful in the coming year, the charity intends to use reserves to cover gaps in project funding. The Trustees regularly keep the reserves policy and general free reserves under review.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Risk management

The Trustees have formally assessed business risks, and this has involved assessing the types of risk facing the charity, prioritising them in terms of the potential impact and likelihood of occurrence, and identifying means of mitigating the risks. As part of this process the Trustees have assessed the adequacy of the charity's internal controls and the costs of operating particular controls relative to the benefits obtained.

Plans for the Future

HLCD continues to deliver on identified priorities – capacity building: strengthen and diversify board, improve strategic direction, marketing and impact reporting.

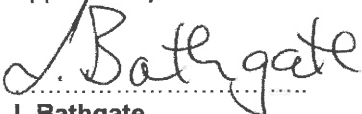
Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and of its financial activities that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis; and
- prepare financial statements that show a true and fair view.

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

Approved by the Trustees and signed on their behalf on ... 12 December 2025.....



L Bathgate
Chair of Trustees

HEALTHY LIVING CENTRE DARTFORD

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

I report to the trustees on my examination of the accounts of the Healthy Living Centre Dartford for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the ICAEW.

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

1. accounting records were not kept in respect of the company as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:  Dated: 

Jonathan Healey FCA
Lindeyer Francis Ferguson Limited
North House
198 High Street
Tonbridge
Kent, TN9 1BE

HEALTHY LIVING CENTRE DARTFORD

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account) FOR THE YEAR ENDED 31 MARCH 2025

| | Notes | 2025 Restricted funds £ | 2025 Unrestricted funds £ | 2025 Total funds £ | 2024 Total funds £ |
|-------------------------------------|-----------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations | | - | 8,897 | 8,897 | 6,310 |
| Investments | | - | 5,447 | 5,447 | 3,450 |
| Charitable activities | 3 | 265,624 | 150,545 | 416,169 | 108,638 |
| Other trading activities | 4 | - | 32,059 | 32,059 | 26,635 |
| Other income | | 742 | 1,955 | 2,697 | 6,996 |
| Total income | | 266,366 | 198,903 | 465,269 | 152,029 |
| Expenditure on: | | | | | |
| Charitable activities | 5 | 170,768 | 135,627 | 306,395 | 240,016 |
| Total expenditure | | 170,768 | 135,627 | 306,395 | 240,016 |
| Net income/(expenditure) | | 95,598 | 63,276 | 158,874 | (87,987) |
| Transfers between funds | 13 | (10,000) | 10,000 | - | - |
| Net movement in funds | | 85,598 | 73,276 | 158,874 | (87,987) |
| Reconciliation of funds | | | | | |
| Total funds at 1 April 2024 | | 45,384 | 165,992 | 211,376 | 299,363 |
| Total funds at 31 March 2025 | 13 | 130,982 | 239,268 | 370,250 | 211,376 |

The statement of financial activities includes all gains or losses for the period. All incoming resources and resources expended derive from continuing activities.

HEALTHY LIVING CENTRE DARTFORD

BALANCE SHEET AS AT 31 MARCH 2025

| | Notes | £ | 2025 £ | £ | 2024 £ |
|---|-------|----------------|----------------|----------------|----------------|
| Fixed Assets | | | | | |
| Tangible assets | 9 | | 18,680 | | 21,503 |
| Current assets | | | | | |
| Debtors | 10 | 3,356 | | 5,790 | |
| Cash at bank and in hand | | 356,476 | | 190,705 | |
| | | <u>359,832</u> | | <u>196,495</u> | |
| Creditors: Amounts falling due within one year | 11 | (8,262) | | (6,622) | |
| Net current assets | | | 351,570 | | 189,873 |
| Net assets | 13 | | <u>370,250</u> | | <u>211,376</u> |
| Funds of the charity | | | | | |
| Restricted funds | 13 | | 130,982 | | 45,384 |
| Unrestricted funds | 13 | | 239,268 | | 165,992 |
| Total funds | | | <u>370,250</u> | | <u>211,376</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on... 12 December 2025.....



.....
L Bathgate
Chair of the Trustees
Charity number: 1142458
Company number: 07409535

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1 Status

Healthy Living Centre Dartford is a charitable company limited by guarantee without share capital incorporated in England & Wales. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up. The address of the registered office is Tree Estate Community Centre, Cedar Road, Dartford, Kent, DA1 2RS.

2.1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

2.2 Basis of preparation of financial statements

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Healthy Living Centre Dartford meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

2.3 Fund accounting

Restricted donations are available for the charity's use only in accordance with the terms under which, and for the purposes which, the funds were donated to the charity.

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

2.4 Incoming resources

All incoming resources are included on the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Income from donations and grants is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds.

Income from charitable activities is recognised over the period to which the income relates. Income received in advance of a service provision is accounted for as deferred income.

Investment income is included when receivable.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

2.5 Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 5.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

| | |
|---------------------|-----------------------|
| Plant and Equipment | 25% reducing balance |
| Motor vehicles | 3 years straight line |
| Computer equipment | 3 years straight line |

2.7 Debtors

Fees for services and other debtors are recognised at the settlement amount due.

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash held in current accounts.

2.9 Creditors

Creditors are recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably.

All creditors are initially recognised at transaction price. Accruals are subsequently measured at the settlement

2.9 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.10 Pension contributions

The charity makes defined contributions into employee private pension schemes. Contributions are charged to the statement of financial activities as they become payable in accordance with contract terms.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

2.11 Fund accounting

Unrestricted funds are those funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

3 Charitable activities

| | Supporting Healthy Living | Community Activities and Classes | 2025 | 2024 |
|-------------------------------------|------------------------------|--|----------------|----------------|
| | £ | £ | £ | £ |
| The National Lottery Community Fund | 97,424 | - | 97,424 | 9,984 |
| Kent County Council | 39,300 | 10,100 | 49,400 | 38,800 |
| Actively Involved | 20,040 | - | 20,040 | 21,600 |
| Kent Sport | - | - | - | 7,884 |
| Other Donors | 20,963 | - | 20,963 | 4,821 |
| Kent Community Foundation | - | - | - | 7,799 |
| Kent Equality Cohesion Council | - | - | - | 1,750 |
| Postcode Community Trust | 65,000 | - | 65,000 | - |
| Dartford Borough Council | - | 119,990 | 119,990 | - |
| CVS NWK | 5,252 | - | 5,252 | - |
| NISA | - | 500 | 500 | - |
| Porchlight | - | 1,000 | 1,000 | - |
| Darenth Valley Hospital | - | 3,000 | 3,000 | - |
| Tudor Trust | 33,300 | - | 33,300 | - |
| Asda Foundation | - | 300 | 300 | - |
| St Josephs Province Passionists | - | - | - | 6,000 |
| Locality | - | - | - | 10,000 |
| | <u>281,279</u> | <u>134,890</u> | <u>416,169</u> | <u>108,638</u> |

The comparative figure includes £24,529 of restricted income.

4 Other trading activities

| | 2025 | 2024 |
|---------------------|---------------|---------------|
| | £ | £ |
| Café Income | 3,956 | 4,375 |
| Stewarding services | 28,103 | 22,260 |
| | <u>32,059</u> | <u>26,635</u> |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

5 Costs of charitable activities

| | 2025 £ | 2024 £ |
|----------------------------|-----------------------|-----------------------|
| Healthy Living | | |
| Direct activity costs | 75,666 | 58,944 |
| Direct staff costs | 148,629 | 79,899 |
| | <u>224,295</u> | <u>138,843</u> |
| Support costs | | |
| Wages and salaries | 44,886 | 68,403 |
| Office Costs | 3,108 | 2,408 |
| Travelling | - | 1,092 |
| Professional fees | 2,782 | 6,860 |
| Sundry expenditure | 6,464 | 3,076 |
| Subscriptions | 584 | 971 |
| Depreciation | 20,705 | 14,561 |
| Bank Charges | 181 | 202 |
| Governance | | |
| Independent examiner's fee | 2,268 | 2,478 |
| Accountancy fees | 1,122 | 1,122 |
| | <u>82,100</u> | <u>101,173</u> |
| Total cost | <u><u>306,395</u></u> | <u><u>240,016</u></u> |

The comparative figure includes £39,302 of restricted expenditure.

6 Staff Costs and Numbers

| | 2025 £ | 2024 £ |
|------------------------------|----------------|----------------|
| Staff costs were as follows: | | |
| Salaries | 180,586 | 132,384 |
| Social security costs | 6,702 | 8,509 |
| Pension | 2,847 | 2,210 |
| | <u>190,135</u> | <u>143,103</u> |

No employee received emoluments of more than £60,000.

Key management is considered to consist of the Chief Executive Officer. The total remuneration of key management personnel was £45,778 (2024: £45,284).

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

6 Staff Costs and Numbers (continued)

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

| | 2025 No | 2024 No |
|-----------------|------------|------------|
| Administration | 2 | 2 |
| Project workers | 9 | 3 |
| | <u>11</u> | <u>5</u> |

7 Trustees Remuneration

No trustee received any remuneration during the year in their position as trustee, or reclaimed any expenses.

Sarah Maybourne, one of the trustees, has been engaged on a self-employed basis under a service level agreement to aid with the charity's fundraising strategy. The total fees paid in the year to 31 March 2025 were £nil (2024: £5,860).

8 Taxation

As a registered charity, Healthy Living Centre Dartford is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

9 Tangible fixed assets

| | Plant and Equipment £ | Motor vehicles £ | Computer equipment £ | Total |
|--------------------------|-----------------------------|------------------------|----------------------------|---------------|
| Cost or valuation | | | | |
| At 1 April 2024 | 4,951 | 29,149 | 20,755 | 54,855 |
| Additions | - | 17,469 | 412 | 17,881 |
| At 31 March 2025 | <u>4,951</u> | <u>46,618</u> | <u>21,167</u> | <u>72,736</u> |
| Depreciation | | | | |
| At 1 April 2024 | 1,950 | 17,003 | 14,398 | 33,351 |
| Charge for the year | 750 | 15,539 | 4,416 | 20,705 |
| At 31 March 2025 | <u>2,700</u> | <u>32,542</u> | <u>18,814</u> | <u>54,056</u> |
| Net book value | | | | |
| At 31 March 2025 | <u>2,251</u> | <u>14,076</u> | <u>2,353</u> | <u>18,680</u> |
| At 31 March 2024 | <u>3,001</u> | <u>12,146</u> | <u>6,357</u> | <u>21,503</u> |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

10 Debtors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|-------------------|--------------|--------------|
| Fees for services | 499 | 1,290 |
| Other debtors | 322 | - |
| Prepayments | 2,535 | 4,500 |
| | <u>3,356</u> | <u>5,790</u> |

11 Creditors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|------------------------------------|--------------|--------------|
| Amounts due to suppliers | 1,930 | 1,700 |
| Taxation and social security | 3,148 | 1,997 |
| Accruals | 3,090 | 2,831 |
| Funds held for other organisations | 94 | 94 |
| | <u>8,262</u> | <u>6,622</u> |

12 Control

The charitable company is controlled by its members.

There is no one ultimate controlling party.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

13 Movement in funds

| | At 31 March 2024 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2025 £ |
|---|-----------------------------|----------------------------|----------------------------|-----------------|--------------------------|
| Restricted funds | | | | | |
| Allotment | 1,928 | 510 | (354) | - | 2,084 |
| Edible Ebbsfleet | 238 | - | (238) | - | - |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | 936 | 30,742 | (1,678) | - | 30,000 |
| Kent Community Foundation - Digital Inclusion Fund | 988 | - | (988) | - | - |
| Dartford Borough Council - Hospitality & Leisure Grant | 203 | - | - | - | 203 |
| Dartford Borough Council - Club Together | 6,073 | - | - | - | 6,073 |
| Community Links Bromley - Crafty Crafters | 288 | - | (288) | - | - |
| Dartford Borough Council - Household Support Grant | 11,352 | - | (3,525) | - | 7,827 |
| Aviva Community Fund - Eco Centre and Food Forest | 10,652 | - | (8,588) | - | 2,064 |
| Kent Medway Active - Active Travel | 11,226 | - | (11,226) | - | - |
| NISA - Winter Warmers Funding | - | 500 | (500) | - | - |
| Darenth Valley Hospital | - | 3,000 | - | - | 3,000 |
| Dartford Borough Council - UK Shared Prosperity Fund | - | 30,000 | (11,337) | - | 18,663 |
| The National Lottery - Reaching Communities | - | 97,424 | (95,585) | - | 1,839 |
| Tudor Trust - Centre Co-ordinator | - | 33,300 | (29,371) | - | 3,929 |
| Dartford Borough Council - Volunteer Transport Scheme | - | 59,990 | (6,213) | (10,000) | 43,777 |
| Kent County Council - Members Grant | - | 500 | (442) | - | 58 |
| Asda Foundation - Grassroots grant | - | 300 | (300) | - | - |
| Kent County Council - Smoke Free spaces | - | 10,100 | (135) | - | 9,965 |
| Total restricted funds | 45,384 | 266,366 | (170,768) | (10,000) | 130,982 |
| Unrestricted funds | | | | | |
| General funds | 165,992 | 198,903 | (135,627) | 10,000 | 239,268 |
| Total unrestricted funds | 165,992 | 198,903 | (135,627) | 10,000 | 239,268 |
| Total funds | 211,376 | 465,269 | (306,395) | - | 370,250 |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

13 Movement in funds (continued)

Prior Year

| | At 31 March 2023 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2024 £ |
|---|-----------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Allotment | 815 | 4,901 | (3,788) | - | 1,928 |
| Edible Ebbsfleet | 1,104 | - | (866) | - | 238 |
| KCC - Bicycle stand | 1,500 | | | - | 1,500 |
| Dartford Larder | 1,682 | 10 | (756) | - | 936 |
| Kent Community Foundation - Digital Inclusion Fund | 3,570 | - | (2,582) | - | 988 |
| Dartford Borough Council - Hospitality & Leisure Grant | 5,645 | - | (5,442) | - | 203 |
| Kent County Council - Combined Member Grant Scheme | 83 | - | - | (83) | - |
| Dartford Borough Council - Club Together | 8,466 | - | (2,393) | - | 6,073 |
| Community Links Bromley - Crafty Crafters | 848 | - | (560) | - | 288 |
| Dartford Borough Council - Household Support Grant | 13,429 | - | (2,077) | - | 11,352 |
| Aviva Community Fund - Eco Centre and Food Forest | 10,652 | - | - | - | 10,652 |
| Dartford is Volunteering | - | 9,984 | (9,984) | - | - |
| Black History Month 23 | - | 1,750 | (1,750) | - | - |
| Kent Medway Active - Active Travel | 12,446 | 7,884 | (9,104) | - | 11,226 |
| Total restricted funds | 60,240 | 24,529 | (39,302) | (83) | 45,384 |
| Unrestricted funds | | | | | |
| General funds | 239,123 | 127,500 | (200,714) | 83 | 165,992 |
| Total unrestricted funds | 239,123 | 127,500 | (200,714) | 83 | 165,992 |
| Total funds | 299,363 | 152,029 | (240,016) | - | 211,376 |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

13 Movement in funds (continued)

Transfers between funds: Transfers from restricted funds to general funds have been made where grants were provided for capital items which have since been capitalised.

Kent Medway Active - Active Travel: Grant received to help initiatives to increase the number of people cycling in the borough.

Eddible Ebbsfleet: A community growing project to encourage the production of locally grown fruit and vegetables.

KCC Bicycle Stand: Funding was obtained from KCC to erect a new bicycle stand. This will be built in the coming financial years.

Dartford Larder: This project aims to help those in food need.

Digital Inclusion Fund: Funding was received to purchase laptops to run courses aimed at reducing digital exclusion.

Dartford Borough Council Club Together: This funding was received to contribute towards the purchase of a panel van and its future running costs.

Household Support Grant: This is for the management of the community centres on behalf of Dartford Borough Council, and running Emergency Hub services.

Hospitality and Leisure Grant: This grant was received to provide a series of events, entertainment and activities for the community in Temple Hill Square.

Tudor Trust: The grant was provided to cover the salary costs of the centre coordinator, in order to help the charity develop its business and delivery model.

Aviva Community Fund: This funding was received to fund the development of the Eco Centre and Food Forest at Dartford Science and Technology College, in order to: increase biodiversity and provide a harvest of food and other materials for art and science projects and educate about the connection between food, nature and humans.

NISA - Winter Warmers Funding: funding was received to contribute towards running community initiatives like soup kitchens, warm spaces, and aide for vulnerable individuals.

Darenth Valley Hospital: This funding was received to support a therapeutic gardening scheme in the hospital grounds

Dartford Borough Council - UK Shared Prosperity Fund: This funding was received to deliver a programme of activities that address the People and Skills outcomes of the Shared Prosperity opportunity.

The National Lottery - Reaching Communities: This funding was received to aide our mission in reducing health inequalities and improve health and wellbeing, including supporting people into employment. This is achieved by delivering and facilitating projects that offer a range of opportunities for training, volunteering, social interaction and community engagement.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

13 Movement in funds (continued)

Dartford Borough Council - Volunteer Transport Scheme: This funding was received to provide a volunteer-led service to enable older people over 65 who are unable to drive due to physical disabilities or impairments, or lack access to personal or public transport, to attend hospital and GP appointments, and other health related appointments such as opticians, podiatrists and clinics.

Kent County Council - Members Grant: This funding was received to provide a celebration afternoon tea for our volunteers in Volunteer Week 2024.

Asda Foundation - Grassroots grant - This funding was received to hold a community engagement in event Temple Hill to foster stronger bonds within our community, promote inclusivity, gather information from residents that address pertinent issues, and provide a platform for collaboration and dialogue.

Kent County Council - Smoke Free spaces: This funding was received to support a council initiative to reduce the number of people smoking and increase uptake of Stop Smoking Services support.

14 Analysis of net assets between funds

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|--------------------------|-----------------------|---------------------|
| Fixed assets | - | 18,680 | 18,680 |
| Current assets | 130,982 | 228,850 | 359,832 |
| Current liabilities | - | (8,262) | (8,262) |
| | 130,982 | 239,268 | 370,250 |
| Prior Year | | | |
| | Restricted funds £ | General funds £ | Total funds £ |
| Fixed assets | - | 21,503 | 21,503 |
| Current assets | 45,384 | 151,111 | 196,495 |
| Current liabilities | - | (6,622) | (6,622) |
| | 45,384 | 165,992 | 211,376 |

15 Related party transactions

There were no related party transactions during the period.

HEALTHY LIVING CENTRE DARTFORD

England & Wales - Charity number 1142458

Accounts

Healthy Living Centre Dartford

Trustees' Report

**Including Financial Report
& Statements**

1 April 2023 – 31 March 2024

Registered Charity: 1142458
Registered Company: 07409535

HEALTHY LIVING CENTRE DARTFORD
Report and financial statements

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HEALTHY LIVING CENTRE DARTFORD

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2024

| | |
|--|--|
| Charity name | Healthy Living Centre Dartford |
| Charity registration number | 1142458 |
| Company registration number | 07409535 |
| Registered office and operational address | Tree Estate Community Centre Cedar Road Dartford Kent DA1 2RS |
| Directors and Trustees | Ms L Bathgate Mr S Grimsey Mrs R Neale Mrs P Burleigh – resigned 13 October 2023 Ms S Maybourne Mr R Cook |
| Secretary | Ms S Phillips – appointed 7 July 2023 |
| Independent Examiner | Jonathan Healey FCA Lindeyer Francis Ferguson Limited 198 High Street Tonbridge Kent TN9 1BE |
| Bankers | HSBC Bank plc 38 High Street Dartford Kent DA1 1DG |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

We are pleased to present our annual report together with the independently examined financial statements of the charity for the year ended 31 March 2024.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, including "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

Structure, Governance and Management

The company is a charity registered with the Charity Commission and registered under the Companies Act 2006 as a Company limited by guarantee. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up.

The company is managed on behalf of the members by a Board of Directors, who are also Trustees of the charity. The Directors provide their services to the management of the charitable company free of charge. None of the Directors had a material interest in any contract of significance to which the charitable company was a party during the year, nor has any beneficial interest in the charitable company.

Management and governance arrangements

At each Annual General Meeting the number of directors as is nearest to one third must retire. The charity may by ordinary resolution determine the rotation in which directors are to retire.

As set out in the Articles of Association, the charitable company may by ordinary resolution appoint a person who is willing to act to be a director. No person other than a director retiring by rotation may be appointed at any general meeting, unless not less than fourteen days nor more than thirty five clear days before the date of the meeting, the charity is given notice that is: signed by a member entitled to vote; states the members intention to propose the appointment of a person as a director; contains the details that, if the person were to be appointed, the charitable company would have to file at Companies House; and, is signed by the person who is proposed to show their willingness to be appointed.

The day to day administration of the charitable company is under the control of the manager, Sharon Phillips. The manager is responsible to the Board of Directors. The charitable company employs a total of 5 staff.

Public benefit

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these when new activities are considered. All of our activities address (some or all of) the following subjects which form part of the Healthy Living Centre Dartford's ("HLCD") aims: physical health, emotional wellbeing, the relief of poverty and education.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Objectives and Activities

The charity's objects are defined by its Memorandum of Association as:

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Dartford and the surrounding areas.
- The relief of unemployment for the benefit of the public as such ways as may be thought fit, including assistance to find employment.

The aims of our charity are to improve health and wellbeing and reduce health inequalities within the borough of Dartford through education and the provision of services to the community.

Achievements and Performance

Thank You to our Funders and Supporters

Healthy Living Centre Dartford is grateful to its funders for their support of our health and wellbeing work in Dartford; Kent County Council - Public Health and Members, Dartford Borough Council, Involve Kent, The OSB Group, the ASDA Foundation, Locality, Passionists, The National Lottery Awards for All funds, Kent Equality and Cohesion Council and Darenth Valley Building Services.

Healthy Living Centre Dartford acknowledges the fantastic contribution our volunteers make to the local communities we serve - we know we could not have achieved as much as we have been able to without the support of our 42 amazing volunteers, who this year gave at least 5282 hours of their time to help us deliver services to improve the health and wellbeing of local people. To calculate the financial contribution made by the volunteers to the organisation and the local community, we use the mean of the national living wage (£10.42 per hour) and the median wage rate (£17.48 per hour - source statista.com), which this year equated to £73,684, a substantial in-kind contribution to our local communities. To thank our volunteers in Volunteer Week in June, the staff team served a barbecue at our community gardens, and in August the Mayor of Dartford presented two of our longest serving volunteers with hotel vouchers donated through the Room to Reward scheme.

Extensive research demonstrates that volunteering has a significant impact on physical and mental health and wellbeing, provides a sense of purpose and teaches valuable skills, and increases social interaction, nurturing existing and new relationships with the volunteers. We asked our new applicants why they wanted to volunteer with Healthy Living Centre Dartford. Their responses showed that:

- 74 % wanted to be more involved with their local community.
- 58 % wanted to share their skills and expertise.
- 54 % wanted to learn new skills.
- 54% wanted to make new friends.
- 74% wanted to do something rewarding with their spare time.
- 42% wanted to volunteer to help with job/career prospects.
- 69 % wanted to help achieve HLC's aims and objectives.

"When I first arrived at the HLC I felt like I had been someone walking in the shadows, almost invisible. I was scared to say hello to anyone. After a month of volunteering, I felt like I was beginning to blossom like a flower. Everybody is loving, caring, and understanding. The HLC has given me confidence, a sense of humour and my life back... I also follow HLC on Facebook and share with others telling them how lovely everyone is and what a wonderful atmosphere. I love you all!"

Sadly, we mourned the loss of two amazing volunteers this year. We pay tribute to Michael O'Shea, who was fantastic support to our Community Chef programme, and Barbara Wakerell, whose cheerful outlook and amazing cakes cheered us all up. You will both be missed. Thank you for your support at Healthy Living Centre Dartford.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Food and Health

Food and health continue to play a crucial role at Healthy Living Centre Dartford; we encourage food growing, cooking healthy food, and sharing meals together. We reduce food waste by redistributing surplus produce and providing low-cost meals, and support individuals and families in crisis by providing food parcels or cooked meals.

Growing Food

In April, our gardening club members and Growing Community Project Officer supported Growing Community member Dartford Science and Technology College to build raised beds in their Food Forest, clear space for their greenhouse and help construct a wildlife pond. The team also set up a seed sowing stall at our Easter Family Activity Day, showing attendees how to sow seeds and donating pots of compost and runner bean, pea, and sunflower seeds.

In July, we hosted a group of students from Dartford Science and Technology College for their Annual Community Volunteer Day. Despite the rain, the students worked hard, helping to dig over an unused plot to prepare it for crops, and turning over and emptying the contents of one of our huge compost piles. Our Growing Community team took part in Dartford's Big Day Out, advertising the many events we run at the community centres and engaging with over one hundred children to sow French bean seeds for them to take home and grow on. We also distributed over 150 packs of poppy seeds harvested from our community gardens. At our community event on Temple Hill Square, the Growing Community team engaged with locals, who enjoyed learning about various propagation methods, including seed sowing and cuttings, and planted vegetable seeds to take home and grown on.

In August, the Gardening Club supported Spirits Rest, another Growing Community member, with a large group of inner-city children visiting the sanctuary to learn about animal welfare. Our team worked with the young people to construct a wildlife pond and helped educate them about the importance of looking after our wildlife. We were delighted to welcome gardening "Royalty" Jim Buttress who visited our community garden in the autumn.

We were thrilled that Bluewater Shopping Centre and Darent Valley Hospital became members of our Growing Community Food Network. Our team of volunteers scoped the community space with the DVH team on the hospital grounds, and took part in their community allotment ground-breaking event, preparing three new plots ready for growing later in the season. In February 2024, the Serco team from DVH presented the gardening club members and Our Lady's Primary School with bug hotels for their gardens. Bluewater grounds staff hosted a visit to their growing site, and conversations had around them helping to grow on plants for Growing Community members in their vast polytunnels.

On polling days, the community centres are unavailable to HLCD staff, so we spent two productive days this year supporting Growing Community member Our Lady's Primary School. Our staff and volunteers helped extend their allotment plots on site, and helped with the creation of an amazing "Peace Garden," which provides a calm green space for their pupils and staff to reflect and relax in. Our allotment consultant volunteer has also supported the school with weekly sessions, using the allotment space to help children with not only how to grow food but to plan and design their food growing space and use science to measure, for example, volumes of water needed to manage a growing plot.

We persist in our aim to get more members involved with food growing and education, particularly in schools. The steering group met several times this year at various member sites to develop a progress a sustainable strategy. Development opportunities have included meeting with representatives from the Soil Association about their Food for Life Programme, meeting the Deputy Director of Integrated Care (Health Care Partnership) around the benefits of gardening and green spaces on health and wellbeing, and representing Healthy Living Centre Dartford at the Kent Food Partnership Healthy Food for All subgroup and attending their Annual Summit with the theme of "Feeding the Next Generation."

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Cookery Clubs and Training Sessions

Our weekly cookery club continues to grow, with participants reporting the benefits of attending include confidence in experimenting with new ingredients, increasing confidence in their culinary skills and enjoying the social aspect of the sessions. We incorporated slow cooker training sessions, and participants finishing the course took their slow cookers home as a gift.

Having recently lost his wife to Alzheimer's, TC was told about our Hygge on the Hill club by a friend who had seen our promotions on social media. On his first visit, he sat on the outside of the group looking in, not sure if the activities were for him. He did, however, come back each week, and slowly got more involved, playing dominoes and board games, and chatting with his newfound friends. When the slow cooker cookery course started, he joined in.

TC said: "Previously I had only ever opened tins – I did not cook. Now I have five new recipes I can cook and I'm loving it! Not only do we get to use up surplus food from local supermarkets, but we also get fresh garden produce too. Last week we had some fantastic rhubarb from Debbie's garden, which my sister used to make a crumble with fresh bay leaves for extra flavour. We've made a vegetable curry today in the slow cooker class – now I feel confident enough to invite my vegetarian friend round for a home cooked meal made by me."

In May and November, we delivered slow cooker courses online for 16 Homestart families. Homestart provided the families with the ingredients for each week of these six-week courses, and our Activity Coordinator delivered the sessions.

In September and November, we delivered Hatchlings cookery courses for children 8 – 11-year-olds. These four-week courses promote healthy food options and encourage creativity and food waste reduction. No recipes are supplied - just ingredients to fire the young people's imagination. Sixteen young people attended the sessions and proudly took home their certificates of achievement.

Catering for Community Events

We continue to provide free or affordable meals at our community hubs, Hygge groups, for Porchlight Rough Sleeper clients and of course our monthly lunch club. Food proves to be an excellent way to engage with our local community and supports our aim to reduce food waste by providing an avenue to redistribute surplus produce.

For the Coronation celebrations, we facilitated an event for the Tree Estate residents and delivered a Coronation Special event at our Community Hub in May.

Our volunteer catering team provided Afternoon Teas for Coronation Celebrations for:

- 50 Seniors of Stone members and
- 150 volunteers and service users of Waterside Parents Centre, HomeStart Northwest Kent, and Age UK Northwest Kent.

In addition to this, our volunteers and staff team provided buffets and refreshments for:

- Darenth Valley Landscape Partnership immersive theatre event at Temple Hill Community Centre
- 2 Working Lunch Meetings
- Being Assertive course Certificate presentation and celebration
- The Mayor of Dartford's Charity fundraising indoor bowls event
- Lunch & Learn event – providing Financial Wellbeing for Community Workers
- Dartford Borough Council's Elders Forum
- Dartford Borough Council's Santa tours
- Dartford Borough Council's International Women's Day Celebration

We also provided a three course Christmas Lunch for the Bingo Club members, supported by hospitality students from Dartford Science and Technology College.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Supporting those in Food Poverty and Reducing Food Waste

This year we distributed **79** Family Foodbank parcels, supporting **108** adults and **101** children in food crisis in Dartford, referred to the scheme by family liaison officers, social workers, Early Help teams, Housing Officers, Citizens Advice Bureau, Porchlight, and the local council.

Although our food surplus collection's primary aim is to reduce food waste, we also use the produce to support those in food need. We continue to collect from stores signed up to the Fareshare Go initiative, and this year also joined the Neighbourly food surplus programme, increasing the amount of food we can redistribute. From Fareshare Go* stores, we collected **244** surplus food donations (**4,157Kg**), equivalent to **9,884** meals, and saving **12,675kg** of CO2 emissions (*Data supplied by Foodiverse).

"Thank you, thank you, THANK YOU! A million times over for ALL of your help and for being so lovely on our call earlier, I am sorry for getting upset, I just can't bear the thought of not being able to provide for my boys, I've been trying each month, using credit to pay bills etc, and just can't do it anymore! Thank you also for speaking with your colleague about Beams, I will definitely look into that, and I will speak with xxx about the CAB and let you know about booking an appointment, it is definitely something I think we need to do. Thank you again for being so understanding, helpful and just plain lovely, I cannot tell you how much I appreciate it!"

The Community Centres

Healthy Living Centre Dartford continues to develop and promote more attractive and thriving community assets at both Tree estate and Temple Hill community centres to provide:

- a focus for health promotion activities and interventions in areas of high indices of multiple deprivation
- community development, engagement and cohesion activities and events
- extended service provision for local communities
- creation of local employment opportunities.

We were delighted that the facilities at Temple Hill Community Centre were upgraded, with new front doors, new caretaking facilities and refurbished kitchens, improving the venue for all the users of the building. Thank you, Dartford Borough Council!

In addition to the wide range of health and wellbeing activities HLCD delivers weekly, Porchlight Rough Sleeper drop in, Alzheimer and Dementia Support Society, Kent School Health Screening Team, NHS Diabetes Prevention Service, Mummy's Link Up, Pregnancy and Mother and Baby Yoga, We are With You mental health services, and Clarion Domestic Abuse Service have all delivered regular sessions from the centres, making services accessible to local residents.

| 2023-2024 | Sessions | Numbers | Contacts |
|---------------------------|-----------------|----------------|-----------------|
| Cookery Club | 43 | 39 | 605 |
| IT Tree | 42 | 42 | 327 |
| Community Hub-Repair Café | 32 | 35 | 254 |
| Hygge | 51 | 57 | 1409 |
| Bingo Club | 49 | 44 | 1256 |
| IT Temple | 45 | 9 | 313 |
| Lunch Club | 11 | 70 | 296 |
| Hatchlings | 8 | 14 | 104 |
| Slow Cooking | 37 | 31 | 153 |
| Gardening Club | 49 | 15 | 215 |
| Sewing Classes | 24 | 9 | 98 |
| | 391 | 365 | 5030 |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

We delivered our **UK Shared Prosperity Fund** Project from the centres to help provide cost of living support for Dartford Residents. This programme included initiatives to **maximise income** by updating skills and improving employability, including through volunteering and work experience placements to improve earning potential. We also delivered sessions to help **reduce household outgoings** by teaching participants how to cook on a budget to give them the skills to benefit from value ingredients and cooking methods to reduce weekly shopping bills. We trained six of our volunteers to support easy access to debt advice and fiscal management support through the **CAB's Virtual Advice Service**, commissioned through this funding, delivered at our weekly community hubs. We also trained volunteers in **Advanced Bicycle Maintenance** to enable us to safely restore donated cycles to help beneficiaries reduce travel costs, and encouraged more repair cafe volunteers to share their skills to help reduce costs of replacing repairable household items, build social capital and improve social cohesion. We also engaged with Green Doctors to help residents **reduce household utility costs** and delivered sewing classes to teach people how to make and repair their own clothing.

We promoted this project with a summer event on Temple Hill Square, inviting local small businesses to hold market stalls, and our team delivered healthy cooking demonstrations and food growing techniques. Later in the year we hosted a Christmas Fair **supporting local small businesses**, and the "**Here to Help**" Hardship Support Event for agencies offering cost of living support to local people.

Following discussions with Dartford Borough Council, we entered into a tenancy at will agreement for a unit on Temple Hill Square to deliver our **community cycle recycle** scheme and related community activities, adding a third office site to deliver projects for and with the local community.

Community Events

We delivered our popular **family events** at Easter, in the May half-term and over the summer holidays, providing fun and educational activities and food which enable us to engage with local families and promote health messages. **197** children, together with their caregivers, took part and enjoyed the activities.

In partnership with Kent Equality and Cohesion Council, we delivered a **Black History Month** celebration event at Temple Hill Community Centre. This was a colourful and lively celebration, with African dance tuition, steel pan performances, arts and crafts activities, displays of beautiful and intricate Carnival costumes made by a Temple Hill resident and delicious food provided by a local Caribbean chef.

Also in October, we hosted a **Dartford Gravesham and Swanley NHS over 50s Health & Wellbeing** event at Temple Hill Community Centre, which amongst other offered heart health advice, diabetes and blood pressure monitoring.

Physical Activity

We continue to deliver **affordable physical activity** sessions to encourage more participation in exercise. Over the course of 2023-2024, Healthy Living Centre Dartford delivered **297** affordable physical activity sessions supporting **398** participants to increase their physical health and wellbeing (**2858** contacts).

"Coming to yoga on my own was hard. I did it - felt a bit isolated at first, but now have conversations and chats. I think this is because I feel more relaxed and have become more approachable."

This year we were pleased to add Walking Netball to our exercise offer, delivered initially by England Netball and now delivered by our activity coordinator after she successfully completed her qualification to deliver the sessions. We gratefully acknowledge Councillor Kelly Grehan's Members Grant to buy equipment to enable us to deliver sessions into the future.

We delivered **49** Gardening Club sessions, with our small and enthusiastic team of green fingered champions helping to maintain the communal areas in the community garden and allotments, keeping things tidy, planting and pruning, enjoying the open air and getting physically active all at the same time.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Physical Activity Sessions

| 2023-2024 | Sessions | Numbers | Contacts |
|-------------------|------------|------------|-------------|
| Zumba | 43 | 67 | 544 |
| Tue Yoga | 48 | 69 | 476 |
| Tai Chi | 51 | 61 | 718 |
| Chair Based | 45 | 30 | 211 |
| Circ-Hiits | 47 | 38 | 423 |
| Thu Yoga | 48 | 79 | 396 |
| Ladies That Lunge | 11 | 23 | 81 |
| Power Hour | 4 | 7 | 9 |
| Walking Netball | 13 | 24 | 111 |
| | 297 | 398 | 2858 |

Men's Shed

The Repair Cafe continues to be an excellent project to engage with men and is an extension of our physical shed sited in our community gardens. We are grateful to the **ASDA** foundation for a grant to purchase tools and equipment for the project, and we were delighted that Dartford based business, Darenth Valley Building Services Ltd, decided to support us, particularly with the Men's Shed initiative. Their staff took part in a sponsored London Bridges Walk and raised a substantial amount which will allow us to upgrade the physical shed. A team from DVBSL joined us at the relaunch of the project in September, providing their practical expertise to repair and strengthen the shed. We look forward to developing this relationship going forward.

Local Employment Opportunities

The majority of HLCD's staff and volunteers live in the borough and have a strong connection with place. This year we supported two work experience placements for students at Wilmington Academy, two work placements for DWP clients with support needs, and three Duke of Edinburgh awards placements for young people.

"I just wanted to say thank you to you and your colleagues for allowing (my son) to volunteer today. Although he was nervous this morning, when he returned home, he was full of stories about his day and was excited to tell me all about it. He said the people were "the nicest people he has ever met" and he would love to come back and help again, even after he has completed his hours. I hope xx was helpful today! Thanks to you all."

Training

Healthy Living Centre Dartford acknowledges that lifelong learning plays a vital role in supporting people to gain skills to enter, return or progress in to work, and can help reduce loneliness and make people happier, healthier, more confident, capable, and resilient.

We continue to work closely with the Kent Adult Education Response Programme, and over the course of the year facilitated delivery of 9 accredited and non-accredited courses to support the health, wellbeing, and employment skills of local people, including our own volunteers.

| | Accredited | Participants | | Non-Accredited | Participants |
|---|-----------------------------|--------------|---|------------------------|--------------|
| 1 | Food Allergens | 9 | 1 | Five ways to Wellbeing | 7 |
| 2 | Emergency First Aid at Work | 19 | 1 | Barista Training | 4 |
| 1 | Food Safety Level 2 | 6 | 1 | Employment Essentials | 6 |
| | | | 2 | Christmas Crafts | 25 |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

In addition to these sessions, HLCD volunteers delivered digital skills training and English for Speakers of Other Languages, and we facilitated Community Research Advocates training and Advance Bicycle Maintenance training.

Partnerships

Healthy Living Centre Dartford recognises that working in partnership is key to our sector, and we continue to build and strengthen our working relationships with other organisations to ensure the best service for the communities we serve.

Working Lunch.

Working Lunch is an information exchange and networking forum for organisations that work in Dartford and currently has over two hundred members. Managed by HLCD, we facilitate face to face meetings at least three times and manage an email circulation list to enable updates between meetings. This forum provides opportunities for members to update on their programmes and initiatives that benefit the residents of Dartford, and we provide a meal which enables members to "lunch and learn" in a relaxed environment, which contributes to collaboration and engagement across the group.

The Nucleus hosted and catered the July 2023 meeting. Thirty-six people attending representing 34 different organisations. Dartford Adult Education Centre hosted our October 2023 meeting, thirty-three people attended representing 26 different organisations. HLCD hosted the February 2024 meeting. Forty people attended representing 38 different organisations.

In the Summer we polled the Working Lunch membership to get their views on the benefits of being a member. Over half of members attend face to face meetings regularly, and 92% of respondents found the networking useful. 72% reported they had followed up on partnership working opportunities as a result of attending Working Lunch, and just under half used the circulation list to keep other members updated on projects between face-to-face meetings.

"Seeing and meeting professionals at the working lunch is a great way for us all to keep in touch and up to date on our local areas. Our organisations and services can support individuals and families together better than alone, so events like these are so important."

"Really important to build community bonds and working partnerships in the area."

"This is a valuable way to keep abreast of what is happening within the local community. Although I am not able to attend all the sessions, our service has had very fruitful pieces of work come out of connections that we have made at this forum."

"I just wanted to email you with a thank you for all your help whilst I have been at Clarion. I have met some amazing people through the working lunch, and it has made such a difference to the service we provide for the ladies in refuge. Through the working lunch I we have made connections with other agencies that have allowed us to work as a multi partnership to deliver Phoenix Programmes. I couldn't thank you enough and the working lunches as they are so valuable to Clarion and other agencies. Please keep up the good work"

Healthy Living Centre Dartford is represented on various wider partnership groups – the Voluntary Sector Health Alliance, DGS NHS Paediatric Task and Finish Groups, DVH Community Engagement and Social Impact Strategy Board, Whole System Obesity Healthy Communities Subgroup, DWP Complex Needs group, Darent Valley Landscape Partnership Scheme amongst others- to enable us to keep abreast of health initiatives to enable us to best serve our local community.

We were delighted to win the Dartford Business Awards Green Business award for 2023, for our contribution to waste reduction and our reuse, repair, recycle credentials, and were judged highly commended in the "Good for the Community" Dartford Business Award.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

We are privileged to have been awarded The National Lottery Community Fund Reaching Communities funding for 2024 – 2027 for our “Investing in People” programme, and look forward to at least another three years of:

- Bringing people together and building strong relationships in and across communities.
- Improving places and spaces that matter to communities.
- Enabling people to fulfil their potential.

Financial Review

The charitable company's incoming resources for the year ended 31 March 2024 totalled £152,029 (2023 - £257,293). Resources expended for the year totalled £240,016 (2023 - £253,400), giving net expenditure for the year of £87,987 (2023 – net income of £3,893).

Funds brought forward totalled £299,363, giving total funds carried forward at 31 March 2024 of £211,376. Of these funds, £144,489 (2023 - £207,099) is general, free reserves.

Reserves policy

It is the policy of Healthy Living Centre Dartford to maintain unrestricted funds, which are free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure to provide sufficient funds to cover management, administration and support costs. Based on the level of unrestricted expenditure in 2023-24, the charity's general free reserves will cover 8.5 months of cost, which is slightly in excess of the reserves policy. The Trustees regularly keep the policy and general free reserves under review.

Risk management

The Trustees have formally assessed business risks, and this has involved assessing the types of risk facing the charity, prioritising them in terms of the potential impact and likelihood of occurrence, and identifying means of mitigating the risks. As part of this process the Trustees have assessed the adequacy of the charity's internal controls and the costs of operating particular controls relative to the benefits obtained.

Plans for the Future

HLCD continues to deliver on identified priorities – capacity building: strengthen and diversify board, improve strategic direction, marketing and impact reporting.

Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and of its financial activities that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis; and
- prepare financial statements that show a true and fair view.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

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

Approved by the Trustees and signed on their behalf on 20 December 2024



.....
L Bathgate
Chair of Trustees

HEALTHY LIVING CENTRE DARTFORD

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

I report to the trustees on my examination of the accounts of the Healthy Living Centre Dartford for the year ended 31 March 2024.

Responsibilities and basis of report

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

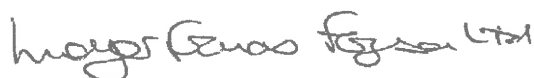
Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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

Independent examiner's statement

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

1. accounting records were not kept in respect of the company as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Signed:

Dated: 23 December 2024

Jonathan Healey FCA
Lindeyer Francis Ferguson Limited
Chartered Accountants
North House
198 High Street
Tonbridge
Kent, TN9 1BE

HEALTHY LIVING CENTRE DARTFORD

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account) FOR THE YEAR ENDED 31 MARCH 2024

| | Notes | 2024 Restricted funds £ | 2024 Unrestricted funds £ | 2024 Total funds £ | 2023 Total funds £ |
|-------------------------------------|-----------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations | | - | 6,310 | 6,310 | 13,799 |
| Investments | | - | 3,450 | 3,450 | 857 |
| Charitable activities | 3 | 24,529 | 84,109 | 108,638 | 204,857 |
| Other trading activities | 4 | - | 26,635 | 26,635 | 32,102 |
| Other income | | - | 6,996 | 6,996 | 5,678 |
| Total income | | 24,529 | 127,500 | 152,029 | 257,293 |
| Expenditure on: | | | | | |
| Charitable activities | 5 | 39,302 | 200,714 | 240,016 | 253,400 |
| Total expenditure | | 39,302 | 200,714 | 240,016 | 253,400 |
| Net (expenditure)/ income | | (14,773) | (73,214) | (87,987) | 3,893 |
| Transfers between funds | 13 | (83) | 83 | - | - |
| Net movement in funds | | (14,856) | (73,131) | (87,987) | 3,893 |
| Reconciliation of funds | | | | | |
| Total funds at 1 April 2023 | | 60,240 | 239,123 | 299,363 | 295,470 |
| Total funds at 31 March 2024 | 13 | 45,384 | 165,992 | 211,376 | 299,363 |

The statement of financial activities includes all gains or losses for the period. All incoming resources and resources expended derive from continuing activities.

HEALTHY LIVING CENTRE DARTFORD

BALANCE SHEET AS AT 31 MARCH 2024

| | Notes | £ | 2024 £ | £ | 2023 £ |
|---|-------|----------|----------------|----------------|-----------|
| Fixed Assets | | | | | |
| Tangible assets | 9 | | 21,503 | | 32,114 |
| Current assets | | | | | |
| Debtors | 10 | 5,790 | | 30,107 | |
| Cash at bank and in hand | | 190,705 | | 246,458 | |
| | | | <u>196,495</u> | <u>276,565</u> | |
| Creditors: Amounts falling due within one year | 11 | (6,622) | | (9,316) | |
| Net current assets | | | <u>189,873</u> | <u>267,249</u> | |
| Net assets | 13 | | <u>211,376</u> | <u>299,363</u> | |
| Funds of the charity | | | | | |
| Restricted funds | 13 | 45,384 | | 60,240 | |
| Unrestricted funds | 13 | 165,992 | | 239,123 | |
| Total funds | | | <u>211,376</u> | <u>299,363</u> | |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 20 December 2024 ...



.....
L Bathgate
Chair of the Trustees
Charity number: 1142458
Company number: 07409535

HEALTHY LIVING CENTRE DARTFORD

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

1 Status

Healthy Living Centre Dartford is a charitable company limited by guarantee without share capital incorporated in England & Wales. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up. The address of the registered office is Tree Estate Community Centre, Cedar Road, Dartford, Kent, DA1 2RS.

2 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Healthy Living Centre Dartford meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

2.2 Fund accounting

Restricted donations are available for the charity's use only in accordance with the terms under which, and for the purposes which, the funds were donated to the charity.

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

2.3 Incoming resources

All incoming resources are included on the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Income from donations and grants is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds.

Income from charitable activities is recognised over the period to which the income relates. Income received in advance of a service provision is accounted for as deferred income.

Investment income is included when receivable.

HEALTHY LIVING CENTRE DARTFORD

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

2.4 Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 5.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

| | |
|---------------------|-----------------------|
| Plant and Equipment | 25% reducing balance |
| Motor vehicles | 3 years straight line |
| Computer equipment | 3 years straight line |

2.5 Debtors

Trade and other debtors are recognised at the settlement amount due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash held in current accounts.

2.7 Creditors

Creditors are recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably.

All creditors are initially recognised at transaction price. Accruals are subsequently measured at the settlement amount.

2.8 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9 Pension contributions

The charity makes defined contributions into employee private pension schemes. Contributions are charged to the statement of financial activities as they becomes payable in accordance with contract terms.

HEALTHY LIVING CENTRE DARTFORD

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

2.10 Fund accounting

Unrestricted funds are those funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

3 Charitable activities

| | Supporting Healthy Living | Community Activities and Classes | 2024 | 2023 |
|--|------------------------------|--|---------|---------|
| | £ | £ | £ | £ |
| The National Lottery | 9,984 | - | 9,984 | 75,000 |
| Kent County Council | 38,800 | - | 38,800 | 41,700 |
| Dartford Borough Council | - | - | - | 21,562 |
| Actively Involved Department for Work & Pensions | 21,600 | - | 21,600 | 21,600 |
| Kent Sport | - | 7,884 | 7,884 | 8,757 |
| Other Donors | 4,821 | - | 4,821 | 7,400 |
| Community Links Bromley | - | - | - | 6,092 |
| People's Health Trust | - | - | - | 5,156 |
| Kent Community Foundation | - | 7,799 | 7,799 | 4,890 |
| Kent Equality Cohesion Council | - | 1,750 | 1,750 | - |
| St Josephs Province Passionists | - | 6,000 | 6,000 | - |
| Locality | - | 10,000 | 10,000 | - |
| | 75,205 | 33,433 | 108,638 | 204,857 |

The comparative figure includes £135,485 of restricted income.

4 Other trading activities

| | 2024 | 2023 |
|---------------------|--------|--------|
| | £ | £ |
| Café Income | 4,375 | 7,801 |
| Stewarding services | 22,260 | 24,301 |
| | 26,635 | 32,102 |

HEALTHY LIVING CENTRE DARTFORD

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

5 Costs of charitable activities

| | 2024 £ | 2023 £ |
|----------------------------|-----------------------|-----------------------|
| Healthy Living | | |
| Direct activity costs | 58,944 | 91,627 |
| Direct staff costs | 79,899 | 135,293 |
| | <u>138,843</u> | <u>226,920</u> |
| Support costs | | |
| Wages and salaries | 68,403 | 5,264 |
| Office Costs | 2,408 | 278 |
| Travelling | 1,092 | 84 |
| Professional fees | 6,860 | 2,660 |
| Sundry expenditure | 3,076 | 694 |
| Subscriptions | 971 | 671 |
| Depreciation | 14,561 | 12,781 |
| Bank Charges | 202 | 122 |
| Governance | | |
| Independent examiner's fee | 2,478 | 2,803 |
| Accountancy fees | 1,122 | 1,122 |
| | <u>101,173</u> | <u>26,479</u> |
| Total cost | <u><u>240,016</u></u> | <u><u>253,399</u></u> |

The comparative figure includes £215,589 of restricted expenditure.

6 Staff Costs and Numbers

| | 2024 £ | 2023 £ |
|------------------------------|----------------|----------------|
| Staff costs were as follows: | | |
| Salaries | 132,384 | 134,841 |
| Social security costs | 8,509 | 4,367 |
| Pension | 2,210 | 1,349 |
| | <u>143,103</u> | <u>140,557</u> |

No employee received emoluments of more than £60,000.

Key management is considered to consist of the Centre Manager. The total remuneration of key management personnel was £45,284 (2023: £41,020).

HEALTHY LIVING CENTRE DARTFORD

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

6 Staff Costs and Numbers (continued)

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

| | 2024 No | 2023 No |
|-----------------|------------|------------|
| Administration | 2 | 2 |
| Project workers | 3 | 6 |
| | 5 | 8 |
| | 5 | 8 |

7 Trustees Remuneration

No trustee received any remuneration during the year in their position as trustee, or reclaimed any expenses.

Sarah Maybourne, one of the trustees, has been engaged on a self-employed basis under a service level agreement to aid with the charity's fundraising strategy. The total fees paid in the year to 31 March 2024 were £5,860 (2023: £1,600).

8 Taxation

As a registered charity, Healthy Living Centre Dartford is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

9 Tangible fixed assets

| | Plant and Equipment £ | Motor vehicles £ | Computer equipment £ | Total |
|--------------------------|-----------------------------|------------------------|----------------------------|--------|
| Cost or valuation | | | | |
| At 1 April 2023 | 4,951 | 29,149 | 16,805 | 50,904 |
| Additions | - | - | 3,950 | 3,950 |
| At 31 March 2024 | 4,951 | 29,149 | 20,755 | 54,854 |
| Depreciation | | | | |
| At 1 April 2023 | 713 | 9,716 | 8,362 | 18,791 |
| Charge for the year | 1,238 | 7,287 | 6,036 | 14,561 |
| At 31 March 2024 | 1,950 | 17,003 | 14,398 | 33,352 |
| Net book value | | | | |
| At 31 March 2024 | 3,000 | 12,145 | 6,357 | 21,503 |
| At 31 March 2023 | 1,305 | 19,433 | 8,443 | 29,181 |

HEALTHY LIVING CENTRE DARTFORD

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

10 Debtors: amounts falling due within one year

| | 2024 | 2023 |
|-------------------|--------------|---------------|
| | £ | £ |
| Fees for services | 1,290 | 27,693 |
| Prepayments | 4,500 | 2,418 |
| | <u>5,790</u> | <u>30,111</u> |

11 Creditors: amounts falling due within one year

| | 2024 | 2023 |
|------------------------------------|--------------|--------------|
| | £ | £ |
| Amounts due to suppliers | 1,700 | 3,121 |
| Taxation and social security | 1,997 | 1,907 |
| Accruals | 2,831 | 4,194 |
| Funds held for other organisations | 94 | 94 |
| | <u>6,622</u> | <u>9,316</u> |

12 Control

The charitable company is controlled by its members.

There is no one ultimate controlling party.

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds

| | At 31 March 2023 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2024 £ |
|---|-----------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Allotment | 815 | 4,901 | (3,788) | | 1,928 |
| Edible Ebbsfleet | 1,104 | - | (866) | | 238 |
| KCC - Bicycle stand | 1,500 | | | | 1,500 |
| Dartford Larder | 1,682 | 10 | (756) | | 936 |
| Kent Community Foundation - Digital Inclusion Fund | 3,570 | - | (2,582) | | 988 |
| Dartford Borough Council - Hospitality & Leisure Grant | 5,645 | - | (5,442) | | 203 |
| Combined Member Grant Scheme | 83 | - | - | (83) | - |
| Dartford Borough Council - Club Together | 8,466 | - | (2,393) | | 6,073 |
| Community Links Bromley - Crafty Crafters | 848 | - | (560) | | 288 |
| Dartford Borough Council - Household Support Grant | 13,429 | - | (2,077) | | 11,352 |
| Aviva Community Fund - Eco Centre and Food Forest | 10,652 | | - | | 10,652 |
| Dartford is Volunteering | - | 9,984 | (9,984) | | - |
| Black History Month 23 | - | 1,750 | (1,750) | | - |
| Kent Medway Active - Active Travel | 12,446 | 7,884 | (9,104) | | 11,226 |
| Total restricted funds | 60,240 | 24,529 | (39,302) | (83) | 45,384 |
| Unrestricted funds | | | | | |
| General funds | 239,123 | 127,500 | (200,714) | 83 | 165,992 |
| Total unrestricted funds | 239,123 | 127,500 | (200,714) | 83 | 165,992 |
| Total funds | 299,363 | 152,029 | (240,016) | - | 211,376 |

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Prior Year

| | At 31 March 2022 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2023 £ |
|---|-----------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Henry | 4,998 | - | (4,998) | - | - |
| Thyme to Cook | 4,180 | 5,156 | (9,336) | - | - |
| Allotment | 1,130 | 21 | (336) | - | 815 |
| Arts Council England - Arts at the Allotment | 981 | - | (981) | - | - |
| Edible Ebbsfleet | 1,104 | - | - | - | 1,104 |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | 2,174 | 1,193 | (1,685) | - | 1,682 |
| Growing Community Department for Work & Pensions - Kickstart Scheme | 2,844 | 75,000 | (77,844) | - | - |
| Postcode Local Trust | - | 12,701 | (12,701) | - | - |
| Awards For All - Soup Dragons | 11,370 | - | (11,370) | - | - |
| Kent Community Foundation - Fund for the Environment | 5,057 | - | (5,057) | - | - |
| Kent Community Foundation - Digital Inclusion Fund | 4,014 | - | (4,014) | - | - |
| Dartford Borough Council - Hospitality & Leisure Grant | 9,839 | 5,207 | (11,476) | - | 3,570 |
| Kent County Council - Combined Member Grant Scheme | 29,946 | 2,600 | (26,901) | - | 5,645 |
| Dartford Borough Council - Club Together | - | 1,000 | (917) | - | 83 |
| Community Links Bromley - Crafty Crafters | 9,575 | 10 | (1,119) | - | 8,466 |
| Community Links Bromley - Hollistic Well-being | - | 2,250 | (1,402) | - | 848 |
| Community Links Bromley - Mummy's Link Up | - | 2,500 | (2,500) | - | - |
| Dartford Borough Council - Household Support Grant | - | 1,342 | (1,362) | 20 | - |
| Tudor Trust | 14,955 | - | (1,526) | - | 13,429 |
| Aviva Community Fund - Eco Centre and Food Forest | 26,130 | - | (28,025) | 1,895 | - |
| Kent Medway Active - Active Travel | 16,231 | - | (5,579) | - | 10,652 |
| | 6,078 | 12,828 | (6,460) | - | 12,446 |
| Total restricted funds | 152,106 | 121,808 | (215,589) | 1,915 | 60,240 |
| Unrestricted funds | | | | | |
| General funds | 143,364 | 135,485 | (37,811) | (1,915) | 239,123 |
| Total unrestricted funds | 143,364 | 135,485 | (37,811) | (1,915) | 239,123 |
| Total funds | 295,470 | 257,293 | (253,400) | - | 299,363 |

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Growing Community: Funded by the National Lottery Community Fund, this is a two part project. Part one is to support the growth of skills, knowledge and resilience in our local communities that improve health and wellbeing. Part two is to coordinate, facilitate and develop a thriving food network across the borough; to create healthy communities through fresh food initiatives that support and develop community ownership of, and increase in, local food production; and to address skills, employment training and education that contribute to food security and sustainability.

Department for Work & Pensions - Kickstart Scheme: A government scheme to support young people on Universal Credit with new job placements to reduce the risk of long-term unemployment.

Kent Sport - Active Travel: Grant received to help initiatives to increase the number of people cycling in the

Thyme & Cook: To develop a cookery club with local people to help reduce social isolation and build community links and resilience.

Henry: A Kent County Council Early Years grant to train facilitators and to deliver the HENRY (Health Exercise and Nutrition in the Really Young) programme in target areas in Dartford to support the healthy weight agenda.

Eddible Ebbsfleet: A community growing project to encourage the production of locally grown fruit and vegetables.

KCC Bicycle Stand: Funding was obtained from KCC to erect a new bicycle stand. This will be built in the coming financial years.

Dartford Larder: This project aims to help those in food need.

Postcode Local Trust: This was a contribution from the Postcode Local Trust towards the Growing Community project.

Awards For All - Soup Dragons: This funding provides cookery courses for 7-11 year olds, to encourage having fun with food.

Kent Community Foundation Fund for the Environment: Funding was received to help support the initial phases of the Eco Centre and Food Forest development.

Digital Inclusion Fund: Funding was received to purchase laptops to run courses aimed at reducing digital exclusion.

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Dartford Borough Council Club Together: This funding was received to contribute towards the purchase of a panel van and its future running costs.

Household Support Grant: This is for the management of the community centres on behalf of Dartford Borough Council, and running Emergency Hub services.

Hospitality and Leisure Grant: This grant was received to provide a series of events, entertainment and activities for the community in Temple Hill Square.

Tudor Trust: The grant was provided to cover the salary costs of the centre coordinator, in order to help the charity develop its business and delivery model.

Aviva Community Fund: This funding was received to fund the development of the Eco Centre and Food Forest at Dartford Science and Technology College, in order to: increase biodiversity and provide a harvest of food and other materials for art and science projects and educate about the connection between food, nature and humans.

14 Analysis of net assets between funds

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|--------------------------|-----------------------|---------------------|
| Fixed assets | - | 21,503 | 21,503 |
| Current assets | 45,384 | 151,111 | 196,495 |
| Current liabilities | - | (6,622) | (6,622) |
| | <u>45,384</u> | <u>165,992</u> | <u>211,376</u> |
| Prior Year | | | |
| | Restricted funds £ | General funds £ | Total funds £ |
| Fixed assets | - | 33,490 | 33,490 |
| Current assets | 152,106 | 116,383 | 268,489 |
| Current liabilities | - | (6,509) | (6,509) |
| | <u>152,106</u> | <u>143,364</u> | <u>295,470</u> |

15 Related party transactions

There were no related party transactions during the period.

HEALTHY LIVING CENTRE DARTFORD

England & Wales - Charity number 1142458

Accounts

Healthy Living Centre Dartford

Trustees' Report

Including Financial Report & Statements

1 April 2022 – 31 March 2023

Registered Charity: 1142458
Registered Company: 07409535

HEALTHY LIVING CENTRE DARTFORD
Report and financial statements

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HEALTHY LIVING CENTRE DARTFORD

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2023

| | |
|--|--|
| Charity name | Healthy Living Centre Dartford |
| Charity registration number | 1142458 |
| Company registration number | 07409535 |
| Registered office and operational address | Tree Estate Community Centre Cedar Road Dartford Kent DA1 2RS |
| Directors and Trustees | Ms L Bathgate Mr S Grimsey Mrs R Neale Mrs P Burleigh – resigned 13 October 2023 Ms S Maybourne – appointed 10 February 2023 Mr R Cook - appointed 10 February 2023 |
| Secretary | Ms S Phillips – appointed 7 July 2023 |
| Independent Examiner | Jonathan Healey FCA Lindeyer Francis Ferguson Limited 198 High Street Tonbridge Kent TN9 1BE |
| Bankers | HSBC Bank plc 38 High Street Dartford Kent DA1 1DG |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

We are pleased to present our annual report together with the independently examined financial statements of the charity for the year ended 31 March 2023.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, including "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

Structure, Governance and Management

The company is a charity registered with the Charity Commission and registered under the Companies Act 2006 as a Company limited by guarantee. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up.

The company is managed on behalf of the members by a Board of Directors, who are also Trustees of the charity. The Directors provide their services to the management of the charitable company free of charge. None of the Directors had a material interest in any contract of significance to which the charitable company was a party during the year, nor has any beneficial interest in the charitable company.

Management and governance arrangements

At each Annual General Meeting the number of directors as is nearest to one third must retire. The charity may by ordinary resolution determine the rotation in which directors are to retire.

As set out in the Articles of Association, the charitable company may by ordinary resolution appoint a person who is willing to act to be a director. No person other than a director retiring by rotation may be appointed at any general meeting, unless not less than fourteen days nor more than thirty five clear days before the date of the meeting, the charity is given notice that is: signed by a member entitled to vote; states the members intention to propose the appointment of a person as a director; contains the details that, if the person were to be appointed, the charitable company would have to file at Companies House; and, is signed by the person who is proposed to show their willingness to be appointed.

The day to day administration of the charitable company is under the control of the manager, Sharon Phillips. The manager is responsible to the Board of Directors. The charitable company employs a total of 8 staff.

Public benefit

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these when new activities are considered. All of our activities address (some or all of) the following subjects which form part of the Healthy Living Centre Dartford's ("HLCD") aims: physical health, emotional wellbeing, the relief of poverty and education.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Objectives and Activities

The charity's objects are defined by its Memorandum of Association as:

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Dartford and the surrounding areas.
- The relief of unemployment for the benefit of the public as such ways as may be thought fit, including assistance to find employment.

The aims of our charity are to improve health and wellbeing and reduce health inequalities within the borough of Dartford through education and the provision of services to the community.

Achievements and Performance

Thank You to our Funders and Supporters

Healthy Living Centre Dartford is grateful to its funders for their support of our health and wellbeing work in Dartford; The National Lottery Community Fund, Tudor Trust, Kent County Council - Public Health and Members, Dartford Borough Council, Involve Kent, The Department for Work and Pensions, Active Kent and Medway, The Mayor of Dartford's Charity, Peoples Health Trust, and the ASDA Foundation.

We were also entrusted to look after the funds for local people whose projects were funded by the Local Trust (**Dartford Big Local**) through the Community Voting Day/Participatory Budgeting programme.

Healthy Living Centre Dartford acknowledges the fantastic contribution our volunteers make to the local communities we serve – we know we could not have achieved as much as we have been able without the support of our **40** amazing volunteers, who this year gave at least **4856** hours of their time to help us deliver services to improve the health and wellbeing of local people. To calculate the financial contribution made by the volunteers to the organisation and the local community, we use the mean of the national living wage (£9.50 per hour) and the median wage rate (£16.37 per hour – *source statista.com*), which this year equated to **£62,836.64**, a substantial in-kind contribution.

We are grateful to Councillors Penny Cole and Avtar Sandhu who funded a volunteer celebration event in March 2023, affording us the opportunity to thank our volunteers for their support and hard work throughout the year.

Extensive research demonstrates that volunteering has a significant impact on physical and mental health and wellbeing, provides a sense of purpose and teaches valuable skills, and increases social interaction, nurturing existing and new relationships with the volunteers. We asked our new applicants why they wanted to volunteer with Healthy Living Centre Dartford. Their responses showed that:

- **62%** wanted to **be more involved** with their local community.
- **46%** wanted to **share** their skills and expertise.
- **69%** wanted to **learn** new skills.
- **54%** wanted to **make new friends**.
- **62%** wanted to **do something rewarding** with their spare time.
- **69%** wanted to volunteer to **help with job/career prospects**.
- **54%** wanted to help achieve HLCD's aims and objectives.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

Food

Food and health play a very important role at Healthy Living Centre Dartford, from growing through to cooking and eating, reducing food waste by redistributing surplus produce and providing low-cost meals, and supporting individuals and families in crisis by providing food parcels or cooked meals.

Growing Food

At the end of April 2022, we formally launched our "Growing Community" **Food Network** initiative with a Community Bring and Share Picnic at our partner Spirit's Rest's Animal Sanctuary. This was a popular and successful event with over 70 families joining us for food, seed sowing and outdoor craft activities delivered by the HLCD team and Growing Community partners Dartford Science and Technology College, Friends of the Earth, and Planet Dartford, to promote the project and engage with potential volunteers. Other partners of the project included the Galaxy Trust (now the Golden Thread Alliance), Wentworth Primary School, Our Lady's Primary School, and Big Barn; we have an ambition to work with schools and educators to bring food growing and outdoor learning into the curriculum.

Throughout the course of the year the steering group met several times, strengthening the partnership and planning for development of various growing sites, particularly in schools. In January 2023 we were absolutely delighted with an amazing turn out of volunteers on a very rainy Sunday morning to plant the first of the Food Forest trees at the Dartford Science and Technology College, the culmination of five years planning and organisation.

We are excited to develop the "Growing Community" Project at Maypole Allotments in the very near future, with many exciting opportunities to extend services from this site to explore.

Cookery Clubs

Our Peoples Health Trust Funded **Thyme to Cook** project came to an end in June 2022. From April to June, we facilitated **43** sessions, aimed at improving social connections and empowering participants to take control of their own activities. **20** participants regularly attended the weekly sessions across both Tree and Temple Hill centres, with reported improvements in confidence, cooking skills and making new friends. We continue delivery of an inclusive and friendly weekly cook and eat club at Temple Hill, utilising mainly Fareshare donations. These relaxed and creative sessions provide not just cookery tips and hints but also a strong social group that has bonded extremely well, improving the wellbeing of the participants.

We delivered **12 Hatchlings Cookery Club** sessions for 7–11-year-olds, promoting healthy food options and encouraging creativity and food waste reduction. No recipes were supplied – just ingredients to fire the young people's imagination. **14** young people attended the sessions: all enjoyed the course with most young people reporting more confidence in the kitchen at home.

We also delivered **online slow cooker cookery sessions**, in partnership with HomeStart Northwest Kent, working with **18** families to teach them to cook healthy, budget friendly meals. Below are a few comments from some participants:

"I hate cooking – was terrible at it until I got my slow cooker! I only stuck to basics, but this has really helped me come out of my comfort zone and cook different things I didn't really know how to. I've learnt other things which have been a bonus, like cupcakes, and the carrot cake to die for were a great hit. And now I know how to make flatbread. Thank you so much for allowing me to join in. It's been wonderful!"

"Honestly, this group has helped a lot. I love cooking but never really use a slow cooker and have not known what to do with it apart from a basic bland stew! Now I know how to thicken things by cooking on high with the lid off for the last hour, how to make flatbreads, how to make a chicken stew without using gravy granules. This has been a big help giving me ideas for homemade food I can cook whilst traveling to pick up my son without worrying about cooking dinner late in the evening. Now it will be ready for when we get home, so thank you for letting me be a part of this. It's bringing my cooking mojo back."

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One participant suffered severe anxiety, and initially took part in the sessions with her camera off. By the end of the course, she was able to take part with the camera on. Her support worker reported that she had become a "different person" by the end of the sessions.

We delivered slow cookery sessions, funded by KCC Public Health, to 19 people. Working with healthy, budget friendly recipes we showed them how to adapt recipes and develop their own recipes from the things they had in their fridge and cupboards – and according to their family needs and preferences.

Many of the participants didn't cook at home and the course helped them build confidence and even start enjoying cookery again. And many come in with stories to share of meals they have cooked in their slow cooker since the previous session - and things they have seen in books or on the internet that they can't wait to try.

- *"The course has changed the guy I support for the better – with both his socializing and his cookery skills."*
- *"A really good course. A nice group of people to learn new skill with"*
- *"I haven't really cooked for years as I live on my own, but I now invite my sister round for dinner on Slow Cooking evenings and it's also encouraged her to get hers out of the cupboard and start cooking again."*

Catering for Community Events

Our amazing catering volunteers have a reputation for providing excellent quality catering and receive requests to cater for community events across the borough. This year they provided catering for:

- Response Training Courses
- 3 x Working Lunches
- Local Walkers Easter celebrations
- HomeStart Easter Reconnect and Family events.
- Being Assertive Courses
- Jubilee Afternoon Tea for Senior of Stone Celebration
- 2 x Jubilee parties
- Bluewater Community Forum Summer Event
- Dartford Big Local Community Voting Day
- Afternoon Tea for the Mummies Link Up Group
- The Mayor's Charity fundraising event at Stone Bowls Club
- The Over 55s Club anniversary celebrations
- We are Beams and HomeStart Family Celebrations at Halloween and Christmas
- Santa Tours at Temple Hill and Tree Estate
- Over 55s, HomeStart Volunteers and Dartford Walkers Christmas Lunches
- Monthly Tree Community Lunch Clubs
- Weekly lunches for the Porchlight Rough Sleeper clients

Supporting Those in Food Poverty and Reducing Food Waste

Throughout April and May 2022, Healthy Living Centre Dartford provided 151 **Dartford Larder** boxes to our members. By June we had made the decision to cease delivery of the project as the variety of goods available for our members had greatly reduced. Also, as our core business activities were coming back into full swing, there was little time and space available to continue the project, although we continued to utilise and redistribute surplus produce not used in our cookery clubs through **Fareshare Go**.

This produce is also used for our monthly Community Hubs and provides bread, pastries, and fruit for breakfasts at our "Warm Space" sessions, **Hygge on the Hill**, which we opened in September 2022. Surplus

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goods are offered to residents and groups that use the centres, such as the WI Lunch Club, the Over 55s Club and Porchlight drop-in sessions.

This year our volunteers collected **1553 kgs** of surplus from local supermarkets, equivalent to **5252 meals** saved from waste (source: *Foodiverse.nef*) and redistributed within our community.

In December 2022 we were approached by the Family Foodbank to become a distribution centre for Dartford. To March 2023 we have distributed **75** Family Foodbank parcels to **41** families in crisis in Dartford, referred to the scheme by family liaison officers, social workers, Early Help teams, Housing Officers, Citizens Advice Bureau, Porchlight and the local council.

The Community Centres

Healthy Living Centre Dartford aims to develop and promote more attractive and thriving community assets at both Tree estate and Temple Hill community centres to provide:

- a focus for health promotion activities and interventions in areas of high indices of multiple deprivation
- community development, engagement and cohesion activities and events
- extended service provision for local communities
- creation of local employment opportunities.

In addition to a wide range of health and wellbeing activities delivered weekly by Healthy Living Centre Dartford, the Domestic Abuse One Stop Shop, Porchlight Rough Sleeper drop in, Alzheimer and Dementia Support Society, NHS Diabetes Prevention Service, Mummy's Link Up, Pregnancy and Mother and Baby Yoga have all delivered regular sessions from the centres. We also provided a temporary venue for a local 12- Step Programme whilst their usual accommodation was being refurbished.

Our staff and volunteers organised and catered for our guests at two **Jubilee Celebration Parties** from the community centres on the 2nd and 3rd June. They provided fantastic food, music, entertainment, activities, and games for over 200 residents to celebrate this momentous occasion. The atmosphere and community spirit at both events was amazing, with great connections made with our local neighbours and providing another great opportunity to promote HLCD services and projects.

Physical Activity

We were delighted to be awarded funding by **Active Kent and Medway** to support and increase the offer our affordable physical activity sessions. Over the course of 2022-23, Healthy Living Centre Dartford delivered **266** affordable physical activity sessions (yoga/tai chi/seated exercises, Zumba Gold and circuits/ box fit), supporting **287** participants to increase their physical health and wellbeing (**1821** contacts).

Respondents to our survey about these sessions showed that **66%** felt that the sessions helped them manage their mental and physical health (**13%** of respondents reported they suffered from a long-term condition or mental or physical disability) and **76%** of respondents felt more connected to their local community and had built new friendships.

93% of the participants were female. **38%** of the participants were aged between 35- 49 and **38%** between 50-59.

- *"(I) Really enjoy the different things going on at the community centre. Helped me with my mental health. Feel like I have a good reason to leave the house. "*
- *"Love the feeling of achievement after a good class like this."*
- *"Hoping these classes continue as it's the first time in years that I have been to exercise classes."*

We delivered **49** Gardening Club sessions, with our small and enthusiastic team of green fingered champions helping to maintain the communal areas in the community garden and allotments, keeping things tidy, planting and pruning, enjoying the open air and getting physically active all at the same time.

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5 staff and volunteers completed Cycle Leader training – we anticipate recommencing delivery of lead cycle rides later in 2023. We also plan to deliver men and women only sessions, tailored for those of a certain age, early in the next financial year.

To support the Healthy Living Centre Dartford staff with the cost-of-living crisis, the trustees proposed and agreed an additional 3% salary increase for 2022 – 2023.

Community Engagement

With a strong track record of community engagement, including arts and music workshops, cookery and community chef courses, social inclusion activities and accessible, affordable physical activity classes, Healthy Living Centre Dartford secured funding from Dartford Borough Council through the Additional Restrictions Grant for Cultural Events and Business Support, to provide a variety of fun, lively, accessible, and engaging activities in Temple Hill Square to highlight the positivity of a thriving local and convenient shopping precinct and community square.

We used these events to encourage dialogue with local people, explore wants and needs for their neighbourhood, all of whom would have different perspectives and ideas of what makes a vibrant and inviting location. These events also provided an opportunity for wider consultation to help shape future wellbeing and community development schemes to engage local people.

After careful consideration as to whether to proceed following a fatal incident near Temple Hill Community Centre at the beginning of April 2022, Healthy Living Centre Dartford delivered the first of our series of monthly **"We Are Temple Hill!" Making Memories** events in the Easter School holiday. Many locals commented that the event was just what they needed at that time, proving community spirit prevailed despite tragic events occurring in their neighbourhood.

This event was extremely successful, with around 200 local people taking part in the activities and appreciating the entertainment provided by the Rewards Project, having their faces painted by the very local business Fancy Faces, visiting the local resident's street market stalls, and enjoying the activities, including cooking demonstrations, healthy food option sessions, smoothies made by our smoothie bike, seed sowing and seedling swaps and arts and crafts. provided by the HLCD team. Local Scouts provided delicious cakes and sweet treats to raise funds for their Jamboree, and even brought along the Easter Bunny to dish out chocolate eggs to our Treasure Trail winners.

We delivered a total of 11 "We are Temple Hill!" events from April through to December, each averaging around 200 visitors. In May the Darent Valley Landscape Partnership Scheme joined us to deliver their

ReFrame Art Workshop, encouraging people to take notice of the colours of nature around them and produce beautiful artworks. The DBC Resident Involvement Team also attended one of the events for community engagement purposes.

In July, when the temperatures reached the mid-30s, we delivered the event in the air-conditioned community centre. Throughout August we delivered weekly sessions on the square and included weekly Steel Pan workshops for young people. We cancelled the September event as the country observed national mourning for Queen Elizabeth. The October Halloween event was another great success for families, and in November we held our Christmas Market event in the Community Centre, offering a closed session to support the Alzheimer and Dementia Support Service users before the main doors opened.

The project closed with a flourish in December with Christmas celebrations on the square, incorporating, in addition to the regular activities and entertainment, a visit from the DBC Santa Tour, steel pan music, hot chocolate and popcorn provided by local scouts and PTAs, and opportunities to buy last minute gift from local businesses.

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The responses from consultation with local people at these events on what they would like to see in the neighbourhood included:

- Safe green play area space for kids in the new-build space behind the community centre.
- A play area like the one by the new development (Phoenix Quarter) on the square.
- Youth clubs.
- Regular community events.
- Deal with the mice and rat problem.
- Decorate and invest money in updating buildings that have not been changed since the '50s - improve the area and show you care.
- More community events like this!
- School holiday inclusive activities for children/carers/adults, particularly outdoor activities to improve the environment and mental health and well-being, e.g., gardening, communal spaces, litter picking and wildflower sowing.
- Outdoor cinema for children.
- Cooking for children.
- More space for kids to learn and grow.
- Weekend kids' clubs.
- Weekend classes with parents and children to plant and grow in an outside space.
- Crop swapping.

We will endeavour to address some of these wants through Healthy Living activities, such as cookery and gardening clubs, family activities and community events. The comments on larger structural issues outside of our gift were forwarded to the appropriate agencies.

Vicky, a regular visitor to the events with her home-schooled children said about the events:

"We have been to 9 of these days so far - they have been amazing! My boys have always come away with the biggest smiles on their faces. The time and effort the HLC team put into making these events a success, can be seen a mile off. The variety of activities, arts and crafts, and the most amazing face painting, has made it something we've looked forward to every month. We've been joined by friends each time, and it's always been so lovely getting all the children together and watching them have fun with each other, in a safe and fun environment. We will miss these monthly Fun Days after they finish. Thank you to everyone who has been involved. We also came along to your Jubilee party, where my youngest ended up with his photo being on the Dartford Living magazine after he had his face painted. Again, another wonderful party, put together with untold amounts of care and effort."

"Fancy Faces Body Art have provided face and body painting at the Healthy Living Centre's Temple Hill Square and Jubilee community events this year. Each event was extremely well received by its visitors, with all enjoying the activities and entertainment. Face painting was extremely popular, I was never without a lovely queue! It was an absolute pleasure to be part of such wonderful community events and to witness first-hand how it has brought people together, as well as seeing the wonderful effort put in by all the Healthy Living Centre Dartford staff and volunteers."

"Reward Projects have been working with HLC Dartford to deliver activities at Temple Hill throughout 2022 at their events in the Square and Jubilee celebrations. We have supplied over 20 performers, artists, and workshop leaders to engage with the public, young and old, in creative activities during these events - everything from singers to circus artists, from musicians to magicians, from Reggae artists to Urban Art Painters. These events have brought a sense of vibrancy to the square and on several occasions, we found ourselves overwhelmed by the sheer numbers of young people wanting to take part in workshops - such was the popularity of the summer events. It has been an absolute pleasure to work with the HLC team and the Temple Hill community this year, the grant has been vital in making this happen."

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Our staff and volunteers provided arts and crafts activities and face painters for over 500 children and their families at the Dartford Borough Council Jubilee Party in Central Park. We also supported the **DBC Resident Involvement Road Show** by facilitating family activities for them in Swanscombe, Bean and Darenth. Both events gave us the opportunity to promote our services to a wider audience in the borough.

Our volunteers have delivered **9** community lunches, providing an affordable 2 course meal for local people in a relaxed and friendly environment, reducing social isolation and encouraging wider peer networks. Each lunch has catered for an average of **25** clients, and the feedback has been extremely positive.

Over the summer, Healthy Living Centre Dartford promoted and supported Local Trust with Big Local workshops, empowering and encouraging local residents to take part in a **Participatory Budgeting** scheme and bid and/or vote for local community projects.

In September 2022 we began our **"Hygge on the Hill"** weekly adult "youth" club, bringing people together for fun activities including table tennis, badminton, board games and crafts with the aim of reducing isolation and providing a safe warm space for people to enjoy free refreshments and breakfast utilising Fareshare produce.

Throughout the year we facilitated **30** Community Hub days, providing ideal opportunities for residents to socialise in their local community centre, enjoy arts and crafts activities, buy an affordable home cooked meal, relax with a taster therapy session or to bring broken household items to the **Repair Café** to find out if they can be fixed by our volunteer repair team, helping keep repairable items from landfill. The Repair Café sewing team also worked with the community to produce yards of bunting and helped plan for the delivery of two Jubilee celebration events at the community centres on Tree Estate and Temple Hill, funded by Dartford Borough Council and the ASDA foundation.

The Repair Café has proved to be an excellent route to engage with men – retired men with DIY and carpentry skills have joined as volunteers, some widowers have brought clothing to be repaired and stayed for breakfast and a chat, and one of our existing repair café volunteers has agreed to lead our Men's Shed project, and also delivers a weekly band club, thanks to the generous donation of musical instruments from Northfleet Big Local. His case study highlights how Healthy Living Centre Dartford helped with this volunteer's mental health and wellbeing after a traumatic event changed his life:

"I was a successful computer programmer and Network Administrator, progressing my career to management level. After 15 years of working in the same company, following the major loss of two of our biggest clients I was made redundant in 2016.

I decided that this would be an appropriate time in my life to try something new and invested in my own local business. I had always dreamed of opening a video game arcade, but as home computing became more advanced there was no need for arcade machines. I decided to implement my own version of an amusement arcade using all the computers and consoles I had collected from the 1980s to the latest model. Even though I had most of the skills required to run every part of the business, I quickly learned that managing a huge warehouse full of customers and equipment was hard work, so I found some good volunteers to help me run the unit successfully. Sadly, after three years of success, in June 2019 our warehouse was broken in to and all the equipment stolen. We therefore lost all our summer trade and the business went into administration in September 2019.

During this time my marriage broke down, and my wife moved away with my two children. I was absolutely devastated as my children are and always have been my life and the reason behind my determination to succeed. I visited them regularly until the next serious event happened.

On September 22nd, 2019, at 7pm, I was walking along the high street when I got hit over the head from behind with a crowbar. A gang of youths mugged me and continued to hit me with the weapon, shattering my left leg and as well as kicking me in the face before taking my bag, wallet, and keys. I was in hospital for two weeks, having an operation to bolt plates on my leg. It took six months before my leg was fully functional. During this time, I started having seizures and spent more time in hospital to find medication which would help

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prevent these seizures. I had to sell my car and use public transport. Of course, throughout all of this I was no longer earning any money and eventually had to file for bankruptcy.

I went into a serious depression and never wanted to leave the house. I had moved into my mother's house where I remained for the rest of 2020. I would not speak to anyone and shut myself away in my mother's spare bedroom. I was suffering from PTSD, anxiety and depression and eventually got referred for psychiatric support. They gave me medication to help with the PTSD and try to lift my mood, however my mother was noticing a drastic change in my personality, my ability to talk and a complete reversal of my previous extrovert personality.

It was at this point I got referred for therapy sessions to aid my recovery process. My therapist concluded that part of my recovery would entail living independently again; my mother agreed that our relationship was declining because of me occupying her home. So now I was homeless and ended up in temporary accommodation in a hostel. Although I was grateful to have a roof over my head, the environment I was in was not appropriate for my recovery.

By this point I had been assigned a new therapist and after several sessions with them, it was decided that I would be better off in my own flat, in supported living where I could be monitored with my progress and help me once again become independent.

During 2021, my mother was trying to improve my interaction with people again and get me to leave the threshold of her spare bedroom. She contacted a local councillor (Ann Allen MBE, Healthy Living Centre Dartford's chair at that time) who was intrigued by my story and very supportive. She provided us with lots of contacts, one of which the Healthy Living Centre. Mum was advised of all the community-based events provided by the Healthy Living Centre, and it was suggested the repair café may be of interest to me. I was invited to join the team of volunteers who work in the repair café, and mum came with me for the first time as I was very nervous. I immediately hit it off with two of the members of the team who made me feel very welcome and at ease with working within a group again. At first, I was afraid to talk to any customers, so they took the reins and just passed items back to me for fault finding and suggestion of how to fix. I quickly learnt how to fix items without requiring any extra help from the other members of the team and found that I was becoming more and more talkative with both the team and customers alike. I loved the atmosphere within the Healthy Living Centre and everyone who attended was so helpful, understanding, and friendly that I have missed just a handful of sessions since I started.

The café part is well appreciated as I am unable to afford meals out anymore, and it provides a space where we can all sit together with people from all walks of life to talk to. After a little while, I discovered that there was a food bank style service provided which I signed up to and receive well appreciated and necessary items for survival at home.

I continued to learn of other events and volunteering opportunities which I have become involved with such as helping with organising storage, giving input for the computer software and hardware, and even got presented with some musical instruments which were donated to the centre, and I now run a music group. Music for me is not only a hobby and form of entertainment, but also brings people together and is very therapeutic for people suffering with their mental health, me included.

On top of this, I have also been invited to go on several courses, one of which I was able attend recently was the First Aid at Work course which was very useful as not only gave me confidence in supporting people when required but also made me feel wanted and needed.

I have also been given the opportunity to take the lead with the Dartford Men's Shed, a place where men can come and socialise with other men whilst swapping trades and learning new skills. This is something which I am really looking forward to delving deeper into and again has helped my confidence levels immensely.

The Healthy Living Centre has been a huge part in my mental health recovery, my confidence and my socialising skills as well as enabling me to work as a volunteer when required which I eventually hope will

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enable me to get back into the workforce again. I hope to continue being involved with the team at the Healthy Living Centre no matter what happens in the future as I can really see the benefits not only to myself but to others as well and I really appreciate being able to be a part of it."

Local Employment Opportunities

At the very end of March 2022, we welcomed two Project Support Assistants to our staff team. Funded through the Kick Start Programme, a government scheme to support young people on Universal Credit with new job placements to reduce the risk of long-term unemployment, Healthy Living Centre Dartford committed to assist the young people for six months, honing their employability skills and providing training opportunities to help them secure meaningful work at the end of their placements – both young people secured work. One had also completed a traineeship with Healthy Living Centre Dartford and successfully achieved their qualifications.

By supporting Dartford Borough Council with evening and weekend bookings at the community centres, we can provide flexible local opportunities for stewards and site support officers.

We are also keen to help young people explore potential careers within the third sector by providing work experience placements at Healthy Living Centre Dartford. This year we welcomed a year 10 student from Wilmington Academy for two weeks in July, who enjoyed the variety of activities delivered by the team and was actively involved in the project.

Training

Healthy Living Centre Dartford acknowledges that lifelong learning plays a vital role in supporting people to gain skills to enter, return or progress in to work, and can help reduce loneliness and make people happier, healthier, more confident, capable, and resilient.

In addition to our twice weekly "Go Online" ITC courses, we partnered with Citizen's Advice in North and West Kent to deliver a series of 6 week Basic and Intermediate Digital Inclusion courses, using brand new laptops we were able to buy with funds awarded by Kent Community Foundation. These courses have benefited **46** individuals, helping them to stay safe online, connect with friends and families and access online shopping, banking, and other digital services.

We continue to work closely with the **Kent Adult Education Response Programme**, and over the course of the year facilitated delivery of 13 accredited and non-accredited courses to support the health, wellbeing, and employment skills of local people, including our own volunteers.

| | Non-Accredited | Participants |
|---|---|--------------|
| 1 | Introduction to Setting up a Business | 5 |
| 1 | 5 Ways to Wellbeing | 10 |
| 1 | Intro to First Aid for Parents and Carers | 4 |
| 1 | Money Management | 6 |
| 1 | Christmas Crafts | 15 |
| 1 | Introduction to British Sign Language | 6 |
| | Totals | 44 |

| | Accredited | Participants |
|----------|---|--------------|
| 2 | Food Safety Level 2 | 17 |
| 3 | Emergency First Aid at Work L3 | 27 |
| 1 | Health and Safety in Social Care | 4 |
| 1 | Control of Substances Hazardous to Health | 5 |
| 7 | Totals | 53 |

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Our Centre Coordinator completed working with emotional and distressed people, Mental Health Awareness and Suicide Prevention and Awareness training to support our clients. Staff also attended Safeguarding Training, new members of the staff and volunteer team attended COSHH and First Aid training, our food network Growing Community officer attended the Oxford Real Farming Conference, which included subjects such as agroecology, regenerative agriculture, organic farming and indigenous food and farming systems to help support the development of our food growing network.

Health Promotion and Awareness Campaigns

Healthy Living Centre Dartford supports national campaigns through social media posts, community engagement events and by providing leaflets and information posters at our community centres. Campaigns promoted this year included:

| | |
|--|--|
| <ul style="list-style-type: none">• World Health Day• Mental Health Awareness Week• Childrens Gardening Week• Grow Your Own for Wellbeing• Men's Health Week• Cervical Screening Awareness Week• Children's Art Week• 10 Minute Shake Up• Release the Pressure• Spot Child Cancer• Stoptober• World Mental Health Day | <ul style="list-style-type: none">• Movember• Stress Awareness Day• World Diabetes Day• Carers Rights• International Volunteer Day• Mental Health Support for Young People• Dry January• Healthy Weight – Better You• Energy Saving Week• Debt Management Week• National Lottery Open Week |
|--|--|

Our Facebook Reach for the year was **52,855**, and Instagram reach **1,382**. *(These metrics count reach from the organic distribution of Facebook content, including posts, stories and ads. It also includes reach from other sources, such as tags, check-ins and Page or profile visits. This number also includes reach from posts and stories that were boosted. Reach is only counted once.)*

We facilitated the "Grab-A-Jab" initiative for two Covid Vaccination bus visits, the Flu Vaccination Bus, and the Sexual Health Bus at Temple Hill Community Centre.

Partnerships

Healthy Living Centre Dartford recognises that working in partnership is key to our sector and continues to build and strengthen our **Working Lunch** network. This information exchange and networking forum has over 220 members, with representatives from charities and statutory service providers, local councillors and businesses that work in and around Dartford. We meet at least three times a year, providing opportunities for professionals to update on their services and projects, connect with potential project partners and keep themselves informed of different services available that may benefit their own clients.

This year we hosted two Working Lunch meetings at Temple Hill Community Centre, and Dartford Adult Education Centre hosted the third. We had a total of 103 contacts, 76 individuals and 51 organisations represented – many of these organisations deliver various programmes so have several representatives in attendance.

The Healthy Living Team supported an Easter **Reconnect Programme** event for HomeStart families, providing arts and crafts activities and the refreshments for 50 families to enjoy. **Reconnect** works with communities to help children, young people and their families reconnect to pre-pandemic lives and activities, and this event gave us an opportunity to work in partnership with HomeStart Northwest Kent and promote HLCD activities to the parents. We also promoted and facilitated Reconnect Events for CXK and Imago Young Carers at Tree Estate Community Centre.

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We were delighted to host the first face-to-face Kent Healthy Living Centre Managers meeting since 2018, with representatives from the Grand, Fusion, Sheppey and Aspirations Healthy Living Centres attending to update on projects, best practice, and potential future collaborations to support the health and wellbeing of our local communities.

We were also invited to attend the Dartford Borough Council Loneliness Steering Group, and to give a presentation about our services to the well-attended Elders Forum at the Orchard Theatre.

Healthy Living Centre Dartford contributed to the Kent Police Community Policing engagement event, the Ebbsfleet Development Corporation Wellbeing Hub feedback sessions, and the North Kent Caribbean Forums Windrush Day community event. We also attended the Money and Pensions Service web conference "Working Together to Support Financial Wellbeing" to update knowledge on how best to support our clients.

A team of young women engaged in the National Citizenship Service scheme volunteered for two days in July, spending one day working in our community gardens and the other supporting the Mummies LinkUp group at the monthly meeting at Temple Hill Community Centre

We facilitated delivery of two Phoenix Programs (Clarion and Galaxy Trust), the Kent School Health Team screening program, the KCC Attendance Network Team meeting and ADSS memory cafes and peer support groups. We have also worked in partnership with Kent and Medway Talking Therapies, Dartford Primary Care Network Coordinators, Citizens Online, CDS Phoenix Place, Dartford Job Centre and People Plus. We have representation on the boards and panels of Darent Valley Landscape Partnership Scheme, Bluewater Community Forum, the Local Childrens Partnership, Dartford Young Peoples Partnership Conversation, the Local Childrens Partnership Group, the DWP Complex Needs group, the Health Creation Network and the Homeless forum. Healthy Living Centre Dartford was also invited to be a partner in the Dartford Shared Prosperity Fund Stakeholder Steering Group and participated in the first group meeting in July 2022.

Healthy Living Centre Dartford contributed to research for the Locality national report "The Impact of Community Anchor Organisations on the Wider Determinants of Health" published in August 2022 - <https://shorturl.at/hk568>

Financial Review

The charitable company's incoming resources for the year ended 31 March 2023 totalled £257,293 (2022 - £318,713). Resources expended for the year totalled £253,400 (2022 - £179,726), giving net income for the year of £3,893 (2022: £138,987).

Funds brought forward totalled £295,470, giving total funds carried forward at 31 March 2023 of £299,363. Of these funds, £207,009 is general, free reserves.

Reserves policy

It is the policy of Healthy Living Centre Dartford to maintain unrestricted funds, which are free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure to provide sufficient funds to cover management, administration and support costs. For the last 3 years £75,000 has been received annually from the National Lottery to assist with the running costs of the charity. This funding ended on 31 March 2023 and therefore unrestricted expenditure is likely to increase by £75,000 next year. With this revised annual unrestricted expenditure of £112,811, the general free reserves will cover 22 months of cost.

Risk management

The Trustees have formally assessed business risks, and this has involved assessing the types of risk facing the charity, prioritising them in terms of the potential impact and likelihood of occurrence, and identifying means of mitigating the risks. As part of this process the Trustees have assessed the adequacy of the charity's internal controls and the costs of operating particular controls relative to the benefits obtained.

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Plans for the Future

HLCD continues to deliver on identified priorities – capacity building: strengthen and diversify board, improve strategic direction, marketing and impact reporting.

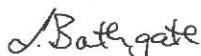
Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and of its financial activities that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis; and
- prepare financial statements that show a true and fair view.

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

Approved by the Trustees and signed on their behalf on 29 January 2024



.....
L Bathgate
Chair of Trustees

HEALTHY LIVING CENTRE DARTFORD

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

I report to the trustees on my examination of the accounts of the Healthy Living Centre Dartford for the year ended 31 March 2023.

Responsibilities and basis of report

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


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

Independent examiner's statement

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

1. accounting records were not kept in respect of the company as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Signed:

Dated: 30 January 2024

Jonathan Healey FCA
Lindeyer Francis Ferguson Limited
Chartered Accountants
North House
198 High Street
Tonbridge
Kent, TN9 1BE

HEALTHY LIVING CENTRE DARTFORD

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account) FOR THE YEAR ENDED 31 MARCH 2023

| | Notes | 2023 Restricted funds £ | 2023 Unrestricted funds £ | 2023 Total funds £ | 2022 Total funds £ |
|-------------------------------------|-----------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations | | - | 13,799 | 13,799 | 3,543 |
| Investments | | - | 857 | 857 | 18 |
| Charitable activities | 3 | 121,808 | 83,049 | 204,857 | 297,447 |
| Other trading activities | 4 | - | 32,102 | 32,102 | 14,663 |
| Other income | | - | 5,678 | 5,678 | 3,042 |
| Total income | | 121,808 | 135,485 | 257,293 | 318,713 |
| Expenditure on: | | | | | |
| Charitable activities | 5 | 215,589 | 37,811 | 253,400 | 179,726 |
| Total expenditure | | 215,589 | 37,811 | 253,400 | 179,726 |
| Net income | | (93,781) | 97,674 | 3,893 | 138,987 |
| Transfers between funds | 13 | 1,915 | (1,915) | - | - |
| Net movement in funds | | (91,866) | 95,759 | 3,893 | 138,987 |
| Reconciliation of funds | | | | | |
| Total funds at 1 April 2022 | | 152,106 | 143,364 | 295,470 | 156,483 |
| Total funds at 31 March 2023 | 13 | 60,240 | 239,123 | 299,363 | 295,470 |

The statement of financial activities includes all gains or losses for the period. All incoming resources and resources expended derive from continuing activities.

HEALTHY LIVING CENTRE DARTFORD

BALANCE SHEET AS AT 31 MARCH 2023

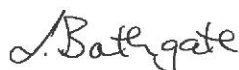
| | Notes | £ | 2023 £ | £ | 2022 £ |
|---|-------|----------|----------------|----------------|-----------|
| Fixed Assets | | | | | |
| Tangible assets | 9 | | 32,114 | | 33,490 |
| Current assets | | | | | |
| Debtors | 10 | 30,107 | | 6,160 | |
| Cash at bank and in hand | | 246,458 | | 262,329 | |
| | | | <u>276,565</u> | <u>268,489</u> | |
| Creditors: Amounts falling due within one year | 11 | (9,316) | | (6,509) | |
| Net current assets | | | <u>267,249</u> | <u>261,980</u> | |
| Net assets | 13 | | <u>299,363</u> | <u>295,470</u> | |
| Funds of the charity | | | | | |
| Restricted funds | 13 | | 60,240 | | 152,106 |
| Unrestricted funds | 13 | | 239,123 | | 143,364 |
| Total funds | | | <u>299,363</u> | <u>295,470</u> | |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on..... 29 January 2024



.....
L Bathgate
Chair of the Trustees
Charity number: 1142458
Company number: 07409535

HEALTHY LIVING CENTRE DARTFORD

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

1 Status

Healthy Living Centre Dartford is a charitable company limited by guarantee without share capital incorporated in England & Wales. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up. The address of the registered office is Tree Estate Community Centre, Cedar Road, Dartford, Kent, DA1 2RS.

2 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Healthy Living Centre Dartford meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

2.2 Fund accounting

Restricted donations are available for the charity's use only in accordance with the terms under which, and for the purposes which, the funds were donated to the charity.

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

2.3 Incoming resources

All incoming resources are included on the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Income from donations and grants is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds.

Income from charitable activities is recognised over the period to which the income relates. Income received in advance of a service provision is accounted for as deferred income.

Investment income is included when receivable.

HEALTHY LIVING CENTRE DARTFORD

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

2.4 Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 4.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

Plant and Equipme 25% reducing balance
Motor vehicles 3 years straight line
Computer equipme 3 years straight line

2.5 Debtors

Trade and other debtors are recognised at the settlement amount due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash held in current accounts.

2.7 Creditors

Creditors are recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably.

All creditors are initially recognised at transaction price. Accruals are subsequently measured at the settlement amount.

2.8 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9 Pension contributions

The charity makes defined contributions into employee private pension schemes. Contributions are charged to the statement of financial activities as they becomes payable in accordance with contract terms.

HEALTHY LIVING CENTRE DARTFORD

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

2.10 Fund accounting

Unrestricted funds are those funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

3 Charitable activities

| | Growing Community | Supporting Healthy Living | Employment Services | Community Activities and Classes | 2023 | 2022 |
|--|----------------------|---------------------------------|------------------------|--|---------|---------|
| | £ | £ | £ | £ | £ | £ |
| The National Lottery | 75,000 | - | - | - | 75,000 | 75,000 |
| Kent County Council Dartford Borough Council | - | 38,800 | - | 2,900 | 41,700 | 51,060 |
| Actively Involved Department for Work & Pensions | - | 20,000 | - | 1,562 | 21,562 | 59,800 |
| | - | 21,600 | - | - | 21,600 | - |
| | - | - | 12,701 | - | 12,701 | - |
| Kent Sport | - | - | - | 8,757 | 8,757 | 4,852 |
| Other Donors | - | 6,365 | - | 1,035 | 7,400 | 15,782 |
| Community Links Bromley | - | - | - | 6,092 | 6,092 | - |
| People's Health Trust Kent Community Foundation | - | - | - | 5,156 | 5,156 | - |
| | - | - | - | 4,890 | 4,890 | 16,889 |
| Tudor Trust | - | - | - | - | - | 33,333 |
| Aviva Community Fund | - | - | - | - | - | 16,231 |
| Arts Council England | - | - | - | - | - | 14,500 |
| St Josephs Province Passionists | - | - | - | - | - | - |
| Local Giving | - | - | - | - | - | 2,500 |
| We Are Cycling UK | - | - | - | - | - | 1,500 |
| | 75,000 | 86,765 | 12,701 | 30,391 | 204,857 | 291,447 |

The comparative figure includes £226,305 of restricted income.

4 Other trading activities

| | 2023 | 2022 |
|-------------|--------|--------|
| | £ | £ |
| Café Income | 7,801 | 3,036 |
| Stewardship | 24,301 | 11,627 |
| | 32,102 | 14,663 |

HEALTHY LIVING CENTRE DARTFORD

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

5 Costs of charitable activities

| | 2023 £ | 2022 £ |
|----------------------------------|----------------|----------------|
| Healthy Living | | |
| Direct activity costs | 91,627 | 57,640 |
| Direct staff costs | 135,293 | 88,390 |
| | <u>226,920</u> | <u>146,030</u> |
| Support costs | | |
| Wages and salaries | 5,264 | 18,921 |
| Cleaning | 58 | 490 |
| Telecommunications | 7 | 455 |
| Printing, postage and stationery | 209 | 204 |
| Advertising | - | 541 |
| Travelling | 84 | 375 |
| Professional fees | 2,660 | 1,388 |
| Sundry expenditure | 654 | 1,169 |
| Training | 40 | - |
| HR services | - | 1,293 |
| Subscriptions | 671 | 588 |
| Stewarding | - | 928 |
| Depreciation | 12,781 | 5,125 |
| Bank Charges | 122 | 58 |
| Catering and entertainment | 5 | 890 |
| Governance | | |
| Independent examiner's fee | 2,803 | 1,271 |
| Accountancy fees | 1,122 | - |
| | <u>26,480</u> | <u>33,696</u> |
| Total cost | <u>253,400</u> | <u>179,726</u> |

The comparative figure includes £141,717 of restricted expenditure.

6 Staff Costs and Numbers

| | 2023 £ | 2022 £ |
|------------------------------|----------------|----------------|
| Staff costs were as follows: | | |
| Salaries | 134,841 | 102,575 |
| Social security costs | 4,367 | 3,207 |
| Pension | 1,349 | 1,529 |
| | <u>140,557</u> | <u>107,311</u> |

No employee received emoluments of more than £60,000.

Key management is considered to consist of the Centre Manager. The total remuneration of key management personnel was £41,020 (2022: £38,003).

HEALTHY LIVING CENTRE DARTFORD

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

6 Staff Costs and Numbers (continued)

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

| | 2023 No | 2022 No |
|-----------------|------------|------------|
| Administration | 2 | 1 |
| Project workers | 6 | 2 |
| | <u>8</u> | <u>3</u> |

7 Trustees Remuneration

No trustee received any remuneration during the year, or reclaimed any expenses.

8 Taxation

As a registered charity, Healthy Living Centre Dartford is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

9 Tangible fixed assets

| | Plant and Equipment £ | Motor vehicles £ | Computer equipment £ | Total |
|--------------------------|-----------------------------|------------------------|----------------------------|---------------|
| Cost or valuation | | | | |
| At 1 April 2022 | 1,423 | 29,149 | 8,928 | 39,500 |
| Additions | 3,528 | - | 7,877 | 11,405 |
| At 31 March 2023 | <u>4,951</u> | <u>29,149</u> | <u>16,805</u> | <u>50,904</u> |
| Depreciation | | | | |
| At 1 April 2022 | 119 | 2,429 | 3,463 | 6,011 |
| Charge for the year | 594 | 7,287 | 4,899 | 12,781 |
| At 31 March 2023 | <u>713</u> | <u>9,716</u> | <u>8,362</u> | <u>18,791</u> |
| Net book value | | | | |
| At 31 March 2023 | <u>4,238</u> | <u>19,433</u> | <u>8,443</u> | <u>32,114</u> |
| At 31 March 2022 | <u>1,305</u> | <u>26,720</u> | <u>5,465</u> | <u>33,490</u> |

HEALTHY LIVING CENTRE DARTFORD

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

10 Debtors: amounts falling due within one year

| | 2023 £ | 2022 £ |
|-------------------|---------------|--------------|
| Fees for services | 27,693 | 3,418 |
| Prepayments | 2,418 | 2,545 |
| Other Debtors | - | 197 |
| | <u>30,111</u> | <u>6,160</u> |

11 Creditors: amounts falling due within one year

| | 2023 £ | 2022 £ |
|------------------------------------|--------------|--------------|
| Amounts due to suppliers | 3,121 | 2,218 |
| Taxation and social security | 1,907 | 2,400 |
| Accruals | 4,194 | 1,797 |
| Funds held for other organisations | 94 | 94 |
| | <u>9,316</u> | <u>6,509</u> |

12 Control

The charitable company is controlled by its members.

There is no one ultimate controlling party.

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds

| | March 2022 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2023 £ |
|--|--------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Henry | 4,998 | - | (4,998) | - | - |
| Thyme to Cook | 4,180 | 5,156 | (9,336) | - | - |
| Allotment | 1,130 | 21 | (336) | - | 815 |
| Arts Council England - Arts at the Allotment | 981 | - | (981) | - | - |
| Edible Ebbsfleet | 1,104 | - | - | - | 1,104 |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | 2,174 | 1,193 | (1,685) | - | 1,682 |
| Growing Community Department for Work & Pensions - Kickstart Scheme | 2,844 | 75,000 | (77,844) | - | - |
| Postcode Local Trust Awards For All - Soup Dragons | - | 12,701 | (12,701) | - | - |
| | 11,370 | - | (11,370) | - | - |
| | 5,057 | - | (5,057) | - | - |
| Kent Community Foundation - Fund for the Environment | 4,014 | - | (4,014) | - | - |
| Kent Community Foundation - Digital Inclusion Fund | 9,839 | 5,207 | (11,476) | - | 3,570 |
| Dartford Borough Council - Hospitality & Leisure Grant | 29,946 | 2,600 | (26,901) | - | 5,645 |
| Kent County Council - Combined Member Grant | - | 1,000 | (917) | - | 83 |
| Dartford Borough Council - Club Together | 9,575 | 10 | (1,119) | - | 8,466 |
| Community Links Bromley - Crafty Crafters | - | 2,250 | (1,402) | - | 848 |
| Community Links Bromley - Hollistic Well-being | - | 2,500 | (2,500) | - | - |
| Community Links Bromley - Mummy's Link Up | - | 1,342 | (1,362) | 20 | - |
| Dartford Borough Council - Household Support Grant | 14,955 | - | (1,526) | - | 13,429 |
| Tudor Trust | 26,130 | - | (28,025) | 1,895 | - |
| Aviva Community Fund - Eco Centre and Food Forest | 16,231 | - | (5,579) | - | 10,652 |
| Kent Medway Active - Active Travel | 6,078 | 12,828 | (6,460) | - | 12,446 |
| Total restricted funds | 152,106 | 121,808 | (215,589) | 1,915 | 60,240 |
| Unrestricted funds | | | | | |
| General funds | 143,364 | 135,485 | (37,811) | (1,915) | 239,123 |
| Total unrestricted funds | 143,364 | 135,485 | (37,811) | (1,915) | 239,123 |
| Total funds | 295,470 | 257,293 | (253,400) | - | 299,363 |

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Prior Year

| | At 31 March 2021 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2022 £ |
|---|-----------------------------|----------------------------|----------------------------|-----------------|--------------------------|
| Restricted funds | | | | | |
| Dementia Café | 202 | - | (202) | - | - |
| Henry | 6,223 | - | (1,225) | - | 4,998 |
| Thyme to Cook | 5,256 | - | (1,076) | - | 4,180 |
| Allotment | 1,471 | - | (341) | - | 1,130 |
| Arts Council England - Arts at the Allotment | - | 14,500 | (13,519) | - | 981 |
| Holiday Club | 645 | - | (645) | - | - |
| Edible Ebbsfleet | 1,104 | - | - | - | 1,104 |
| Community Health Network | 493 | - | (493) | - | - |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | 20,383 | 4,700 | (22,909) | - | 2,174 |
| Growing Community | 30,515 | 75,000 | (72,671) | (30,000) | 2,844 |
| Postcode Local Trust | 20,000 | - | (8,630) | - | 11,370 |
| Awards For All - Soup Dragons | 10,000 | - | (4,943) | - | 5,057 |
| Kent Community Foundation - Fund for the Environment | - | 4,050 | (36) | - | 4,014 |
| Kent Community Foundation - Digital Inclusion Fund | - | 9,839 | - | - | 9,839 |
| Dartford Borough Council - Club Together | - | 10,000 | (425) | - | 9,575 |
| Kent County Council - Reconnect | - | 2,500 | (2,500) | - | - |
| Dartford Borough Council - Summer Sizzlers | - | 4,800 | (4,800) | - | - |
| Dartford Borough Council - Household Support Grant | - | 15,000 | (45) | - | 14,955 |
| Dartford Borough Council - Hospitality and Leisure Grant | - | 30,000 | (54) | - | 29,946 |
| Tudor Trust | - | 33,333 | (7,203) | - | 26,130 |
| Aviva Community Fund - Eco Centre and Food Forest | - | 16,231 | - | - | 16,231 |
| Kent Medway Active - Active Travel | - | 6,352 | - | (274) | 6,078 |
| Total restricted funds | 97,792 | 226,305 | (141,717) | (30,274) | 152,106 |
| General funds | 58,691 | 92,408 | (38,009) | 30,274 | 143,364 |
| Total unrestricted funds | 58,691 | 92,408 | (38,009) | 30,274 | 143,364 |
| Total funds | 156,483 | 318,713 | (179,726) | - | 295,470 |

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Growing Community: Funded by the National Lottery Community Fund, this is a two part project. Part one is to support the growth of skills, knowledge and resilience in our local communities that improve health and wellbeing. Part two is to coordinate, facilitate and develop a thriving food network across the borough; to create healthy communities through fresh food initiatives that support and develop community ownership of, and increase in, local food production; and to address skills, employment training and education that contribute to food security and sustainability.

Department for Work & Pensions - Kickstart Scheme: A government scheme to support young people on Universal Credit with new job placements to reduce the risk of long-term unemployment.

Kent Sport - Active Travel: The grant was received to help the Wobblers and Wibblers initiative in the Temple Hill area, to increase the number of people cycling.

Thyme & Cook: To develop a cookery club with local people to help reduce social isolation and build community links and resilience.

Henry: A Kent County Council Early Years grant to train facilitators and to deliver the HENRY (Health Exercise and Nutrition in the Really Young) programme in target areas in Dartford to support the healthy weight agenda.

Eddible Ebbsfleet: A community growing project to encourage the production of locally grown fruit and vegetables.

KCC Bicycle Stand: Funding was obtained from KCC to erect a new bicycle stand. This will be built in the coming financial years.

Dartford Larder: This project aims to help those in food need, and funding was received from Dartford Borough Council to extend this offer to the community for shopping support and prescription collection.

Postcode Local Trust: This was a contribution from the Postcode Local Trust towards the Growing Community project.

Awards For All - Soup Dragons: This funding provides cookery courses for 7-11 year olds, to encourage having fun with food.

Kent Community Foundation

Fund for the Environment: Funding was received to help support the initial phases of the Eco Centre and Food Forest development.

Digital Inclusion Fund: Funding was received to purchase laptops to run courses aimed at reducing digital exclusion.

HEALTHY LIVING CENTRE DARTFORD

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

13 Movement in funds (continued)

Dartford Borough Council

Club Together: This funding was received to contribute towards the purchase of a panel van and its future running costs.

Summer Sizzlers: This funding facilitated a series of performing art workshops, including magic, djembe drumming, circus skills, environmental modelling, and football skills workshops.

Household Support Grant: This is for the management of the community centres on behalf of Dartford Borough Council, and running Emergency Hub services.

Hospitality and Leisure Grant: This grant was received to provide a series of events, entertainment and activities for the community in Temple Hill Square.

Kent County Council - Reconnect: This funding has allowed us to hold monthly family activity sessions at Temple Hill Community Centre.

Tudor Trust: The grant was provided to cover the salary costs of the centre coordinator, in order to help the charity develop its business and delivery model.

Aviva Community Fund: This funding was received to fund the development of the Eco Centre and Food Forest at Dartford Science and Technology College, in order to: increase biodiversity and provide a harvest of food and other materials for art and science projects and educate about the connection between food, nature and humans.

14 Analysis of net assets between funds

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|-----------------------|--------------------|------------------|
| Fixed assets | - | 32,114 | 32,114 |
| Current assets | 60,240 | 216,325 | 276,565 |
| Current liabilities | - | (9,316) | (9,316) |
| | <u>60,240</u> | <u>239,123</u> | <u>299,363</u> |
| Prior Year | | | |
| | Restricted funds £ | General funds £ | Total funds £ |
| Fixed assets | - | 33,490 | 33,490 |
| Current assets | 152,106 | 116,383 | 268,489 |
| Current liabilities | - | (6,509) | (6,509) |
| | <u>152,106</u> | <u>143,364</u> | <u>295,470</u> |

15 Related party transactions

There were no related party transactions during the period.

HEALTHY LIVING CENTRE DARTFORD

England & Wales - Charity number 1142458

Accounts

Healthy Living Centre Dartford

Trustees' Report

Including Financial Report & Statements

1 April 2021 – 31 March 2022

Registered Charity: 1142458

Registered Company: 07409535

**HEALTHY LIVING CENTRE DARTFORD
Report and financial statements**

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HEALTHY LIVING CENTRE DARTFORD

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2022

| | |
|--|---|
| Charity name | Healthy Living Centre Dartford |
| Charity registration number | 1142458 |
| Company registration number | 07409535 |
| Registered office and operational address | Tree Estate Community Centre Cedar Road Dartford Kent DA1 2RS |
| Directors and Trustees | Ms L Bathgate Mr S Grimsey Mrs R Neale Mrs P Burleigh |
| Independent Examiner | Jonathan Healey FCA Lindeyer Francis Ferguson Limited 198 High Street Tonbridge Kent TN9 1BE |
| Bankers | HSBC Bank plc 38 High Street Dartford Kent DA1 1DG |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

We are pleased to present our annual report together with the independently examined financial statements of the charity for the year ended 31 March 2022.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, including "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

Structure, Governance and Management

The company is a charity registered with the Charity Commission and registered under the Companies Act 2006 as a Company limited by guarantee. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up.

The company is managed on behalf of the members by a Board of Directors, who are also Trustees of the charity. The Directors provide their services to the management of the charitable company free of charge. None of the Directors had a material interest in any contract of significance to which the charitable company was a party during the year, nor has any beneficial interest in the charitable company.

Management and governance arrangements

At each Annual General Meeting the number of directors as is nearest to one third must retire. The charity may by ordinary resolution determine the rotation in which directors are to retire.

As set out in the Articles of Association, the charitable company may by ordinary resolution appoint a person who is willing to act to be a director. No person other than a director retiring by rotation may be appointed at any general meeting, unless not less than fourteen days nor more than thirty five clear days before the date of the meeting, the charity is given notice that is: signed by a member entitled to vote; states the members intention to propose the appointment of a person as a director; contains the details that, if the person were to be appointed, the charitable company would have to file at Companies House; and, is signed by the person who is proposed to show their willingness to be appointed.

The day to day administration of the charitable company is under the control of the manager, Sharon Phillips. The manager is responsible to the Board of Directors. The charitable company employs a total of 3 staff.

Public benefit

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these when new activities are considered. All of our activities address (some or all of) the following subjects which form part of the Healthy Living Centre Dartford's ("HLCD") aims: physical health, emotional wellbeing, the relief of poverty and education.

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Objectives and Activities

The charity's objects are defined by its Memorandum of Association as:

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Dartford and the surrounding areas.
- The relief of unemployment for the benefit of the public as such ways as may be thought fit, including assistance to find employment.

The aims of our charity are to improve health and wellbeing and reduce health inequalities within the borough of Dartford through education and the provision of services to the community.

Achievements and Performance

Sadly, despite all the face-to-face events we were able to deliver, and the good news of lockdown restrictions easing over this year, this was overshadowed by the untimely, unexpected, and sudden death in October 2021 of our Chair of Trustees, **Dorothy Ann Allen, MBE**, or "just Ann" as she preferred. Ann was an amazing support to the charity for the whole of her tenure as Chair, and was a fantastic mentor and wise guide to the manager. Ann spent almost every day of lockdown helping redistribute surplus food, encouraging our volunteers and staff, and engaging with the local community, in addition to her duties as a parish, district and ward councillor, and Chair of Kent County Council. We feel her loss deeply, and Healthy Living Centre Dartford aspires to honour Ann's memory by continuing to deliver the work that she loved and was proud to be part of. Thank you for everything, Ann. Rest well.

Quarter 1

In April 2021, we were delighted to receive a Dartford Borough Council **Club Together Grant** for £10,000 to help towards the future running costs of a new commercial vehicle to help with our planned community development outreach work and collection of food from Ashford. This was to supplement the agreement from the National Lottery Community Fund to convert our revenue underspend to capital. Unfortunately, due to a global delay in the motor industry our anticipated receipt of the vehicle in June 2021 was delayed to late November 2021.

We were also thrilled that we were chosen as one of the charities to be supported by the **Mayor of Dartford**, Councillor Rosanna Currans, throughout 2021-2022.

We continued to support those in food need through our **Dartford Larder** project and emergency food parcel delivery. We received a request to help support a man who was extremely ill and had fallen through the social care net since discharge from hospital in January 2021 due to his extreme vulnerability and high risk of catching Covid 19. Our volunteers provided nutritious home cooked meals to help his recovery, collected his prescriptions, shopped for essential goods to ensure his physical comfort, and provided some much-needed social interaction that dramatically helped to improve his physical and mental wellbeing. We received an additional grant of almost £5,000 from Dartford Borough Council to continue to help support those in food need and extended our offer to the community for shopping support and prescription collection.

We were able to support the Census Engagement team, who attended our Dartford Larder sessions at both Tree and Temple Hill Community Centres to speak with residents about the 2021 Census, and how information from the census will shape future service provision.

This month saw a marked increase in men contacting us to find out more our **Men's Shed project**; we now have three new members supporting our repair café and gardening clubs, and we are looking forward to installing solar power into our physical shed to enable one of the members to set up a carpentry group. We also welcomed a new volunteer who, in addition to helping get Temple Hill Community Centre ready to open, has taken on administration of the repair cafes.

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We partnered with HomeStart Northwest Kent to deliver an online “**Healthy Home Cookery Club**” for families with additional support needs. We provided the cookery tutor, and HomeStart provided the families with slow cookers and ingredients. This proved to be a successful project, not only in terms of helping families prepare nutritious, tasty meals on a budget that the whole family could enjoy, but it developed a safe support network between the parents and identified a new volunteer “chef” who joined Healthy Living Centre Dartford as a volunteer for our Soup Dragon and Thyme to Cook projects.

We held our second virtual **Working Lunch** meeting via Zoom – 22 people attended to bring members up to date on their current activities and service offer.

We were pleased to welcome **Eco Gremlins** to our community Gardens. Eco Gremlins is a local group that runs environmental activities with children and their families, and they have taken on a raised bed to grow fruit and vegetables. We were also excited to be able to finally begin our recruitment campaign for our Growing Community project lead, whose role is to develop our food growing network across the borough.

In May HLCD staff undertook a **Prevent Venue Hire Guidance Meeting** to inform of steps to take when taking bookings for hiring the community halls. We also began online delivery of **HENRY** (Health, Exercise and Nutrition in the Really Young), a group programme that supports parents to increase their confidence in parenting, healthy eating and physical activity.

We recruited to the Growing Community project officer post, with the successful candidate due to start the role in July.

We were successful in our application for a grant of £14,500 from **Arts Council England** to work with the diverse local community; a series of workshops and storytelling with the aim to design and create an art installation at our community allotments.

Six HLCD volunteers successfully gained the **Emergency First Aid at Work** Level 3 qualification through our partnership with the Response programme.

We celebrated and thanked all our volunteers in **National Volunteers Week** by sending a home baked, decorated cookie and speciality tea through the post and an invitation to a celebration party once Covid restrictions allow.

Three of our volunteers and four other individuals achieved their **Food Safety Level 2** qualification through our partnership with the Response programme.

Our Repair Cafes opened again, with the activity taking place outside Tree community centre to ensure social distancing and fresh air reduced the risk of transmission of Covid 19.

We were thrilled to have successfully achieved a grant of £6,000 from the **St Joseph's Province Passionists** to run subsidised events and activities to bring the community back into the centres. This enabled us to begin robust planning for the autumn term for a series of physical activities at affordable prices to encourage the take up of exercise for all ages and abilities, including **yoga, tai chi, aerobics** for returners/beginners to exercise and higher intensity sessions.

Quarter 2

At the end of July, we welcomed a young trainee to our team through the Kent Training and Apprenticeships Scheme.

Our Growing Community Project Officer joined the team in July, and quickly got to grips with the brief and has taken the project forward, preparing presentations for our key partners at the Dartford Science and

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Technology College and the Galaxy Trust group of academy primary schools. This exciting project aims to educate and provide practical support for local groups to grow food and improve biodiversity in the borough.

HLCD was invited to nominate a representative for the board of the Darent Valley Landscape Partnership Scheme, and the manager attended their first meeting this month.

We were successful in our applications to deliver **Holiday Activities and Food (HAF)** programmes at both Community Centres in August, up to £9,760 depending on numbers, and for Reconnect funding (£2,500) to provide monthly family activity sessions at Temple Hill Community Centre. We were also delighted to receive an award of £2,500 through **Sainsburys** and **Local Giving**, nominated by Fareshare in recognition of the community support we delivered over the pandemic.

We approached Dartford Borough Council to discuss Reconnect funding and **Summer Sizzler** opportunities and following these discussions we organised and facilitated a series of performing art workshops, including magic, djembe drumming, circus skills, junk and environmental modelling and steel pan workshops, and football skills workshops, across the borough on their behalf. We were generously supported by several local venues (Dartford Rugby Club, Wilmington Memorial Hall, Swanscombe and Greenhithe Town Council, Bean Parish Council and Dartford Football Club) who provided their venues at a very low cost or for free. The workshops were well received, particularly in the rural villages, who said there was very little activities for families to take part in their area and looked forward to more events like this in the future.

Our **Repair Café** volunteers delivered three sessions in August, two at Tree Community Centre and one at Temple Hill, and our Tai Chi sessions recommenced this month, with social distancing precautions in place. Discussions took place with Dartford Borough Council Head of Housing to begin negotiations of how the management of the community centres could be taken forward by HLCD, and with the Customer Services team to manage the transition of the Emergency Hub services to HLCD.

In August we delivered the **HAF** programme over 4 weeks of the Summer Holidays, engaging with 55 children aged between 4 and 11 and their parents/carers. Each of the weeks were themed – nature, science, community, and environment – with activities relating to each theme, cookery, physical activity and arts and crafts. We received an “outstanding programme” assessment from the funders, great feedback from the families and we greatly appreciated the excellent support from the staff team and volunteers who participated in this successful project.

Our catering volunteers prepared an excellent spread for the mayor's fundraising Bowls evening at Stone Bowls Club, which raised valuable funds for the charities supported, including Healthy Living Centre Dartford. This month saw the restarting of other activities and outside bookings (parties/churches/exercise sessions) at the community centres, which has enabled us to provide local part time **employment opportunities** for stewards and support staff.

We were delighted to find out that our application to **Tudor Trust** for funding for a coordinator to help support the development of Healthy Living Centre Dartford was approved with a grant of £100,000 over three years to pay salary and a contribution to our running costs. This success will enable us to deliver more with the local communities and continue to develop our business and delivery model.

It was extremely satisfying to restart our “normal” services in September, while continuing with the food support programmes.

Our volunteers and staff team provided an excellent afternoon tea event for 50 people to help raise funds for the Mayor's Charity. The catering volunteers also provided a buffet for 50 people for the HomeStart AGM, and provided refreshments for our **Arts at the Allotment** celebration event at the end of the month.

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Quarter 3

In October we were delighted to receive approval for our application to support two **Kickstart Scheme** placements by the Department of Work and Pensions. We look forward to welcoming two young Project Support Assistants in the near future to help them gain skills and knowledge to improve their chances of employment, as well as assisting Healthy Living Centre Dartford to deliver our programmes.

The Dartford **Amazon Distribution Centre** contacted us to offer the opportunity to become a charity donation partner. Their donations of food and hygiene products have enabled us to support Dartford Food Banks, HomeStart families, Life House and Porchlight beneficiaries and our own larder members.

We facilitated a 10-week **HomeStart Volunteer Training Course** at Temple Hill Community Centre, supporting this amazing partner organisation to enable up to 14 newly qualified volunteers to assist local young families in need.

As part of the Ebbsfleet Health and Wellbeing consultation events, Healthy Living Centre Dartford was invited to become part of the **Health Creation Network**, potentially using our **Working Lunch** network as a means of addressing connectivity across the Dartford, Gravesham and Swanley Clinical Commissioning Group.

We delivered two community lunch events in both Tree and Temple Hill Community Centres to celebrate **Cook and Share** month. These events included family friendly activities, arts and crafts, cookery demonstrations and food sharing. Funded by the ASDA foundation and the Soil Association, these events offered us the opportunity to promote all our organisation's activities and volunteering opportunities, particularly our Growing Community Project. Around 90 people attended each event.

The Growing Community Project Officer submitted a successful crowdfunding pitch to the Aviva Community Fund, following approval from the governors of Dartford Science and Technology College, to fund the initial start-up for an **Eco Centre and Food Forest** on the school site. The aims of the design are to increase biodiversity; provide a harvest of food and other materials for art and science projects; educate about the connection between food, nature and humans; inspire personal development and improve mental health; and develop community connections.

We continued to support **Mummy's Link Up**, by providing a venue for their activities at Tree Community Centre every month.

'Healthy Living Dartford has been such an amazing support link to Mummy's Linkup this 2021. With their support we have been able to start our Rhyme Times session using the Tree Community Centre once a month. This has given mums and children within our group the opportunity to reconnect with friends and engage with activities in the community after the pandemic.'

Having this session has also helped us to welcome new mums to our group who were not aware of the services we provide as a group.

Mummy's Linkup had the opportunity to use Temple Hill Centre for our family fun day event where we also raised funds to support our project called MLU Little Gift Bag, which is supporting women experience pregnancy loss. We collaborated with Colourful Beginnings Charity who provide care packages and support for families with babies on the Neonatal Intensive Care Unit. We not only raised funds, we also had fun as a group, welcoming new families.

We look forward to working with Healthy Living Centre Dartford again in 2022 to create a safe community that both children and mums can come together to support and network with one another.'

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With Covid restrictions easing, we were confident to restart our monthly **Tree Lunch Club**. Offering a home cooked two course meal, tea and coffee at affordable prices, and the opportunity to relax and socialise, we were very happy to welcome 20 new members this month.

Through our connections made with our **Growing Community Project**, the owners invited us to harvest the last crop of apples in November from their orchard in Chainhurst, Kent, which had reached the end of its productive life and was due to be turned over to meadowland to encourage biodiversity. The Healthy Living Centre Team took advantage of this glorious late autumn day to collect over 200kg of apples for our planned community apple-pressing day at our community allotment. We certainly got our 10,000 steps in that day, and our mental health received a boost by being out in all that fresh air connecting with nature! It was a great day where we learned so much about orchard maintenance, pollination techniques and how much hard work is involved to produce the UK's favourite fruit.

We were pleased to help facilitate **Mum and Baby Yoga** classes at Temple Hill Community Centre. Delivered by a local practitioner, these postnatal yoga classes for mum and baby, suitable for all levels of experience, incorporate gentle stretches and flows suitable for the postpartum body, focusing on breath work, core strength, pelvic floor work and increasing range of movement to ease stiffness. They also include sensory activities and nursery rhyme, aimed at keeping baby happy, settled, and aiding their physical development. The yoga sessions are followed by an open house coffee morning, accessible to mums who do not attend the exercise session, to help reduce isolation and loneliness for new mums.

Community Apple Pressing Day. We macerated and pressed the first few kilos of the apples we had harvested into fresh apple juice, which was mulled and shared between the attendees, along with roast chestnuts foraged from Dartford, sold on a "pay-what-you-feel basis". The event involved vigorous physical exercise in the macerating and pressing of the apples; strengthened communal ties by everyone working together to a common, and delicious, goal; and deepened the participants' connection to nature through the celebration of autumn and its fruits.

The Gardening Club volunteers, who also enjoyed working together and tasting the fruits of their labour, pressed the rest of the apples. We sold some of the resulting mulled juice at Christmas fairs at both HLCD and Dartford Science and Technology College, raising funds to support the **Eco Centre and Food Forest project**. This enabled us to network with local people interested in the project, including a potential strategic partner and delivery partners keen to work with the Growing Community Network.

One of our longstanding volunteers commenced weekly **Beginners French** sessions at Temple Hill Community Centre, following requests for more cultural activities from our service users.

Thirty-two members, including ten new recruits, representing 29 different organisations working in Dartford, attended **Working Lunch** in November. This networking and information exchange forum is a popular event and is regarded by its members as a useful opportunity to form new partnerships and keep updated with initiatives useful for their clients in the borough.

Nine students, including three Healthy Living Centre volunteers, successfully achieved their **Food Safety Level 2 accreditation** delivered by the Kent Adult Education **Response Programme**. We also facilitated a **Response Christmas Crafts** course, where fourteen participants enjoyed the social activity and wellbeing of creating hanging Christmas decorations together in a fun and engaging environment.

We commenced our recruitment campaign for the **Centre Coordinator** funded by **Tudor Trust**.

We finally took delivery of our shiny new van, funded by **The National Lottery Fund**, to help us with collection of our Larder goods from Fareshare Ashford and help support future community outreach programmes. One of our wonderful volunteers secured sponsorship for providing company livery by Axis Europe.

We commenced our four-week **Soup Dragon Hatchlings Cookery Club**, aimed at 7–11-year-olds to explore their creativity with food, using the eat well guide, have a go recipe ingredients and lots of fun activities.

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Seven young people participated, and thoroughly enjoyed the sessions, reporting they get involved with more cooking at home.

At the end of November we hosted our first **Christmas Fayre** at Temple Hill Community Centre, inviting local microbusinesses to sell their wares to the local community. We provided fun, food and entertainment to engage with residents. The event was exceptionally well attended, including a visit from the leader of Dartford Borough Council, and resulted in more awareness in the community of our Healthy Living projects and opportunities.

Our amazing café volunteers excelled themselves this year, providing superb seasonal fayre for local community groups in December. This included a buffet for 50 for the **Little Buddies** Christmas party, and three-course Christmas lunches for 40 **Over 55s Club** members and guests, 60 **HomeStart** Volunteers (both events supported by students from DSTC who helped prepare the rooms, serve the meals, and clear up afterward) and 30 **Tree Lunch Club** members. All who attended the events enjoyed their hard work, and excellent food.

We celebrated the outstanding work of our **volunteers** by throwing a Christmas party in their honour. The staff team tended to the volunteers to ensure they had an enjoyable evening, and that their contribution to the Healthy Living Centre Dartford is truly recognised and appreciated.

Dartford Borough Council asked us to support their "**Santa Tour**" at Temple Hill square, which we did by providing family arts and crafts activities, hot chocolate, and mince pies. We served around 150 people on the day and were able to engage with the local community to raise more awareness of our services.

Business development. We continued to explore potential partners for our Growing Community project, in particular the Galaxy Trust Primary Academies, the Health Creation Network, and local Primary Care Leads. We also met with Kent Sport and Cycling UK to explore funding opportunities to deliver more physical activity sessions in the new year and participated in the Whole Systems Approach to a Healthy Kent steering group.

Quarter 4

In the New Year, we facilitated delivery of weekly **Pregnancy Yoga** at Temple Hill Community Centre, delivered by the same local practitioner that delivers Mum and Baby yoga. This popular class, designed to help ease the aches and pains of pregnancy, as well as keep the expectant mother active and healthy, is suitable for all abilities and is running to capacity, with a healthy waiting list.

It was great to welcome our new Centre Coordinator, Catherine Crowhurst, in post. Her skill set will enhance our organisation and help us grow into the future.

Seven people took part in the Response course **Ebaying and Selling Online** delivered at our IT suite at the YMCA.

We took part in the consultation for Dartford Borough Council's **Food Security Strategy**, particularly around the community food growing initiatives, utilising our Working Lunch network to distribute the consultation for wider input to the strategy.

We were successful in our application to support Locality, in partnership with the Office of Health Improvement and Disparities, research into understanding our impact, as a **community anchor organisation**, on the wider determinants of health and quality of life of the communities we support. The resulting report is due in April 2022.

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The **Aviva Community Crowdfunding** campaign for the Food Forest and Eco Centre exceeded its £5k target, gained 125 supporters and was awarded an additional £10k as the funders were so impressed by the project. We are so excited to see a project that has taken so many years to plan (and held back to a great extent by the covid pandemic) finally come to fruition.

Some of the project supporter's comments:

- *Inspiring the next generation to protect our climate, our natural resources and to inspire pupils to consider careers and opportunities in the natural world is a great thing!*
- *A very good project for now and future years. It will promote wellbeing, teambuilding and help save the planet.*
- *Hoping this project will help empower young people and connect them with their bountiful natural environment! Good luck!*
- *This is a terrific long-term project for the pupils and the people of Dartford. It is a significant contribution towards saving and improving our planet in the year of COP 26. Well done*

Business development. We continued to explore potential partners to enhance services for our local communities. This month included meeting with RBLI employability officers, Safer Communities Alliance and the local Job Centre to reconnect with their customers regarding our volunteer and training opportunities that could support their journey into work.

Our versatile and multi-talented finance and admin officer, Debbie Dickinson, undertook **Food Champion Training** at the beginning of February to help enhance our offer of healthy cooking advice in the sessions she delivers, including supporting the **YMCA ReConnect** project cookery sessions for young people. Debbie also provided arts and craft activities for HomeStart families during the half term school holidays, and our café volunteers provided a buffet for the 50 adults and children who attended the session.

Dartford Borough Council contacted us to explore if we could support distribution of the **Household Support Grant** to families and individuals in need. Following conversations seeking advice on the process with North Kent Citizen's Advice Bureau, we agreed to deliver to the council's specifications, issuing supermarket vouchers and/or prepayment domestic fuel vouchers to help those in food or fuel poverty.

We were happy to be able to support the **local walking group's** "not" Christmas Lunch; our café volunteers provided a delicious three course "unseasonal" lunch to help the twenty-eight strong group celebrate their postponed festivities.

We were delighted to achieve a successful bid for the **Additional Restrictions Grant** through Dartford Borough Council to provide a series of events, entertainment and activities for the community in Temple Hill Square for the rest of 2022, the first to take place in the Easter Holidays.

Our long-standing partner organisation New Futures began delivery of the first of three "**Being Assertive**" courses at Temple Hill Community, with seven participants enrolled. The six-week "badge of excellence" accredited courses aim to improve participant's confidence and communication skills to help in their social, family and work life. Our café volunteers provided the refreshments.

We have been proud to support the **Mayor of Dartford's Charity**. The Worshipful Mayor of Dartford, Councillor Rosanna Currans has been raising funds for Healthy Living Centre Dartford, HomeStart and the Arrow Riding School in her year of tenure 2021 to 2022. To support the fundraising, we organised a charity race night, supported by Fleetdown United Football Club who generously allowed us to use their great clubhouse. Over eighty supporters joined in this enjoyable event, and together with the local businesses and individuals who sponsored the races and horses, we raised more than £1100 for the charity.

Earlier this year several organisations who were tendering for Kent's Universal **Wellbeing in the Community Contract** contacted us to discuss our potential as delivery partner. **Involve** won the contract, and we submitted our proposals for suitable activities to support delivery.

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The Growing Community Project bid to the **Kent Community Foundation Funding for the Environment** fund project was successful, to support the initial phases of the Eco Centre and Food Forest development.

March started out as an interesting month, as half the staff team succumbed to Covid 19 in the first two weeks! Our remarkable volunteer team stepped in and kept the operation running smoothly while the patients did what they could from home whilst recovering. We cannot thank the volunteers enough for taking on the additional responsibilities with such good grace and willingness.

March also began with our first **Working Lunch** of the year, with 30 attendees representing 23 organisations and 6 new members.

“... as you know I love the event but I also know (the manager) is keen for other ladies in our team to attend as it's a really worthwhile event for everyone to meet faces, link names and network with the services - and even nab some direct mobile numbers of those we regularly or not so regularly link in with.”

Healthy Living Centre Dartford also received funding from the **KCC Digital Inclusion Fund**. This will enable us to buy new kit to deliver more, and more diverse, training sessions to reduce digital exclusion. We also received funding from **Kent Sport Together** and **Cycle UK**, which will enable us to train cycle leaders and support cycling groups, encouraging more people to get active through cycling. We are just awaiting permission to site a storage container for cycles to enable us to further develop our bicycle loan scheme.

Our first **Growing Community Steering Group** met – our partners include Dartford Science and Technology College, Galaxy Trust Primary Academies, Our Lady's Primary School, Spirit's Rest, Dartford Eco Gremlins, Dartford Friends of the Earth, Planet Dartford, and Big Barn. The enthusiasm for the project is immense, and we look forward to Growing Communities across the borough in the coming year, including working with the Dartford Central Primary Care Network to help develop growing spaces around their surgeries to benefit their patients and staff.

We were pleased when HomeStart asked us to host and cater for their **Cultural Event** in March, and our volunteers provided an excellent curry for lunch as requested for their participants.

We ran our second **Soup Dragons** cookery club for 7-11 year olds. Again, all enjoyed the sessions and feedback was really positive – increased confidence in the kitchen, enjoying trying new things and having fun with food.

Our two **Kick Start** placements started at the end of March – a welcome addition to the staff team as we prepare for an exceptionally busy and exciting year ahead.

We reinstated our volunteer workshops at the **Dartford Job Centre**, providing pathways for their customers work journey, informing the participants of the training and volunteer opportunities available at the Healthy Living Centre to help increase their skills and knowledge in preparation for employment.

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From April 2021 to March 2022, Healthy Living Centre Dartford delivered:

95 Physical Activity Sessions (yoga/tai chi and circuit/box fit and cycling & walking), supporting **73** participants to increase their physical health and wellbeing.

48 Go Online ITC sessions, helping **25** participants improve their digital skills and make new friends in a relaxing and inviting environment.

23 Gardening Club sessions, with our small and enthusiastic team of green fingered champions helping to maintain the communal areas in the community garden and allotments, keeping things tidy, planting and pruning, enjoying the open air and getting physically active all at the same time.

40 Thyme to Cook Cookery Club sessions, aimed at improving social connections and empowering participants to take control of their own activities. **15** participants regularly attended the weekly sessions across both Tree and Temple Hill centres, with reported improvements in confidence, cooking skills and making new friends.

8 Hatchlings Cookery Club sessions for 7–11-year-olds, promoting healthy food options and encouraging creativity and food waste reduction. No recipes were supplied – just ingredients to fire imagination. **14** young people attended the sessions: all enjoyed the course 100%, with most young people reporting more confidence in the kitchen at home.

23 Community Hub days, providing ideal opportunities to socialise, enjoy arts and crafts activities, an affordable home cooked meal, relax with a taster therapy session or bring broken things to the **Repair Café** to find out if they can be fixed our volunteer repair team, helping keep repairable items from landfill.

10 English for Speakers of Other Languages training sessions, helping **10** parents of children in local schools improve their spoken and written English for everyday living in the UK.

6 community lunches, providing an affordable 2 course meal for local people in a relaxed and friendly environment, reducing social isolation and encouraging wider peer networks. Each lunch has catered for an average of **20** clients, and the feedback has been extremely positive.

101 Emergency food supplies to families in crisis in Dartford, supporting around **200** individuals.

1352 Dartford Larder boxes to our members, collecting surplus food from Fareshare to redistribute in the community, reducing food waste and supporting members to stretch household budgets that little bit further. These boxes have supported over **1000** individuals.

3 Working Lunch networking events, enabling professionals working in the area to update the members on their projects, meet potential partners and keep informed of other services in the area that may benefit their clients.

We also continued to provide a local venue for the Porchlight Community Outreach Team, Domestic Abuse One Stop Shop, and Alzheimer's and Dementia Support Services to deliver their projects.

We could not have achieved all this without the support of our **40** amazing volunteers, who this year gave at least **8,000** hours of their time to help us, and their local community, improve the health and wellbeing of Dartford residents.

Using an average of the national minimum wage (£8.91 per hour) and median wage (£15.65 per hour – *Statistica.com*) this equated to £98,240 – an absolutely huge in-kind contribution by, and for, the local community.

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Financial Review

The charitable company's incoming resources for the year ended 31 March 2022 totalled £318,713 (2021 - £199,516). Resources expended for the year totalled £179,726 (2021 - £113,174), giving net income for the year of £138,987 (2021: £86,342).

Funds brought forward totalled £156,483, giving total funds carried forward at 31 March 2022 of £295,470. Of these funds, £109,874 is general, free reserves.

Reserves policy

It is the policy of Healthy Living Centre Dartford to maintain unrestricted funds, which are free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure to provide sufficient funds to cover management, administration and support costs. There are currently 20 months of costs held in reserve. HLCD aim for the excess held in reserves to allow for any gaps in funding that have been experienced in recent years, enabling the charity to continue its activities during any cashflow issues.

Risk management

The Trustees have formally assessed business risks, and this has involved assessing the types of risk facing the charity, prioritising them in terms of the potential impact and likelihood of occurrence, and identifying means of mitigating the risks. As part of this process the Trustees have assessed the adequacy of the charity's internal controls and the costs of operating particular controls relative to the benefits obtained.

Plans for the Future

HLCD continues to deliver on identified priorities – capacity building: strengthen and diversify board, improve strategic direction, marketing and impact reporting.

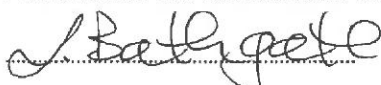
Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and of its financial activities that period. In preparing those financial statements, the Trustees are required to

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis;
- prepare financial statements that show a true and fair view.

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

Approved by the Trustees and signed on their behalf on 10th February 2023



L Bathgate
Chair of Trustees

HEALTHY LIVING CENTRE DARTFORD

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022, which are set out in pages 14 to 26.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Signed:

Dated: 16 February 2023

Jonathan Healey FCA
Lindeyer Francis Ferguson Limited
Chartered Accountants
North House
198 High Street
Tonbridge
Kent, TN9 1BE

HEALTHY LIVING CENTRE DARTFORD

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account) FOR THE YEAR ENDED 31 MARCH 2022

| | Notes | 2022 Restricted funds £ | 2022 Unrestricted funds £ | 2022 Total funds £ | 2021 Total funds £ |
|---|-----------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations | | - | 3,543 | 3,543 | 2,317 |
| Investments | | - | 18 | 18 | 45 |
| Charitable activities | 3 | 226,305 | 85,805 | 312,110 | 196,691 |
| Other income | | - | 3,042 | 3,042 | 463 |
| Total income | | 226,305 | 92,408 | 318,713 | 199,516 |
| Expenditure on: | | | | | |
| Charitable activities | 4 | 141,717 | 38,009 | 179,726 | 113,174 |
| Total expenditure | | 141,717 | 38,009 | 179,726 | 113,174 |
| Net income | | 84,588 | 54,399 | 138,987 | 86,342 |
| Transfers between funds | 12 | (30,274) | 30,274 | - | - |
| Net movement in funds | | 54,314 | 84,673 | 138,987 | 86,342 |
| Reconciliation of funds | | | | | |
| Total funds at 1 April 2021 (as restated) | | 97,792 | 58,691 | 156,483 | 70,141 |
| Total funds at 31 March 2022 | 12 | 152,106 | 143,364 | 295,470 | 156,483 |

The statement of financial activities includes all gains or losses for the period. All incoming resources and resources expended derive from continuing activities.

HEALTHY LIVING CENTRE DARTFORD

BALANCE SHEET AS AT 31 MARCH 2022

| | Notes | £ | 2022 £ | As restated 2021 £ |
|---|-------|-----------------|----------------|--------------------------|
| Fixed Assets | | | | |
| Tangible assets | 8 | | 33,490 | 6,372 |
| Current assets | | | | |
| Debtors | 9 | 6,160 | | 3,040 |
| Cash at bank and in hand | | 262,329 | | 151,234 |
| | | <u>268,489</u> | | <u>154,274</u> |
| Creditors: Amounts falling due within one year | 10 | <u>(6,509)</u> | | <u>(4,163)</u> |
| Net current assets | | | 261,980 | 150,111 |
| Net assets | 12 | | <u>295,470</u> | <u>156,483</u> |
| Funds of the charity | | | | |
| Restricted funds | 12 | | 152,106 | 97,792 |
| Unrestricted funds | 12 | | 143,364 | 58,691 |
| Total funds | | | <u>295,470</u> | <u>156,483</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 10th February 2023



L Bathgate
Chair of the Trustees
Charity number: 1142458
Company number: 07409535

HEALTHY LIVING CENTRE DARTFORD

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

1 Status

Healthy Living Centre Dartford is a charitable company limited by guarantee without share capital incorporated in England & Wales. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up. The address of the registered office is Tree Estate Community Centre, Cedar Road, Dartford, Kent, DA1 2RS.

2 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Healthy Living Centre Dartford meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

2.2 Fund accounting

Restricted donations are available for the charity's use only in accordance with the terms under which, and for the purposes which, the funds were donated to the charity.

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

2.3 Incoming resources

All incoming resources are included on the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Income from donations and grants is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the

Income from charitable activities is recognised over the period to which the income relates. Income received in advance of a service provision is accounted for as deferred income.

Investment income is included when receivable.

HEALTHY LIVING CENTRE DARTFORD

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

2.4 Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 4.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

| | |
|---------------------|-----------------------|
| Plant and Equipment | 25% reducing balance |
| Motor vehicles | 3 years straight line |
| Computer equipment | 3 years straight line |

2.5 Debtors

Trade and other debtors are recognised at the settlement amount due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash held in current accounts.

2.7 Creditors

Creditors are recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably.

All creditors are initially recognised at transaction price. Accruals are subsequently measured at the settlement amount.

2.8 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9 Pension contributions

The charity makes defined contributions into employee private pension schemes. Contributions are charged to the statement of financial activities as they becomes payable in accordance with contract terms.

HEALTHY LIVING CENTRE DARTFORD

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

2.10 Fund accounting

Unrestricted funds are those funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

3 Charitable activities

| | 2022 | 2021 |
|--|----------------|----------------|
| | £ | £ |
| The National Lottery - Growing Community | 75,000 | 75,000 |
| Kent County Council - Public Health Grant | 38,800 | 38,800 |
| Dartford Larder | 10,837 | 23,803 |
| Postcode Local Trust | - | 20,000 |
| The National Lottery - Covid Recovery | - | 19,990 |
| Awards For All - Soup Dragons | - | 10,000 |
| Kent Community Foundation | 3,000 | 8,100 |
| Feed the Community (ASDA) | 691 | 600 |
| Café | 3,036 | 190 |
| Other small grants and activities | 4,254 | 208 |
| Tudor Trust | 33,333 | - |
| Dartford Borough Council - Hospitality and Leisure Grant | 30,000 | - |
| Aviva Community Fund - Eco Centre and Food Forest | 16,231 | - |
| Dartford Borough Council - Household Support Grant | 15,000 | - |
| Arts Council England - Arts at the Allotment | 14,500 | - |
| Dartford Borough Council - Temple Hill Community Centre | 11,627 | - |
| Dartford Borough Council - Club Together | 10,000 | - |
| Kent Community Foundation - Digital Inclusion Fund | 9,839 | - |
| Kent County Council - Holiday Activities and Food | 9,760 | - |
| St Josephs Province Passionists | 6,000 | - |
| Kent Sport - Active Travel | 4,852 | - |
| Dartford Borough Council - Summer Sizzlers | 4,800 | - |
| Kent Community Foundation - Fund for the Environment | 4,050 | - |
| Local Giving - Community Support | 2,500 | - |
| Kent County Council - Reconnect | 2,500 | - |
| We Are Cycling UK | 1,500 | - |
| | <u>312,110</u> | <u>196,691</u> |

The comparative figure includes £137,503 of restricted income.

HEALTHY LIVING CENTRE DARTFORD

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

4 Costs of charitable activities

| | 2022 £ | 2021 £ |
|----------------------------------|-----------------------|-----------------------|
| Healthy Living | | |
| Direct activity costs | 57,640 | 39,353 |
| Direct staff costs | 88,390 | 30,086 |
| | <u>146,030</u> | <u>69,439</u> |
| Support costs | | |
| Wages and salaries | 18,921 | 36,412 |
| Software Subscription | - | 283 |
| Cleaning | 490 | - |
| Telecommunications | 455 | - |
| Printing, postage and stationery | 204 | 848 |
| Advertising | 541 | - |
| Travelling | 375 | 102 |
| Professional fees | 1,388 | 1,757 |
| Sundry expenditure | 1,169 | 444 |
| Training | - | 12 |
| HR services | 1,293 | 1,515 |
| Subscriptions | 588 | 244 |
| Stewarding | 928 | - |
| Depreciation | 5,125 | 882 |
| Bank Charges | 58 | - |
| Catering and entertainment | 890 | - |
| Governance | | |
| Independent examiner's fee | 1,271 | 1,236 |
| | <u>33,696</u> | <u>43,735</u> |
| Total cost | <u><u>179,726</u></u> | <u><u>113,174</u></u> |

The comparative figure includes £61,897 of restricted expenditure.

5 Staff Costs and Numbers

| | 2022 £ | 2021 £ |
|------------------------------|----------------|---------------|
| Staff costs were as follows: | | |
| Salaries | 102,575 | 64,227 |
| Social security costs | 3,207 | 1,096 |
| Pension | 1,529 | 1,176 |
| | <u>107,311</u> | <u>66,498</u> |

No employee received emoluments of more than £60,000.

Key management is considered to consist of the Centre Manager. The total remuneration of key management personnel was £38,003 (2021: £39,686).

HEALTHY LIVING CENTRE DARTFORD

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

5 Staff Costs and Numbers (continued)

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

| | 2022 No | 2021 No |
|-----------------|------------|------------|
| Administration | 1 | 2 |
| Project workers | 2 | 2 |
| | <u>3</u> | <u>4</u> |

6 Trustees Remuneration

No trustee received any remuneration during the year, or reclaimed any expenses.

7 Taxation

As a registered charity, Healthy Living Centre Dartford is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

8 Tangible fixed assets

| | Plant and Equipment £ | Motor vehicles £ | Computer equipment £ | Total |
|--------------------------|-----------------------------|------------------------|----------------------------|---------------|
| Cost or valuation | | | | |
| At 1 April 2021 | - | - | 7,257 | 7,257 |
| Additions | 1,423 | 29,149 | 1,671 | 32,243 |
| Revaluation | - | - | - | - |
| At 31 March 2022 | <u>1,423</u> | <u>29,149</u> | <u>8,928</u> | <u>39,500</u> |
| Depreciation | | | | |
| At 1 April 2021 | - | - | 885 | 885 |
| Charge for the year | 118 | 2,429 | 2,578 | 5,125 |
| On disposals | - | - | - | - |
| At 31 March 2022 | <u>118</u> | <u>2,429</u> | <u>3,463</u> | <u>6,010</u> |
| Net book value | | | | |
| At 31 March 2022 | <u>1,305</u> | <u>26,720</u> | <u>5,465</u> | <u>33,490</u> |
| At 31 March 2021 | <u>-</u> | <u>-</u> | <u>6,372</u> | <u>6,372</u> |

HEALTHY LIVING CENTRE DARTFORD

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

9 Debtors: amounts falling due within one year

| | 2022 £ | 2021 £ |
|-------------------|--------------|--------------|
| Fees for services | 3,418 | 213 |
| Prepayments | 2,545 | 2,827 |
| Other Debtors | 197 | - |
| | <u>6,160</u> | <u>3,040</u> |

10 Creditors: amounts falling due within one year

| | 2022 £ | 2021 £ |
|------------------------------------|--------------|--------------|
| Amounts due to suppliers | 2,218 | 1,407 |
| Taxation and social security | 2,400 | 1,424 |
| Accruals | 1,797 | 1,260 |
| Funds held for other organisations | 94 | 72 |
| | <u>6,509</u> | <u>4,163</u> |

Funds held as agent:

The following income was received, and expenditure met, on behalf of the other organisations which have their funds held by Healthy Living Centre Dartford:

GOSH - £22 income received.

11 Control

The charitable company is controlled by its members.

There is no one ultimate controlling party.

HEALTHY LIVING CENTRE DARTFORD

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

12 Movement in funds

| | As restated At 31 March 2021 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2022 £ |
|---|---|----------------------------|----------------------------|-----------------|--------------------------|
| Restricted funds | | | | | |
| Dementia Café | 202 | - | (202) | - | - |
| Henry | 6,223 | - | (1,225) | - | 4,998 |
| Thyme to Cook | 5,256 | - | (1,076) | - | 4,180 |
| Allotment | 1,471 | - | (341) | - | 1,130 |
| Arts Council England - Arts at the Allotment | - | 14,500 | (13,519) | - | 981 |
| Holiday Club | 645 | - | (645) | - | - |
| Edible Ebbsfleet | 1,104 | - | - | - | 1,104 |
| Community Health Network | 493 | - | (493) | - | - |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | 20,383 | 4,700 | (22,909) | - | 2,174 |
| Growing Community | 30,515 | 75,000 | (72,671) | (30,000) | 2,844 |
| Postcode Local Trust | 20,000 | - | (8,630) | - | 11,370 |
| Awards For All - Soup Dragons | 10,000 | - | (4,943) | - | 5,057 |
| Kent Community Foundation - Fund for the Environment | - | 4,050 | (36) | - | 4,014 |
| Kent Community Foundation - Digital Inclusion Fund | - | 9,839 | - | - | 9,839 |
| Dartford Borough Council - Club Together | - | 10,000 | (425) | - | 9,575 |
| We Are Cycling UK | - | 1,500 | - | (274) | 1,226 |
| Kent County Council - Reconnect | - | 2,500 | (2,500) | - | - |
| Dartford Borough Council - Summer Sizzlers | - | 4,800 | (4,800) | - | - |
| Dartford Borough Council - Household Support Grant | - | 15,000 | (45) | - | 14,955 |
| Dartford Borough Council - Hospitality and Leisure Grant | - | 30,000 | (54) | - | 29,946 |
| Tudor Trust | - | 33,333 | (7,203) | - | 26,130 |
| Aviva Community Fund - Eco Centre and Food Forest | - | 16,231 | - | - | 16,231 |
| Kent Sport - Active Travel | - | 4,852 | - | - | 4,852 |
| Total restricted funds | 97,792 | 226,305 | (141,717) | (30,274) | 152,106 |
| Unrestricted funds | | | | | |
| General funds | 58,691 | 92,408 | (38,009) | 30,274 | 143,364 |
| Total unrestricted funds | 58,691 | 92,408 | (38,009) | 30,274 | 143,364 |
| Total funds | 156,483 | 318,713 | (179,726) | - | 295,470 |

HEALTHY LIVING CENTRE DARTFORD

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

12 Movement in funds (continued)

Prior Year

| | As restated At 1 April 2020 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | As restated At 31 March 2021 £ |
|--|--|----------------------------|----------------------------|----------------|---|
| Restricted funds | | | | | |
| Dementia Café | 202 | - | - | - | 202 |
| Henry | 6,273 | - | (50) | - | 6,223 |
| Thyme to Cook | 5,633 | - | (377) | - | 5,256 |
| Allotment | 3,073 | 4 | (1,606) | - | 1,471 |
| Kent County Council - Holiday Activities and Food | 1,415 | - | (770) | - | 645 |
| Edible Ebbsfleet | 1,181 | - | (77) | - | 1,104 |
| Community Health Network | 957 | - | (464) | - | 493 |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | - | 25,544 | (5,161) | - | 20,383 |
| Growing Community | - | 75,000 | (44,485) | - | 30,515 |
| Postcode Local Trust | - | 20,000 | - | - | 20,000 |
| Awards For All - Soup Dragons | - | 10,000 | - | - | 10,000 |
| Feed the Community (ASDA) | - | 600 | (806) | 206 | - |
| Kent Community Foundation | - | 8,100 | (8,100) | - | - |
| Total restricted funds | 20,234 | 139,248 | (61,896) | 206 | 97,792 |
| Unrestricted funds | | | | | |
| General funds | 49,907 | 60,268 | (51,278) | (206) | 58,691 |
| Total unrestricted funds | 49,907 | 60,268 | (51,278) | (206) | 58,691 |
| Total funds | 70,141 | 199,516 | (113,174) | - | 156,483 |

Growing Community: Funded by the National Lottery Community Fund, this is a two part project. Part one is to support the growth of skills, knowledge and resilience in our local communities that improve health and wellbeing. Part two is to coordinate, facilitate and develop a thriving food network across the borough; to create healthy communities through fresh food initiatives that support and develop community ownership of, and increase in, local food production; and to address skills, employment training and education that contribute to food security and sustainability. As agreed with the funder, £30,000 of this fund was used to purchase a van during the year, hence the transfer to general funds in the period.

Dementia Café: Kent County Council and Bluebird have given grants for the set up and running of St Edmund's, Living Well Dementia Friendly Café, with the aim of stimulating and putting the fun back into the lives of people living with dementia.

HEALTHY LIVING CENTRE DARTFORD

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

12 Movement in funds (continued)

Henry: A Kent County Council Early Years grant to train facilitators and to deliver the HENRY (Health Exercise and Nutrition in the Really Young) programme in target areas in Dartford to support the healthy weight agenda.

Thyme & Cook: To develop a cookery club with local people to help reduce social isolation and build community links and resilience.

Holiday Club: Several grants were received during the prior year to facilitate a holiday lunch club during the school holidays.

Eddible Ebbsfleet: A community growing project to encourage the production of locally grown fruit and vegetables.

KCC Bicycle Stand: Funding was obtained from KCC to erect a new bicycle stand. This will be built in the coming financial years.

Dartford Larder: This project aims to help those in food need, and funding was received from Dartford Borough Council to extend this offer to the community for shopping support and prescription collection.

Postcode Local Trust: This was a contribution from the Postcode Local Trust towards the Growing Community project.

Awards For All - Soup Dragons: This funding provides cookery courses for 7-11 year olds, to encourage having fun with food.

Kent Community Foundation - Fund for the Environment: Funding was received to help support the initial phases of the Eco Centre and Food Forest development.

Kent Community Foundation - Digital Inclusion Fund: Funding was received to purchase laptops to run courses aimed at reducing digital exclusion.

We Are Cycling UK: Funding was received from We Are Cycling UK for the purchase of cycling equipment, and £274 was spent on bicycles during the year which have been capitalised, hence the transfer to general funds.

Dartford Borough Council - Club Together: This funding was received to contribute towards the purchase of a panel van and its future running costs.

Kent County Council - Reconnect: This funding has allowed us to hold monthly family activity sessions at Temple Hill Community Centre.

Dartford Borough Council - Summer Sizzlers: This funding facilitated a series of performing art workshops, including magic, djembe drumming, circus skills, environmental modelling, and football skills workshops.

HEALTHY LIVING CENTRE DARTFORD

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

12 Movement in funds (continued)

Dartford Borough Council - Household Support Grant: This is for the management of the community centres on behalf of Dartford Borough Council, and running Emergency Hub services.

Dartford Borough Council - Hospitality and Leisure Grant: This grant was received to provide a series of events, entertainment and activities for the community in Temple Hill Square.

Tudor Trust: The grant was provided to cover the salary costs of the centre coordinator, in order to help the charity develop its business and delivery model.

Aviva Community Fund: This funding was received to fund the development of the Eco Centre and Food Forest at Dartford Science and Technology College, in order to: increase biodiversity and provide a harvest of food and other materials for art and science projects and educate about the connection between food, nature and humans.

Kent Sport - Active Travel: The grant was received to help the Wobblers and Wibblers initiative in the Temple Hill area, to increase the number of people cycling.

13 Analysis of net assets between funds

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|--------------------------|-----------------------|---------------------|
| Fixed assets | - | 33,490 | 33,490 |
| Current assets | 152,106 | 116,383 | 268,489 |
| Current liabilities | - | (6,509) | (6,509) |
| | <u>152,106</u> | <u>143,364</u> | <u>295,470</u> |
| Prior Year | | | |
| | Restricted funds £ | General funds £ | Total funds £ |
| Fixed assets | - | 6,372 | 6,372 |
| Current assets | 97,792 | 56,482 | 154,274 |
| Current liabilities | - | (4,163) | (4,163) |
| | <u>104,041</u> | <u>52,442</u> | <u>156,483</u> |

HEALTHY LIVING CENTRE DARTFORD

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

14 Prior period restatement

For the year ended 31 March 2020, an adjustment has been made to the 'Allotment' restricted fund to recognise £5,820 of costs that had been previously recognised as unrestricted. In addition the 'Moat Tea Dance' restricted fund was £nil at 31 March 2020, and has been reduced by £429. As such, the comparative amounts have been restated, to reduce brought forward restricted funds at 1 April 2020 and 1 April 2021 by £6,249.

£20,000 in the prior year is shown as restricted income in relation to 'Postcode Local Trust' rather than being incorporated within the 'Growing Community' restricted fund. Whilst both funds are for similar projects, they are unique and should be shown separately in the accounts. This only affects Note 12 presentationally and does not change total restricted funds as at 31 March 2021.

15 Related party transactions

There were no related party transactions during the period.

HEALTHY LIVING CENTRE DARTFORD

England & Wales - Charity number 1142458

Accounts

Healthy Living Centre Dartford

Trustees' Report

**Including Financial Report
& Statements**

1 April 2020 – 31 March 2021

Registered Charity: 1142458

Registered Company: 07409535

HEALTHY LIVING CENTRE DARTFORD
Report and financial statements

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HEALTHY LIVING CENTRE DARTFORD

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2021

| | |
|--|--|
| Charity name | Healthy Living Centre Dartford |
| Charity registration number | 1142458 |
| Company registration number | 07409535 |
| Registered office and operational address | Tree Estate Community Centre Cedar Road Dartford Kent DA1 2RS |
| Directors and Trustees | Ms L Bathgate Mr S Grimsey Mrs R Neale (Appointed 28 September 2020) Mrs P Burleigh (Appointed 27 January 2021) Mrs A Allen (Deceased 21 October 2021) |
| Independent Examiner | Jonathan Healey FCA Lindeyer Francis Ferguson Limited 198 High Street Tonbridge Kent TN9 1BE |
| Bankers | HSBC Bank plc 38 High Street Dartford Kent DA1 1DG |

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

We are pleased to present our annual report together with the independently examined financial statements of the charity for the year ended 31 March 2021.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, including "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

Structure, Governance and Management

The company is a charity registered with the Charity Commission and registered under the Companies Act 2006 as a Company limited by guarantee. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up.

The company is managed on behalf of the members by a Board of Directors, who are also Trustees of the charity. The Directors provide their services to the management of the charitable company free of charge. None of the Directors had a material interest in any contract of significance to which the charitable company was a party during the year, nor has any beneficial interest in the charitable company.

Management and governance arrangements

At each Annual General Meeting the number of directors as is nearest to one third must retire. The charity may by ordinary resolution determine the rotation in which directors are to retire.

As set out in the Articles of Association, the charitable company may by ordinary resolution appoint a person who is willing to act to be a director. No person other than a director retiring by rotation may be appointed at any general meeting, unless not less than fourteen days nor more than thirty five clear days before the date of the meeting the charity is given notice that is signed by a member entitled to vote, states the members intention to propose the appointment of a person as a director, contains the details that, if the person were to be appointed, the charitable company would have to file at Companies House and is signed by the person who is proposed to show their willingness to be appointed.

The day to day administration of the charitable company is under the control of the manager, Sharon Phillips. The manager is responsible to the Board of Directors. The charitable company employs a total of 4 staff.

Public benefit

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charitable company should undertake. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these when new activities are considered. All of our activities address (some or all of) the following subjects which form part of the Healthy Living Centre Dartford's ("HLCD") aims: physical health, emotional wellbeing, the relief of poverty and education.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Objectives and Activities

The charity's objects are defined by its Memorandum of Association as:

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Dartford and the surrounding areas.
- The relief of unemployment for the benefit of the public as such ways as may be thought fit, including assistance to find employment.

The aims of our charity are to improve health and wellbeing and reduce health inequalities within the borough of Dartford through education and the provision of services to the community.

Achievements and Performance

The Coronavirus outbreak led to the suspension of all our group programmes and activities. We made as much effort as possible to keep our volunteers and clients actively engaged online – we provided links to online training, exercise and cookery sessions and kept in touch regularly by phone and email. Two of our exercise providers set up online sessions for the groups, and our volunteer tutor delivered weekly online sessions to her ESOL students, keeping in touch between lessons through their WhatsApp group.

We continued to keep our Working Lunch Network updated on local service provision, and promoted public health awareness messages through our social media networks. We conducted our first virtual meeting in January 2021, which proved successful, welcoming new members and catching up with service providers and services available within the community.

The decision to make food and health the focus of Healthy Living Centre Dartford activities proved to be the right one, as we positioned ourselves to support the local community's access to food through the initial stages of the lockdown.

With the support of dedicated volunteers, we continued to distribute food surplus throughout the year. We dispensed thousands of bottles of orange juice donated by Compass UK Ltd via DHL Sainsburys to five local primary schools, YMCA Dartford residents, North West Kent Age UK food delivery service, Dartford Food bank, local postal workers and refuse collectors, residents and volunteers. We also made up and distributed "Film Night-In" goody bags from stock donated by the Orchard Theatre to some of our Healthy Holiday Club families, and hundreds of loaves of bread, pastries and fresh and chilled products, perfectly good to eat, donated by Fareshare Go, to local residents from outside the community centre. Just before Christmas, Fareshare London directed us to the local ASDA.Com facility to collect surplus fresh vegetables – we distributed over 150 bags of fresh potatoes, parsnips, carrots and broccoli to local residents on Christmas Eve.

We supplemented emergency food parcels, distributed by the council's Emergency Hub, with fresh and chilled produce purchased from Fareshare, and in mid-June 2020 following discussions with Dartford Borough Council, we took on the management and delivery of these emergency parcels to residents in need, utilising the storage space at Tree Community Centre as a food warehouse. We also worked in partnership with YMCA Thames Gateway to support families identified by local family liaison officers as in need of food support over the school holidays by distributing "Happiness Hampers". During that time, we developed our "Dartford Larder" scheme using Fareshare goods, primarily to reduce food waste, but consequently to help reduce food poverty, and delivered this through two community centres in Dartford with the support of a project lead funded by Kent Community Foundation.

Our food projects have served more than 300 families, over 900 individuals, with over 1500 bags and hampers of food distributed. We also provided 1500 hot, fresh cooked two-course meals for vulnerable people during lockdown. In addition to this, we purchased a large amount of stock from Fareshare to support the Dartford Foodbank.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

We managed to complete this work only through the amazing efforts of 30 wonderful volunteers, who collected and shopped for provisions, established a stock control system, donated fridge and freezer storage, picked, packed and delivered food parcels and cooked meals within our community, and staffed the surplus food tables. All the volunteers handling food successfully achieved Level 2 qualifications in Food Safety. Kent Community Foundation supported us with funding, which enabled us to employ a temporary community development worker to lead the food projects. Our volunteers and staff operating during the pandemic were also able to take up the opportunity to be vaccinated offered through Kent County Council.

The "surplus food" table we located outside the community centre has provided an excellent community engagement opportunity – local people have been able to connect with and support each other, find out about services and help available, tell us about their wants for the community and have shared their surplus food from their allotments and gardens.

For a short period between lockdowns, we were able to commence our Thyme to Cook sessions once a week, a weekly cookery club for fun and socialising. However, it was only for a couple of weeks, but the members keep in touch through their WhatsApp Group. We also delivered some outdoor "Repair Cafes", focussing on cycle repairs to encourage more cycling while the roads were quieter due to lockdown.

In April and May 2020, we saw marked increase in activity at our community gardens, with many new plot holders and supporters taking an active part growing their own fruit and veg and developing a wildlife habitat to support the pollinators and natural pest eaters on the site. Our long-awaited watering system was finally established, and the site used as a covid safe space to welcome the return of the gardening club and repair café members: in between lockdowns they constructed a new composting area, built workbenches in the Men's Shed and generally helped maintain the community areas of the site. This provided opportunities for socialising and connecting, which many of our volunteers and clients reported as much needed after extensive periods of social isolation due to lockdown.

In May 2020, we were delighted to hear we were successful in our bid to the Local Postcode Trust (Postcode Lottery) to increase community access to outdoor space. This will enable us to engage a Horticultural Therapist to support our Growing Community food network project once it is safe to do so.

We were fortunate to receive support by some professional volunteers through Stronger Kent Communities. They gave their time to update our website and assist with our business planning, which was of huge benefit to Healthy Living Centre Dartford. We also received support from Statisticians for Society to help us make the best use of data to assist with our impact reporting and design of our bespoke CRM system, which is currently in the testing phase.

In August 2020, we began our recruitment campaign for a Finance and Administration officer, and successfully recruited to post in September. However, the successful applicant resigned shortly after taking up post due to family issues, so between November and January we were "admin" less again. Fortunately, in January our new officer joined the team, taking our social media engagement to a new level and keenly assuming responsibility for some cookery projects, training with the Tesco Community Cookery School and delivering online cookery sessions, and becoming actively involved in promoting food growing and managing our seed swap initiative.

In September 2020, we began delivery of "Dartford Wobblers", a cycling group for women returning to cycling. This popular physical activity provided a safe, enjoyable and manageable route along the Thames pathway, and an opportunity for socialising. "The Wobblers" group developed from this, supporting very nervous returners to cycling with a ride in the local park. Unfortunately, the second lockdown in November 2020 put an end to this activity, but it will return later in the year, with one member of the group committing to training to enable her to lead the rides.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Throughout the lockdowns we continued to work in partnership with Kent Adult Education, promoting through our networks and facilitating a variety of courses both in community settings and online to help with mental and physical health, learn practical skills, achieve accreditation in vocational support courses, help with employability and just have some fun whilst in isolation due to lockdown. Thirty people participated in the various courses delivered.

In October 2020, following conversations with officers at Dartford Borough Council, Healthy Living Centre Dartford took on a Tenancy-at-Will at the vastly underused and amazing asset of Temple Hill Community Centre, sited in one of the most deprived areas in Dartford. Our volunteers and staff have given many hours of their time organising and cleaning the centre to prepare for opening. Our ambition is to bring this centre into productive use, a base for community activity and a centre for community engagement, in the same way as we revitalised Tree Community Centre. We currently deliver "Dartford Larder" from both centres and provide a venue for Porchlight to meet with their vulnerable clients.

In March 2021, we felt confident to advertise our Growing Community Project Lead, and we are thrilled to have successfully recruited to the post, which will enable us to push forward our food network and growing project in summer 2021.

Healthy Living Centre Dartford is proud to have become an accredited Living Wage employer this year.

Volunteer Contribution

In the year ending March 2021, 38 HLCD volunteers had committed an average of 564 hours of their time per month to the projects (over 9 months of delivery) or 5,076 hours for the year. Calculating the monetary value of volunteer time, using an average of the national minimum wage (£8.21 per hour) and median wage (£15.14 per hour - Statista.com) this equated to £59,262 - a massive in-kind contribution to the local community.

Moving Forward

We are grateful that The National Lottery Fund has allowed us to convert our underspend on salaries, due to the inability to recruit to our Growing Community Project Officer, to capital funds to allow us to purchase a commercial vehicle. This will enable us to do considerably more work within a wider area of the borough, such as pop-up cookery and arts clubs, help with our growing project and collection of food from Fareshare in Ashford.

We are excited for the future, and we look forward to developing more activities, partnerships and community networks to support the recovery after covid and grow stronger, more connected communities in Dartford and develop better and healthier relationships with food.

Testimonials

"My children and I cannot thank you and the rest of the team enough. Yesterday, you all gave us a warm reception and made the children feel loved. The foodstuff sent to us will help go a long way. God richly bless you and everyone who made today a memorable one and to put smiles on our faces. There are not many kindnesses out there anymore but you have made the difference. Thank you again."

"Thank you so much for helping my family today. I've always been ashamed to ask for help as I work but I'm a single mum to five kids and really struggling at the moment. We had nothing in the fridge or freezer so I'm truly grateful."

"Just wanted to say a huge thank you to you and all the team. It means so much being able to have the help I need but be able to feel I'm putting something towards it too. This is such a hard time for a lot of people and the last couple of weeks have been a lot easier because of your service. You are all very kind and welcoming and the children were already talking this morning about what we might get today!"

"Thank you so much and especially for continuing on through lockdown."

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

"I would like to say thank you for giving me the opportunity to participate in your food waste reduction scheme. I am a big supporter of recycling, food waste reduction, etc and I think whoever came up with this idea and put it all together deserves recognition. The scheme also supports our community by offering affordable weekly grocery shopping. When I collected my first bags of food I was overwhelmed with the quality and quantity of the products. Some of them were top quality, things that I wouldn't normally buy on a regular basis due to the cost."

"I like not knowing what food will be in the bags each week as it makes me more creative with my cooking and preparing meals. I am also excited to be getting food that I wouldn't normally buy so I can experiment and learn new things."

"I would like to say thank you to everyone who works with you and to all volunteers for the effort and passion. You are all fantastic!!!"

"Just want to say a huge thank you to you and the team for the food box. I am amazed at what I have received. I will divide and pass some to my next-door neighbours. All the carrots I had on Monday I made into soups and I have given them out to neighbours both sides."

"Just wanted to give you an update. I still look forward to my weekly goodie box. From the veggies I have made loads of soups and gave to my elderly neighbours; they now look forward to what the soup of the week will be! Top of the list is Curried Parsnip, Moroccan Chickpea, Chicken Sweetcorn & Noodle. A couple of weeks ago there was a load of celeriac so with that I made a lovely celeriac soup and that went down with loads of praise. The flour from one week was used to make pies by my friend and cakes by my son in law. All in all I just want to say (to the team) what a great job they are doing. Thank you."

"What you have been doing so far is amazing and it deserves a huge recognition. Thank you and big thanks to all volunteers. Everyone at the Tree estate Community Centre is truly amazing. Positive energy and enthusiasm is seen every time I see you guys!!!"

Financial Review

The charitable company's incoming resources for the year ended 31 March 2021 totalled £199,516 (2020 - £88,775). Resources expended for the year totalled £113,174 (2020 - £92,221), giving net income for the year of £86,342 (2020 - net resources expended of £3,446).

Funds brought forward totalled £70,141, giving total funds carried forward at 31 March 2021 of £156,483. Of these funds, £52,442 is general, free reserves.

Reserves policy

It is the policy of Healthy Living Centre Dartford to maintain unrestricted funds, which are free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure to provide sufficient funds to cover management, administration and support costs. There are currently 9 months of unrestricted costs held in reserve. HLCD aim for the excess held in reserves to allow for any gaps in funding that have been experienced in recent years, enabling the charity to continue its activities during any cashflow issues.

Risk management

The Trustees have formally assessed business risks, and this has involved assessing the types of risk facing the charity, prioritising them in terms of the potential impact and likelihood of occurrence, and identifying means of mitigating the risks. As part of this process the Trustees have assessed the adequacy of the charity's internal controls and the costs of operating particular controls relative to the benefits obtained.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021

Plans for the Future

HLCD continues to deliver on identified priorities – capacity building: strengthen and diversify board, improve strategic direction, marketing and impact reporting.

Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and of its financial activities that period. In preparing those financial statements, the Trustees are required to

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis;
- prepare financial statements that show a true and fair view.

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

Approved by the Trustees and signed on their behalf on



.....
L Bathgate
Chair of Trustees

HEALTHY LIVING CENTRE DARTFORD

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF HEALTHY LIVING CENTRE DARTFORD ("the company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021, which are set out in pages 9 to 20.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Signed:

Dated: 14 FEBRUARY 2022

Jonathan Healey FCA
Lindeyer Francis Ferguson Limited
Chartered Accountants
North House
198 High Street
Tonbridge
Kent, TN9 1BE

HEALTHY LIVING CENTRE DARTFORD

STATEMENT OF FINANCIAL ACTIVITIES
(including income and expenditure account)
FOR THE YEAR ENDED 31 MARCH 2021

| | Notes | 2021 Restricted funds £ | 2021 Unrestricted funds £ | 2021 Total funds £ | 2020 Total funds £ |
|-------------------------------------|-----------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations | | 1,746 | 571 | 2,317 | 3,933 |
| Investments | | - | 45 | 45 | 117 |
| Charitable activities | 3 | 137,503 | 59,188 | 196,691 | 83,728 |
| Other income | | - | 463 | 463 | 997 |
| Total income | | 139,249 | 60,267 | 199,516 | 88,775 |
| Expenditure on: | | | | | |
| Charitable activities | 4 | 61,897 | 51,277 | 113,174 | 92,221 |
| Total expenditure | | 61,897 | 51,277 | 113,174 | 92,221 |
| Net income | | 77,352 | 8,990 | 86,342 | (3,446) |
| Transfers between funds | 12 | 206 | (206) | - | - |
| Net movement in funds | | 77,558 | 8,784 | 86,342 | (3,446) |
| Reconciliation of funds | | | | | |
| Total funds at 1 April 2020 | | 26,483 | 43,658 | 70,141 | 73,587 |
| Total funds at 31 March 2021 | 12 | 104,041 | 52,442 | 156,483 | 70,141 |

The statement of financial activities includes all gains or losses for the period. All incoming resources and resources expended derive from continuing activities.

HEALTHY LIVING CENTRE DARTFORD

BALANCE SHEET AS AT 31 MARCH 2021

| | Notes | £ | 2021 £ | £ | 2020 £ |
|---|-------|----------|-----------|----------|-----------|
| Fixed assets | | | | | |
| Tangible assets | 8 | | 6,372 | | - |
| Current assets | | | | | |
| Debtors | 9 | 3,040 | | 3,741 | |
| Cash at bank and in hand | | 151,234 | | 69,732 | |
| | | | | | |
| | | 154,274 | | 73,473 | |
| Creditors: Amounts falling due within one year | 10 | (4,163) | | (3,332) | |
| Net current assets less current liabilities | | | 150,111 | | 70,141 |
| Net assets | 12 | | 156,483 | | 70,141 |
| Funds of the charity | | | | | |
| Restricted funds | 12 | | 104,041 | | 26,483 |
| Unrestricted funds | 12 | | 52,442 | | 43,658 |
| Total funds | | | 156,483 | | 70,141 |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on..... 14.02.2022



.....
L Bathgate
Chair of the Trustees
Charity number: 1142458
Company number: 07409535

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 Status

Healthy Living Centre Dartford is a charitable company limited by guarantee without share capital incorporated in England & Wales. Each member has undertaken to contribute a sum not exceeding £10 towards the payment of the debts and liabilities of the charity incurred in the event of the company winding up. The address of the registered office is Tree Estate Community Centre, Cedar Road, Dartford, Kent, DA1 2RS.

2 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Healthy Living Centre Dartford meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

2.2 Fund accounting

Restricted donations are available for the charity's use only in accordance with the terms under which, and for the purposes which, the funds were donated to the charity.

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

2.3 Incoming resources

All incoming resources are included on the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Income from donations consists of grants and donations and is included in full in the statement of financial activities when receivable.

Investment income is included when receivable.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

Accounting policies (continued)

2.4 Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 4.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

| | |
|--------------------|-----------------------|
| Computer equipment | 3 years straight line |
|--------------------|-----------------------|

2.6 Debtors

Trade and other debtors are recognised at the settlement amount due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash held in current accounts.

2.8 Creditors

Creditors are recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably.

All creditors are initially recognised at transaction price. Accruals are subsequently measured at the settlement amount.

2.9 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

3 Charitable activities

| | 2021 £ | 2020 £ |
|--|-----------|-----------|
| The National Lottery - Growing Community | 75,000 | - |
| Kent County Council | 38,800 | 38,800 |
| Dartford Larder | 23,803 | - |
| Postcode Local Trust | 20,000 | - |
| The National Lottery - Covid Recovery | 19,990 | - |
| Awards For All - Soup Dragons | 10,000 | - |
| Kent Community Foundation | 8,100 | 10,800 |
| Feed the Community (ASDA) | 600 | 700 |
| Café | 190 | 11,733 |
| Other | 208 | 13,959 |
| Congregation of TH Passionists | - | 6,000 |
| Local Authority | - | 1,736 |
| | <hr/> | <hr/> |
| | 196,691 | 83,728 |
| | <hr/> | <hr/> |

The comparative figure includes £27,844 of restricted income.

14.02.2022

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

4 Costs of charitable activities

| | 2021 | 2020 |
|----------------------------------|-----------------------|----------------------|
| | £ | £ |
| Healthy Living | | |
| Direct activity costs | 39,353 | 40,602 |
| Direct staff costs | 30,086 | 4,316 |
| | <u>69,439</u> | <u>44,918</u> |
| Support costs | | |
| Wages and salaries | 36,412 | 37,788 |
| Contingency | - | 1,933 |
| Software Subscription | 283 | 234 |
| Rent and rates | - | 116 |
| Telephone / internet | - | 1,629 |
| Printing, postage and stationery | 848 | 868 |
| Advertising | - | 40 |
| Travelling | 102 | 138 |
| Insurance | - | 430 |
| Professional fees | 1,757 | - |
| Sundry expenditure | 444 | 857 |
| Training | 12 | 142 |
| HR services | 1,515 | 1,339 |
| Payroll services | - | 294 |
| Irrecoverable debt | - | 271 |
| Subscriptions | 244 | - |
| Depreciation | 882 | - |
| Governance | | |
| Independent examiner's fee | 1,236 | 1,224 |
| | <u>43,735</u> | <u>47,303</u> |
| Total cost | <u><u>113,174</u></u> | <u><u>92,221</u></u> |

5 Staff Costs and Numbers

| | 2021 | 2020 |
|------------------------------|---------------|---------------|
| | £ | £ |
| Staff costs were as follows: | | |
| Salaries | 64,227 | 51,110 |
| Social security costs | 1,096 | 1,340 |
| Pension | 1,176 | 1,092 |
| | <u>66,498</u> | <u>53,542</u> |

No employee received emoluments of more than £60,000.

Key management is considered to consist of the Centre Manager. The total remuneration of key management personnel was £39,686 (2020: £37,414).

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

5 Staff Costs and Numbers (continued)

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

| | No | No |
|-----------------|-------------|-------------|
| Administration | 2 | 2 |
| Project workers | 2 | 1 |
| | <hr/> | <hr/> |
| | 4 | 3 |
| | <hr/> <hr/> | <hr/> <hr/> |

6 Trustees Remuneration

No trustee received any remuneration during the year, or reclaimed any expenses.

7 Taxation

As a registered charity, Healthy Living Centre Dartford is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

8 Tangible fixed assets

| | Computer equipment £ |
|--------------------------|----------------------------|
| Cost or valuation | |
| At 1 April 2020 | - |
| Additions | 7,257 |
| Revaluation | - |
| | <hr/> |
| At 31 March 2021 | 7,257 |
| | <hr/> |
| Depreciation | |
| At 1 April 2020 | - |
| Charge for the year | 885 |
| On disposals | - |
| | <hr/> |
| At 31 March 2021 | 885 |
| | <hr/> |
| Net book value | |
| At 31 March 2021 | 6,372 |
| | <hr/> <hr/> |
| At 31 March 2020 | - |
| | <hr/> <hr/> |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

9 Debtors: amounts falling due within one year

| | 2021 £ | 2020 £ |
|-------------------|--------------|--------------|
| Fees for services | 213 | 2,888 |
| Prepayments | 2,827 | 853 |
| | <u>3,040</u> | <u>3,741</u> |

10 Creditors: amounts falling due within one year

| | 2021 £ | 2020 £ |
|------------------------------------|--------------|--------------|
| Amounts due to suppliers | 1,407 | 635 |
| Taxation and social security | 1,424 | 1,268 |
| Accruals | 1,260 | 1,357 |
| Funds held for other organisations | 72 | 72 |
| | <u>4,163</u> | <u>3,332</u> |

Funds held as agent:

The following income is being held on behalf of the other organisations by Healthy Living Centre Dartford:

GOSH - £72 income received.

11 Control

The charitable company is controlled by its members.

There is no one ultimate controlling party.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

12 Movement in funds

| | At 1 April 2020 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2021 £ |
|---------------------------------|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Dementia Café | 202 | - | - | - | 202 |
| Henry | 6,273 | - | (50) | - | 6,223 |
| Thyme to Cook | 5,633 | - | (377) | - | 5,256 |
| Allotment | 8,893 | 4 | (1,606) | - | 7,292 |
| Holiday Club | 1,415 | - | (770) | - | 645 |
| Edible Ebbsfleet | 1,181 | - | (77) | - | 1,103 |
| Moat Tea Dance | 429 | - | - | - | 429 |
| Community Health Network | 957 | - | (464) | - | 493 |
| KCC - Bicycle stand | 1,500 | - | - | - | 1,500 |
| Dartford Larder | - | 25,544 | (5,161) | - | 20,383 |
| Growing Community | - | 95,000 | (44,485) | - | 50,515 |
| Awards For All - Soup Dragons | - | 10,000 | - | - | 10,000 |
| Feed the Community (ASDA) | - | 600 | (806) | 206 | - |
| KCF Core support | - | 8,100 | (8,100) | - | - |
| Total restricted funds | 26,483 | 139,249 | (61,897) | 206 | 104,041 |
| Unrestricted funds | | | | | |
| General funds | 43,658 | 60,267 | (51,277) | (206) | 52,442 |
| Total unrestricted funds | 43,658 | 60,267 | (51,277) | (206) | 52,442 |
| Total funds | 70,141 | 199,516 | 113,174 | - | 156,483 |

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

12 Movement in funds (continued)

| Prior Year | At 1 April 2019 £ | Incoming resources £ | Outgoing resources £ | Transfers £ | At 31 March 2020 £ |
|---------------------------|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Restricted funds | | | | | |
| Café | 60 | - | - | (60) | - |
| Dementia Café | 1,500 | - | (1,298) | - | 202 |
| House | - | - | (944) | 944 | - |
| Henry | 6,991 | - | (718) | - | 6,273 |
| Live Well Age Well | 1,972 | - | (4,734) | 2,762 | - |
| Thyme to Cook | 3,915 | 13,594 | (11,876) | - | 5,633 |
| Temple Hill | 4,316 | - | - | (4,316) | - |
| Allotment | 5,143 | 3,750 | - | - | 8,893 |
| Holiday Club | 1,843 | 700 | (1,128) | - | 1,415 |
| Edible Ebbsfleet | 1,345 | - | (164) | - | 1,181 |
| Core support | - | 10,800 | (10,800) | - | - |
| Moat Tea Dance | 429 | - | - | - | 429 |
| Community Health Network | 6,015 | - | (5,058) | - | 957 |
| KCC - Bicycle stand | - | 1,500 | - | - | 1,500 |
| Total restricted funds | 33,529 | 30,344 | (36,720) | (670) | 26,483 |
| Unrestricted funds | | | | | |
| General funds | 40,058 | 58,431 | (55,501) | 670 | 43,658 |
| Total unrestricted funds | 40,058 | 58,431 | (55,501) | 670 | 43,658 |
| Total funds | 73,587 | 88,775 | 92,221 | - | 70,141 |

Dementia Café: Kent County Council and Bluebird provided grants for the set up and running of St Edmund's, Living Well Dementia Friendly Café, with the aim of stimulating and putting the fun back into the lives of people living with dementia.

House: The objective of HOUSE is to introduce a hard-hitting public health campaign targeted at young people to increase their awareness of and to reduce the damaging effects of risk taking behaviour.

Henry: A Kent County Council Early Years grant to train facilitators and to deliver the HENRY (Health Exercise and Nutrition in the Really Young) programme in target areas in Dartford to support the healthy weight agenda.

Live Well Age Well: Objective is to reduce social isolation, including people with dementia and their carers, through fun, inclusive and age appropriate activities, such as dance and exercise sessions.

Thyme & Cook: To develop a cookery club with local people to help reduce social isolation and build community links and resilience.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

12 Movement in funds (continued)

Temple Hill: A Kent County Council members grant to provide events and activities for residents of Temple Hill. This has been re-evaluated in the current year and deemed to be part of the charitable company's core activities. With no specific restrictions in the grant funding this has been reanalysed to general reserves.

Holiday Club: Several grants were received during the year to facilitate a holiday lunch club during the school holidays.

Eddible Ebbsfleet: A community growing project to encourage the production of locally grown fruit and vegetables.

Core Support: This grant was awarded by the Kent Community Foundation for core support. The fund was fully spent during the year.

Moat Tea Dance: This funding will be spent in the coming financial years as and when such events can be held.

KCC Bicycle Stand: Funding was obtained from KCC to erect a new bicycle stand. This will be built in the coming financial years.

Dartford Larder: Funding was obtained from KCC to help individuals who have and are still being affected by the COVID pandemic.

Growing Community Fund: This funding will be spent primarily for the salaries and costs of the food innovation hub project. There were two donors in the year, The National Lottery (£75,000) and Postcode Local Trust (£20,000).

Soup Dragon: The funding will be used to support local volunteers to cook healthy economical meals and upload videos to the group's social media to both feed communities on low incomes and teach them to feed their families on a budget. The project aims to teach participants how to make the best of their weekly shopping budgets, eat healthy for less to use up leftovers reduce food waste and make the most of their incomes.

Feed the Community (ASDA): This enabled us to make food and health the focus of Healthy Living Centre Dartford activities proved to be the right one, as we positioned ourselves to support the local community's access to food through the initial stages of the lockdown.

Café: Over the past three years, HLCD have received income for the purpose of purchasing a new chiller. During 2019, a chiller was donated to the charity, and therefore all income associated with the chiller fund has been transferred to unrestricted funds, there being no restriction of the use of those funds. The remaining funds have been permitted to be spent on general purposes by the donor and so transferred accordingly.

HEALTHY LIVING CENTRE DARTFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

13 Analysis of net assets between funds

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|-----------------------------------|--------------------------------|------------------------------|
| Fixed assets | - | 6,372 | 6,372 |
| Current assets | 104,041 | 50,233 | 154,274 |
| Current liabilities | - | (4,163) | (4,163) |
| | <u>104,041</u> | <u>52,442</u> | <u>156,483</u> |

Prior Year

| | Restricted funds £ | General funds £ | Total funds £ |
|---------------------|-----------------------------------|--------------------------------|------------------------------|
| Current assets | 26,483 | 46,990 | 73,473 |
| Current liabilities | - | (3,332) | (3,332) |
| | <u>26,483</u> | <u>43,658</u> | <u>70,141</u> |

14 Commitments

At the year-end, the company had committed to expenditure of £29,149 (2020: £Nil) in relation to the purchase of a van.

15 Related party transactions

There were no related party transactions during the period that required disclosure.