

HEALTHWATCH CENTRAL BEDFORDSHIRE

Registered Company No. 08399922 (England and Wales)
Registered Charity No. 1154627

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025
FOR
HEALTHWATCH CENTRAL BEDFORDSHIRE**

Russells Accountants
20 Riverview Way
Kempston
Bedford
MK42 7BB



HEALTHWATCH CENTRAL BEDFORDSHIRE

CONTENTS OF THE FINANCIAL STATEMENTS

for the year ended 31st March 2025

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 4
Independent Examiners Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 11

HEALTHWATCH CENTRAL BEDFORDSHIRE

REFERENCE AND ADMINISTRATIVE DETAILS

for the year ended 31st March 2025

TRUSTEES

Mrs L Grant
Mrs G Hiscox
Mrs C A Carter (resigned 25/11/2024)
Mrs L Cole
Mrs V Filmer (resigned 13/01/2025)
Mrs A Newnham (appointed 01/12/2024)
Mrs M Haslam (appointed 01/03/2025)
Mr A J Jackson (appointed 01/04/2025)

COMPANY SECRETARY

Ms D Blackmun

REGISTERED OFFICE

Capability House
Wrest Park
Silsoe
Beds
MK45 4HR

COMPANY NUMBER

08399922 (England and Wales)

CHARITY NUMBER

1154627

INDEPENDENT EXAMINER

Ian Russell FCCA
Russells Accountants Limited
20 Riverview Way
Kempston, Bedford
MK42 7BB

HEALTHWATCH CENTRAL BEDFORDSHIRE

REPORT OF THE TRUSTEES for the year ended 31st March 2025

The Trustees who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2025. The trustees have adopted the provisions of 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)

OBJECTIVES AND ACTIVITIES

Significant activities

Healthwatch Central Bedfordshire is your local health and social care champion.

We ensure that NHS leaders and decision-makers hear your voice and use your feedback to improve care. We can also help you to find reliable and trustworthy information and advice.

Our vision

A Central Bedfordshire where everyone receives the health and care they need, when they need it.

Our mission

To ensure the voices and lived experiences of local people shape and improve health and care services across Central Bedfordshire.

Our values are:

- Equity – being compassionate and inclusive, empowering diverse communities.
- Collaboration – working with individuals, groups, and partners to amplify local voices.
- Impact – driving improvements that matter to residents and holding systems to account.
- Independence – providing a trusted, critical friend to health and care decision-makers.
- Truth – acting with honesty, integrity, and transparency.

15,930 people shared their experiences of health and social care services with us, helping to raise awareness of issues and improve care.

19,750 people came to us for clear advice and information on topics such as mental health support and finding an NHS dentist.

We published 11 reports, including on Men's Health, Diabetes, Hypertension, and our widely read report Behind Closed Doors: Shining a Light on Child and Adolescent to Parent Violence and Abuse (CAPVA).

We currently employ 6 staff, and our work is supported by 53 dedicated volunteers, who gave 1,134 hours to help improve local care.

This year we've helped people by:

- Providing up-to-date information people can trust.
- Helping people access the services they need.
- Supporting people to look after their health.
- Signposting people to additional support services.

To carry out our work, we receive statutory funding from Central Bedfordshire Council under the Health and Social Care Act 2012. In 2024/25, we received £172,201, the same as the previous year. We also generated additional income from research, joint projects, and sponsorship, totalling £70,726, bringing our overall income to £242,927.

Public Benefit

The Trustees have referred to guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We worked closely with our colleagues across Bedfordshire, Luton and Milton Keynes (BLMK) ICS to ensure that the voices of Central Bedfordshire residents shaped system-wide decisions, including improvements in translation and interpretation services, GP access, and mental health discharge pathways.

Our Healthwatch Board consists of six members, who work on a voluntary basis to provide direction, oversight, and scrutiny to our activities. In 2024/25, the Board met six times, making decisions on budget setting, future engagement, governance, and recruitment of new members.

HEALTHWATCH CENTRAL BEDFORDSHIRE

REPORT OF THE TRUSTEES for the year ended 31st March 2025

Charitable activities - cont'd

Healthwatch Central Bedfordshire is proud to host Young Healthwatch (YHWCB), one of only a few local Healthwatch with a dedicated youth arm. YHWCB provides a platform for children and young people to share their experiences, influence services, and shape a health and care system that meets their needs.

This year, 35 active members from diverse cultural and ethnic backgrounds have led projects, research, and campaigns to amplify young voices and drive positive change. Their work has directly influenced local health strategies, research priorities, and service improvements across Central Bedfordshire and beyond.

Key achievements in 2024/25 include:

- Neurodiversity and Mental Health research: YHWCB co-produced an NIHR event, bringing together professionals and young people to highlight the barriers faced by neurodivergent children and young people. Their findings are shaping mental health and education services locally.
- Enter and View visit to Sue Ryder St John's Hospice: Young volunteers engaged with patients and staff, providing feedback that helped to improve hospice care while deepening young people's understanding of end-of-life services.
- Influencing local services: Members worked with Bedford Hospitals Trust's Psychology team to improve youth-friendly resources and with HUC NHS 111 to redesign patient information, making it clearer and more accessible.
- Youth-led digital engagement: Volunteers supported GP practices by creating and managing social media accounts, strengthening communication and patient participation.
- Supporting health awareness events: Young Healthwatch played a key role in Diabetes, Hypertension and Men's Health events, boosting awareness and participation across age groups.
- National impact: Young Healthwatch secured a place on NICE's Voluntary and Community Sector Leadership Team, ensuring that youth perspectives influence national health priorities.

In total, YHWCB volunteers gave 134 days of their time this year. Their commitment not only improved local services but also built confidence, transferable skills, and pathways into education and careers in health and social care.

Young Healthwatch Central Bedfordshire continues to hold the Investing in Children Membership Award, recognising its commitment to actively involving children and young people in dialogue that leads to real change.

Looking ahead, YHWCB will focus on reaching underrepresented voices, strengthening regional collaboration with other Youthwatch groups, and tackling health inequalities to ensure all young people have a say in the services that matter most to them.

We wish to thank the following people and organisations for helping us to deliver the local Healthwatch service: Thank you to everyone that is helping us put people at the heart of health and social care, including:

- Members of the public who shared their views and experience with us
- The voluntary organisations that have contributed to our work
- Key stakeholders and partners who have responded to our recommendations for improvements to local services
- Central Bedfordshire Council
- East London Foundation Trust
- Bedfordshire, Luton & Milton Keynes Integrated Care System (BLMK ICS)
- Our regional Healthwatch colleagues, particularly local Healthwatch across BLMK; Bedford Borough, Luton and Milton Keynes
- Healthwatch England

FINANCIAL REVIEW

Financial position

Income has seen an increase of 21% this year, and expenses have seen an increase of 15%. Interest received has seen an increase of 47%, and other income 163%. Overall, expenses have remained fairly stable with an increase in events expenses, which is to be expected with the increase in revenue generated from them.

HEALTHWATCH CENTRAL BEDFORDSHIRE

REPORT OF THE TRUSTEES for the year ended 31st March 2025

FINANCIAL REVIEW (cont'd)

Reserves policy

The Trustees have agreed a level of reserves that is sufficient to manage end of contract closure and transition costs whilst also providing adequate funding to develop new income streams to help build the longer-term sustainability of the charity.

The Trustees aim to maintain reserves to a minimum of £40,000, approximately equivalent to three months' expenditure.

Grant Funder

Healthwatch Central Bedfordshire acknowledges Central Bedfordshire Council for the provision of the grant to provide a local Healthwatch service.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by Companies Act 2006

Recruitment and appointment of new trustees

New trustees are appointed by the existing trustees. All trustees are required to resign from office at the end of their three year term, but may be re-elected according to the rules and procedures set out in the charity's governing documents.

Organisational structure

The company is run by a board of trustees/directors who are required to number at least four but no more than six.

Funds Held As Custodians For Others

During the period 1 April 2024 to 31 March 2025 the charity did not hold any funds as a custodian trustee on behalf of any other charitable organisation.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on and signed on its behalf by:

Mrs G Hiscox - Trustee

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF HEALTHWATCH CENTRAL BEDFORDSHIRE

Independent Examiners Report to the Trustees of Healthwatch Central Bedfordshire ('the Company')

I report to the charity trustees on my examination of the accounts for the year ended 31st March 2025.

Responsibilities and basis of the report

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

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

Independent examiners statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
the accounts do not comply with relevant accounting requirements under 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
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.



.....
Ian Russell FCCA
Russells Accountants Limited
20 Riverview Way
Kempston, Bedford
MK42 7BB

HEALTHWATCH CENTRAL BEDFORDSHIRE

STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31st March 2025

	Notes	2025 Unrestricted £	2024 Unrestricted £
INCOME AND ENDOWMENTS FROM			
Charitable activities		172,201	172,201
Other trading income	2	70,726	27,865
Total		<u>242,927</u>	<u>200,066</u>
EXPENDITURE ON			
Charitable activities		218,172	189,857
NET INCOME		<u>24,755</u>	<u>10,209</u>
RECONCILIATION OF FUNDS			
Total funds brought forward		67,640	57,431
TOTAL FUNDS CARRIED FORWARD		<u><u>92,395</u></u>	<u><u>67,640</u></u>

HEALTHWATCH CENTRAL BEDFORDSHIRE

BALANCE SHEET 31st March 2025

	Notes	2025 Unrestricted £	2024 Unrestricted £
FIXED ASSETS			
Tangible assets	6	230	1,909
CURRENT ASSETS			
Debtors	7	12,773	9,027
Cash at bank and in hand		<u>87,203</u>	<u>111,694</u>
		99,976	120,721
CREDITORS			
Amounts falling due within one year	8	(7,811)	(54,990)
NET CURRENT ASSETS		<u>92,165</u>	<u>65,731</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>92,395</u>	<u>67,640</u>
FUNDS	9		
Unrestricted funds		92,395	67,640
TOTAL FUNDS		<u>92,395</u>	<u>67,640</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by;

Mrs G Hiscox - Trustee

HEALTHWATCH CENTRAL BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public body under FRS 102.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

The following policies are applied to particular categories of income:

Income received by way of grants and donations is included in full in the Statement of Financial Activities when receivable.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Incoming resources from charitable trading activity are accounted for when earned.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Tangible fixed assets held for the company's own use are stated at cost less accumulated depreciation and accumulated impairment losses.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment	- 2 years straight line
--------------------	-------------------------

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

HEALTHWATCH CENTRAL BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025

1. ACCOUNTING POLICIES - continued

Donated services

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised in the financial statements

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Event income	67,461	25,643

3. NET INCOME/(EXPENDITURE)

Net income / (expenditure) is stated after charging / (crediting):

	2025	2024
	£	£
Depreciation - owned assets	2,140	2,789
Independent examiners fee	700	600
Independent examiners fee - non assurance services	809	720

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

5. KEY MANAGEMENT PERSONNEL

The average monthly number of employees during the year was as follows:

	2025	2024
	£	£
Senior Management	1	1
Support Staff	6	4
	7	5

No employees received emoluments in excess of £60,000.

6. TANGIBLE FIXED ASSETS

	Computer Equipment £
Cost	
At 1 April 2024	11,227
Additions	461
Disposals	(1,320)
At 31 March 2025	10,368
Depreciation	
At 1 April 2024	9,318
Charge for year	(1,320)
Disposal	2,140
At 31 March 2025	10,138
Net Book Value	
At 31 March 2025	230
At 31 March 2024	1,909

HEALTHWATCH CENTRAL BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	331	-
Other debtors	492	492
Prepayments and accrued income	11,950	8,535
	<u>12,773</u>	<u>9,027</u>

8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	2,795	1,652
Accruals and deferred income	2,310	52,930
PAYE payable	2,019	-
Pension payable	687	408
	<u>7,811</u>	<u>54,990</u>

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted 2025 £	Unrestricted 2024 £
Fixed assets	230	1,909
Current assets	99,976	120,721
Current liabilities	(7,811)	(54,990)
	<u>92,395</u>	<u>67,640</u>

10 MOVEMENTS IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	67,640	24,755	92,395
TOTAL FUNDS	<u>67,640</u>	<u>24,755</u>	<u>92,395</u>

Net movement in funds, included in the above are as follows;

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	242,927	(218,172)	24,755

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	57,431	10,209	67,640
TOTAL FUNDS	<u>57,431</u>	<u>10,209</u>	<u>67,640</u>

Comparative net movement in funds, included in the above are as follows

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	200,066	(189,857)	10,209

HEALTHWATCH CENTRAL BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025

11 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2025 (2024: £NIL).

12. OTHER

The company is limited by guarantee and as such has no share capital. The members of the company whose liability is limited to a maximum of £1 each.

HEALTHWATCH CENTRAL BEDFORDSHIRE

INCOME AND EXPENDITURE ACCOUNT for the year ended 31st March 2025

	Unrestricted 2025		Unrestricted 2024	
	£	£	£	£
Income				
Charitable activities	172,201		172,201	
Interest receivable	3,265		2,222	
Other trading income	<u>67,461</u>		<u>25,643</u>	
		242,927		200,066
Expenditure				
Wages	140,282		110,919	
Rent & rates	21,717		17,355	
Travel expenses	3,083		3,276	
Stationery & office costs	4,422		4,664	
IT & software	7,902		7,184	
Insurance	894		817	
Accountancy fees	1,509		1,320	
Professional fees	3,131		3,348	
Marketing & printing	2,006		3,362	
General expenses	6,903		5,453	
Telephone	1,899		1,513	
Young Healthwatch	4,840		2,626	
Older Peoples Festival	6,494		3,262	
Just Ask and local awareness events	1,181		887	
Young Peoples Event	-		14,932	
Macmillan Event	2,010		2,323	
Other projects and surveys	7,661		3,526	
Depreciation	2,140		2,789	
Bank charges & interest	60		61	
Bad debts	38		-	
Loss on disposal of fixed assets	<u>-</u>		<u>240</u>	
		218,172		189,857
Net Surplus	£	<u>24,755</u>	£	<u>10,209</u>