

# HEALTHY LIFE CYCLES (BRADFORD)

England & Wales · Charity number 1160290

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2015-02-02

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

## Contact

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**Address** 29 Sedbergh Park  
Ilkley  
LS29 8SZ

**Phone** 07766087111

**Email** [hlcbradford@gmail.com](mailto:hlcbradford@gmail.com)

## Activities

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**Objects:** TO ADVANCE IN LIFE AND ADDRESS THE NEEDS OF PEOPLE LIVING IN BRADFORD DISTRICT, WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, ILL HEALTH OR DISABILITY, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES, THROUGH:A. THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE.B. PROVIDING SUPPORT AND ORGANISING PROGRAMMES OF PHYSICAL AND EDUCATIONAL ACTIVITIES WHICH PARTICULARLY, BUT NOT EXCLUSIVELY, HELP YOUNG PEOPLE ( BETWEEN THE AGES OF 11 - 30), DEVELOP THEIR SKILLS, THEIR CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN THEIR COMMUNITIES AND SOCIETY AS MATURE, INDEPENDENT AND RESPONSIBLE INDIVIDUALS.

**Activities:** Healthy Life Cycles, Bradford aims to improve the health and well-being of people, living in Bradford District.We provide opportunities for participants to develop new skills and confidence which enables them to enjoy cycling, outdoor activities, creative arts, sport and other recreational activities on a regular basis. We also provide accredited leadership and volunteering opportunities.

## Classification

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- **How:** Provides Services
- **What:** Recreation
- **Who:** Children/young People, People With Disabilities

## Geography

- Bradford City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£230	£758	-
2024-03-31		£97	£658	-
2023-03-31		£0	£746	-
2022-03-31		£0	£246	-
2021-03-31		£0	£246	-

## Trustees

Name	Role	Appointed
NAZAKET ALI	Chair	2014-11-06
Cain Lewis		2019-06-12
David Watson Manson		2019-06-12
Nadira Selma Mirza		2016-11-08

**HEALTHY LIFE CYCLES (BRADFORD)**

England & Wales - Charity number 1160290

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# Accounts

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Healthy Life Cycle (Bradford) - Trustees Annual Report and Accounts

Receipts and Payments for y/e 31/3/25

(2024)

Receipts

Bank interest received 230 97

TOTAL RECEIPTS 230 97

Payments

Air Insurance 258 258

Bowling/DL Com Cricket 500 400

Club Environmental Project

TOTAL PAYMENTS 758 658

NET PAYMENTS (528) (561)

Cash fund balance b/f 9221 9182

Cash fund balance c/f 8693 9221

Statement of Assets and Liabilities as at 31/3/25

Metro Bank current account NIL 500

Metro Bank deposit account 8646 8674

Cash in hand 47 47

8693 9221

DM

DAVID MANSON - TREASURER

8/1/26

Trustees: Nazakat Ali, Nadia Muza, David Mansour, Cain Lewis

**HEALTHY LIFE CYCLES (BRADFORD)**

England & Wales - Charity number 1160290

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# Accounts

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Healthy Life Cycle (Benefit) - Trustees Annual Report and Accounts

Receipts and Payments for y/e 31/3/24

2024 (2023)

Receipts

Bank interest received 97

TOTAL RECEIPTS 97

NIL

Payments

Axa Insurance 258

Sponsorship - Grace-Mai Polunne 400

TOTAL PAYMENTS 658

NET PAYMENTS (561)

746

(746)

Cash fund balance b/f 982

Cash fund balance c/f 921

1052

982

Statement of Assets and Liabilities as at 31/3/24.

Methu Bank Current a/c 500

Methu Bank deposit a/c 8674

Cash in hand 47

9221

9736

NIL

46

9782

R MR

DAVID MANSON - TREASURER

5/1/25

Trustees: Nozair Ali, Nadia Mirza, David Manson, Cam Uau.

**HEALTHY LIFE CYCLES (BRADFORD)**

England & Wales - Charity number 1160290

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# Accounts

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HLC Bradford - Trustees Annual Report + Accounts

Receipts + Payments for y/e 31/3/23

2023 (2022)

TOTAL RECEIPTS NIL NIL

Payments

Axe In 246 246  
Donation MAPA People Day 500  
TOTAL PAYMENTS 746 746  
NET PAYMENTS (246) (246)  
Cash fund balance b/f 10528 10774  
c/c 9782 10328

Statement of Assets + Liabilities as at 31/3/23

Cash funds

Met. Bank Community A/c 9736 10481  
Cash in hand 46 47  
9782 10528

*DAV*

DAVID MANSON - TREASURER  
13/1/24.

Trustees: Naz Ali, Nadia Muzi, David Hanson, Cusick, Nicola Fry

30/9/22. Switched bank a/c for Barclays to Metro Bank resigned 25/4/23

**HEALTHY LIFE CYCLES (BRADFORD)**

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# Accounts

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HLC Bradford - Trustee Annual Report and Accounts

Receipts and Payments for year end 31/3/22

2022 (2021)

TOTAL RECEIPTS NIL NIL

Payments

Axa Insurance 246 246

TOTAL PAYMENTS 246 246

NET PAYMENTS (246) (246)

Cash fund balances b/f 10774 11023

w l ✓ c/f 10528 10774

Statement of Assets and Liabilities on at 31/3/22

Cash Funds

Bradley Community Account 10481 10727

Cash in hand 47 47

10528 10774

DAVID

DAVID MARLOW - TREASURER

18/1/23

Trustees: Naz Ali, Nadira Malik, David Marlow, Cass Lewis, Nicole Staff

**HEALTHY LIFE CYCLES (BRADFORD)**

England & Wales - Charity number 1160290

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# Accounts

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HLC Bradford - Trustees Annual Report and Accounts

Receipts and Payments for year end 31/3/21

2021 (2020)

TOTAL RECEIPTS NIL 1137

Payments

Axa Insurance 246

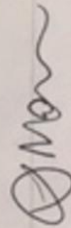
TOTAL PAYMENTS 246 1272  
NET PAYMENTS (246) (135)

Cash fund balance b/f 11020 11155  
✓ ✓ c/p 10774 11020

Statement of Assets + Liabilities as at 31/3/21

Cash funds

Barclays Community Account 10727 10973  
Cash in hand 47 47  
10774 11020



DAVID MANSON - TREASURER

16/1/22

Trustees: Naz Ali, Nadira Mirza, Dave Manson, Cain Lewis, Nicole Stott

All Trustees confirmed 17/1/21 WhatsApp App as a true record

for the financial year end 31/3/21 