

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
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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.

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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

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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!

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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
Drop in / Power Company Club: 10:00-12:30
Powered and Landed Lovers / Club. Prepare and enjoy your favourite recipes and can make ones too. All ingredients provided. Just bring your own.
Call 01322 311265 for more details.

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

Tennis Table: 10:00-10:30
Friendly exercise club. No need to book. £2.50 per session.

Tuesdays
HLC Community Hub: 10:00-10:00 3rd Tuesday of every month
Pop in for a delicious, affordable home cooked lunch, get dirty by crafty over a cuppa, enjoy a relaxing foot reflexology therapy session, or if your responsibilities allow and you are interested HLC Repair Cafe. Meet and if they can help in any way.

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 all visitors.
Email: info@hlsdartsford.org.uk to book a table.

Wednesday
Hygge in the Hill: 10:00-12:00
Join us for a relaxed social morning with free tea, coffee and sweet treats as well as an array of board games and puzzles to drink and come along.

Alzheimer's and Dementia Support Services: 11:30-12:30
1st Wednesday of every month: Activity Cafe.
2nd Wednesday of every month: Memory Cafe.
3rd & 4th Wednesday of every month: Peer Support Groups.
To find out more of these sessions, please call ADSS on 01474 533990.

Thursday
Pain Relief / Outbreak Drop In: 10:00-12:00 (Tel: 0800 567 7677)
On 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 Mats: 12:00-12:00
A fun and friendly, very low impact mat-based class.
Suitable for all ages and abilities.
No need to book. £2.50 per session.

Gentle Exercise Group: 12:00-12:30
Easy to do exercise with movements designed for people with reduced mobility to stretch and stretch muscles and machine joints.
No need to book. £2.50 per session.

Fridays
Mummy's Link Up Parent & Child Group: 10:30-12:30 4th Friday of every month
Meet us with other parents and children to play with their toys, crafts, and games for children to play. www.instagram.com/mummylinkup/

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

Tree Community Centre
Cedar Road, Dartford, DA3 2HS

Monday
Be Outdoors: 12:30-12:30
Sign up to our weekly course to learn the basic skills for using compasses, appropriate mobile devices. Call 01322 311265 for more details.
Pregnancy Yoga Classes: 19:00-20:00
Join us for a gentle yoga and healthy and safe pregnancy advice.
Booking essential. Contact Colleen on 07944 571315.

Tuesday
HLC Community Hub: 10:00-10:00 3rd & 4th Tuesday of every month.
Pop in for a delicious, affordable home cooked lunch, get dirty by crafty over a cuppa, enjoy a relaxing foot reflexology therapy session, bring your brown items along and let us know. HLC Repair Cafe. Meet and if they can help in any way.

Abilities 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 Haze: 10:00-11:00
Increase fitness, strength and flexibility. Rules and need to book. £2.50 per session.

Wednesday
Mums & Baby Yoga: 10:00-11:00
Devote post-pregnancy safe exercise with baby, followed by mums' social coffee morning. All new mums welcome.
Booking essential, for more information call 07944 571315.

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

Handwriting Club: 11:00-12:00
Share your handwriting skills. We have formed our own friendly group at our club.

Free Bingo Club: 14:00-14:30
Friendly, no coming social club. Weekly bingo and raffle, tea and refreshments.

Band Club: 17:00-18:00
Friendly, informal and relaxed singing sessions.

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

ARC-HITS: 18:30-19:30
Shake it up with cardio, fun fit, and MCT for health, fitness and stamina.

Yoga with Haze: 19:00-20:00
Increase fitness, strength and flexibility. Rules and need to book. £2.50 per session.

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 533990.

Tree Community Lunch: 12:00-12:30 3rd Friday of every month
Enjoy a delicious home cooked 3 course meal, tea and coffee and good company.
£5 per person. Booking essential - call 01322 311265 for more details.

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

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.

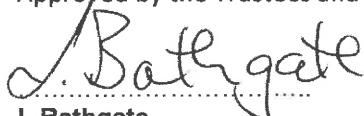
Statement of Trustees Responsibilities

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: 16 December 2025

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)
	<u>130,982</u>	<u>239,268</u>	<u>370,250</u>
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)
	<u>45,384</u>	<u>165,992</u>	<u>211,376</u>

15 Related party transactions

There were no related party transactions during the period.