

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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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

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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.

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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

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.

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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 Mummys 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.net**) 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 Darenth 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 reparable 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

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

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.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

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 Mummys 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 Darenth 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.

HEALTHY LIVING CENTRE DARTFORD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

Plans for the Future

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

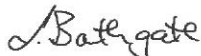
Statement of Trustees Responsibilities

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

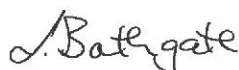
	Notes	£	2023 £	£	2022 £
Fixed Assets					
Tangible assets	9		32,114		33,490
Current assets					
Debtors	10	30,107		6,160	
Cash at bank and in hand		246,458		262,329	
			<u>276,565</u>	<u>268,489</u>	
Creditors: Amounts falling due within one year	11	(9,316)		(6,509)	
Net current assets			267,249		261,980
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	-	38,800	-	2,900	41,700	51,060
Dartford Borough Council	-	20,000	-	1,562	21,562	59,800
Actively Involved	-	21,600	-	-	21,600	-
Department for Work & Pensions	-	-	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	-	-	-	5,156	5,156	-
Kent Community Foundation	-	-	-	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	-	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	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 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)
	60,240	239,123	299,363
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)
	152,106	143,364	295,470

15 Related party transactions

There were no related party transactions during the period.

