



Annual Report: April 2024 – March 2025

Chairman's Report

Welcome to this special annual general meeting that marks 15yrs for the Healthy Living Centre. There is such a large amount of activity on which to report I have provided the information below as bullet points.

As can be seen, the Centre is in the best financial position for the last five years and in fact the best end of year figures in the Centre's history.

This result is due in no small part to the tremendous work done by our manager, Peta. Her enthusiasm and can-do attitude have meant that the Centre has been open to new services and activities.

Individual services may expect variations in numbers, but the breadth of activities means that the Centre has vastly more resilience than in the past. Numbers of clients of our core services may vary but we now offer significantly more services.

Use of the centre by community groups and activities has increased and the Centre is recognised as a superb asset to our local community.

Thanks are due to:

- Our volunteers

It is impossible to over-estimate the contribution to the Centre made by volunteers. Without their contributions most of our core services could not be delivered.

- Vicky Norton, Susannah Spicer, Margaret Hollick, and Debbie Clist for their service as Trustees and to all our trustees for their wisdom, guidance and support.
- To the Parish Council.
- To all our users in the local community.
- To Peta for her steady hand on the tiller and for the tremendous support she gives to me and all the trustees.

Financial Overview:

YE	Income	Expenditure	Net surplus	Accumulated Funds
2020	64,908	65,708	(800)	76,480
2021	58,695	45,000	13,695	90,175
2022	65,713	62,444	3,269	93,444
2023	76,755	76,383	372	93,816
2024	85,283	75,573	9,710	103,527
2025	101,774	84,340	17,434	120,961



Core Services:

- **Riverside:** Member numbers remained steady.
- **Stay & Play:** Overall numbers were down, averaging 10 families per week. Funding for 2-year-olds had an impact. Supported by the Community Health Team with a monthly clinic.
- **Community Shed:** Member numbers increased.
- **Community Fridge:** Celebrated its first birthday in January. Redistributed 15,503kg of surplus food, saving £48,740 and 49,608kg of CO2 footprint.
- **Therapists:** Our 5 therapists continued to be busy, playing a huge role in supporting community members.

Room Hire:

- Offered 7 weekly Pilates classes, 2 weekly yoga classes, and a monthly Sound Bath class.
- Betonica School of Herbal Medicine hired the Centre monthly for herbal clinics and lectures.
- Blackdown Support Group ran 2 monthly Bereavement Groups, Toenail Clinics, and Hemyock Lunch Club.
- Launched a fully funded weekly Music Therapy class for 6 months.
- Launched a monthly Parkinson's Support Group, Positively Parkinson's, which has raised enough donations to fund it for a further 2 years.
- Scouts launched 'Take-Out' evenings on the first Thursday of each month.

Donations and Support:

- Parish Council funded the room rent for the Community Fridge.
- Devon County Council funded the purchase of 2 wheelchairs for Riverside, play equipment for Stay & Play, electricity for the Community Fridge, and ventilation in the Community Shed.
- Church Rooms donated £210 to the Community Shed.
- The Elworthy Family raised funds for BHLAC at Janet's funeral.

Centre Improvements:

- Dining room fully decorated, and blinds replaced in several rooms.
- CCTV installed.
- New electric couch for Room 4 and new massage couch for Room 2.
- Car crash into the oil tank addressed to reduce future risks.
- Staff and volunteers attended a First Aid Course.
- Guttering cleared and cleaned, new water butts installed, fascia and solar panels cleaned.
- PAT testing carried out throughout the building.
- New logo designed and a large new sign fixed to the front of the building.



New Car and EV Chargers:

- Thanks to the Blackdown Hills National Landscape for securing a grant to fund the installation of 2 EV chargers and the purchase of a hybrid London taxi.
- BHLAC now offers transport to Riverside members and supports other community groups.

Chair of Trustees: Mark Couldrick

Blackdown Healthy Living & Activity Centre Riverside, Hemyock, Devon, EX15
3SH 16 Registered Charity No: 1154693 17

THE BLACKDOWN HEALTHY LIVING AND ACTIVITY CENTRE

REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity No. 1154693

The Blackdown Healthy Living and Activity Centre
Income and Expenditure Account
For the year ended 31 March 2025

	2025	2024
Income		
Donations	3,254	6,469
Investment Income	579	497
Income from Charitable Activities - Riverside	43,859	40,590
Income from Charitable Activities - Community Shed	1,815	1,372
Income from Therapy Room	12,203	11,148
Income from Room Hire	25,675	18,288
Income from Stay & Play	760	1,005
Rent received from AONB	4,400	3,800
Fundraising & Exhibitions	385	225
Other Grants	5,926	-
Other Income	2,918	1,889
Total Income	<u>101,774</u>	<u>85,283</u>
Expenditure		
Fundraising & Miscellaneous Purchases	-	10
Charitable Activities Expenditure	3,954	4,041
Community Shed Expenses	1,231	1,482
Stay & Play Expenses	1,090	303
Wages & Salaries - Regular	40,623	38,865
Staff Pensions	1,912	1,767
Staff Training	656	57
Accountancy & Book-keeping	1,224	1,134
Light & Heat	5,156	8,088
Business Rates	288	270
Water Rates	1,233	1,960
Telephone & Internet	1,770	1,493
Computer & Software Expenses	105	162
Advertising & PR Expenses	2,785	760
Website expenses	115	176
Printing & Stationery	354	260
Insurance	1,545	1,407
Equipment Repairs	3,437	219
Repairs & Maintenance	5,230	2,247
Car Expenses	2,319	-
Cleaning & Waste Disposal	6,063	5,882
Premises Licence & subscriptions	526	933
Recruitment & Professional Fees	417	2,578
Sundries & First Aid	757	18
Bank Charges	79	60
Depreciation	1,471	1,401
Total Expenditure	<u>84,340</u>	<u>75,573</u>
Net Surplus for the Year	£ <u>17,434</u>	£ <u>9,710</u>

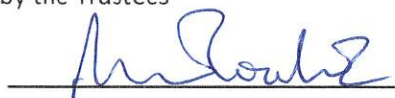
The Blackdown Healthy Living and Activity Centre

Balance Sheet as at 31 March 2025

	2025	2024
	£	£
Fixed Assets		
Tangible Assets	5,882	5,603
Total Fixed Assets	<u>5,882</u>	<u>5,603</u>
Current Assets		
Short Term Investments and Deposits	68,122	62,749
Debtors	9,467	1,237
Cash at bank and in hand	38,968	35,253
Total Current Assets	<u>116,557</u>	<u>99,239</u>
Short Term Creditors	<u>1,478</u>	<u>1,315</u>
Net Current Assets	<u>115,079</u>	<u>97,924</u>
Total Assets Less Current Liabilities	<u><u>120,961</u></u>	<u><u>103,527</u></u>
Represented by :-		
Designated Reserve	41,250	41,250
General Funds	79,711	62,277
Accumulated Funds at 31st March	<u><u>120,961</u></u>	<u><u>103,527</u></u>

Approved by the Trustees

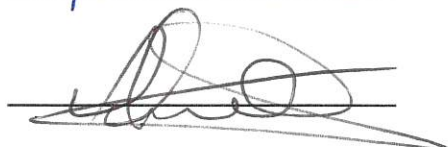
Trustee



Dated

17/6/25

Trustee



Dated

17/6/25

The Blackdown Healthy Living and Activity Centre

Notes to the Accounts

Year ended 31st March 2025

Accounting Policies

a. Basis of Accounting

These accounts have been prepared in accordance with FRSSE and the Charities SORP.

b. Change in basis

There has been no change in the valuation rules and methods of accounting since last year.

c. Changes to previous accounts

There have been no changes to previous accounts

Grants to Institutions

There were no grants to institutions

Tangible Fixed assets

	Equipment	Total
Cost		
As at 1 April 2024	40,554	40,554
Additions	1,750	1,750
Disposals	-	-
As at 31 March 2025	<u>42,304</u>	<u>42,304</u>
Depreciation		
As at 1 April 2024	34,951	34,951
Charge for the year	<u>1,471</u>	<u>1,471</u>
As at 31 March 2025	<u>36,422</u>	<u>36,422</u>
Net Book Value		
As at 31 March 2025	<u>5,882</u>	<u>5,882</u>

Equipment is depreciated on the reducing balance basis at 20% per annum

The Blackdown Healthy Living and Activity Centre

Notes to the Accounts

Year Ended 31st March 2025

Creditors

(Amounts falling due within one year)

	2025	2024
	£	£
Trade Creditors	1,478	1,315
	<u>1,478</u>	<u>1,315</u>

Designated Reserve

The reserved fund represents six months operating costs which the trustees consider to be a prudent time scale for the charity to cope with disaster recovery in the event of unforeseen circumstances and to continue to deliver its core activities.

The appropriate level of the reserve is reviewed on an annual basis.

Future Commitments

The charity has no future commitments not provided for in the accounts.

Guarantees

The charity has given no guarantees.

Secured Loans

The charity has received no loans secured on any of its assets.

Contingent Liabilities

The charity has no contingent liabilities.

Independent examiner's report to the trustees of The Blackdown Healthy Living and Activity Centre

I report on the accounts for the year ended 31 March 2025, charity number 278819, which are set out on pages 1 to 4.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

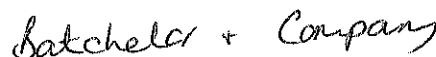
(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Marie Johns FCCA
Batchelor and Company Accountants Limited
Charlton House, 32 High Street
Cullompton,
Devon
EX15 1AE



21st May 2025

**Independent examiner's report to the trustees of
The Blackdown Healthy Living and Activity Centre**

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Batchelor + Company

21st May 2025