HAMARA HEALTHY LIVING CENTRE

England & Wales · Charity number 1162962

Details

Status	Registered
Legal form	Charitable company
Company number	04537287
Registered	1999-02-04
Register	View on the Charity Commission register

Contact

Address	Hamara Healthy Living Centre Tempest Road Beeston Leeds LS11 6RD
Phone	01132773330
Email	info@hamara.co.uk
Website	www.hamara.org.uk

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Activities

Objects: TO PROMOTE THE BENEFIT OF THE INHABITANTS AND PRIMARILY THE SOUTH ASIAN INHABITANTS OF LEEDS METROPOLITAN DISTRICT AND THE NEIGHBOURHOOD WITHOUT DISTINCTION OF SEX OR SEXUAL ORIENTATION, DISABILITIES, OR OF POLITICAL OR RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID INHABITANTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATION IN A COMMON EFFORT TO:I) ADVANCE THE EDUCATION OF THE SAID INHABITANTSII) PROVIDE FACILITIES FOR RECREATION OR OTHER LEISURE-TIME OCCUPATION OF THE SAID INHABITANTS IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFEIII) RELIEVE SICKNESS AND PRESERVE HEALTH THROUGH THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICEIV) PROMOTE GENERAL CHARITABLE PURPOSES OF THE INHABITANTS AND IN PARTICULAR TO PROVIDE OPPORTUNITIES FOR THEM TO PARTICIPATE FULLY IN THE LIFE OF THEIR COMMUNITY IN WAYS WHICH ADDRESS AND ALLEVIATE AND ECONOMIC DISADVANTAGE.TO ADVANCE THE EDUCATION OF THE PUBLIC IN GENERAL AND PARTICULARLY AMONGST YOUNG PEOPLE BY DEVELOPING THEIR MENTAL, PHYSICAL AND MORAL CAPABILITIES THROUGH LEARNING AND LEISURE TIME ACTIVITIES.TO RELIEVE SICKNESS, AND POOR HEALTH AMONGST PEOPLE THROUGH THE PROVISIONS OF EQUIPMENT AND LOCAL SERVICES NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES AND BY ENHANCING THE SKILLS OF LOCAL PERSONNEL.'

Activities: The charity currently delivers activities within seven strands of work. These are;Older Peoples Project, Youth Project, Health & Physical, Health Promotion / Education, Project, Training Project and a Community Cohesion Project

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Leeds City

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,637,827	£2,069,994	£2,995,159	35
2024-03-31	£1,944,107	£1,553,141	£2,427,326	35
2023-03-31	£1,534,218	£1,277,449	£2,036,360	35
2022-03-31	£1,694,132	£1,251,091	£1,779,591	35
2021-03-31	£1,290,508	£996,641	£1,336,550	28

Trustees

Name	Role	Appointed
COUNCILLOR IQBAL	Chair	2006-09-04
ADRISH Mohammed		2021-10-07
MONEER SHARIF		2016-09-29
Nabila Akram		2023-03-24
Rafaqat Ali		2023-03-24
WASEEM KHAN		2013-10-28
Yankuba Sawo		2018-09-27
Zahid Hamid		2013-04-01
Zohra BIBI-KHALIQ		2021-10-07

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HAMARA HEALTHY LIVING CENTRE

England & Wales - Charity number 1162962

Accounts

Charity registration number 1162962 (England and Wales)

Company registration number 04537287

HAMARA HEALTHY LIVING CENTRE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

HAMARA HEALTHY LIVING CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustee	Mohammed Iqbal (Councillor)	(Chair)
	Zahid Hamid	
	Waseem Khan	
	Moneer Sharif	
	Dr Noor Ahmad Baloch	(Resigned 24/03/2023)
	Yankuba Sawo	
	Mohammed Adrish	
	Zohra Bibi-Khaliq	
	Nabila Akram	
	Ali Rafaqat	
Operations director	Raheem Mohammad	
Charity number	1162962	
Company number	04537287	
Registered office	Hamara HLC Tempest Road Leeds LS11 6RD	
Auditor	Henton & Co LLP Chartered Accountants Northgate 118 North Street Leeds LS2 7PN	
Bankers	Virgin Money 1 Penny Hill Centre Church Street Hunslet Leeds LS10 2 AP	
Solicitors	Wrigleys Solicitors 19 Cookridge Street Leeds LS2 3AG	

HAMARA HEALTHY LIVING CENTRE

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HAMARA HEALTHY LIVING CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The Trustee present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charitable Company's governing document, the Companies Act 2006 and "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

The principal objective of the charitable company in the period under review was to carry out activities which will promote and provide health facilities and social welfare opportunities for the inhabitants of Leeds.

The trustees have complied with their duty (set out in section 4 of the Charities Act) to have due regard to public benefit guidance published by the Charity Commission. The trustees have considered the public benefit delivered by the charity, which includes the following objectives and activities:

Introduction

The past year has been one of meaningful progress for Hamara, reflecting our continued dedication to cultural enrichment, community welfare, mental health support, employment and education. Our outreach efforts have grown in both scope and impact, enabling us to better meet the evolving needs of the diverse communities we serve across Leeds. Through these initiatives, we have strengthened connections across age groups, faiths, and backgrounds, promoting inclusivity, empowerment, and overall wellbeing.

This report outlines the key achievements of our programmes over the year and reaffirms our ongoing commitment to supporting and uplifting the communities that rely on us.

Hamara Cultural Food Hub

The Hamara Cultural Food Hub has experienced significant growth this year, providing vital food support to families across Leeds. Catering to five major ethnic communities, the hub has become a crucial resource, particularly in light of ongoing economic challenges.

Organisational Partnerships and Memberships: The hub welcomed 5 new partner organisations, bringing the total to 41. These organisations now collect 30 food parcels each on a fortnightly basis, highlighting the expanding reach and impact of our community network. 3 additional organisations are set to join soon, further extending our support to more families.

Collaborations and Training: We partnered with a local training provider, enabling each member organisation to enrol three representatives in training programmes covering safeguarding, leadership, and mental health. In addition, a collaboration with the NHS Research and Technology Department promoted health inclusivity by encouraging ethnic minority participation in NHS-led research initiatives.

Festive and Cultural Support: In recognition of key cultural and religious observances, the hub provided tailored items, such as dates for Ramadan, ensuring culturally appropriate support. Over the year, we served 23,247 families with these items, reinforcing our commitment to inclusive community care.

Key Statistics:

- Organisations Supported: **41**
- Parcels Distributed: **23,247**
- Beneficiaries: **92,988**

Hamara Food Bank

The Hamara Food Bank continues its mission to alleviate food insecurity, providing culturally appropriate parcels and hot meals each week to vulnerable families, older adults, and people with disabilities.

Weekly Impact:
Each week, we distribute 140 -160 food parcels and 50 - 60 hot meals. Parcels include fresh vegetables, rice, oil, frozen foods, and other essentials, carefully selected to meet both dietary and cultural needs.

Collaborations and Outreach:
Through partnerships with the NHS, the food bank offers regular free health screenings, including blood pressure, cholesterol, and glucose tests. In addition, our staff support clients by signposting additional resources and services available through Hamara and other local organisations.

Community and Volunteer Engagement:
We collaborate **with HM Prison in Wetherby, welcoming** rehabilitated inmates as volunteers. This initiative provides meaningful work experience while supporting successful reintegration into the community. Local students also participate, gaining valuable life skills and fostering a culture of community service.

Key Statistics:

- Food Parcels Distributed: **8,270**
- Beneficiaries: **33,080**
- Referrals to Other Services: **4,687**
- Hot Meals Distributed: **2,750**

Being You Leeds

The Being You Leeds project provides essential support to individuals experiencing mental health challenges, with a focus on Leeds' most deprived areas. This year, the programme has expanded to run four groups weekly, including two sessions outside regular hours to improve accessibility for participants.

Group Activities:
Our programme offers a variety of supportive group sessions:

- Cultural Conversations – Designed for Muslim women
- Board Game Group – Promoting social engagement and cognitive stimulation
- Tea, Talk and Trips – Supporting asylum-seeking women
- Body, Soul and Balance – A newly introduced fitness group

Each session provides a safe and nurturing environment where participants can foster personal growth, build connections, and engage in learning opportunities.

Attendance and Growth:
Groups are well-attended, averaging eight participants per session, with the new fitness group already near capacity. Last quarter, we exceeded our target by 145%, and we anticipate maintaining this positive trajectory in the coming months.

The Cockburn Centre Development
With the steadfast support of our Trustees, stakeholders, and local community, the £3.2 million Cockburn Centre project is progressing toward construction, scheduled to commence in late 2025.

Over the past year, we achieved significant milestones:

- Planning Approval: Secured for a floodlit multi-use games area, enhancing the centre's recreational offerings.
- Funding Success: An additional £1,000,000 was obtained from the Football Foundation and Social Investment Business, further strengthening the project's financial foundation.

Construction is projected for completion by December 2026, creating a modern, vibrant community hub that will support a wide range of cultural, educational, and recreational activities for the Leeds community.

HALO – Day Opportunities for Adults with Learning Disabilities & Autism

HALO continues to provide transformative day opportunities for adults with learning disabilities and autism, empowering participants through education, vocational training, and meaningful community engagement.

Skill Development:
This year, HALO members achieved notable progress in foundational skills including English, Maths, Digital Literacy, and British Sign Language. Complementing these academic skills, participation in physical health activities and sports has contributed to improved wellbeing, confidence, and independence among participants.

Community and Vocational Integration:
HALO has successfully facilitated vocational placements in café work, food bank support, and team leadership, equipping members with practical skills that enhance employability and life skills. A local partnership has enabled participants to engage with nature through boat trips, promoting mental wellbeing and social inclusion. Additionally, involvement in local art exhibitions and heritage projects has fostered pride, cultural appreciation, and meaningful community connections.

Cultural Celebrations:
Members took leading roles in organising and celebrating Easter, Eid, Diwali, and Christmas, not only embracing cultural traditions but also developing organisational and leadership skills. These events strengthened community cohesion and enhanced participants' confidence and sense of belonging.

Impact:
Through HALO, participants have demonstrated growth in independence, employability, social confidence, and community participation, making the programme a cornerstone of inclusive support in Leeds.

Neighbourhood Networks – Older People's Programme (55+)

Neighbourhood Networks empowers adults over 55 to overcome social isolation, financial pressures, and mental health challenges.

Cost of Living Support:
This year, sessions focused on health, budgeting, and accessing external support, with expert guidance from organisations such as Carers Leeds, enabling members to make informed decisions and improve their financial resilience.

Increased Participation:
Through welfare calls, home visits, and advocacy, membership and participation in programmes increased significantly. Members engaged in intergenerational and interfaith activities, fostering stronger community bonds. Initiatives such as luncheon clubs provided hot, culturally appropriate meals, addressing both nutritional and social needs.

Impact:
The programme has successfully enhanced wellbeing, reduced isolation, and empowered older adults to engage confidently with their community. The measurable growth in participation highlights the programme's relevance and effectiveness.

Patient Ambassadors

The *Patient Ambassador Service*, in partnership with the *Burmantofts, Harehills, and Richmond Hill Primary Care Network (BHR PCN)*, provides non-clinical, holistic health support across 12 GP practices.

Addressing Social Determinants of Health:
The Ambassadors work with patients experiencing challenges like poverty, housing insecurity, and limited access to healthcare. The team is multilingual and culturally sensitive, offering individualised support and connecting patients to vital services.

Community Programmes:
We launched a *Digital Café*, offering basic digital skills and supporting NHS app installations. The *HEROES* programme, an educational mental health initiative, empowers patients in their mental health journeys, encouraging self-awareness and resilience.

Youth Strand - Ages 11 - 19

The Youth Club offers a vibrant and supportive space where young people can develop essential life skills, build friendships, and explore creativity in a safe environment.

Engagement and Development:
Participants engaged in a diverse array of activities, from bushcraft and guided hikes to hip-hop workshops, fostering cultural awareness, teamwork, and resilience. Responding to youth feedback, the programme expanded cooking sessions, enabling members to prepare and share meals with their families, reinforcing practical life skills and community ties.

Mental Health and Physical Activity:
Dedicated workshops focusing on youth mental health have improved awareness, resilience, and coping strategies. The opening of gym sessions exclusively for young people has promoted physical wellbeing, confidence, and healthy lifestyles.

Youth Leadership and Influence:
Members actively participate in youth voice sessions, taking on peer mentoring roles and exploring pathways into youth work. These initiatives cultivate leadership, responsibility, and confidence, helping young people become empowered contributors to their community.

Impact:
The Youth Strand has strengthened social cohesion, developed practical and leadership skills, and provided young people with the tools to thrive both personally and within their community. Engagement rates and participation growth demonstrate the programme's effectiveness and enduring value.

Hamara Gym

The Hamara Gym has experienced remarkable growth and engagement in recent months, becoming a hub for physical wellbeing and community connection.

Programme Growth and Participation:
Our Tuesday women's class has been particularly successful, consistently well-attended with an average of 15 participants per week. Overall membership now averages 40 paying members, with a notable increase in male participation through targeted outreach efforts, doubling male membership.

Community Building and Volunteer Engagement:
The gym fosters a supportive environment, with 40 women actively participating in a group chat and engaging in peer encouragement. We have welcomed two new volunteers, including a certified yoga instructor, strengthening the breadth and quality of our offerings.

Strategic Partnerships and Programmes:
We have formed a partnership with Parkinson's UK to broaden our gym services, while ongoing collaboration with Beeston Hill Medical Centre and Active Leeds supports our work toward becoming a registered junior gym. Programming has included four group sessions in collaboration with Getting Clean and Revive Body and Mind, as well as three healthy eating workshops. Additionally, small group personal training sessions have been launched, offering tailored fitness support to members.

Impact:
The Hamara Gym is not only improving physical health but also fostering social cohesion, skill development, and wellbeing across the community. Its rapid growth, inclusive engagement, and strategic partnerships demonstrate its increasing role as a vital community resource.

Inspiring futures

The Inspiring Futures (IF) programme launched in June 2024 with the aim of "system change" across both Leeds & Bradford to improve the employability of young people (YP) of Pakistani and Bangladeshi heritage. Inspiring Futures is led by Hamara.

Inspirirng Future works with:

- Employers to improve their capabilities to recruit and retain young people from these communities, and improve their cultural awareness and practice.
- Young people themselves to upskill them and develop their confidence to make them more employable, and introduce them to a range of job opportunities.
- Eight community organisations as local delivery partners across the two cities to develop them so they can continue the work after the programme is finished. This helps to ensure future cohorts of young are given the best chance possible to find employment.

All of our work is supported by national strategy and research partners. The first year has been a year to mobilise the partners, share the vision, help them get established with youth employability provision, engage future employer partners and establish networks across both cities. A key part of this has been working with young people to shape the direction of the programme and identify their needs to improve employability. It was also a year to introduce the strategic partners and harness their support, set up steering groups, the Young Person Voice and Influence Panel, and the Youth Consortium.

Conclusion

As we reflect on the year's achievements, I am deeply inspired by the dedication, passion, and resilience of our staff, volunteers, partners, and community members. Across all our programmes—from the Cultural Food Hub and Food Bank, to Being You Leeds, HALO, Neighbourhood Networks, Youth Club, and the Gym. Hamara has continued to provide vital support, education, and opportunities for growth, inclusion, and wellbeing.

This year, we have witnessed remarkable milestones: supporting tens of thousands of beneficiaries through food and wellness initiatives, expanding mental health and vocational programmes, creating safe spaces for youth and adults with learning disabilities, and growing membership and engagement in our gym and recreational programmes. The progress of our Cockburn Centre project, along with new partnerships with organisations such as Parkinson's UK, NHS services, and local schools, demonstrates the breadth and impact of our community reach.

Hamara remains steadfast in its mission to create inclusive, supportive spaces that promote wellbeing, resilience, and community cohesion. Looking ahead, we are committed to expanding these services further, innovating our programmes, and reaching even more individuals and families in need across Leeds.

On behalf of the Trustees and staff, I extend my heartfelt gratitude to our volunteers, partners, and supporters, whose dedication makes these achievements possible. Together, we continue to build a stronger, healthier, and more connected community.

Achievements and performance

Financial review

At the end of the year ended 31 March 2025, the Charitable Company's excess of income over expenditure amounted to £567,833 (2024: £390,966). This increases the reserves carried forward to £2,995,159 (2024: £2,427,326).

The trustees of Hamara will review the organisation's needs for financial reserves in line with the guidance issued by the Charity Commission and will set aside or designate funds to meet commitments on co-financed projects and to safeguard the organisation's service commitment in the event of delays in receipt of grants or accrued legacies.

The Charitable Company has continued to maintain a reserves balance in accordance with its stated aim of having wind-up costs plus contingency amounts set aside to cover future significant repairs and maintenance which may be required to maintain the Hamara centre. This policy will be reviewed every two years from the date of the implementation and the Board aims to review the reserves budget on a quarterly basis. Where changes in employment legislation occur that directly affect this policy and procedures, these will be reflected with immediate effect.

The organisation received its income from a diverse range of sources, an approach which has been deliberately implemented to avoid over reliance on one particular funder. Although funding has been more difficult to secure as a result of a more competitive environment, we are please that projects were largely run at the same level as previous years. The principal funding sources in the past year were; Big Lottery Fund, Sport England, Comic Relief, European Social Investment Fund, Leeds City Council, Leeds Community Foundation, Reed, Department of Work and Pensions, European Social Fund, European Commission and various trusts and foundation. Income has also been generated from hiring out rooms, community café and gym membership to help cover some of the buildings' running costs.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Risk Management

A number of policies, procedures and systems have been implemented to help mitigate the risks the organisation may face. Current risk considered to be of high priority relate to the likelihood of large scale cuts in public sector funding which will have an impact on the sector as a whole. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, visitors and users of the centre and together with other mandatory policies, these procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Financial review

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a value of six months expenditure, of which the minimum six months expenditure equates to approximately £73,000. This level of general reserves would finance operations in the event of short-term funding gaps, and finance immediate obligations should Hamara Healthy Living Centre lose its funding, or alternatively in the event that the organisation should need to close. At 31 March 2025, our general free reserves stood at £1,242,420, substantially above our minimum target level. The Trustees are aware of this and some spare reserves will be used for the ongoing Cockburn site.

Plans for future periods

Cockburn-Ready Plan

Through activities at the Cockburn Centre, including customer service, reception, kitchen management, and administration, members have gained practical experience and confidence. The plan has used a holistic, personalized approach to strengthen members' functional, social, and emotional regulation skills, with an emphasis on teamwork and peer support.

Additionally, the project has explored opportunities for paid employment through DWP's Access to Work scheme, ensuring appropriate support for members who are ready for the workforce.

As part of the transition to the new facility, Hamara has implemented a 'Train the Trainer' model, allowing experienced members to mentor newcomers, fostering leadership, ownership, and responsibility within the group. Members have also participated in upskilling, job coaching, volunteer placements, and developing social enterprise ideas, moving towards greater independence and a deeper understanding of work and income.

These efforts, alongside the continuous development of HALO's skills, are helping members to thrive and succeed in a supportive, work-focused environment.

Inspiring Futures (IF)

IF is a £1.7m funded project aimed at tackling the barriers for young people from a Pakistani and Bangladeshi heritage in obtaining employment and career progression.

There are two main arms of the project

1. Working with employers and young people to break down employer barriers
2. Work with employers and young people to make young people more employable in the first instance.

From June 2024 (launch) to June 2025 has been the initial phase of getting Youth Partners and YFF staff together to talk through the project, set the scene, employ staff and get youth partners to set up youth provision at their centres.

It will also involve setting up a Youth Voice & Influence Panel (VIP) consisting of 2 young people from each of the 8 youth partner organisations.

The Hamara team will project manage it all and manage the finances (each youth partner receiving £100k over 4 years).

Jan - Dec 2025 will include

- Ensuring each Youth Partner runs 2 sessions per week delivering youth provision (the agenda for which will be largely set by the VIP)
- Engage with employer partners (aiming for 10-12 employers across the region) to set the scene, agree level of engagement, agree some principles, engage in cultural awareness sessions, agree to open/honest discussion about the barriers for young people and help develop young people's skills.
- Ensuring VIP panels meet regularly to ensure the young people's voice is really being heard.
- Work with our YFF partners collecting statistical data for analysis
- Making sure at least 100 young people from across the 2 cities have been engaged in the project

Structure, governance and management

The Charitable Company was incorporated as a Charitable Company limited by guarantee on 17 September 2002 and its Memorandum and Articles of Association were adopted on 17 September 2002. The Charitable Company is a company limited by guarantee and registered charity. It has no share capital and the liability of each member, in the event of winding-up, is limited to £1.

The organisation operates under a memorandum of association which established the objects and powers of the company and is governed under its articles of association.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.
Waseem Khan
Mr M Sharif
Z Hamid
Councillor M Iqbal
M Adrish
Dr Noor Ahmad Baloch (Resigned 24 March 2023)
Yankuba Sawo
Zohra Bibi-Khaliq
Nabila Akram
Ali Rafaqat

Recruitment and appointment of trustees
Up to 12 people are able to sit on the Hamara board and at the time of this report the board had nine trustees, including its chair. Trustees of Hamara HLC are also directors of the organisation for the purpose of the Companies Act 2006.

New trustees are elected by the existing trustees and serve for a three year term before retiring from office. Retiring trustees can serve consecutive terms subject to being elected.

The trustees have the power to co-opt two further members to fill specialist roles or to seek a more balanced board of trustees.

Organisational structure
The board, which meets six times a year, has responsibility for the strategic direction and policy of the charity. The trustees are from a variety of backgrounds in order to reflect both the locality the organisation serves and its key target groups. An Operations Director has been appointed to manage the day to day operations of the organisation and has delegated responsibility for areas related to finance, employability and delivery of services.

The Director is supported by a Senior Management Team consisting of an Operations Manager and a Finance and Fundraising Manager.

Induction and training of trustees
New trustees are provided with an induction to brief them on the aims, objectives and current activities of the organisation together with a trustee's pack outlining obligations, meeting dates and other relevant information.

In response to a trustee's skills analysis undertaken during the course of the year a short programme of training will again be delivered to all trustees within the next financial year.

Statement of Trustees' responsibilities
The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Auditor
In accordance with the company's articles, a resolution proposing that Henton & Co LLP be reappointed as auditor of the company will be put at a General Meeting.

The Trustees' report was approved by the Board of Trustee.



Waseem Khan
Trustee

6 November 2025

HAMARA HEALTHY LIVING CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Opinion

We have audited the financial statements of Hamara Healthy Living Centre (the 'Charitable Company') for the year ended 31 March 2025 which comprise the statement of financial activities, the summary income and expenditure account, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustee are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Responsibilities of Trustee

As explained more fully in the statement of Trustees' responsibilities, the Trustee, who are also the directors of the Charitable Company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustee are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustee either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

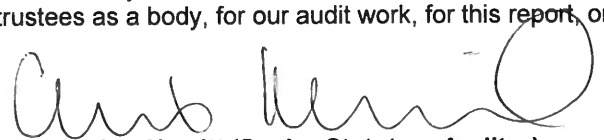
- Reviewed the nature of the industry and sector, the control environment and business performance for the year.
- Identifying the laws and regulations the company operates within and enquiring with management if they are aware of any non compliance issues.
- Discussed how and where fraud may occur with all members of the audit engagement team.
- In line with all audits under ISAs (UK) we were required to perform tests to respond to the risk of management override. We tested the appropriateness of journal entries, evaluated the judgements made for accounting estimates to assess if any bias, and assessed the rationale behind any significant or unusual transactions.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Christopher Howitt (Senior Statutory Auditor)
For and on behalf of Henton & Co LLP, Statutory Auditor
Chartered Accountants
Northgate
118 North Street
Leeds
England
LS2 7PN
6 November 2025

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Current financial year	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Endowment funds 2025 £	Total 2025 £	Total 2024 £
Income from:						
Donations and legacies	3	-	2,044,463	-	2,044,463	1,437,511
Charitable activities	4	593,364	-	-	593,364	506,596
Total income		593,364	2,044,463	-	2,637,827	1,944,107
Expenditure on:						
Raising funds	5	18,019	34,536	21,661	74,216	51,621
Charitable activities	6	289,778	1,706,000	-	1,995,778	1,501,520
Total expenditure		307,797	1,740,536	21,661	2,069,994	1,553,141
Net income/(expenditure)		285,567	303,927	(21,661)	567,833	390,966
Transfers between funds		14,910	(14,910)	-	-	-
Net movement in funds	7	300,477	289,017	(21,661)	567,833	390,966
Reconciliation of funds:						
Fund balances at 1 April 2024		941,943	818,223	667,160	2,427,326	2,036,360
Fund balances at 31 March 2025		1,242,420	1,107,240	645,499	2,995,159	2,427,326

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 18 to 30 form part of these financial statements.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Prior financial year	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total 2024 £
Income from:					
Donations and legacies	3	-	1,437,511	-	1,437,511
Charitable activities	4	506,596	-	-	506,596
Total income		506,596	1,437,511	-	1,944,107
Expenditure on:					
Raising funds	5	6,812	23,148	21,661	51,621
Charitable activities	6	392,298	1,109,222	-	1,501,520
Total expenditure		399,110	1,132,370	21,661	1,553,141
Net income/(expenditure)		107,486	305,141	(21,661)	390,966
Transfers between funds		24,799	(24,799)	-	-
Net movement in funds	7	132,285	280,342	(21,661)	390,966
Reconciliation of funds:					
Fund balances at 1 April 2023		809,658	537,881	688,821	2,036,360
Fund balances at 31 March 2024		941,943	818,223	667,160	2,427,326

HAMARA HEALTHY LIVING CENTRE

SUMMARY INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	All income funds 2025 £	2024 £
Gross income	2,637,827	1,944,107
Total expenditure from income funds	2,048,333	1,531,480
Net income for the year	589,494	412,627

HAMARA HEALTHY LIVING CENTRE

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**12**		1,703,479		1,483,488
Current assets					
Debtors	**13**	58,539		64,231	
Cash at bank and in hand		1,259,195		917,543	
		1,317,734		981,774	
Creditors: amounts falling due within one year	**14**	(26,054)		(37,936)	
Net current assets			1,291,680		943,838
Total assets less current liabilities			2,995,159		2,427,326
The funds of the Charitable Company					
Endowment funds	**18**		645,499		667,160
Restricted income funds	**16**		1,107,240		818,223
Unrestricted funds	**15**		1,242,420		941,943
			2,995,159		2,427,326

The notes on pages 18 to 30 form part of these financial statements.

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustee on 6 November 2025

Waseem Khan
Trustee

Company registration number 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Cash flows from operating activities					
Cash generated from operations	**20**		610,811		448,593
Investing activities					
Purchase of tangible fixed assets		(269,159)		(460,155)	
Net cash used in investing activities			(269,159)		(460,155)
Net cash generated from financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			341,652		(11,562)
Cash and cash equivalents at beginning of year			917,543		929,105
Cash and cash equivalents at end of year			1,259,195		917,543

The notes on pages 18 to 30 form part of these financial statements.

1 Accounting policies

Charity information

Hamara Healthy Living Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Hamara HLC, Tempest Road, Leeds, LS11 6RD.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustee have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustee continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustee in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

Income is recognised when the Charitable Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charitable Company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charitable Company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line
Leasehold improvements	Currently under construction therefore no depreciation has been charged
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance
Office Equipment	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charitable Company's accounting policies, the Trustee are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Restricted funds 2025 £	Restricted funds 2024 £
Grants	2,044,463	1,437,511

3 Income from donations and legacies (Continued)

	Restricted funds 2025 £	Restricted funds 2024 £
Grants		
Inspiring Futures	308,276	-
Cultural Food - Christian Community Fund	349,570	326,000
Old Peoples (Social Services)	71,634	70,351
Patient Ambassadors	525,624	309,130
Health Inequalities	-	62,500
Cockburn Sports Hall Development	398,138	25,808
Household Support	43,750	43,000
Supplementary School	42,606	51,035
Neighbourhoods Network PCO	69,000	-
Being You	41,149	-
Other	194,716	549,687
	2,044,463	1,437,511

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Halo	500,947	400,231
Community Cafe	74,424	44,886
Cockburn Sports Hall	-	10,058
Gym	17,658	23,373
General Funds	335	28,048
	593,364	506,596

5 Expenditure on raising funds

	Unrestricted funds 2025	Restricted funds 2025	Endowment funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Endowment funds 2024	Total 2024
	£	£	£	£	£	£	£	£
Fundraising and publicity								
Advertising	18,019	34,536	-	52,555	6,812	23,148	-	29,960
Depreciation and impairment	-	-	21,661	21,661	-	-	21,661	21,661
	18,019	34,536	21,661	74,216	6,812	23,148	21,661	51,621

6 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Staff costs	935,095	814,213
Depreciation and impairment	27,505	20,211
Charitable Expenditure	28,430	26,256
Staff training and expenses	8,726	10,649
Project activities	779,287	434,515
Telephone and internet	11,105	13,546
Cleaning	12,472	13,234
Subscriptions and dues	4,459	5,271
Premises Costs	8,897	34,061
Minibus and travel	7,186	12,082
Professional Fees	88,502	38,093
Health and safety	3,651	5,538
Heat and light	42,119	35,960
Insurance	9,852	11,329
Postage and stationary	1,567	2,912
Sundry expenses	3,638	2,900
Rent & Rates	23,287	20,750
	1,995,778	1,501,520
Analysis by fund		
Unrestricted funds	289,778	392,298
Restricted funds	1,706,000	1,109,222
	1,995,778	1,501,520

7 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	49,166	41,872

8 Trustee

During the year, the Trustees were paid expenses amounting to £4,107 (2024: £1,834).

9 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
	35	35

Employment costs	2025 £	2024 £
Wages and salaries	935,095	814,213

There were no employees whose annual remuneration was more than £60,000.

10 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the Charitable Company's auditor and associates:	2025 £	2024 £
Audit of the Charitable Company's annual accounts	8,580	7,800

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Freehold land and buildings	Leasehold improvements	Fixtures and fittings	Motor vehicles	Office Equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2024	1,083,030	648,199	155,657	27,200	195,923	2,110,009
Additions	-	237,641	31,518	-	-	269,159
At 31 March 2025	1,083,030	885,840	187,175	27,200	195,923	2,379,168
Depreciation and impairment						
At 1 April 2024	375,439	-	67,812	20,795	162,477	626,523
Depreciation charged in the year	21,661	-	19,536	1,281	6,688	49,166
At 31 March 2025	397,100	-	87,348	22,076	169,165	675,689
Carrying amount						
At 31 March 2025	685,930	885,840	99,827	5,124	26,758	1,703,479
At 31 March 2024	707,591	648,199	87,846	6,405	33,447	1,483,488

Leasehold additions are in relation to the Cockburn development. The site is still under development and therefore no depreciation has been charged on this.

13 Debtors

Amounts falling due within one year:	**2025** £	**2024** £
Trade debtors	49,127	56,064
Prepayments and accrued income	9,412	8,167
	58,539	64,231

14 Creditors: amounts falling due within one year

	2025 £	**2024** £
Trade creditors	16,630	28,512
Accruals and deferred income	9,424	9,424
	26,054	37,936

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	941,943	593,364	(307,797)	14,910	1,242,420

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	809,658	506,596	(399,110)	24,799	941,943

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds				Movement in funds			
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers	Balance at 31 March 2025
	£	£	£	£	£	£	£	£	£
Being You	-	30,620	(26,149)	-	4,471	41,149	(45,620)	-	-
Neighbourhood Matching	-	5,840	(5,840)	-	-	1,100	(1,100)	-	-
Neighbourhood Network POC	-	29,000	(9,648)	-	19,352	69,000	(83,352)	-	5,000
Supplementary School	39,070	50,990	(39,672)	-	50,388	42,606	(77,799)	-	15,195
Transforming Mental Health	-	5,000	-	-	5,000	15,000	(20,000)	-	-
Volition- ICS Research Network	-	10,000	(1,900)	-	8,100	10,500	(8,847)	-	9,753
Old Peoples (Social Services)	-	70,321	(70,351)	30	-	69,559	(69,559)	-	-
Patient Ambassadors	-	309,130	(409,128)	-	(99,998)	525,624	(425,626)	-	-
Warm Spaces	-	10,700	(10,700)	-	-	8,101	(8,101)	-	-
COVID 19 Cultural Hub	59,059	-	(54,869)	-	4,190	-	-	-	4,190
Multiply Fund	-	9,600	(9,600)	-	-	-	-	-	-
GSK Impact (King's Award)	-	40,000	-	-	40,000	-	-	-	40,000
Leeds Student Medical Practice (LSMP)	-	9,752	(10,555)	-	(803)	11,188	(10,384)	(1)	-
PTC Community BDS	6,806	-	-	-	6,806	-	(5,556)	(1,250)	-
Gym Renovation	-	304,546	(1,052)	-	303,494	-	-	-	303,494
Youth Futures Foundation	-	6,000	(6,000)	-	-	307,857	(321,753)	-	(13,896)
Woodsley Women	(3,820)	11,673	(10,169)	4,660	2,344	12,737	(7,611)	-	7,470
Womens Wellbeing	4,753	-	(4,753)	-	-	-	-	-	-
Independent Age	-	20,000	(2,228)	-	17,772	20,000	(37,772)	-	-
Digital Health Hub	-	2,664	(311)	-	2,353	-	-	-	2,353
Cockburn Sports Hall Development	326,902	25,808	(6,107)	-	346,603	398,421	(33,938)	-	711,086
Halo Heritage Cafe	7,829	11,467	(6,865)	-	12,431	-	(7,829)	(4,602)	-
Harnessing the Power of Communities	6,000	-	(6,000)	-	-	-	-	-	-
Community Cafe	-	3,121	-	-	3,121	-	-	(3,121)	-

16 Restricted funds **(Continued)**

Youth Alliance LS-Ten	-	9,731	(12,907)	-	(3,176)	12,706	(12,705)		(3,175)
Youth Work Commissioned	-	8,746	(12,494)	-	(3,748)	3,748	-	-	-
Leeds Older Peoples Forum	10,171	7,000	(14,569)	-	2,602	50	(50)	(2,602)	-
Association of Blind Asians	8,979	13,582	(8,980)	(13,580)	1	-	-	(1)	-
Community Engagement	6,310	-	(2,980)	-	3,330	-	-	(3,330)	-
Cultural Food - Christian Community Fund	-	326,000	(282,658)	(12,609)	30,733	349,570	(380,301)	(2)	-
Health Inequalities	47,265	62,500	(68,849)	-	40,916	-	(40,915)	(1)	-
Household Support	15,257	43,000	(36,316)	-	21,941	45,750	(67,691)	-	-
Leeds United Foundation	3,000	-	-	3,000	-	-	-	-	-
Leeds 2023	300	720	720	300	-	-	-	-	-
Cash for Clubs	-	-	-	-	-	2,000	(264)	-	1,736
Cross Flatts FC	-	-	-	-	-	15,500	(15,500)	-	-
Groundworks - UKSPF	-	-	-	-	-	20,290	(25,362)	-	(5,072)
Love Lees Parks	-	-	-	-	-	1,500	-	-	1,500
Public Health Blood Pressure	-	-	-	-	-	2,050	(4,100)	-	(2,050)
Public Health Sport	-	-	-	-	-	10,700	-	-	10,700
Pyramid + People Matters	-	-	-	-	-	9,756	-	-	9,756
UKSPF - Listening Well	-	-	-	-	-	20,001	(20,001)	-	-
UKSPF 100% Digital	-	-	-	-	-	10,000	(800)	-	9,200
VCSE - Research Champions	-	-	-	-	-	8,000	(8,000)	-	-
	537,881	1,437,511	(1,132,370)	24,799	818,223	2,044,463	(1,740,536)	(14,910)	1,107,240

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Endowment funds 2025 £	Total 2025 £
At 31 March 2025:				
Tangible assets	172,140	885,840	645,499	1,703,479
Current assets/(liabilities)	1,070,280	221,400	-	1,291,680
	1,242,420	1,107,240	645,499	2,995,159

	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	290,662	525,666	667,160	1,483,488
Current assets/(liabilities)	651,281	292,557	-	943,838
	941,943	818,223	667,160	2,427,326

18 Endowment funds

The mentioned funds below were used for the development, reconstruction and refurbishment of Hamara Healthy Living Centre. These funds are represented by tangible fixed assets.

	Balance at 1 April 2023 £	Resources expended £	Balance at 1 April 2024 £	Resources expended £	Balance at 31 March 2025 £
Permanent endowments					
Henry Smith Trust	99,943	(3,047)	93,849	(3,047)	90,802
SRB 4	126,272	(3,850)	118,572	(3,850)	114,722
New Opportunities Fund	158,158	(4,822)	148,514	(4,822)	143,692
Neighbourhood Renewal Fund	133,108	(4,058)	124,992	(4,058)	120,934
LCC Capital Grant	133,108	(4,058)	124,992	(4,058)	120,934
Tudor Trust	33,404	(1,018)	31,368	(1,018)	30,350
Percy Bilton Trust	3,004	(92)	2,820	(92)	2,728
Rank Trust	2,003	(61)	1,881	(61)	1,820
Sykes Trust	1,669	(51)	1,567	(51)	1,516
Trinity Methodist Church	717	(22)	717	(22)	651
Leeds City Council	19,096	(582)	19,096	(582)	17,350
	710,482	(21,661)	667,160	(21,661)	645,499

19 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

20 Cash generated from operations

	2025	2024
	£	£
Surplus for the year	567,833	390,966
Adjustments for:		
Depreciation and impairment of tangible fixed assets	49,168	41,871
Movements in working capital:		
Decrease in debtors	5,692	3,453
(Decrease)/increase in creditors	(11,882)	12,303
Cash generated from operations	610,811	448,593

21 Subsidiaries

The Charitable Company has the following subsidiary company, which is limited by guarantee, not share capital.

Due to immateriality, the financial results of this subsidiary are not consolidated with the results of Hamara Healthy Living Centre.

Details of the Charitable Company's subsidiaries at 31 March 2025 are as follows:

Name of undertaking	Registered office	Nature of business
Hooner Kelah Miniority Ethinic Women's Training Project Community Interest Company	England & Wales	Help diadvantaged women from miniority ethinic backgrounds

22 Analysis of changes in net funds

The Charitable Company had no material debt during the year.

HAMARA HEALTHY LIVING CENTRE

England & Wales - Charity number 1162962

Accounts

Charity registration number 1162962

Company registration number 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

HAMARA HEALTHY LIVING CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustee	Mohammed Iqbal (Councillor)	(Chair)
	Zahid Hamid	
	Waseem Khan	
	Moneer Sharif	
	Dr Noor Ahmad Baloch	(Resigned 24/03/2023)
	Yankuba Sawo	
	Mohammed Adrish	
	Zohra Bibi-Khaliq	
	Nabila Akram	
	Ali Rafaqat	
Operations director	Raheem Mohammad	
Charity number	1162962	
Company number	04537287	
Registered office	Hamara HLC Tempest Road Leeds LS11 6RD	
Auditor	Henton & Co LLP Chartered Accountants Northgate 118 North Street Leeds LS2 7PN	
Bankers	Virgin Money 1 Penny Hill Centre Church Street Hunslet Leeds LS10 2 AP	
Solicitors	Wrigleys Solicitors 19 Cookridge Street Leeds LS2 3AG	

HAMARA HEALTHY LIVING CENTRE

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HAMARA HEALTHY LIVING CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The Trustee present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charitable Company's governing document, the Companies Act 2006 and "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

The principal objective of the charitable company in the period under review was to carry out activities which will promote and provide health facilities and social welfare opportunities for the inhabitants of South Leeds.

The trustees have complied with their duty (set out in section 4 of the Charities Act) to have due regard to public benefit guidance published by the Charity Commission. The trustees have considered the public benefit delivered by the charity, which includes the following objectives and activities:

Introduction

This year has marked significant strides in Hamara's initiatives across cultural support, community welfare, mental health, and education. Our outreach continues to expand, meeting the needs of diverse groups within the Leeds community, and contributing to the betterment of individuals across age, faith, and community demographics. This report summarises the achievements of each programme and highlights our ongoing commitment to inclusivity and community wellbeing.

Hamara Cultural Food Hub

The Hamara Cultural Food Hub has seen substantial growth, providing essential food support to families across the city. Serving five main ethnic groups, the hub is a critical support system, particularly during these challenging economic times.

Organisational Partnerships and Memberships: The hub has registered eight new organisations, bringing our total to 40. Three of these organisations now collect 30 food parcels each on a fortnightly basis, a testament to our expanding community network. Additionally, two more organisations are due to join soon, extending our reach to even more families.

Collaborations and Training: This year, we partnered with *VAL*, enabling member organisations to enrol three representatives each in training programmes covering safeguarding, leadership, and mental health. Additionally, we collaborated with the *NHS Research and Technology Department*, promoting health inclusivity by exploring ethnic minority participation in NHS-led research.

Festive and Cultural Support: During key cultural and religious periods, we provide members with items suited to their observances, such as dates for Ramadan, supporting 22,819 families with culturally appropriate food items.

Key Statistics:

- **Organisations Supported**: 40
- **Parcels Distributed**: 22,819
- **Beneficiaries**: 91,276

Hamara Food Bank

Our food bank remains dedicated to alleviating food insecurity, distributing culturally appropriate parcels and hot meals weekly to vulnerable families, older adults, and people with disabilities.

- **Weekly Impact**: We distribute 140–160 food parcels and 50–60 hot meals each week. Packages include fresh vegetables, rice, oil, frozen foods, and more, meeting both dietary and cultural needs.

  Collaborations and Outreach: Collaborations with the *NHS* have enabled regular free health screenings (e.g., blood pressure, cholesterol, and glucose tests) at the food bank. We also assist clients by signposting additional support from Hamara and external organisations.

  Community and Volunteer Engagement: Partnering with *HM Prison in Wetherby*, we welcome rehabilitated inmates to volunteer, gaining experience while supporting their transition back into the community. Local students also volunteer, building essential life and community service skills.

  Key Statistics:

  - **Food Parcels Distributed**: 7,500
  - **Beneficiaries**: 30,000
  - **Referrals to Other Services**: 3,776
  - **Hot Meals Distributed**: 2,750

Being You Leeds

The *Being You Leeds* project offers critical support to individuals facing mental health challenges, primarily in Leeds' most deprived areas. This year, we have expanded to deliver four groups weekly, with two sessions held outside regular hours to enhance accessibility.

- **Group Activities**: Our groups include *Cultural Conversations* (for Muslim women), *Board Game Group*, *Tea, Talk and Trips* (for asylum-seeking women), and the newly introduced *Body, Soul and Balance* fitness group. Each session offers a supportive environment where participants engage in personal growth, connection, and learning.
- **Attendance and Growth**: Each group is well-attended, averaging eight participants per session, with the new group at near capacity. We exceeded our quarterly target last period by 145% and anticipate similar performance in the coming months.

The Cockburn Centre Development

With extensive support from the Trustees, stakeholders, and the community, our £3.2 million *Cockburn Centre* project is moving towards construction in late 2024. This year, we obtained planning approval for a floodlit multi-use games area and secured an additional £1 million in funding from *Football Foundation* and *Social Investment Business*. Construction is projected to complete in December 2025, enhancing our facility's role as a vibrant community hub.

HALO – Day Opportunities for Adults with Learning Disabilities & Autism

HALO offers a comprehensive day programme designed for adults with learning disabilities and autism, focusing on education, vocational skills, and community engagement.

- **Skill Development**: This year, HALO members engaged in foundational skills in English, Maths, Digital Literacy, and British Sign Language, complemented by physical health activities and sports.
- **Community and Vocational Integration**: Members have participated in vocational placements, including café work, food bank support, and team leadership. Our partnership with *Canal Connections C.I.C.* provides members with nature and environment-focused boat trips, while participation in local art exhibitions and heritage projects fosters a strong sense of community inclusion.
- **Cultural Celebrations**: Members played key roles in organising and celebrating events such as Easter, Eid, Diwali, and Christmas, integrating cultural learning and community spirit.

Neighbourhood Networks – Older People's Programme (55+)

Neighbourhood Networks engages adults over 55, addressing social isolation, financial hardship, and mental wellbeing.

- **Cost of Living Support**: Sessions this year focused on health and budgeting, with guidance from external organisations, such as *Carers Leeds*, on accessing additional support.
- **Increased Participation**: Staff conducted welfare calls, home visits, and advocacy, resulting in a steady increase in new memberships and participation in intergenerational and interfaith activities. Initiatives such as luncheon clubs ensure members receive hot, culturally appropriate meals.

Youth Strand – Ages 11-19

Our Youth Club offers a safe, stimulating space for young people to develop skills, build friendships, and express creativity.

- **Engagement and Development**: Young members participate in various activities, from bushcraft and guided hikes to hip-hop workshops, which foster an appreciation of culture and the environment. We have increased cooking sessions due to youth requests, allowing them to share prepared meals with their families.
- **Mental Health and Physical Activity**: Workshops focusing on youth mental health have been well-received, and we've opened our gym for exclusive youth sessions.
- **Youth Leadership and Influence**: Members engage in youth voice sessions, learning to be peer mentors and exploring pathways to youth work careers.

Patient Ambassadors

The *Patient Ambassador Service*, in partnership with the *Burmantofts, Harehills, and Richmond Hill Primary Care Network (BHR PCN)*, provides non-clinical, holistic health support across 12 GP practices.

- **Addressing Social Determinants of Health**: The Ambassadors work with patients experiencing challenges like poverty, housing insecurity, and limited access to healthcare. The team is multilingual and culturally sensitive, offering individualised support and connecting patients to vital services.

  Community Programmes: We launched a *Digital Café*, offering basic digital skills and supporting NHS app installations. The *HEROES* programme, an educational mental health initiative, empowers patients in their mental health journeys, encouraging self-awareness and resilience.

  Key Statistics:

  - **Group Sessions and Individual Interventions**: Across Leeds, our Ambassadors have reached numerous individuals through group work and individual support, contributing to improved community health outcomes.

Gym

The Hamara Gym has seen fantastic growth and engagement in recent months. Our Tuesday women's class has been particularly successful, consistently well-attended with an average of 8 participants each week, and 40 sessions held to date. Our membership base has expanded, now averaging between 33-36 members, with a notable increase in male members through dedicated outreach efforts—doubling our male membership in just three months. We've fostered a supportive community with 25 women actively engaging in a group chat and have recruited two new volunteers, including a yoga instructor. We recently formed a new partnership with Parkinson's UK to expand our gym offerings and are liaising with Beeston Hill Medical Centre and Active Leeds as we work toward becoming a registered junior gym. Our collaborations have included four group sessions with the Getting Clean and Revive Body and Mind group, plus three healthy eating workshops. Small group personal training sessions have been launched, with five sessions held so far, each attended at £7 per participant. The day pass option also remains popular, with over 30 passes sold in the past five months.

Conclusion

As we reflect on the year's achievements, we are inspired by the dedication of our staff, volunteers, and partners. Hamara remains committed to creating inclusive, supportive spaces that promote wellbeing and community resilience. Moving forward, we aim to expand these services further, reaching even more individuals in need. Thank you for your ongoing support in making these initiatives possible.

Achievements and performance

Financial review

At the end of the year ended 31 March 2024, the Charitable Company's excess of income over expenditure amounted to £390,966 (2023: £256,769). This increases the reserves carried forward to £2,427,326 (2023: £2,036,360).

The trustees of Hamara will review the organisation's needs for financial reserves in line with the guidance issued by the Charity Commission and will set aside or designate funds to meet commitments on co-financed projects and to safeguard the organisation's service commitment in the event of delays in receipt of grants or accrued legacies.

The Charitable Company has continued to maintain a reserves balance in accordance with its stated aim of having wind-up costs plus contingency amounts set aside to cover future significant repairs and maintenance which may be required to maintain the Hamara centre. This policy will be reviewed every two years from the date of the implementation and the Board aims to review the reserves budget on a quarterly basis. Where changes in employment legislation occur that directly affect this policy and procedures, these will be reflected with immediate effect.

The organisation received its income from a diverse range of sources, an approach which has been deliberately implemented to avoid over reliance on one particular funder. Although funding has been more difficult to secure as a result of a more competitive environment, we are please that projects were largely run at the same level as previous years. The principal funding sources in the past year were; Big Lottery Fund, Sport England, Comic Relief, European Social Investment Fund, Leeds City Council, Leeds Community Foundation, Reed, Department of Work and Pensions, European Social Fund, European Commission and various trusts and foundation. Income has also been generated from hiring out rooms, community café and gym membership to help cover some of the buildings' running costs.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Risk Management

A number of policies, procedures and systems have been implemented to help mitigate the risks the organisation may face. Current risk considered to be of high priority relate to the likelihood of large scale cuts in public sector funding which will have an impact on the sector as a whole. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, visitors and users of the centre and together with other mandatory policies, these procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Financial review

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a value of six months expenditure, of which the minimum six months expenditure equates to approximately £73,000. This level of general reserves would finance operations in the event of short-term funding gaps, and finance immediate obligations should Hamara Healthy Living Centre lose its funding, or alternatively in the event that the organisation should need to close. At 31 March 2023, our general free reserves stood at £809,658, substantially above our minimum target level. The Trustees are aware of this and some spare reserves will be used for the ongoing Cockburn site.

Plans for future periods

Transformation Project

The Transformation Project has successfully supported individuals with varying mental health needs through a wide range of activities such as dancing, art, gardening, and gym sessions. By the end of 2025, over 60 groups will have been facilitated, benefiting more than 30 individuals and their families. The project will continue to evolve and expand into 2025, providing essential support to those with complex mental health needs.

Neighbourhood Matching

This initiative, which empowered volunteers to share their skills through activities like jewellery making, soap crafting, and more, has successfully run its course. Although the official project ended in August 2024, the group continues to meet and will be selling their handmade items at local markets, generating income and fostering community engagement.

UKSPF Listening Well Project

The Listening Well Project has collected valuable feedback from over 550 community members in Leads' most deprived areas. This feedback has been shared with the LCAN network and Leeds City Council, contributing to the development of future community programs. The project's success has set a strong foundation for future community listening efforts.

LSMP & The Light

Hamara's ongoing partnership with the Central PCN continues to provide mental health support through a City Centre group, with plans to expand these services in 2025 to reach more individuals in need.

Community Consultations

Hamara has successfully facilitated focus groups for The British Library's new Leeds site and is in the process of submitting a joint bid with Leeds University to explore the relationship between women and public spaces in Beeston. This collaboration aims to influence future work in making Beeston a safer space for women.

HALO Heritage Café

The HALO Heritage Café has provided adults with learning disabilities the opportunity to gain an NVQ Level 2 in catering and food hygiene, while gaining hands-on experience in a café setting. Five members have passed their exams and are actively involved in café operations. The café serves as both a training platform and a potential social enterprise, with proceeds reinvested into purchasing ingredients. This project has allowed members to develop crucial skills for employment, including functional and social communication, and provided a real-world setting for them to practice and refine these skills.

Cockburn-Ready Plan
Hamara's Cockburn-Ready Plan has focused on empowering HALO members to develop essential life skills for employment and independent living. Through activities at the Cockburn Centre, including customer service, reception, kitchen management, and administration, members have gained practical experience and confidence. The plan has used a holistic, personalized approach to strengthen members' functional, social, and emotional regulation skills, with an emphasis on teamwork and peer support.

Additionally, the project has explored opportunities for paid employment through DWP's Access to Work scheme, ensuring appropriate support for members who are ready for the workforce.

As part of the transition to the new facility, Hamara has implemented a 'Train the Trainer' model, allowing experienced members to mentor newcomers, fostering leadership, ownership, and responsibility within the group. Members have also participated in upskilling, job coaching, volunteer placements, and developing social enterprise ideas, moving towards greater independence and a deeper understanding of work and income.

These efforts, alongside the continuous development of HALO's skills, are helping members to thrive and succeed in a supportive, work-focused environment.

Inspiring Futures (IF)

IF is a £1.7m funded project aimed at tackling the barriers for young people from a Pakistani and Bangladeshi heritage in obtaining employment and career progression.

There are two main arms of the project

1. Working with employers and young people to break down employer barriers
2. Work with employers and young people to make young people more employable in the first instance.

From June (launch) to Dec 2024 has been the initial phase of getting Youth Partners and YFF staff together to talk through the project, set the scene, employ staff and get youth partners to set up youth provision at their centres. It will also involve setting up a Youth Voice & Influence Panel (VIP) consisting of 2 young people from each of the 8 youth partner organisations.

The Hamara team will project manage it all and manage the finances (each youth partner receiving £100k over 4 years).

Jan - Dec 2025 will be when the work really starts and will include

1. Ensuring each Youth Partner runs 2 sessions per week delivering youth provision (the agenda for which will be largely set by the VIP)
2. Engage with employer partners (aiming for 10-12 employers across the region) to set the scene, agree level of engagement, agree some principles, engage in cultural awareness sessions, agree to open/honest discussion about the barriers for young people and help develop young people's skills.
3. Ensuring VIP panels meet regularly to ensure the young people's voice is really being heard.
4. Work with our YFF partners collecting statistical data for analysis
5. Making sure at least 100 young people from across the 2 cities have been engaged in the project

As a sideline, we will also aim to embed learning/development from this into our own youth centre.

Structure, governance and management
The Charitable Company was incorporated as a Charitable Company limited by guarantee on 17 September 2002 and its Memorandum and Articles of Association were adopted on 17 September 2002. The Charitable Company is a company limited by guarantee and registered charity. It has no share capital and the liability of each member, in the event of winding-up, is limited to £1.

The organisation operates under a memorandum of association which established the objects and powers of the company and is governed under its articles of association.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

M Adrish
Waseem Khan
Y Sawo
Mr M Sharif
Z Hamid
Councillor M Iqbal
Z Bibi-Khaliq
N Akbram
A Rafaqat

Recruitment and appointment of trustees

Up to 12 people are able to sit on the Hamara board and at the time of this report the board had nine trustees, including its chair. Trustees of Hamara HLC are also directors of the organisation for the purpose of the Companies Act 2006.

New trustees are elected by the existing trustees and serve for a three year term before retiring from office. Retiring trustees can serve consecutive terms subject to being elected.

The trustees have the power to co-opt two further members to fill specialist roles or to seek a more balanced board of trustees.

Organisational structure

The board, which meets six times a year, has responsibility for the strategic direction and policy of the charity. The trustees are from a variety of backgrounds in order to reflect both the locality the organisation serves and its key target groups. An Operations Director has been appointed to manage the day to day operations of the organisation and has delegated responsibility for areas related to finance, employability and delivery of services.

The Director is supported by a Senior Management Team consisting of an Operations Manager and a Finance and Fundraising Manager.

Induction and training of trustees

New trustees are provided with an induction to brief them on the aims, objectives and current activities of the organisation together with a trustee's pack outlining obligations, meeting dates and other relevant information.

In response to a trustee's skills analysis undertaken during the course of the year a short programme of training will again be delivered to all trustees within the next financial year.

Statement of Trustees' responsibilities

The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustee are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

Auditor

In accordance with the company's articles, a resolution proposing that Henton & Co LLP be reappointed as auditor of the company will be put at a General Meeting.

The Trustees' report was approved by the Board of Trustee.

Waseem Khan
Trustee

14 November 2024

Statement of Trustees' responsibilities

The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustee are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

Auditor

In accordance with the company's articles, a resolution proposing that Henton & Co LLP be reappointed as auditor of the company will be put at a General Meeting.

The Trustees' report was approved by the Board of Trustee.



Waseem Khan
Trustee

14 November 2024

HAMARA HEALTHY LIVING CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Opinion

We have audited the financial statements of Hamara Healthy Living Centre (the 'Charitable Company') for the year ended 31 March 2024 which comprise the statement of financial activities, the summary income and expenditure account, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustee are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Responsibilities of Trustee

As explained more fully in the statement of Trustees' responsibilities, the Trustee, who are also the directors of the Charitable Company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustee are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustee either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- Reviewed the nature of the industry and sector, the control environment and business performance for the year.
- Identifying the laws and regulations the company operates within and enquiring with management if they are aware of any non compliance issues.
- Discussed how and where fraud may occur with all members of the audit engagement team.
- In line with all audits under ISAs (UK) we were required to perform tests to respond to the risk of management override. We tested the appropriateness of journal entries, evaluated the judgements made for accounting estimates to assess if any bias, and assessed the rationale behind any significant or unusual transactions.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Chris Howitt (Senior Statutory Auditor)
for and on behalf of Henton & Co LLP

14 November 2024

Chartered Accountants
Statutory Auditor

Northgate
118 North Street
Leeds
England
LS2 7PN

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

Current financial year	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total 2024 £	Total 2023 £
Income from:						
Donations and legacies	3	-	1,437,511	-	1,437,511	1,141,296
Charitable activities	4	506,596	-	-	506,596	392,922
Total income		506,596	1,437,511	-	1,944,107	1,534,218
Expenditure on:						
Raising funds	5	6,812	23,148	21,661	51,621	41,816
Charitable activities	6	392,298	1,109,222	-	1,501,520	1,235,633
Total expenditure		399,110	1,132,370	21,661	1,553,141	1,277,449
Net income/(expenditure)		107,486	305,141	(21,661)	390,966	256,769
Transfers between funds		24,799	(24,799)	-	-	-
Net movement in funds	7	132,285	280,342	(21,661)	390,966	256,769
Reconciliation of funds:						
Fund balances at 1 April 2023		809,658	537,881	688,821	2,036,360	1,779,591
Fund balances at 31 March 2024		941,943	818,223	667,160	2,427,326	2,036,360

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 17 to 29 form part of these financial statements.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

Prior financial year	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total 2023 £
Income from:					
Donations and legacies	3	-	1,141,296	-	1,141,296
Charitable activities	4	392,922	-	-	392,922
Total income		392,922	1,141,296	-	1,534,218
Expenditure on:					
Raising funds	5	8,868	11,287	21,661	41,816
Charitable activities	6	137,032	1,098,601	-	1,235,633
Total expenditure		145,900	1,109,888	21,661	1,277,449
Net income/(expenditure)		247,022	31,408	(21,661)	256,769
Transfers between funds		(2,885)	2,885	-	-
Net movement in funds	7	244,137	34,293	(21,661)	256,769
Reconciliation of funds:					
Fund balances at 1 April 2022		565,521	503,588	710,482	1,779,591
Fund balances at 31 March 2023		809,658	537,881	688,821	2,036,360

HAMARA HEALTHY LIVING CENTRE

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		1,483,488		1,065,204
Current assets					
Debtors	13	64,231		67,684	
Cash at bank and in hand		917,543		929,105	
		981,774		996,789	
Creditors: amounts falling due within one year	14	(37,936)		(25,633)	
Net current assets			943,838		971,156
Total assets less current liabilities			2,427,326		2,036,360
Net assets excluding pension liability			2,427,326		2,036,360
The funds of the Charitable Company					
Endowment funds	18		667,160		688,821
Restricted income funds	16		818,223		537,881
Unrestricted funds			941,943		809,658
			2,427,326		2,036,360

The notes on pages 17 to 29 form part of these financial statements.

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustee on 14 November 2024

Waseem Khan
Trustee

Company registration number 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Cash flows from operating activities					
Cash generated from operations	21		448,593		231,413
Investing activities					
Purchase of tangible fixed assets		(460,155)		(215,607)	
Net cash used in investing activities			(460,155)		(215,607)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(11,562)		15,806
Cash and cash equivalents at beginning of year			929,105		913,299
Cash and cash equivalents at end of year			917,543		929,105

The notes on pages 17 to 29 form part of these financial statements.

HAMARA HEALTHY LIVING CENTRE

SUMMARY INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	All income funds 2024 £	2023 £
Gross income	1,944,107	1,534,218
Total expenditure from income funds	1,531,480	1,255,788
Net income for the year	412,627	278,430

1 Accounting policies

Charity information

Hamara Healthy Living Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Hamara HLC, Tempest Road, Leeds, LS11 6RD.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustee have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustee continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustee in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

Income is recognised when the Charitable Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charitable Company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charitable Company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line
Leasehold improvements	Currently under construction therefore no depreciation has been charged
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance
Office Equipment	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charitable Company's accounting policies, the Trustee are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Restricted funds 2024 £	Restricted funds 2023 £
Grants and donations	1,437,511	1,141,296

3 Income from donations and legacies (Continued)

	Restricted funds 2024 £	Restricted funds 2023 £
Grants receivable for core activities		
Cultural Food - Christian Community Fund	326,000	190,000
Old Peoples (Social Services)	70,351	77,049
Patient Ambassadors	309,130	394,338
Health Inequalities	62,500	125,000
Cockburn Sports Hall Development	25,808	100,044
Household Support	43,000	32,250
Supplementary School	51,035	42,456
Other	549,687	180,159
	1,437,511	1,141,296

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Halo	400,231	358,042
Community Cafe	44,886	-
Cockburn Sports Hall	10,058	-
Gym	23,373	-
General Funds	28,048	34,880
	506,596	392,922

5 Expenditure on raising funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total 2023 £
Fundraising and publicity								
Advertising	6,812	23,148	-	29,960	8,868	11,287	-	20,155
Depreciation and impairment	-	-	21,661	21,661	-	-	21,661	21,661
	6,812	23,148	21,661	51,621	8,868	11,287	21,661	41,816

6 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Staff costs	814,213	761,285
Depreciation and impairment	20,211	14,549
Charitable Expenditure	26,256	15,799
Staff training and expenses	10,649	9,778
Project activities	434,515	258,529
Telephone and internet	13,546	18,140
Cleaning	13,234	23,504
Subscriptions and dues	5,271	10,339
Premises Costs	34,061	35,263
Minibus and travel	12,082	9,486
Professional Fees	38,093	44,226
Health and safety	5,538	4,620
Heat and light	35,960	10,434
Insurance	11,329	6,536
Postage and stationary	2,912	1,707
Sundry expenses	2,900	2,127
Rent & Rates	20,750	9,311
	1,501,520	1,235,633
Analysis by fund		
Unrestricted funds	392,298	137,032
Restricted funds	1,109,222	1,098,601
	1,501,520	1,235,633

7 Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	41,872	36,210

8 Trustee

During the year, the Trustees were paid expenses amounting to £1,834 (2023: £1,484).

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	35	35

Employment costs	2024 £	2023 £
Wages and salaries	814,213	761,285

There were no employees whose annual remuneration was more than £60,000.

10 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the Charitable Company's auditor and associates:	2024 £	2023 £
Audit of the Charitable Company's annual accounts	8,580	7,800

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Freehold land and buildings	Leasehold improvements	Fixtures and fittings	Motor vehicles	Office Equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2023	1,083,030	267,281	82,743	27,200	189,602	1,649,856
Additions	-	380,918	72,915	-	6,322	460,155
At 31 March 2024	1,083,030	648,199	155,658	27,200	195,924	2,110,011
Depreciation and impairment						
At 1 April 2023	353,778	-	56,621	19,194	155,058	584,651
Depreciation charged in the year	21,661	-	11,191	1,601	7,419	41,872
At 31 March 2024	375,439	-	67,812	20,795	162,477	626,523
Carrying amount						
At 31 March 2024	707,591	648,199	87,846	6,405	33,447	1,483,488
At 31 March 2023	729,252	267,281	26,122	8,006	34,543	1,065,204

Leasehold additions are in relation to the Cockburn development. The site is still under development and therefore no depreciation has been charged on this.

13 Debtors

Amounts falling due within one year:	**2024** £	**2023** £
Trade debtors	56,064	58,425
Prepayments and accrued income	8,167	9,259
	64,231	67,684

14 Creditors: amounts falling due within one year

	2024 £	**2023** £
Trade creditors	28,512	17,029
Accruals and deferred income	9,424	8,604
	37,936	25,633

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	809,658	506,596	(399,110)	24,799	941,943

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	565,521	392,922	(145,900)	(2,885)	809,658

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds				Movement in funds			
	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£	£	£	£	£
Being You	-	-	-	-	-	30,620	(26,149)	-	4,471
Neighbourhood Matching	-	-	-	-	-	5,840	(5,840)	-	-
Neighbourhood Network POC	-	-	-	-	-	29,000	(9,648)	-	19,352
Power to Change	-	12,250	(12,250)	-	-	-	-	-	-
Supplementary School	28,074	42,456	(31,460)	-	39,070	50,990	(39,672)	-	50,388
Transforming Mental Health	-	-	-	-	-	5,000	-	-	5,000
Volition- ICS Research Network	-	-	-	-	-	10,000	(1,900)	-	8,100
Old Peoples (Social Services)	-	77,049	(77,049)	-	-	70,321	(70,351)	30	-
Patient Ambassadors	-	394,338	(394,338)	-	-	309,130	(409,128)	-	(99,998)
Reducing Youth Violence	6,850	-	(6,850)	-	-	-	-	-	-
Warm Spaces	-	-	-	-	-	10,700	(10,700)	-	-
COVID 19 Digital Access	2,084	-	(2,704)	620	-	-	-	-	-
COVID 19 Cafe Equipment	722	-	(722)	-	-	-	-	-	-
COVID 19 Cultural Hub	177,064	17,000	(135,005)	-	59,059	-	(54,869)	-	4,190
Multiply Fund	-	-	-	-	-	9,600	(9,600)	-	-
Ground works - volunteering	-	3,770	(4,007)	237	-	-	-	-	-
GSK Impact (King's Award)	-	-	-	-	-	40,000	-	-	40,000
ESF Hunslet & Riverside	-	2,989	(2,989)	-	-	-	-	-	-
Leeds Student Medical Practice (LSMP)	-	-	-	-	-	9,752	(10,555)	-	(803)
PTC Community BDS	6,806	-	-	-	6,806	-	-	-	6,806
Winter Warmth	-	1,500	(1,500)	-	-	-	-	-	-
VRU	6,937	17,350	(24,287)	-	-	-	-	-	-
Gym Renovation	-	-	-	-	-	304,546	(1,052)	-	303,494
Youth Futures Foundation	-	-	-	-	-	6,000	(6,000)	-	-

16 Restricted funds **(Continued)**

Woodsley Women	(5,601)	10,905	(9,124)	-	(3,820)	11,673	(10,169)	4,660	2,344
Womens Wellbeing	9,991	-	(5,238)	-	4,753	-	(4,753)	-	-
Independent Age	-	-	-	-	-	20,000	(2,228)	-	17,772
Sports England	6,507	-	(6,507)	-	-	-	-	-	-
Kick Start	-	-	(1,011)	1,011	-	-	-	-	-
Heritage Cafe	3,988	-	(3,988)	-	-	-	-	-	-
Digital Health Hub	-	-	-	-	-	2,664	(311)	-	2,353
Cockburn Sports Hall Development	247,234	100,044	(20,376)	-	326,902	25,808	(6,107)	-	346,603
Halo Heritage Cafe	9,462	9,462	(11,095)	-	7,829	11,467	(6,865)	-	12,431
Harnessing the Power of Communities	6,000	-	-	-	6,000	-	(6,000)	-	-
Community Cafe	-	-	-	-	-	3,121	-	-	3,121
WBI	(2,530)	11,474	(9,961)	1,017	-	-	-	-	-
Youth Alliance LS-Ten	-	12,705	(12,705)	-	-	9,731	(12,907)		(3,176)
Youth Club	-	4,130	(4,130)	-	-	-	-	-	-
Youth Work Commissioned	-	12,494	(12,494)	-	-	8,746	(12,494)	-	(3,748)
Women's Whipsers	-	5,750	(5,750)	-	-	-	-	-	-
PGM Fund	-	3,000	(3,000)	-	-	-	-	-	-
MENCAP	-	2,500	(2,500)	-	-	-	-	-	-
Leeds Older Peoples Forum	-	14,000	(3,829)	-	10,171	7,000	(14,569)	-	2,602
Association of Blind Asians	-	25,580	(16,601)	-	8,979	13,582	(8,980)	(13,580)	1
Community Engagement	-	10,000	(3,690)	-	6,310	-	(2,980)	-	3,330
Cultural Food - Christian Community Fund	-	190,000	(190,000)	-	-	326,000	(282,658)	(12,609)	30,733
Health Inequalities	-	125,000	(77,735)	-	47,265	62,500	(68,849)	-	40,916
Household Support	-	32,250	(16,993)	-	15,257	43,000	(36,316)	-	21,941
Leeds United Foundation	-	3,000	-	-	3,000	-	-	(3,000)	-
Leeds 2023	-	300	-	-	300	720	(720)	(300)	-
	503,588	1,141,296	(1,109,888)	(2,885)	537,881	1,437,511	(1,132,370)	24,799	818,223

17 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total 2024 £
At 31 March 2024:				
Tangible assets	290,662	525,666	667,160	1,483,488
Current assets/(liabilities)	651,281	292,557	-	943,838
	941,943	818,223	667,160	2,427,326

	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total 2023 £
At 31 March 2023:				
Tangible assets	109,102	267,281	688,821	1,065,204
Current assets/(liabilities)	700,556	270,600	-	971,156
	809,658	537,881	688,821	2,036,360

18 Endowment funds

The mentioned funds below were used for the development, reconstruction and refurbishment of Hamara Healthy Living Centre. These funds are represented by tangible fixed assets.

	Balance at 1 April 2022 £	Resources expended £	Balance at 1 April 2023 £	Resources expended £	Balance at 31 March 2024 £
Permanent endowments					
Henry Smith Trust	99,943	(3,047)	96,896	(3,047)	93,849
SRB 4	126,272	(3,850)	122,422	(3,850)	118,572
New Opportunities Fund	158,158	(4,822)	153,336	(4,822)	148,514
Neighbourhood Renewal Fund	133,108	(4,058)	129,050	(4,058)	124,992
LCC Capital Grant	133,108	(4,058)	129,050	(4,058)	124,992
Tudor Trust	33,404	(1,018)	32,386	(1,018)	31,368
Percy Bilton Trust	3,004	(92)	2,912	(92)	2,820
Rank Trust	2,003	(61)	1,942	(61)	1,881
Sykes Trust	1,669	(51)	1,618	(51)	1,567
Trinity Methodist Church	717	(22)	717	(22)	673
Leeds City Council	19,096	(582)	19,096	(582)	17,932
	710,482	(21,661)	688,821	(21,661)	667,160

19 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

20 Subsidiaries

The Charitable Company has the following subsidiary company, which is limited by guarantee, not share capital.

Due to immateriality, the financial results of this subsidiary are not consolidated with the results of Hamara Healthy Living Centre.

Details of the Charitable Company's subsidiaries at 31 March 2024 are as follows:

Name of undertaking	Registered office	Nature of business
Hooner Kelah Miniority Ethinic Women's Training Project Community Interest Company	England & Wales	Help diadvantaged women from miniority ethinic backgrounds

21 Cash generated from operations

	2024 £	2023 £
Surplus for the year	390,966	256,769
Adjustments for:		
Depreciation and impairment of tangible fixed assets	41,871	36,211
Movements in working capital:		
Decrease/(increase) in debtors	3,453	(33,470)
Increase/(decrease) in creditors	12,303	(28,097)
Cash generated from operations	448,593	231,413

22 Analysis of changes in net funds

The Charitable Company had no material debt during the year.

HAMARA HEALTHY LIVING CENTRE

England & Wales - Charity number 1162962

Accounts

Charity registration number 1162962

Company registration number 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

HAMARA HEALTHY LIVING CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustee	Mohammed Iqbal (Councillor)	(Chair)
	Zahid Hamid	
	Waseem Khan	
	Moneer Sharif	
	Dr Noor Ahmad Baloch	
	Yankuba Sawo	
	Mohammed Adrish	
	Zohra Bibi-Khaliq	
	Andrew Whitaker	(Resigned 24/03/2023)
	Nabila Akram	(Appointed 24/03/2023)
	Ali Rafaqat	(Appointed 24/03/2023)
Operations director	Shanaz Gul	(Resigned 05/07/2023)
	Raheem Mohammad	(Appointed 03/07/2023)
Charity number	1162962	
Company number	04537287	
Registered office	Hamara HLC Tempest Road Leeds LS11 6RD	
Auditor	Henton & Co LLP Chartered Accountants Northgate 118 North Street Leeds LS2 7PN	
Bankers	Virgin Money 1 Penny Hill Centre Church Street Hunslet Leeds LS10 2 AP	
Solicitors	Wrigleys Solicitors 19 Cookridge Street Leeds LS2 3AG	

HAMARA HEALTHY LIVING CENTRE

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HAMARA HEALTHY LIVING CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustee present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charitable Company's governing document, the Companies Act 2006 and "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

The principal objective of the charitable company in the period under review was to carry out activities which will promote and provide health facilities and social welfare opportunities for the inhabitants of South Leeds.

The trustees have complied with their duty (set out in section 4 of the Charities Act) to have due regard to public benefit guidance published by the Charity Commission. The trustees have considered the public benefit delivered by the charity, which includes the following objectives and activities:

Summary of the objects of the charity set out in the governing document

- Advance the education of the said inhabitants;
- Provide facilities for recreation of other leisure time occupation of the said inhabitants in the interests of social welfare with the object of improving their conditions of life;
- Relieve sickness and preserve health through the provision of support, education and practical advice;
- Promote general charitable purposes of the inhabitants and in particular provide opportunities for them to participate fully in the life of their community in ways which address and alleviate economic disadvantage.

Summary of the main activities in relation to these objectives
Information and Advice

- Interpreting and translation;
- Drop - in advice service;
- Citizens Advice Bureau Surgeries;
- Form Filling Clinics;
- Advocacy.

Health Promotion/ Education

- Physical activities programme;
- Walking groups;
- Nutrition and Healthy cooking classes;
- Health awareness events and seminars;
- GP referral programme;
- Community Gym;
- One to one health checks and healthy living support;
- Wider determinants of health support.

Older Peoples Services
- Luncheon clubs;
- Older peoples clubs;
- Trips and outings;
- Dementia services.

Women's Activities
- Sewing skills classes;
- English language classes;
- Social & recreational clubs;
- Carer's group.

Youth Activities
- Youth clubs;
- Sports activities;
- Young people community cohesion project;
- Residentials and recreational activities;
- One to one advice, support and career guidance;
- Youth forums;
- Supplementary school.

Learning Disabilities Project
- Day opportunity support service;
- Transport service;
- Leisure and recreational activities;
- Advocacy;
- Family and carers support.

Hamara also provided office services, (photocopying, IT access etc.) room/venue hire, and catering services to the local community and provided a community gym that included "women only" sessions.

Hamara Supplementary School
The Hamara Supplementary School is a successful youth team project, designed to address the educational disadvantage of BME children underachieving in British state schools by identifying barriers that prevent young people from engaging in and enjoying learning. The projects primary aim is to raise educational attainment and aspirations to achieve, increasing prospects for children to succeed in education and employment.

The Supplementary School supports children from diverse backgrounds in its progressive, caring and high quality-learning environment every Saturday from 10am to 2pm. 6 trained and qualified teachers provided academic support to pupils with programs of study structured using the National Curriculum. We also plan various curriculum trips and activity days and provide mentoring and support to give young people positive experiences and raise their aspirations to succeed. Small class sizes and interactive teaching methods are used to engage and motivate pupils, offering a quality service and excellent provision of support.

Key Achievements
- Working in partnership with Mainstream Schools across Leeds, Leeds City Council, The National Resource Centre for Supplementary Education, The Leeds Supplementary Schools Network, Leeds Beckett University, Into University, Child Friendly Leeds & BME Forum;
- 54 pupils were supported through the supplementary School project;
- The Supplementary School project is recognised by the National Resource Centre for Supplementary Education with Quality Framework Awards including Bronze, Silver and Gold, as well as the Child Friendly Leeds Supporting Schools Award;
- The Supplementary School also delivered a play scheme during the Easter, Summer and Winter holidays ensuring that children were engaged in physical and recreational activities, whilst being able to eat a nutritional warm meal.

Hamara Cultural Food Hub

We noticed the need for culturally appropriate food parcels at the start of the pandemic and carried out a research exercise with the 5 main ethnicities city wide. These were the African, Caribbean, South Asian, Middle Eastern and Eastern European communities, and soon established that the food parcels they were receiving were not in accordance with their needs. Further research was carried to identify the staple foods of each community and from the findings we devised culturally appropriate food parcels that were distributed within our community. We were then selected by Leeds City Council to be the Cultural Food Hub of South, North and West Leeds to support community organisations tackle food poverty during the national lockdowns. Since then the Cultural Food Hub has grown and we have seen the need for this provision increase.

Through this project we supported 37 grass root organisations per week by providing them with 30-60 culturally appropriate food parcels which they would then distribute within their communities to the most vulnerable. The demand increased weekly and the area and communities that we served increased with this.

In addition to the cultural food parcels, we also provided support to these organisations by:

- Forming a network of community organisations who meet monthly to discuss best practise, funding opportunity and partnership possibilities;
- Provided fresh food which included fruit, veg, refrigerated and frozen food and meat;
- Toiletries;
- School uniform;
- Support to tackle digital poverty.

Along with food we also provide a holistic service to the organisations, sign posting and referring them to other relevant organisations where needed.

Key achievements

- Number of families supported/total number of parcels distributed – **14,295;**
- Number of beneficiaries – **61,475;**
- Number of organisations we have support through this project - **37.**

Hamara Food Bank

Our approach to providing the food parcels, through the offering of 5 different culturally appropriate food parcels, has meant that we have been able to support a wider audience of service users by adjusting our food parcels to meet the varying cultural needs of each service user. Our foodbank supported on average around 240-260 families a week. We have been able to support service users by providing them with the essentials that they require to meet their basic day-to-day needs and requirements of living. Our foodbank provides a mixture of frozen, tinned, and fresh food, which encouraged our service users to be more independent with the way they chose to adapt to these foods and use them to ensure that their day-to-day needs were fulfilled.

Through our foodbank, we conducted outreach work to ensure that service users are supported as fully as possible. When we provide food parcels to service users, we are continuously assessing their needs and requirements on a regular basis to ensure that we are moving them towards a sense of independence, whilst also ensuring that they are receiving the most appropriate form of support as and when they need it, such as employment, housing and benefit applications support.

Key achievements

- Total number of food parcels provided – **5,949;**
- Number of families supported by our foodbank provision – **1,498;**
- Total number of beneficiaries – **29,745;**
- Total number of readymade meals distributed – **1,899;**
- Total number of referrals made to other projects within Hamara/ external agencies – **3,376.**

Hamara Youth Strand
Hamara runs youth sessions, three times a week that involves Arts and crafts, Sports, Training, and NEET 1:1 support, cooking sessions & member-led activities. The youth worker used local knowledge and engagement skills to recruit 54 young people onto the programme. The sessions are a huge success with some of the young people volunteering with us.

Our programs focus on:

- Reducing number of young people hanging about on the streets;
- Socialising with their peers in a safe environment;
- Encouraging creativity through activities;
- Leadership;
- Upskilling.

There was also a strong focus on intergenerational and interfaith working, 1:1 interventions and providing additional support post-pandemic to youths and their families including signposting & referrals and advocacy & advice.

The young people also took part in day trips and various external activities including kayaking, canoeing and paddle-boarding, cycling, football sessions with Leeds United Football Foundation, sports sessions with Yorkshire Cricket Foundation and they learnt how to prepare and cook foods with the end goal of starting a social enterprise.

Our young people have been discussing important issues and building their confidence in relation to youth voice and influence as well as learning how to become peer mentors and work towards becoming youth workers as a career, they have done this through youth club sessions and wider partnership with youth groups across Leeds.

Key achievements
- Providing Youth Sessions that caters to the needs and interests of young people;
- Encouraging young people to engage in activities that make use of existing skills or to learn new ones;
- Building on the relationships formed so far – and increase membership, particularly work with young people on identified issues and form activities/projects from their views.

Neighbourhood Networks
The Neighbourhood Networks team worked tirelessly undertaking welfare and befriending calls, home visits and supporting older people to return to groups. Due to the effect that the pandemic has had on physical health, group sessions for improved mobility, falls prevention and health & wellbeing have been regularly implemented in partnership with Yorkshire Cricket Foundation and Leeds United Football Foundation, chair based exercises, walking groups, gardening sessions and Neighbourhood networks partnership football matches.

Members were also supported with the financial impact of the pandemic through advocacy and advice support, 1:1 intervention, luncheon clubs to ensure a hot home cooked and culturally appropriate meal as well as referrals to food bank.

Project staff regularly undertook outreach within the community and this has seen an increase in numbers attending the older peoples groups from varying communities. Intergenerational, cross project and interfaith work has been worked on heavily this year to promote community cohesion and improve support networks for older people.

We have supported our members to engage with regular BAME wellbeing cafes which have been an opportunity for members to learn more about the health inequalities that the BAME communities are at higher risk of- This has also been a wonderful opportunity for our members to undertake cross-project, inter-generational, inter-faith and mixed gender activities with other service users and the wider community, which is often a struggle due to cultural norms of women/men only activities.

We have also engaged our men's and women's groups with Mindfulness courses through a partnership with the Leeds Mindfulness Co-op, which was well received and promoted a healthier lifestyle, as well as helping them to work through issues within their daily life that cause stresses, upset and anxieties- This has strengthened coping mechanisms within the groups when practiced alongside the practical befriending & bereavement support and advocacy provided by staff and peers.

We are also a newly registered Dementia Friendly space, running a dementia café, to ensure our older peoples services are fully inclusive and the most vulnerable members of the community can receive support from trained staff. Our members have actively participated in sessions on Digital inclusion, learning how to access online services for GPs, prescriptions, housing and benefits which has made vital community services more accessible

This year our aim was to further reduce social isolation and mitigate the long term impact that the Covid-19 pandemic has had on the older communities- which we have achieved by getting people back into services and expanding not only our groups but the reach within minority communities as well as doing extensive research around vaccination uptake, health inequalities and health & wellbeing.

Key achievements

- Provided a service which caters to the needs of individuals and the wider group, based within a supportive and structured environment;
- Supported members with opportunities for health, wellbeing, socialisation, upskilling and advocacy;
- Support our members to access online services and promote digital inclusion.

Patient Ambassadors

The Burmantofts, Harehills and Richmond Hill Primary Care Network (BHR PCN) is a network of 12 General Practices and have worked in partnership with Hamara for 7 years now. The Patient Ambassador Service continues to deliver non-clinical interventions focusing on the social component of care and receives the majority of referrals from medics who work within the BHR PCN.

The 'bread and butter' of the service is to improve the health and wellbeing of the community by delivering personalised care through coordinated utilisation of statutory and third sector organisations. Over the seven years of working with marginalised groups, the Patient Ambassadors have identified some common themes regarding the needs of the community. These themes include inadequate housing, patients sometimes having to wait up to 12 months for support with mental health issues, people living in poverty leading to difficulties with paying for utilities, buying healthy and nutritious food, getting into debt, many of which are compounded by language barriers and lack of awareness of how to navigate through the healthcare system.

This vital Personalised Care role works restoratively, engaging patients using Shared Decision Making to make a full assessment of their non-medical needs. Through working closely with patients identifying and working towards defined goals the Patient Ambassadors are able to signpost appropriately and make onward referrals to specialist local services, building resiliency and capacity within the local community.

We understand that General Practice delivers to a local community who often find it difficult to engage with their own healthcare and certainly find it difficult to navigate the healthcare system. Patient Ambassadors aim to support patients through health education, supporting them to understand what provisions are available to them and ultimately their ability to 'choose well'.

Our Hamara team of Patient Ambassadors are highly skilled professionals with backgrounds varying from Early Childhood Development to Drug and Alcohol support to Special Educational Needs and the Probation service. Across our team of Patient Ambassadors, seven different languages are spoken and are thus able to provide a non-judgemental culturally sensitive provision. As well as providing 1:1 support, the Patient Ambassadors also facilitate group work, taking the support out of the four walls of the clinical room, working towards reducing social isolation through bringing patients together with common difficulties.

Key achievements

Launch of our Digital Café

Our Patient Ambassadors facilitate a weekly digital café where members of the public can drop in for a warm drink in a warm environment and can obtain support with learning the basics of using digital equipment be it a smart phone or tablet. Patients are encouraged to install the NHS app onto their device as this enables them to book appointments with their GP or order repeat prescriptions.

'HEROES' Group-work

The HEROES programme has been designed by the PCN Mental Health Lead and is delivered by three of our Patient Ambassadors. The HEROES Group-work Programme is an educational course offering a holistic approach to mental health recovery. Patients are guided to increase their self-awareness week by week and to take ownership for their own emotions and healing.

MEN TALK group
Two Patient Ambassadors developed and continue to facilitate the 'Man Talk' group which runs weekly and is well attended. The sessions are an opportunity for men to share difficulties and coping mechanisms for any issues that they are experiencing, many of which are isolation.

Pain Management Group
The BHR PCN had a high number of patients experiencing pain/chronic pain and recognised the impact on the wellbeing of patients. Our Patient Ambassadors developed a programme, which is delivered on a weekly basis to patients identified as needing pain management.
The sessions include;

- Chair based exercises;
- Awareness of pain medication and its limits;
- Benefits of movement & circulation for recovery;
- Understanding how anxiety can create muscle tension;
- Importance of a healthy diet in recovery.

The Cockburn Centre
With the full support of the Hamara Board, Community, Stakeholders and Hamara's Management Team, our £3.05m capital project, The Cockburn Centre development continues to move forward towards construction in 2024.

Fundraising
Hamara has successfully secured another £760k in funding to date, made up of Social Investment Business £400k (blended – £220k loan and £180k grant), £300k from Department of Levelling Up, Community Ownership Fund and Local Authority CIL funding £60k. This takes our total fundraising campaign including Hamara's contribution to an outstanding £2.05m from 11 different grant funders and Trusts.

Furthermore, Hamara is applying to Football Foundation grant and a loan from The Local Authority to bridge the final gap for funding which the Local Authority Executive Leadership Team will have to approve.

Competitive Tender Exercise and Value Engineering
We have received our two final tenders and conducted a thorough VE/levelling exercise and the final construction cost currently stands at £2.58m. Hamara aims to sign the building contract by the end of December 2023.

Learning Disabilities and Autism
HALO is our day opportunities service for adults with learning disabilities and autism and this project has been growing with new members. This year the group have been focusing on reintegrating into the wider community following the pandemic with a variety of external weekly activities such as learning disability basketball with partner organisations, football with Leeds United Football Foundation and day trips around Yorkshire.

HALO have also focused heavily on learning about health inequalities that are prevalent within individuals with learning disabilities and those from minority ethnic communities. This has been achieved through the continuation of BAME wellbeing cafes and specialist health inequalities events, HALO, have shown an increase in knowledge of their own health and how to prevent or manage their own health conditions. They have also regularly led on stalls at health events, discussing the HALO project and the conditions that they have learned about with the wider community.

Educational sessions are regularly implemented within the HALO timetable and this year has included sessions around math, money management and budgeting, I.T, Reading, writing & sign language, self-advocacy, NVQ Level 2 in Food & Hygiene alongside practical kitchen placements and learning about sustainability through gardening sessions. Members have also joined a volunteering group called "Positive changes" facilitated through Royal MENCAP in which they discuss how Leeds can be made better for people with disabilities and distribute £24,000 per year from a pot of funding to groups who pitch ideas to help make this happen, the first pitch successfully made was by a HALO member for £2500.

HALO members have grown in confidence in the past year and now actively undertake work skills placements within the foodbank, café and reception areas as well as enjoying cross-project work with other Hamara projects, learning about the diverse community that we serve and teaching the community about them.

Since reopening the service following the pandemic, HALO staff have worked closely with carers to understand any support needs that have changed and update support plans to work towards new outcomes or goals, carers have also been supported with various issues that have affected them since the pandemic including fuel and food insecurity, isolation and financial issues.

HALO have celebrated Easter, Eid, Diwali and Christmas at Hamara with other projects, staff and stakeholders and have been integral in the planning and delivery of events to mark celebrations.

The current climate has had a significant impact on the sector, with all Government and Trusts funding streams redirected to support the current crisis. Changes and cuts in the following year are likely in addition to the way contracts maybe be distributed. We are committed to and will continue to respond to local need, sustaining our core services will be key in enabling this.

The values and key principles adopted the previous year have been lived and embedded with amazing results and responses from our beneficiaries. This holistic and person centred way of working has achieved results almost instantly and truly feels like it should be the only way of working with people.

The sector has continued to work together to tackle and address the needs of the community which reside amongst us and further. We would like to thank, congratulate and commend such bravery and comradery from our partners, volunteers and all of our stakeholders for providing their services and giving their valuable time in such a difficult period. Finally a huge thank you to our funders for giving us the opportunity and funds to execute such work.

Management Report
Our external partnerships remain an integral element in our ability to keep abreast of the evolving picture which third sector agencies must contend with and we are very grateful for the continued support our partners have provided. Once again, we have developed new partnerships with agencies, which have complementary aims and objectives.

The income of the organisation remains stable, which is testimony to both the commitment of the staff and the holistic approach implemented towards deriving income from a broader range of sources. The staff team has expanded and the number of projects has increased, which again demonstrates the organisation's commitment to responding to local need while sustaining our core services. Now that the streamlining process has been completed, we are able to deliver more with more quality staff, redefined employment contracts and greater emphasis on staff personal development.

We have seen a huge rise in food and fuel poverty as a direct impact of the pandemic as well as exacerbated circumstances. We will be working harder to firstly, ensure we continue to support with food as a necessity and secondly, build more provision, which will give one to one support and the opportunity for individuals to get the time and space they need to explore options with the right information and guidance. The aim is to build resilience and aspirations by providing high support with high challenge to get individuals where they want to be.

Financial review
At the end of the year ended 31 March 2023, the Charitable Company's excess of income over expenditure amounted to £256,769 (2022: £443,041). This increases the reserves carried forward to £2,036,360 (2022: £1,779,591).

The trustees of Hamara will review the organisation's needs for financial reserves in line with the guidance issued by the Charity Commission and will set aside or designate funds to meet commitments on co-financed projects and to safeguard the organisation's service commitment in the event of delays in receipt of grants or accrued legacies.

The Charitable Company has continued to maintain a reserves balance in accordance with its stated aim of having wind-up costs plus contingency amounts set aside to cover future significant repairs and maintenance which may be required to maintain the Hamara centre. This policy will be reviewed every two years from the date of the implementation and the Board aims to review the reserves budget on a quarterly basis. Where changes in employment legislation occur that directly affect this policy and procedures, these will be reflected with immediate effect.

The organisation received its income from a diverse range of sources, an approach which has been deliberately implemented to avoid over reliance on one particular funder. Although funding has been more difficult to secure as a result of a more competitive environment, we are please that projects were largely run at the same level as previous years. The principal funding sources in the past year were; Big Lottery Fund, Sport England, Comic Relief, European Social Investment Fund, Leeds City Council, Leeds Community Foundation, Reed, Department of Work and Pensions, European Social Fund, European Commission and various trusts and foundation. Income has also been generated from hiring out rooms, community café and gym membership to help cover some of the buildings' running costs.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Risk Management
A number of policies, procedures and systems have been implemented to help mitigate the risks the organisation may face. Current risk considered to be of high priority relate to the likelihood of large scale cuts in public sector funding which will have an impact on the sector as a whole. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, visitors and users of the centre and together with other mandatory policies, these procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Plans for future periods

Collaboration and expansion is our focus for the following year. We will build on our partnerships and work together to set up more projects in more areas, in order to reach more communities and overcome barriers. Set up what the communities want to see in their areas and also ensure that the right training and volunteering opportunities are available to create work routes and independence.

We will be looking into a CRM system to collate more data. This will allow to review and give insight into the current climate and give direction into what services we should be offering and the needs of the community.

The Cockburn Centre MUGA planning

We had some initial delays getting the application validated and the team have been speaking to Football Foundation and Planning Team regarding reducing our lux lighting levels. We have conducted a noise assessment and lighting surveys on site and amended our drawings accordingly.

We expect a positive decision by the end of 2023. Once planning approval is received, we can apply to Football Foundation for the remaining funding gap and finalise our 99-year lease with the Local Authority before beginning construction.

The effects of the pandemic and the Cost-of-living Crisis has hit people living in poverty the most, from mental health to poor physical health, to the wider determinants of health. Getting people out and socialising safely will be a huge priority; in the following year we will work towards securing funding to put on as many face-to-face services as we can, safely and following government guidelines.

Structure, governance and management

The Charitable Company was incorporated as a Charitable Company limited by guarantee on 17 September 2002 and its Memorandum and Articles of Association were adopted on 17 September 2002. The Charitable Company is a company limited by guarantee and registered charity. It has no share capital and the liability of each member, in the event of winding-up, is limited to £1.

The organisation operates under a memorandum of association which established the objects and powers of the company and is governed under its articles of association.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Up to 12 people are able to sit on the Hamara board and at the time of this report the board had nine trustees, including its chair. Trustees of Hamara HLC are also directors of the organisation for the purpose of the Companies Act 2006.

New trustees are elected by the existing trustees and serve for a three year term before retiring from office. Retiring trustees can serve consecutive terms subject to being elected.

The trustees have the power to co-opt two further members to fill specialist roles or to seek a more balanced board of trustees.

The board, which meets six times a year, has responsibility for the strategic direction and policy of the charity. The trustees are from a variety of backgrounds in order to reflect both the locality the organisation serves and its key target groups. An Operations Director has been appointed to manage the day to day operations of the organisation and has delegated responsibility for areas related to finance, employability and delivery of services.

The Director is supported by a Senior Management Team consisting of an Operations Manager and a Finance and Fundraising Manager.

New trustees are provided with an induction to brief them on the aims, objectives and current activities of the organisation together with a trustee's pack outlining obligations, meeting dates and other relevant information.

In response to a trustee's skills analysis undertaken during the course of the year a short programme of training will again be delivered to all trustees within the next financial year.

Supplier payment policy

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Statement of Trustees' responsibilities

The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustee are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

Auditor

In accordance with the company's articles, a resolution proposing that Henton & Co LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustee has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees' report was approved by the Board of Trustee.

Waseem Khan
Trustee

13 December 2023

HAMARA HEALTHY LIVING CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Opinion

We have audited the financial statements of Hamara Healthy Living Centre (the 'Charitable Company') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustee are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Responsibilities of Trustee

As explained more fully in the statement of Trustees' responsibilities, the Trustee, who are also the directors of the Charitable Company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustee are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustee either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- Reviewed the nature of the industry and sector, the control environment and business performance for the year.
- Identifying the laws and regulations the company operates within and enquiring with management if they are aware of any non compliance issues.
- Discussed how and where fraud may occur with all members of the audit engagement team.
- In line with all audits under ISAs (UK) we were required to perform tests to respond to the risk of management override. We tested the appropriateness of journal entries, evaluated the judgements made for accounting estimates to assess if any bias, and assessed the rationale behind any significant or unusual transactions.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Henton + Co LLP

Chris Howitt (Senior Statutory Auditor)
for and on behalf of Henton & Co LLP

13 December 2023

Chartered Accountants
Statutory Auditor

Northgate
118 North Street
Leeds
England
LS2 7PN

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total 2023 £	Total 2022 £
Income from:						
Donations and legacies	3	-	1,141,296	-	1,141,296	1,490,644
Charitable activities	4	392,922	-	-	392,922	203,488
Total income		392,922	1,141,296	-	1,534,218	1,694,132
Expenditure on:						
Raising funds	5	8,868	11,287	21,661	41,816	29,714
Charitable activities	6	137,032	1,098,601	-	1,235,633	1,221,377
Total expenditure		145,900	1,109,888	21,661	1,277,449	1,251,091
Net incoming/(outgoing) resources before transfers		247,022	31,408	(21,661)	256,769	443,041
Net incoming/(outgoing) resources before transfers		247,022	31,408	(21,661)	256,769	443,041
Gross transfers between funds		(2,885)	2,885	-	-	-
Net movement in funds		244,137	34,293	(21,661)	256,769	443,041
Fund balances at 1 April 2022		565,521	503,588	710,482	1,779,591	1,336,550
Fund balances at 31 March 2023		809,658	537,881	688,821	2,036,360	1,779,591

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The notes on pages 17 to 30 form part of these financial statements.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Endowment funds 2022 £	Total 2022 £
Income from:					
Donations and legacies	3	-	1,490,644	-	1,490,644
Charitable activities	4	203,488	-	-	203,488
Total income		203,488	1,490,644	-	1,694,132
Expenditure on:					
Raising funds	5	1,566	6,487	21,661	29,714
Charitable activities	6	141,599	1,079,778	-	1,221,377
Total expenditure		143,165	1,086,265	21,661	1,251,091
Net incoming/(outgoing) resources before transfers		60,323	404,379	(21,661)	443,041
Gross transfers between funds		50,212	(50,212)	-	-
Net movement in funds		110,535	354,167	(21,661)	443,041
Fund balances at 1 April 2021		454,986	149,421	732,143	1,336,550
Fund balances at 31 March 2022		565,521	503,588	710,482	1,779,591

HAMARA HEALTHY LIVING CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	11		1,065,204		885,808
Current assets					
Debtors	12	67,684		34,214	
Cash at bank and in hand		929,105		913,299	
		996,789		947,513	
Creditors: amounts falling due within one year	13	(25,633)		(53,730)	
Net current assets			971,156		893,783
Total assets less current liabilities			2,036,360		1,779,591
Capital funds					
General endowment funds		688,821		710,482	
	16		688,821		710,482
Income funds					
Restricted funds	14		537,881		503,588
Unrestricted funds			809,658		565,521
			2,036,360		1,779,591

The notes on pages 17 to 30 form part of these financial statements.

The financial statements were approved by the Trustee on 13 December 2023

Waseem Khan
Trustee

Company registration number 04537287

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Cash flows from operating activities					
Cash generated from operations	19		231,413		541,464
Investing activities					
Purchase of tangible fixed assets		(215,607)		(54,952)	
Net cash used in investing activities			(215,607)		(54,952)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			15,806		486,512
Cash and cash equivalents at beginning of year			913,299		426,787
Cash and cash equivalents at end of year			929,105		913,299

The notes on pages 17 to 30 form part of these financial statements.

1 Accounting policies

Charity information

Hamara Healthy Living Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Hamara HLC, Tempest Road, Leeds, LS11 6RD.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustee have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustee continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustee in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

Income is recognised when the Charitable Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charitable Company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charitable Company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line
Leasehold improvements	Currently under construction therefore no depreciation has been charged
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance
Office Equipment	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charitable Company's accounting policies, the Trustee are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Restricted funds	Restricted funds
	2023	2022
	£	£
Grants and donations	1,141,296	1,490,644

3 Donations and legacies (Continued)

Grants receivable for core activities		
Learning Disabilities (Adult SS)	-	153,405
Cultural Food - Christian Community Fund	190,000	-
Old Peoples (Social Services)	77,049	76,468
Patient Ambassadors	394,338	363,913
Health Inequalities	125,000	-
Cockburn Sports Hall Development	100,044	-
Household Support	32,250	-
Supplementary School	42,456	-
Youth Pathways	-	21,000
ESF Connected	-	17,749
Other	180,159	858,109
	1,141,296	1,490,644

4 Charitable activities

	Charitable Income 2023 £	Charitable Income 2022 £
Halo	358,042	168,488
Lloyds Bank Foundation	-	30,000
General Funds	34,880	5,000
	392,922	203,488

5 Raising funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds general 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Endowment funds general 2022 £	Total 2022 £
Fundraising and publicity								
Advertising	8,868	11,287	-	20,155	1,566	6,487	-	8,053
Depreciation and impairment	-	-	21,661	21,661	-	-	21,661	21,661
Fundraising and publicity	8,868	11,287	21,661	41,816	1,566	6,487	21,661	29,714
	8,868	11,287	21,661	41,816	1,566	6,487	21,661	29,714

6 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Staff costs	761,285	769,874
Depreciation and impairment	14,549	14,372
Board expenses, travel and meetings costs	15,799	16,844
Staff training and expenses	9,778	6,203
Project activities	258,529	289,300
Telephone and internet	18,140	12,116
Cleaning	23,504	10,975
Subscriptions and dues	10,339	6,614
Premises Costs	35,263	21,510
Minibus and travel	9,486	7,382
Professional Fees	44,226	21,849
Health and safety	4,620	1,444
Heat and light	10,434	26,013
Insurance	6,536	2,725
Postage and stationary	1,707	2,808
Sundry expenses	2,127	2,312
Rent & Rates	9,311	9,036
	1,235,633	1,221,377
	1,235,633	1,221,377
Analysis by fund		
Unrestricted funds	137,032	141,599
Restricted funds	1,098,601	1,079,778
	1,235,633	1,221,377

7 Trustee

During the year, the Trustees were paid expenses amounting to £1,484 (2022: £2,101).

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	35	35

8 Employees (Continued)

Employment costs	2023	2022
	£	£
Wages and salaries	761,285	769,874

There were no employees whose annual remuneration was more than £60,000.

9 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the Charitable Company's auditor and associates:	2023	2022
	£	£
Audit of the Charitable Company's annual accounts	7,800	7,800

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Tangible fixed assets

	Freehold land and buildings	Leasehold improvements	Fixtures and fittings	Motor vehicles	Office Equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2022	1,083,030	77,402	63,304	23 300	187,212	1,434,248
Additions	-	189,879	19,439	3 900	2,389	215,607
At 31 March 2023	1,083,030	267,281	82,743	27 200	189,601	1,649,855
Depreciation and impairment						
At 1 April 2022	332,117	-	52,706	17 192	146,426	548,441
Depreciation charged in the year	21,661	-	3,915	2 002	8,632	36,210
At 31 March 2023	353,778	-	56,621	19.194	155,058	584,651
Carrying amount						
At 31 March 2023	729,252	267,281	26,122	8.006	34,543	1,065,204
At 31 March 2022	750,913	77,402	10,598	6.108	40,787	885,808

12 Debtors

Amounts falling due within one year:	2023 £	2022 £
Trade debtors	58,425	27,003
Prepayments and accrued income	9,259	7,211
	67,684	34,214

13 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	17,029	41,695
Other creditors	-	3,654
Accruals and deferred income	8,604	8,381
	25,633	53,730

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds				Movement in funds			
	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£	£
Youth Pathways	-	21,000	(21,000)	-	-	-	-	-	-
Learning Disabilities (Adult SS)	-	153,405	(153,405)	-	-	-	-	-	-
Power to Change	-	-	(13,875)	13,875	-	12,250	(12,250)	-	-
Supplementary School	21,371	34,800	(28,097)	-	28,074	42,456	(31,460)	-	39,070
Luncheon Club	-	1,984	(1,984)	-	-	-	-	-	-
Health (Better Together)	-	61,000	(61,000)	-	-	-	-	-	-
Old Peoples (Social Services)	-	76,468	(76,468)	-	-	77,049	(77,049)	-	-
Patient Ambassadors	-	381,541	(327,153)	(54,388)	-	394,338	(394,338)	-	-
Reducing Youth Violence	6,850	-	-	-	6,850	-	(6,850)	-	-
ESF Connected	-	17,749	(7,039)	(10,710)	-	-	-	-	-
COVID 19 Digital Access	380	10,000	(8,296)	-	2,084	-	(2,704)	620	-
COVID 19 Cafe Equipment	722	-	-	-	722	-	(722)	-	-
COVID 19 Cultural Hub	76,111	271,896	(170,943)	-	177,064	17,000	(135,005)	-	59,059
COVID 19 Middleton and Belle Isle	30,035	80,000	(110,035)	-	-	-	-	-	-
Ground works - volunteering	2,810	7,911	(10,721)	-	-	3,770	(4,007)	237	-
Food Bank	4,381	-	(4,381)	-	-	-	-	-	-
ESF Hunslet & Riverside	500	-	(500)	-	-	2,989	(2,989)	-	-
MICE	840	-	(840)	-	-	-	-	-	-
PTC Community BDS	8,000	-	(1,194)	-	6,806	-	-	-	6,806
Winter Warmth	-	3,848	(3,848)	-	-	1,500	(1,500)	-	-
VRU	-	23,980	(17,043)	-	6,937	17,350	(24,287)	-	-
Volition - Autism ALD	(299)	2,000	(1,701)	-	-	-	-	-	-
Burnfire	-	533	(533)	-	-	-	-	-	-
Woodsley Women	-	150	(5,751)	-	(5,601)	10,905	(9,124)	-	(3,820)

14 **Restricted funds** **(Continued)**

Womens Wellbeing	-	9,991	-	-	9,991	-	(5,238)	-	4,753
Test and Trace	-	16,756	(16,756)	-	-	-	-	-	-
Sports England	-	9,940	(3,433)	-	6,507	-	(6,507)	-	-
Kick Start	-	20,365	(21,376)	1,011	-	-	(1,011)	1,011	-
Heritage Cafe	-	3,988	-	-	3,988	-	(3,988)	-	-
Canal & River Trust	-	1,042	(1,042)	-	-	-	-	-	-
Cockburn Sports Hall Development	-	252,086	(4,852)	-	247,234	100,044	(20,376)	-	326,902
Halo Heritage Cafe	-	9,462	-	-	9,462	9,462	(11,095)	-	7,829
Harnessing the Power of Communities	-	6,000	-	-	6,000	-	-	-	6,000
Community Champion	-	12,749	(12,749)	-	-	-	-	-	-
WBI	(2,280)	-	(250)	-	(2,530)	11,474	(9,961)	1,017	-
Youth Alliance LS-Ten	-	-	-	-	-	12,705	(12,705)	-	-
Youth Club	-	-	-	-	-	4,130	(4,130)	-	-
Youth Work Commissioned	-	-	-	-	-	12,494	(12,494)	-	-
Women's Whipsers	-	-	-	-	-	5,750	(5,750)	-	-
PGM Fund	-	-	-	-	-	3,000	(3,000)	-	-
MENCAP	-	-	-	-	-	2,500	(2,500)	-	-
Leeds Older Peoples Forum	-	-	-	-	-	14,000	(3,829)	-	10,171
Association of Blind Asians	-	-	-	-	-	12,000	(16,601)	-	(4,601)
Community Engagement	-	-	-	-	-	10,000	(3,690)	-	6,310
Cultural Food - Christian Community Fund	-	-	-	-	-	190,000	(190,000)	-	-
Health Inequalities	-	-	-	-	-	125,000	(77,735)	-	47,265
Household Support	-	-	-	-	-	32,250	(16,993)	-	15,257
Leeds United Foundation	-	-	-	-	-	3,000	-	-	3,000
Leeds 2023	-	-	-	-	-	300	-	-	300
ABA	-	-	-	-	-	13,580	-	-	13,580
	149,421	1,490,644	(1,086,265)	50,212	503,588	1,141,296	(1,109,888)	(2,885)	537,881

15 Analysis of net assets between funds

	Unrestricted Funds 2023	Restricted Funds 2023	Endowment Funds 2023	Total 2023	Unrestricted Funds 2022	Restricted Funds 2022	Endowment Funds 2022	Total 2022
	£	£	£	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:								
Tangible assets	109,102	267,281	688,821	1,065,204	175,326	-	710,482	885,808
Current assets/(liabilities)	700,556	270,600	-	971,156	390,195	503,588	-	893,783
	809,658	537,881	688,821	2,036,360	565,521	503,588	710,482	1,779,591

16 Endowment funds

The mentioned funds below were used for the development, reconstruction and refurbishment of Hamara Healthy Living Centre. These funds are represented by tangible fixed assets.

	Balance at 1 April 2021	Resources expended	Balance at 1 April 2022	Resources expended	Balance at 31 March 2023
	£	£	£	£	£
Permanent endowments					
Henry Smith Trust	102,990	(3,047)	99,943	(3,047)	96,896
SRB 4	130,122	(3,850)	126,272	(3,850)	122,422
New Opportunities Fund	162,980	(4,822)	158,158	(4,822)	153,336
Neighbourhood Renewal Fund	137,166	(4,058)	133,108	(4,058)	129,050
LCC Capital Grant	137,166	(4,058)	133,108	(4,058)	129,050
Tudor Trust	34,422	(1,018)	33,404	(1,018)	32,386
Percy Bilton Trust	3,096	(92)	3,004	(92)	2,912
Rank Trust	2,064	(61)	2,003	(61)	1,942
Sykes Trust	1,720	(51)	1,669	(51)	1,618
Trinity Methodist Church	739	(22)	717	(22)	695
Leeds City Council	19,678	(582)	19,096	(582)	18,514
	732,143	(21,661)	710,482	(21,661)	688,821

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

18 Subsidiaries

The Charitable Company has the following subsidiary company, which is limited by guarantee, not share capital.

Due to immateriality, the financial results of this subsidiary are not consolidated with the results of Hamara Healthy Living Centre.

Details of the Charitable Company's subsidiaries at 31 March 2023 are as follows:

Name of undertaking	Registered office	Nature of business
Hooner Kelah Miniority Ethinic Women's Training Project Community Interest Company	England & Wales	Help diadvantaged women from miniority ethinic backgrounds

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19	**Cash generated from operations**	**2023**	**2022**
		£	**£**
	Surplus for the year	256,769	443,041
	Adjustments for:		
	Depreciation and impairment of tangible fixed assets	36,211	36,033
	Movements in working capital:		
	(Increase)/decrease in debtors	(33,470)	26,536
	(Decrease)/increase in creditors	(28,097)	35,854
	Cash generated from operations	231,413	541,464

20 Analysis of changes in net funds

The Charitable Company had no debt during the year.

HAMARA HEALTHY LIVING CENTRE

England & Wales - Charity number 1162962

Accounts

Charity registration number 1162962

Company registration number 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

HAMARA HEALTHY LIVING CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustee	Mohammed Farouk - Chair	(Resigned 17/02/2022)
	Mohammed Iqbal (Councillor)	
	Zahid Hamid	
	Waseem Khan	
	Moneer Sharif	
	Dr Noor Ahmad Baloch	
	Yanuka Sawoo	
	Mohammed Adrish	(Appointed 07/10/2021)
	Zohra Bibi-Khaliq	(Appointed 07/10/2021)
	Andrew Whitaker	(Appointed 07/10/2021)
Operations director	Shanaz Gul	
Charity number	1162962	
Company number	04537287	
Registered office	Hamara HLC Tempest Road Leeds LS11 6RD	
Auditor	Henton & Co LLP Chartered Accountants Northgate 118 North Street Leeds LS2 7PN	
Bankers	Virgin Money 1 Penny Hill Centre Church Street Hunslet Leeds LS10 2 AP	
Solicitors	Wrigleys Solicitors 19 Cookridge Street Leeds LS2 3AG Leeds LS2 3AG	

HAMARA HEALTHY LIVING CENTRE

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HAMARA HEALTHY LIVING CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Trustee present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charitable Company's governing document, the Companies Act 2006 and "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

The principal objective of the charitable company in the period under review was to carry out activities which will promote and provide health facilities and social welfare opportunities for the inhabitants of South Leeds.

The trustees have complied with their duty (set out in section 4 of the Charities Act) to have due regard to public benefit guidance published by the Charity Commission. The trustees have considered the public benefit delivered by the charity, which includes the following objectives and activities:

Summary of the objects of the charity set out in the governing document
i) Advance the education of the said inhabitants
ii) Provide facilities for recreation of other leisure time occupation of the said inhabitants in the interests of social welfare with the object of improving their conditions of life
iii) Relieve sickness and preserve health through the provision of support, education and practical advice
iv) Promote general charitable purposes of the inhabitants and in particular provide opportunities for them to participate fully in the life of their community in ways which address and alleviate economic disadvantage.

Summary of the main activities in relation to these objectives
Information and Advice
- Interpreting and translation
- Drop - in advice service
- Citizens Advice Bureau Surgeries
- Form Filling Clinics
- Advocacy

Health Promotion/ Education
- Physical activities programme
- Walking groups
- Nutrition and Healthy cooking classes
- Health awareness events and seminars
- GP referral programme
- Community Gym
- One to one health checks and healthy living support
- Wider determinants of health support

Older Peoples Services
- Luncheon clubs
- Older peoples clubs
- Trips and outings
- Dementia services

Women's Activities
- Sewing skills classes
- English language classes
- Social & recreational clubs
- Carer's group

Youth Activities
- Youth clubs
- Sports activities
- Young people community cohesion project
- Residentials and recreational activities
- One to one advice, support and career guidance
- Youth forums
- Supplementary school

Learning Disabilities Project
- Day opportunity support service
- Transport service
- Leisure and recreational activities
- Advocacy
- Family and carers support

Hamara also provided office services, (photocopying, IT access etc.) room/venue hire, and catering services to the local community and provided a community gym that included "women only" sessions.

Hamara Supplementary School
The Hamara Supplementary School continued to support the families of Leeds in a time when it was most needed. We have 43 families on our database and we sustained regular contact with each family by carrying out calls to them at least twice a week. We also distributed a mixture of warm and cold readymade meals to families that we knew would struggle with food supplies and ensured that this service was openly available to all that were on our database. We worked with our local primary schools, and they referred families who they felt would need support during the lockdown period and we provided breakfast and lunch to the children and families that would normally receive free school meals.

In addition to the support we were providing through our foodbank and readymade meals provision, we also delivered weekly online session to support parents and carers with education through the school closures. Every Saturday between 10am-12pm we would deliver English and Math lessons to children aged between 5-11 years of age. These sessions were delivered by 6 qualified teachers who taught a particular year group (years 1-6). These sessions were initially only opened to the children and families of our supplementary school but as we saw the need increasing, we then opened this project to the wider community and city.

We also provided children with a 'stay at home' pack which was put together to keep children active and engaged on learning. These packs included a pen, pencil, ruler, writing books, activity sheets, arts and crafts equipment and we also provided sports equipment e.g., tennis racket and balls, football etc.

Key Achievements

- We continued to assist the families of Leeds during the pandemic with educational support throughout the national lockdowns and school closures.
- Over 3795 healthy and nutritious readymade meals were prepared and delivered to families who would normally receive free school meals.
- 671 'Stay at home packs' were prepared and delivered to children across Leeds.
- Partnerships with mainstream schools were formed which allowed us to support a wider audience.











Cultural Food Hub

We noticed the need for culturally appropriate food parcels at the start of the pandemic and carried out a research exercise with the 5 main ethnicities city wide. These were the African, Caribbean, South Asian, Middle Eastern and Eastern European communities, and soon established that the food parcels they were receiving were not in accordance with their needs. Further research was carried to identify the staple foods of each community and from the findings we devised culturally appropriate food parcels that were distributed within our community. We were then selected by Leeds City Council to be the Cultural Food Hub of South, North and West Leeds to support community organisations tackle food poverty during the national lockdowns.

Through this project we supported over 30 grass root organization per week by providing them with 30-60 culturally appropriate food parcels which they would then distribute within their communities to the most vulnerable. The demand increased weekly and the area and communities that we served increased with this.

In addition to the cultural food parcels, we also provided support to these organisations by:

- Forming a network of community organisations who meet monthly to discuss best practise, funding opportunity and partnership possibilities.
- Provided fresh food which included fruit, veg, refrigerated and frozen food and meat.
- Toiletries
- School uniform
- Support to tackle digital poverty.

Along with food we also provide a holistic service to the organisations, sign posting and referring them to other relevant organisations where needed.

Key achievements

Number of families supported/total number of parcels distributed – **12,269**

Number of beneficiaries – **61,345**

Number of organisations we have support through this project - **36**





Hamara Food Bank

During the Pandemic were selected by the council to be the Community Hub of South Leeds to support our community during the national lockdowns. Our foodbank ran continuously for 5 days a week throughout the entirety of the pandemic and our service users have been able to gain access to food, which they may not have been able to otherwise. Our approach to providing the food parcels, through the offering of 5 different culturally appropriate food parcels, has meant that we have been able to support a wider audience of service users by adjusting our food parcels to meet the varying cultural needs of each service user. Our foodbank supported on average around 240-260 families a week. We have been able to support service users by providing them with the essentials that they require to meet their basic day-to-day needs and requirements of living. Our foodbank provides a mixture of frozen, tinned, and fresh food, which encouraged our service users to be more independent with the way they chose to adapt to these foods and use them to ensure that their day-to-day needs were fulfilled.

Through our foodbank, we conducted outreach work to ensure that service users are supported as fully as possible. When we provide food parcels to service users, we are continuously assessing their needs and requirements on a regular basis to ensure that we are moving them towards a sense of independence, whilst also ensuring that they are receiving the most appropriate form of support as and when they need it, such as employment, housing and benefit applications support. Our staff and volunteers delivered food parcels to those who were shielding and isolating again ensuring that the most vulnerable were supported. This was with the support of Leeds City Council who would refer individuals who tested positive to COVID-19 and were asked to self-isolate.

In addition to the above, Hamara supported the residents of South Leeds by providing the following services through the community Care Hub project:

- Weekly Well-being calls
- Prescription pick-up service
- Pet walking service
- Healthy and nutritious readymade meals delivered to those who were shielding/ self-isolating
- Shopping service
- Baby bank service (providing nappies, baby food and clothes)
- Clothing bank service

Key achievements

- Total number of food parcels provided – **5408**
- Number of families supported by our foodbank provision - **1325**
- Total number of beneficiaries – **6625**
- Total number of readymade meals distributed – **16,895**
- Prescription service, Shopping service, Baby Bank service, Clothing bank service - Total number of beneficiaries - **349**
- Total number of well-being calls carried out - **6984**







Hamara Youth Strand



Hamara runs youth sessions, three times a week that involves Arts and crafts, Sports, Training, NEET 1:1 support, cooking sessions & member-led activities. The youth worker used local knowledge and engagement skills to recruit 35 young people onto the programme. The sessions are a huge success with some of the young people volunteering with us.

Our programs focus on:

- Reducing number of young people hanging about on the streets.
- Socialising with their peers in a safe environment.
- Encouraging creativity through activities.
- Leadership
- Upskilling.

Key achievements

- Providing Youth Sessions that caters to the needs and interests of young people.
- Encouraging young people to engage in activities that make use of existing skills or to learn new ones.
- Building on the relationships formed so far – and increase membership, particularly work with young people on identified issues and form activities/projects from their views.

Neighbourhood Networks

The Neighbourhood Networks team worked tirelessly to provide opportunities to meet local needs and promote health & wellbeing.

We have supported our members to engage with regular BAME wellbeing cafes which have been an opportunity for members to learn more about the health inequalities that the BAME communities are at higher risk of- This has also been a wonderful opportunity for our members to undertake cross-project, inter-generational, inter-faith and mixed gender activities with other service users and the wider community, which is often a struggle due to cultural norms of women/men only activities.

We have also engaged our men's and women's groups with Mindfulness courses through a partnership with the Leeds Mindfulness Co-op, which was well received and promoted a healthier lifestyle, as well as helping them to work through issues within their daily life that cause stresses, upset and anxieties- This has strengthened coping mechanisms within the groups when practiced alongside the practical befriending & bereavement support and advocacy provided by staff and peers.

We are also a newly registered Dementia Friendly space, running a dementia café, to ensure our older peoples services are fully inclusive and the most vulnerable members of the community can receive support from trained staff. Our members have actively participated in sessions on Digital inclusion, learning how to access online services for GPs, prescriptions, housing and benefits which has made vital community services more accessible

This year our aim was to further reduce social isolation and mitigate the long term impact that the Covid-19 pandemic has had on the older communities- which we have achieved by getting people back into services and expanding not only our groups but the reach within minority communities as well as doing extensive research around vaccination uptake, health inequalities and health & wellbeing.

Key achievements:

- Provided a service which caters to the needs of individuals and the wider group, based within a supportive and structured environment.
- Supported members with opportunities for health, wellbeing, socialisation, upskilling and advocacy.
- Support our members to access online services and promote digital inclusion.



Patient Ambassadors

In its 6th year of partnership work, Hamara and Burmantofts, Harehills and Richmond Hill Primary Care Network (BHR PCN) continues to grow from strength to strength. The Patient Ambassador Service sees several new staff additions to the team this year, enabling us to extend our reach even further, supporting the most vulnerable of patients living with the aftermath of Covid-19. The Patient Ambassador Service aims to deliver a reactive and proactive provision to improve the healthcare of patients across 12 GP practices in the Burmantofts, Harehills and Richmond Hill area of Leeds, working closely with clinical and clerical staff to deliver a robust and holistic patient care service.

This vital Personalised Care role works restoratively, engaging patients using Shared Decision Making to make a full assessment of their non-medical needs, could include but not restricted to inadequate housing, low-level mental health, language barriers, social isolation, welfare rights, food/fuel poverty, digital exclusion and much more. Through working closely with patients identifying and working towards defined goals the Patient Ambassadors can signpost appropriately and make onward referrals to specialist local services, building resiliency and capacity within the local community.

We understand that General Practice delivers to a local community who often find it difficult to engage with their own healthcare and certainly find it difficult to navigate the healthcare system. Patient Ambassadors aim to support patients through health education, supporting them to understand what provisions are available to them and ultimately their ability to 'choose well'.

Our Hamara team of Patient Ambassadors are highly skilled professionals with backgrounds varying from Early Childhood Development to Drug and Alcohol support to Special Educational Needs and the Probation service. Across our team of Patient Ambassadors, seven different languages are spoken and are thus able to provide a non-judgemental culturally sensitive provision. As well as providing 1:1 support, the Patient Ambassadors also facilitate group work, taking the support out of the four walls of the clinical room, working towards reducing social isolation through bringing patients together with common difficulties.



Learning Disabilities and Autism

Halo Project – The service remained closed for the first 6 months of 2021 and all delivery went online and phone. Whilst the provision was online, we created activity packs, which members received once a month, consisting of arts and craft materials, books and puzzles. In addition to this we made regular wellbeing calls and offered our support to members and families.

Online sessions were created, we advertised them city wide in total we worked with approximately 40 adults with Learning Disabilities and Autism. Sessions online were Cooking, Draw What You Hear, Coffee mornings, Let's Eat Together, and Chair based exercise, we delivered sessions on current issues, such as the Covid pandemic, and we celebrated Eid, Diwali and Christmas. These activities strengthened our relationship further with key stakeholders, members, and families.

We then reopened our doors to this provision and eased members back into the building ensuring we maintain social distancing. Members were extremely excited to return, and we began to deliver in person and online sessions.

Members have regular key worker meetings, and the outcomes are recorded in care plans. One member's outcome was to exercise more to become healthier and lose weight which he achieved with the help and support from the Halo team and his family.



Management Report

We consistently made sound judgement and predictions throughout the pandemic, keeping our team and beneficiaries safe and worked hard to protect the well-being of the most vulnerable. Each of Hamara services adapted swiftly and stayed open throughout the year, this was the period we were needed now more than ever before. Not just locally but across the city as the Cultural Hub, providing culturally appropriate food parcels to organisations in addition to individuals.

We continue to have foresight and utilise the relationships and partnerships that we built on the ground and work collaboratively, sharing resources and support to smaller more grass root communities of interest.

Despite the relentless turmoil and un-anticipated restrictions of Covid- 19, Hamara has thrived in the storm and the resilience of the team has kept the ship sailing in these murky waters. We consistently worked alongside and supported Local Authority, Public Health and NHS, and have been a key strategic partner in projects such as vaccination programmes, Community Care Hubs and Community Champions. Hamara will continue to support moving forward as Health promotion and Well-being is a priority and paramount, especially in the current climate.

We have seen a huge rise in food and fuel poverty as a direct impact of the pandemic as well as exacerbated circumstances. We will be working harder to firstly, ensure we continue to support with food as a necessity and secondly, build more provision, which will give one to one support and the opportunity for individuals to get the time and space they need to explore options with the right information and guidance. The aim is to build resilience and aspirations by providing high support with high challenge to get individuals where they want to be.

The current climate has had a significant impact on the sector, with all Government and Trusts funding streams redirected to support the pandemic, changes and cuts in the following year are likely in addition to the way contracts maybe be distributed. We are committed to and will continue to respond to local need, sustaining our core services will be key in enabling this.

The values and key principles adopted the previous year have been lived and embedded with amazing results and responses from our beneficiaries. This holistic and person centred way of working has achieved results almost instantly and truly feels like it should be the only way of working with people.

The sector has continued to work together to tackle and address the needs of the community which reside amongst us and further. We would like to thank, congratulate and commend such bravery and comradery from our partners, volunteers and all of our stakeholders for providing their services and giving their valuable time in such a difficult period. Finally a huge thank you to our funders for giving us the opportunity and funds to execute such work.

Financial review

At the end of the year ended 31 March 2022, the Charitable Company's excess of income over expenditure amounted to £443,041 (2021: £293,867). This increases the reserves carried forward to £1,779,591 (2021: £1,336,550).

The trustees of Hamara will review the organisation's needs for financial reserves in line with the guidance issued by the Charity Commission and will set aside or designate funds to meet commitments on co-financed projects and to safeguard the organisation's service commitment in the event of delays in receipt of grants or accrued legacies.

The Charitable Company has continued to maintain a reserves balance in accordance with its stated aim of having wind-up costs plus contingency amounts set aside to cover future significant repairs and maintenance which may be required to maintain the Hamara centre. This policy will be reviewed every two years from the date of the implementation and the Board aims to review the reserves budget on a quarterly basis. Where changes in employment legislation occur that directly affect this policy and procedures, these will be reflected with immediate effect.

The organisation received its income from a diverse range of sources, an approach which has been deliberately implemented to avoid over reliance on one particular funder. Although funding has been more difficult to secure as a result of a more competitive environment, we are please that projects were largely run at the same level as previous years. The principal funding sources in the past year were; Big Lottery Fund, Sport England, Comic Relief, European Social Investment Fund, Leeds City Council, Leeds Community Foundation, Reed, Department of Work and Pensions, European Social Fund, European Commission and various trusts and foundation. Income has also been generated from hiring out rooms, community café and gym membership to help cover some of the buildings' running costs.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Risk Management

A number of policies, procedures and systems have been implemented to help mitigate the risks the organisation may face. Current risk considered to be of high priority relate to the likelihood of large scale cuts in public sector funding which will have an impact on the sector as a whole. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, visitors and users of the centre and together with other mandatory policies, these procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Plans for future periods

Collaboration and building back together is our focus for the following year. We will build on our partnerships and work together to set up more projects in more areas, in order to reach more communities and overcome barriers. Set up what the communities want to see in their areas and also ensure that the right training and volunteering opportunities are available to create work routes and independence.

We will be looking into a CRM system to collate more data. This will allow to review and give insight into the current climate and give direction into what services we should be offering and the needs of the community.

The Cockburn rebuild capital project will have its marketing and publicity finalised and disseminated across the city. Support will be acquired from partners and the community will be encouraged to get involved in small fundraisers should the climate and restrictions permit. We will continue to work on Planning Permission and retain the Cockburn Committee meetings as a route to maintain stakeholder voice in the project as well keep the community in the loop of project progression.

The effects of the pandemic has hit people living in poverty the most, from mental health to poor physical health, to the wider determinants of health. Getting people out and socialising safely will be a huge priority; in the following year we will work towards securing funding to put on as many face-to-face services as we can, safely and following government guidelines.

Structure, governance and management

The Charitable Company was incorporated as a Charitable Company limited by guarantee on 17 September 2002 and its Memorandum and Articles of Association were adopted on 17 September 2002. The Charitable Company is a company limited by guarantee and registered charity. It has no share capital and the liability of each member, in the event of winding-up, is limited to £1.

The organisation operates under a memorandum of association which established the objects and powers of the company and is governed under its articles of association.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Up to 12 people are able to sit on the Hamara board and at the time of this report the board had seven trustees, including its chair. Trustees of Hamara HLC are also directors of the organisation for the purpose of the Companies Act 2006.

New trustees are elected by the existing trustees and serve for a three year term before retiring from office. Retiring trustees can serve consecutive terms subject to being elected.

The trustees have the power to co-opt two further members to fill specialist roles or to seek a more balanced board of trustees.

The board, which meets six times a year, has responsibility for the strategic direction and policy of the charity. The trustees are from a variety of backgrounds in order to reflect both the locality the organisation serves and its key target groups. An Operations Director has been appointed to manage the day to day operations of the organisation and has delegated responsibility for areas related to finance, employability and delivery of services.

The operations Director is supported by a Senior Management Team consisting of an Operations Manager and a Finance and Fundraising Manager.

New trustees are provided with an induction to brief them on the aims, objectives and current activities of the organisation together with a trustee's pack outlining obligations, meeting dates and other relevant information.

In response to a trustee's skills analysis undertaken during the course of the year a short programme of training will again be delivered to all trustees within the next financial year.

Supplier payment policy

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Statement of Trustees' responsibilities

The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustee are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

Auditor

In accordance with the company's articles, a resolution proposing that be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustee has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees' report was approved by the Board of Trustee.

Waseem Khan
Trustee

5 January 2023

HAMARA HEALTHY LIVING CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Opinion

We have audited the financial statements of Hamara Healthy Living Centre (the 'Charitable Company') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustee are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charitable Company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees' report.

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustee were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustee

As explained more fully in the statement of Trustees' responsibilities, the Trustee, who are also the directors of the Charitable Company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustee are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustee either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- Reviewed the nature of the industry and sector, the control environment and business performance for the year.
- Identifying the laws and regulations the company operates within and enquiring with management if they are aware of any non compliance issues.
- Discussed how and where fraud may occur with all members of the audit engagement team.
- In line with all audits under ISAs (UK) we were required to perform tests to respond to the risk of management override. We tested the appropriateness of journal entries, evaluated the judgements made for accounting estimates to assess if any bias, and assessed the rationale behind any significant or unusual transactions.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Menzies + Co LLP

Chris Howitt (Senior Statutory Auditor)
for and on behalf of

9/1/23

Chartered Accountants
Statutory Auditor

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Endowment funds 2022 £	Total 2022 £	Total 2021 £
Income from:						
Donations and legacies	4	-	1,490,644	-	1,490,644	991,174
Charitable activities	3	203,488	-	-	203,488	299,334
Total income		203,488	1,490,644	-	1,694,132	1,290,508
Expenditure on:						
Raising funds	6	1,566	6,487	21,661	29,714	29,847
Charitable activities	5	141,599	1,079,778	-	1,221,377	963,270
Other	10	-	-	-	-	3,524
Total expenditure		143,165	1,086,265	21,661	1,251,091	996,641
Net incoming/(outgoing) resources before transfers		60,323	404,379	(21,661)	443,041	293,867
Net incoming/(outgoing) resources before transfers		60,323	404,379	(21,661)	443,041	293,867
Gross transfers between funds		50,212	(50,212)	-	-	-
Net movement in funds		110,535	354,167	(21,661)	443,041	293,867
Fund balances at 1 April 2021		454,986	149,421	732,143	1,336,550	1,042,683
Fund balances at 31 March 2022		565,521	503,588	710,482	1,779,591	1,336,550

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The notes on pages 21 to 34 form part of these financial statements.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Endowment funds 2021 £	Total 2021 £
Income from:					
Donations and legacies	4	-	991,174	-	991,174
Charitable activities	3	299,334	-	-	299,334
Total income		299,334	991,174	-	1,290,508
Expenditure on:					
Raising funds	6	(89)	8,275	21,661	29,847
Charitable activities	5	61,940	901,330	-	963,270
Other	10	3,524	-	-	3,524
Total expenditure		65,375	909,605	21,661	996,641
Net incoming/(outgoing) resources before transfers		233,959	81,569	(21,661)	293,867
Gross transfers between funds		(18,657)	18,657	-	-
Net movement in funds		215,302	100,226	(21,661)	293,867
Fund balances at 1 April 2020		239,684	49,195	753,804	1,042,683
Fund balances at 31 March 2021		454,986	149,421	732,143	1,336,550

HAMARA HEALTHY LIVING CENTRE

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	11		885,808		866,889
Current assets					
Debtors	12	34,214		60,750	
Cash at bank and in hand		913,299		426,787	
		947,513		487,537	
Creditors: amounts falling due within one year	13	(53,730)		(17,876)	
Net current assets			893,783		469,661
Total assets less current liabilities			1,779,591		1,336,550
Capital funds					
Endowment funds - general					
General endowment funds		710,482		732,143	
		710,482		732,143	
Permanent endowment		702,863		724,524	
Expendable endowment		7,619		7,619	
	16		710,482		732,143
Income funds					
Restricted funds	14		503,588		149,421
Unrestricted funds			565,521		454,986
			1,779,591		1,336,550

The notes on pages 21 to 34 form part of these financial statements.

The financial statements were approved by the Trustee on 5 January 2023

Waseem Khan
Trustee

Company registration number 04537287

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Cash flows from operating activities					
Cash generated from operations	**19**		541,464		341,064
Investing activities					
Purchase of tangible fixed assets		(54,952)		(76,660)	
Net cash used in investing activities			(54,952)		(76,660)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			486,512		264,404
Cash and cash equivalents at beginning of year			426,787		162,383
Cash and cash equivalents at end of year			913,299		426,787

The notes on pages 21 to 34 form part of these financial statements.

1 Accounting policies

Charity information

Hamara Healthy Living Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Hamara HLC, Tempest Road, Leeds, LS11 6RD.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustee have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustee continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustee in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

Income is recognised when the Charitable Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charitable Company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charitable Company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line
Leasehold improvements	Currently under construction therefore no depreciation has been charged
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance
Office Equipment	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charitable Company's accounting policies, the Trustee are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Charitable activities

	Charitable Income 2022 £	Charitable Income 2021 £
Halo	168,488	166,266
Lloyds Bank Foundation	30,000	20,000
Power to Change	-	30,000
Job Retention Scheme	-	20,318
Cockburn Sports Hall	-	25,000
General Funds	5,000	37,750
	203,488	299,334

4 Donations and legacies

	Restricted funds 2022 £	Restricted funds 2021 £
Grants and donations	1,490,644	991,174
Grants receivable for core activities		
Learning Disabilities (Adult SS)	153,405	150,988
Health (Better Togther)	-	61,000
Old Peoples (Social Services)	76,468	91,910
Patient Ambassadors	363,913	131,036
Youth Pathways	21,000	21,000
ESF Connected	17,749	23,333
Other	858,109	511,907
	1,490,644	991,174

5 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Staff costs	769,874	514,941
Depreciation and impairment	14,372	14,141
Board expenses, travel and meetings costs	16,844	3,505
Staff training and expenses	6,203	766
Project activities	289,300	251,525
Telephone and internet	12,116	10,523
Cleaning	10,975	10,716
Subscriptions and dues	6,614	4,076
Premises Costs	21,510	44,517
Minibus and travel	7,382	1,641
Professional Fees	21,849	53,049
Health and safety	1,444	1,574
Heat and light	26,013	29,548
Insurance	2,725	9,383
Postage and stationary	2,808	3,137
Sundry expenses	2,312	-
Rent & Rates	9,036	10,228
	1,221,377	963,270
	1,221,377	963,270
Analysis by fund		
Unrestricted funds	141,599	61,940
Restricted funds	1,079,778	901,330
	1,221,377	963,270

6 Raising funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Endowment funds general 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Endowment funds general 2021 £	Total 2021 £
Fundraising and publicity								
Advertising	1,566	6,487	-	8,053	(89)	8,275	-	8,186
Depreciation and impairment	-	-	21,661	21,661	-	-	21,661	21,661
Fundraising and publicity	1,566	6,487	21,661	29,714	(89)	8,275	21,661	29,847
	1,566	6,487	21,661	29,714	(89)	8,275	21,661	29,847

7 Trustee

During the year, the Trustees were paid expenses amounting to £2,101 (2020: £11,342).

8 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the Charitable Company's auditor and associates:	**2022**	**2021**
	£	**£**
Audit of the Charitable Company's annual accounts	7,800	7,800

9 Employees

The average monthly number of employees during the year was:

	2022	**2021**
	Number	**Number**
	35	28

Employment costs	**2022**	**2021**
	£	**£**
Wages and salaries	769,874	514,941

There were no employees whose annual remuneration was more than £60,000.

10 Other

	Total	Unrestricted funds
	£	
	2022	2021
Net loss on disposal of tangible fixed assets	-	3,524

11 Tangible fixed assets

	Freehold land and buildings	Leasehold improvements	Fixtures and fittings	Motor vehicles	Office Equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2021	1,083,030	37,740	54,406	23,300	180,821	1,379,297
Additions	-	39,662	8,898	-	6,392	54,952
At 31 March 2022	1,083,030	77,402	63,304	23,300	187,213	1,434,249
Depreciation and impairment						
At 1 April 2021	310,456	-	50,057	15,665	136,230	512,408
Depreciation charged in the year	21,661	-	2,649	1,527	10,196	36,033
At 31 March 2022	332,117	-	52,706	17,192	146,426	548,441
Carrying amount						
At 31 March 2022	750,913	77,402	10,598	6,108	40,787	885,808
At 31 March 2021	772,574	37,740	4,349	7,635	44,591	866,889

12 Debtors

	2022	2021
Amounts falling due within one year:	**£**	**£**
Trade debtors	27,003	59,960
Other debtors	-	790
Prepayments and accrued income	7,211	-
	34,214	60,750

13 Creditors: amounts falling due within one year

	2022	2021
	£	**£**
Trade creditors	41,695	10,076
Other creditors	3,654	-
Accruals and deferred income	8,381	7,800
	53,730	17,876

1 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds				
	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 31 March 2022
	£	£	£	£	£	£	£	£	£
Youth Pathways	-	21,000	(21,000)	-	-	21,000	(21,000)	-	-
Learning Disabilities (Adult SS)	-	150,988	(150,988)	-	-	153,405	(153,405)	-	-
Power to Change	40,637	-	(40,637)	-	-	-	(13,875)	13,875	-
Supplementary School	-	44,604	(23,233)	-	21,371	34,800	(28,097)	-	28,074
Luncheon Club	-	3,076	(3,076)	-	-	1,984	(1,984)	-	-
Health (Better Together)	-	61,000	(61,000)	-	-	61,000	(61,000)	-	-
Language Hub	1,582	4,843	(6,425)	-	-	-	-	-	-
Old Peoples (Social Services)	-	91,910	(91,910)	-	-	76,468	(76,468)	-	-
Patient Ambassadors	-	143,261	(143,261)	-	-	381,541	(327,153)	(54,388)	-
Talk English	-	-	(16,250)	16,250	-	-	-	-	-
Reducing Youth Violence	6,976	2,874	(3,000)	-	6,850	-	-	-	6,850
Prevent	-	9,427	(9,427)	-	-	-	-	-	-
ESF Connected	-	23,333	(25,740)	2,407	-	17,749	(7,039)	(10,710)	-
Volunteer Hub	-	59,850	(59,850)	-	-	-	-	-	-
COVID 19 Digital Access	-	24,770	(24,390)	-	380	10,000	(8,296)	-	2,084
COVID 19 Cafe Equipment	-	2,000	(1,278)	-	722	-	-	-	722
COVID 19 Cultural Hub	-	176,408	(100,297)	-	76,111	271,896	(170,943)	-	177,064
COVID 19 Middleton and Belle Isle	-	67,600	(37,565)	-	30,035	80,000	(110,035)	-	-
DCMS	-	54,061	(54,061)	-	-	-	-	-	-
Ground works - volunteering	-	7,911	(5,101)	-	2,810	7,911	(10,721)	-	-
Food Bank	-	4,381	-	-	4,381	-	(4,381)	-	-
ESF Hunslet & Riverside	-	500	-	-	500	-	(500)	-	-
MICE	-	840	-	-	840	-	(840)	-	-
PTC Community BDS	-	8,000	-	-	8,000	-	(1,194)	-	6,806
Winter Warmth	-	4,348	(4,348)	-	-	3,848	(3,848)	-	-
VRU	-	18,480	(18,480)	-	-	23,980	(17,043)	-	6,937
VRU - Saturday School	-	5,709	(5,709)	-	-	-	-	-	-
Volition - Autism ALD	-	-	(299)	-	(299)	2,000	(1,701)	-	-
Burnfire	-	-	-	-	-	533	(533)	-	-
Woodsley Women	-	-	-	-	-	150	(5,751)	-	(5,601)
Womens Wellbeing	-	-	-	-	-	9,991	-	-	9,991

1 **Restricted funds** **(Continued)**

Test and Trace	-	-	-	-	-	16,756	(16,756)	-	-
Sports England	-	-	-	-	-	9,940	(3,433)	-	6,507
Kick Start	-	-	-	-	-	20,365	(21,376)	1,011	-
Heritage Cafe	-	-	-	-	-	3,988	-	-	3,988
Canal & River Trust	-	-	-	-	-	1,042	(1,042)	-	-
Cockburn Sports Hall Development	-	-	-	-	-	252,086	(4,852)	-	247,234
Halo Heritage Cafe	-	-	-	-	-	9,462	-	-	9,462
Harnessing the Power of Communities	-	-	-	-	-	6,000	-	-	6,000
Community Champion	-	-	-	-	-	12,749	(12,749)	-	-
WBI	-	-	(2,280)	-	(2,280)	-	(250)	-	(2,530)
	49,195	991,174	(909,605)	18,657	149,421	1,490,644	(1,086,265)	(50,212)	503,588

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

15 Analysis of net assets between funds

	Unrestricted Funds 2022	Restricted Funds 2022	Endowment Funds 2022	Total 2022	Unrestricted Funds 2021	Restricted Funds 2021	Endowment Funds 2021	Total 2021
	£	£	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:								
Tangible assets	175,326	-	710,482	885,808	134,746	-	732,143	866,889
Current assets/(liabilities)	339,983	553,800	-	893,783	320,240	149,421	-	469,661
	515,309	553,800	710,482	1,779,591	454,986	149,421	732,143	1,336,550

16 Endowment funds

The mentioned funds below were used for the development, reconstruction and refurbishment of Hamara Healthy Living Centre. These funds are represented by tangible fixed assets.

	Balance at 1 April 2020	Resources expended	Balance at 1 April 2021	Resources expended	Balance at 31 March 2022
	£	£	£	£	£
Permanent endowments					
Henry Smith Trust	106,037	(3,047)	106,037	(3,047)	102,990
SRB 4	133,972	(3,850)	133,972	(3,850)	130,122
New Opportunities Fund	167,802	(4,822)	167,802	(4,822)	162,980
Neighbourhood Renewal Fund	141,224	(4,058)	141,224	(4,058)	137,166
LCC Capital Grant	141,224	(4,058)	141,224	(4,058)	137,166
Tudor Trust	35,440	(1,018)	35,440	(1,018)	34,422
Percy Bilton Trust	3,188	(92)	3,188	(92)	3,096
Rank Trust	2,125	(61)	2,125	(61)	2,064
Sykes Trust	1,771	(51)	1,771	(51)	1,720
Trinity Methodist Church	761	(22)	761	(22)	739
Leeds City Council	20,260	(582)	19,678	(582)	(1,983)
	753,804	(21,661)	732,143	(21,661)	710,482

17 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

18 Subsidiaries

The Charitable Company has the following subsidiary company, which is limited by guarantee, not share capital.

Due to immateriality, the financial results of this subsidiary are not consolidated with the results of Hamara Healthy Living Centre.

Details of the Charitable Company's subsidiaries at 31 March 2022 are as follows:

Name of undertaking	Registered office	Nature of business
Hooner Kelah Miniority Ethinic Women's Training Project Community Interest Company	England & Wales	Help diadvantaged women from miniority ethinic backgrounds

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

19	Cash generated from operations	2022 £	2021 £
	Surplus for the year	443,041	293,867
	Adjustments for:		
	(Gain)/loss on disposal of tangible fixed assets	-	3,524
	Depreciation and impairment of tangible fixed assets	36,033	35,802
	Movements in working capital:		
	Decrease in debtors	26,536	22,605
	Increase/(decrease) in creditors	35,854	(14,734)
	Cash generated from operations	541,464	341,064

20 Analysis of changes in net funds

The Charitable Company had no debt during the year.

HAMARA HEALTHY LIVING CENTRE

England & Wales - Charity number 1162962

Accounts

Charity Registration No. 1162962

Company Registration No. 04537287 (England and Wales)

HAMARA HEALTHY LIVING CENTRE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

HAMARA HEALTHY LIVING CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustee	Mohammed Farouk - Chair Mohammed Iqbal (Councillor) Zahid Hamid Waseem Khan Moneer Sharif Dr Noor Ahmad Baloch Yanuka Sawoo
Operations director	Shanaz Gul
Charity number	1162962
Company number	04537287
Registered office	Hamara HLC Tempest Road Leeds LS11 6RD
Auditor	Henton & Co LLP Chartered Accountants Northgate 118 North Street Leeds LS2 7PN
Bankers	Virgin Money 1 Penny Hill Centre Church Street Hunslet Leeds LS10 2 AP
Solicitors	Wrigleys Solicitors 19 Cookridge Street Leeds LS2 3AG Leeds LS2 3AG

HAMARA HEALTHY LIVING CENTRE

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HAMARA HEALTHY LIVING CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The Trustee present their annual report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charitable Company's governing document, the Companies Act 2006 and "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

The principal objective of the charitable company in the period under review was to carry out activities which will promote and provide health facilities and social welfare opportunities for the inhabitants of South Leeds.

The trustees have complied with their duty (set out in section 4 of the Charities Act) to have due regard to public benefit guidance published by the Charity Commission. The trustees have considered the public benefit delivered by the charity, which includes the following objectives and activities:

Summary of the objects of the charity set out in the governing document
i) Advance the education of the said inhabitants
ii) Provide facilities for recreation of other leisure time occupation of the said inhabitants in the interests of social welfare with the object of improving their conditions of life
iii) Relieve sickness and preserve health through the provision of support, education and practical advice
iv) Promote general charitable purposes of the inhabitants and in particular provide opportunities for them to participate fully in the life of their community in ways which address and alleviate economic disadvantage.

Summary of the main activities in relation to these objectives

Information and Advice

- Interpreting and translation
- Drop - in advice service
- Citizens Advice Bureau Surgeries
- Form Filling Clinics
- Advocacy

Health Promotion/ Education

- Physical activities programme
- Walking groups
- Nutrition and Healthy cooking classes
- Health awareness events and seminars
- GP referral programme
- Community Gym
- One to one health checks and healthy living support
- Wider determinants of health support

Older Peoples Services
- Luncheon clubs
- Older peoples clubs
- Trips and outings
- Dementia services

Women's Activities
- Sewing skills classes
- English language classes
- Social & recreational clubs
- Carer's group

Youth Activities
- Youth clubs
- Sports activities
- Young people community cohesion project
- Residentials and recreational activities
- One to one advice, support and career guidance
- Youth forums
- Supplementary school

Learning Disabilities Project
- Day opportunity support service
- Transport service
- Leisure and recreational activities
- Advocacy
- Family and carers support

Routes to Work
- Tailored interventions to remove barriers to employment
- One to one support
- Specialist support

Hamara also provided office services, (photocopying, IT access etc.) room/venue hire, and catering services to the local community and provided a community gym that included "women only" sessions.

Hamara Supplementary School
Due to the pandemic having a detrimental impact on the educational system, Hamara Supplementary School decided to step-in, and support the families of Leeds in a time when it was most needed. We have 38 families and around 53 children on our database and we sustained regular contact with each family by carrying out calls to them at least twice a week. We also distributed a mixture of warm and cold readymade meals to families that we knew would struggle with food supplies and ensured that this service was openly available to all that were on our database. We worked with our local primary schools, and they refer families that they felt would need any support during the lockdown period and we provided breakfast and lunch to the children and families that would normally receive free school meals.

In addition to the support, we were providing through our foodbank and readymade meals provision, we also delivered weekly online session to support parents and carers with education through the school closures. Every Saturday between 10am-11:30am we would deliver English and Math lessons to children aged between 5-11 years of age. These sessions were delivered by 6 qualified teachers who taught a particular year group (years 1-6). These sessions were initially only opened to the children and families of our supplementary school but as we saw the need increasing, we then opened this project to the wider community and city.

We also provided children with a 'stay at home' pack which was put together to keep children active and engaged on learning. These packs included a pen, pencil, ruler, writing books, activity sheets, arts and crafts equipment and we also provided sports equipment e.g., tennis racket and balls, football etc.

Key Achievements

- We continued to assist the families of Leeds during the pandemic with educational support throughout the national lockdowns and school closures.
- Over 4000 healthy and nutritious readymade meals were prepared and delivered to families who would normally receive free school meals.
- 824 'Stay at home packs' were prepared and delivered to children across Leeds.
- Partnerships with mainstream schools were formed which allowed us to support a wider audience.











Cultural Food Hub

We noticed the need for culturally appropriate food parcels at the start of the pandemic and carried out a research exercise with the 5 main ethnicities city wide. These were the African, Caribbean, South Asian, Middle Eastern and Eastern European communities, and soon established that the food parcels they were receiving were not in accordance with their needs. Further research was carried to identify the staple foods of each community and from the findings we devised culturally appropriate food parcels that were distributed within our community. We were then selected by Leeds City Council to be the Cultural Food Hub of South, North and West Leeds to support community organisations tackle food poverty during the national lockdowns.

Through this project we supported over 30 grass root organization per week by providing them with 30-60 culturally appropriate food parcels which they would then distribute within their communities to the most vulnerable. The demand increased weekly and the area and communities that we served increased with this.

In addition to the cultural food parcels, we also provided support to these organisations by:

- Forming a network of community organisations who meet monthly to discuss best practise, funding opportunity and partnership possibilities.
- Provided fresh food which included fruit, veg, refrigerated and frozen food and meat.
- Toiletries
- School uniform
- Support to tackle digital poverty.

Key achievements

Number of families supported/total number of parcels distributed – **30,254**

Number of beneficiaries – **151,225**

Number of organisations we have support through this project - **30**





Community Care Hub

We were selected by the council to be the Community Hub of South Leeds to support our community during the national lockdowns. Our foodbank ran continuously for 5 days a week throughout the entirety of the pandemic and our service users have been able to gain access to food, which they may not have been able to otherwise. Our approach to providing the food parcels, through the offering of 5 different culturally appropriate food parcels, has meant that we have been able to support a wider audience of service users by adjusting our food parcels to meet the varying cultural needs of each service user. Our foodbank supported on average around 240-260 families a week. We have been able to support service users by providing them with the essentials that they require to meet their basic day-to-day needs and requirements of living. Our foodbank provides a mixture of frozen, tinned, and fresh food, which encouraged our service users to be more independent with the way they chose to adapt to these foods and use them to ensure that their day-to-day needs were fulfilled.

Through our foodbank, we conducted outreach work to ensure that service users are supported as fully as possible. When we provide food parcels to service users, we are continuously assessing their needs and requirements on a regular basis to ensure that we are moving them towards a sense of independence, whilst also ensuring that they are receiving the most appropriate form of support as and when they need it, such as employment, housing and benefit applications support. Our staff and volunteers delivered food parcels to those who were shielding and isolating again ensuring that the most vulnerable were supported. This was with the support of Leeds City Council who would refer individuals who tested positive to COVID-19 and were asked to self-isolate.

In addition to the above, Hamara supported the residents of South Leeds by providing the following services through the community Care Hub project:

- Weekly Well-being calls
- Prescription pick-up service
- Pet walking service
- Healthy and nutritious readymade meals delivered to those who were shielding/ self-isolating
- Shopping service
- Baby bank service (providing nappies, baby food and clothes)
- Clothing bank service

Key achievements

- Total number of food parcels provided – **9236**.
- Number of families supported by our foodbank provision - **1784**
- Total number of beneficiaries – **8920**
- Total number of readymade meals distributed – **22,216**
- Prescription service, Shopping service, Baby Bank service, Clothing bank service - Total number of beneficiaries - **390**
- Total number of well-being calls carried out - **7257**







Violence Reduction Unit



In the height of the winter lockdown we were given the go-ahead that the Violence Reduction Unit project, aimed at diverting young people away from gangs and gang violence, would be classed as an essential service. The youth worker used local knowledge and engagement skills to recruit 36 young people onto the programme, over achieving our target of 25. The project was a huge success with some of the young people volunteering with us and joining our Positive Destinations project for support to find further education and employment and the majority joining the Youth Club in April 2021 when the VRU funding ended. Unfortunately due to increased safety measures around infection control we were not able to do all the activities we had planned. This lead to an under spend which we were able to reallocate to a beautiful mosaic mural, co-designed with the young people and artists at 'Seagulls Paint', representing what they feel about their community. 10 Young people and volunteers took part in a level 1 Youth Work qualification to support them in becoming mentors for future youth groups.

Positive Destinations



During the lockdown period, engaging with those young people who are ordinarily hard to engage with, our Youth Development Worker was still able to engage with the targeted amount of 5 young people per quarter on the Positive Destinations Project. Through zoom sessions, the youth worker was able to support with CV and application for writing, interview tips and techniques and any other Information, Advice and Guidance. Some young people on the project were able to come and volunteer in the foodbank and gain some experience whilst colleges were closed. During periods where restrictions were eased the Youth Development Worker was able to take some small groups of young people on visits to local colleges and Post 16 learning centres.

Neighbourhood Networks



The Neighbourhood Networks team worked tirelessly to support over 90 beneficiaries with hot meal delivery and telephone support whilst the members were all shielding. In total, 14 tablet devices were secured for one of the groups and training on how to use zoom delivered. The project development worker then went on to secure additional funding to provide online exercise classes ensuring the group stayed active and healthy whilst at home. We worked with 'TCV Hollybush' to provide bird boxes, window boxes and seed kits to provide activities during the winter lockdown. We created some knitting and sewing packs which were delivered along with our hot meals to our Women's group to provide a fun activity for during their weekly WhatsApp video call. In January 21, we were awarded £17, 562 to support with additional staffing costs and reduce transmission rates, which supported the continued delivery of hot meals to the most vulnerable clients. The additional staff hours meant we were able to increase our telephone support and referrals offer.

Patient Ambassadors'



The need for and importance of the Patient Ambassadors service was highlighted last year when Burmantofts, Harehills and Richmond Hill Primary Care Network increased the number of Patient Ambassadors from 2 to 9, including a Care home Patient Ambassador. In the BHR PCN, even whist practices were closed and GP's focus was mainly on the C-19 pandemic and vaccination programme, the PA's still received 249 referrals. The Patient Ambassadors in the Beeston and Middleton PCN were heavily involved in the vaccination programme starting in November 2020 which lead to increased patient contact and therefore, number of referrals to the Hamara foodbank and other projects. In the BHR PCN, PA's attended the vaccination walk in clinic at the Bilal Centre.

Christmas Toy donation



At Christmas 2020, with many of our foodbank users experiencing poverty we were able to provide Christmas presents to over 80 children in the local area. 'PoundToy' offered a very generous discount and the toys were delivered by firefighters from Dewsbury fire station who had been volunteering throughout the lockdown period with us. The children were very excited to have their gifts delivered by the firefighters, especially those that turned up in a fire engine!

Learning Disabilities and Autism

Halo Project – The service closed in March 2020 and all delivery went online and phone. We created 24 activity packs, which members received once a month, consisting of arts and craft materials, books and puzzles.

We made regular wellbeing calls and offered our support to members and families.

Members have regular key worker meetings and the outcomes are recorded in care plans. One member's outcome was to exercise more to become healthier and lose weight which he achieved with the help and support from the Halo team and his family.

Online sessions were created, we advertised them city wide in total we worked with approximately 40 adults with Learning Disabilities and Autism. Sessions online were Cooking, Draw What You Hear, Coffee mornings, Let's Eat Together, and Chair based exercise, we delivered sessions on current issues, such as the Covid pandemic, and we celebrated Eid, Diwali and Christmas. These activities strengthened our relationship further with key stakeholders, members, and families.

Leeds City College and 5 members went on to volunteer in the foodbank and develop work and life skills.

Management Report

In unprecedented times, we consistently made sound judgement and predictions throughout the pandemic, keeping our team and beneficiaries safe and worked hard to protect the well-being of the most vulnerable. Each of Hamara services adapted swiftly and stayed open throughout the year, this was the period we were needed now more than ever before. Not just locally but across the city as the Cultural Hub, providing culturally appropriate food parcels to organisations in addition to individuals.
We continue to have foresight and utilise the relationships and partnerships that we built on the ground and work collaboratively, sharing resources and support to smaller more grass root communities of interest.

Despite the relentless turmoil and un-anticipated restrictions of Covid- 19, Hamara has thrived in the storm and the resilience of the team has kept the ship sailing in these murky waters. We consistently worked alongside and supported Local Authority, Public Health and NHS, and have been a key strategic partner in projects such as vaccination programmes, Community Care Hubs and Community Champions. Hamara will continue to support moving forward as Health promotion and Well-being is a priority and paramount, especially in the current climate.

We have seen a huge rise in food and fuel poverty as a direct impact of the pandemic as well as exacerbated circumstances. We will be working harder to firstly, ensure we continue to support with food as a necessity and secondly, build more provision, which will give one to one support and the opportunity for individuals to get the time and space they need to explore options with the right information and guidance. The aim is to build resilience and aspirations by providing high support with high challenge to get individuals where they want to be.

Hamara's income continues to increase and has reached its highest yet with the addition of Covid- 19 related projects and the growth of Patient Ambassador's programme. The team has again expanded as well as the number of projects delivered this year.

The current climate has had a significant impact on the sector, with all Government and Trusts funding streams redirected to support the pandemic, changes and cuts in the following year are likely in addition to the way contracts maybe be distributed. We are committed to and will continue to respond to local need, sustaining our core services will be key in enabling this.

The values and key principles adopted the previous year have been lived and embedded with amazing results and responses from our beneficiaries. This holistic and person centred way of working has achieved results almost instantly and truly feels like it should be the only way of working with people.

The sector has continued to work together to tackle and address the needs of the community which reside amongst us and further. We would like to thank, congratulate and commend such bravery and comradery from our partners, volunteers and all of our stakeholders for providing their services and giving their valuable time in such a difficult period. Finally a huge thank you to our funders for giving us the opportunity and funds to execute such work.

Financial review

At the end of the year ended 31 March 2021, the Charitable Company's excess of income over expenditure amounted to £293,867 (2020: £76,920). This increases the reserves carried forward to £1,336,550 (2020: £1,042,683).

The trustees of Hamara will review the organisation's needs for financial reserves in line with the guidance issued by the Charity Commission and will set aside or designate funds to meet commitments on co-financed projects and to safeguard the organisation's service commitment in the event of delays in receipt of grants or accrued legacies.

The Charitable Company has continued to maintain a reserves balance in accordance with its stated aim of having wind-up costs plus contingency amounts set aside to cover future significant repairs and maintenance which may be required to maintain the Hamara centre. This policy will be reviewed every two years from the date of the implementation and the Board aims to review the reserves budget on a quarterly basis. Where changes in employment legislation occur that directly affect this policy and procedures, these will be reflected with immediate effect.

The organisation received its income from a diverse range of sources, an approach which has been deliberately implemented to avoid over reliance on one particular funder. Although funding has been more difficult to secure as a result of a more competitive environment, we are please that projects were largely run at the same level as previous years. The principal funding sources in the past year were; Big Lottery Fund, Sport England, Comic Relief, European Social Investment Fund, Leeds City Council, Leeds Community Foundation, Reed, Department of Work and Pensions, European Social Fund, European Commission and various trusts and foundation. Income has also been generated from hiring out rooms, community café and gym membership to help cover some of the buildings' running costs.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Risk Management

A number of policies, procedures and systems have been implemented to help mitigate the risks the organisation may face. Current risk considered to be of high priority relate to the likelihood of large scale cuts in public sector funding which will have an impact on the sector as a whole. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, visitors and users of the centre and together with other mandatory policies, these procedures are reviewed periodically to ensure that they continue to meet the needs of the charity.

Plans for future periods

Collaboration and building back together is our focus for the following year. We will build on our partnerships and work together to set up more projects in more areas, in order to reach more communities and overcome barriers. Set up what the communities want to see in their areas and also ensure that the right training and volunteering opportunities are available to create work routes and independence.

We will be looking into a CRM system to collate more data. This will allow to review and give insight into the current climate and give direction into what services we should be offering and the needs of the community.

The Cockburn rebuild capital project will have its marketing and publicity finalised and disseminated across the city. Support will be acquired from partners and the community will be encouraged to get involved in small fundraisers should the climate and restrictions permit. We will continue to work on Planning Permission and retain the Cockburn Committee meetings as a route to maintain stakeholder voice in the project as well keep the community in the loop of project progression.

The effects of the pandemic has hit people living in poverty the most, from mental health to poor physical health, to the wider determinants of health. Getting people out and socialising safely will be a huge priority; in the following year we will work towards securing funding to put on as many face-to-face services as we can, safely and following government guidelines.

Structure, governance and management

The Charitable Company was incorporated as a Charitable Company limited by guarantee on 17 September 2002 and its Memorandum and Articles of Association were adopted on 17 September 2002. The Charitable Company is a company limited by guarantee and registered charity. It has no share capital and the liability of each member, in the event of winding-up, is limited to £1.

The organisation operates under a memorandum of association which established the objects and powers of the company and is governed under its articles of association.

The Trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the financial statements are noted on the legal and administrative information page.

Up to 12 people are able to sit on the Hamara board and at the time of this report the board had seven trustees, including its chair. Trustees of Hamara HLC are also directors of the organisation for the purpose of the Companies Act 2006.

New trustees are elected by the existing trustees and serve for a three year term before retiring from office. Retiring trustees can serve consecutive terms subject to being elected.

The trustees have the power to co-opt two further members to fill specialist roles or to seek a more balanced board of trustees.

The board, which meets six times a year, has responsibility for the strategic direction and policy of the charity. The trustees are from a variety of backgrounds in order to reflect both the locality the organisation serves and its key target groups. An Operations Director has been appointed to manage the day to day operations of the organisation and has delegated responsibility for areas related to finance, employability and delivery of services.

The operations Director is supported by a Senior Management Team consisting of an Operations Manager and a Finance and Fundraising Manager.

New trustees are provided with an induction to brief them on the aims, objectives and current activities of the organisation together with a trustee's pack outlining obligations, meeting dates and other relevant information.

In response to a trustee's skills analysis undertaken during the course of the year a short programme of training will again be delivered to all trustees within the next financial year.

Statement of Trustees' responsibilities
The Trustee, who are also the directors of Hamara Healthy Living Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustee are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

Auditor
In accordance with the company's articles, a resolution proposing that be reappointed as auditor of the company will be put at a General Meeting.

The Trustees' report was approved by the Board of Trustee.



Waseem Khan
Trustee

22 December 2021

HAMARA HEALTHY LIVING CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

Opinion

We have audited the financial statements of Hamara Healthy Living Centre (the 'Charitable Company') for the year ended 31 March 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustee are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustee

As explained more fully in the statement of Trustees' responsibilities, the Trustee, who are also the directors of the Charitable Company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustee are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustee either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Peter Hart BA BFP FAC (Statutory Auditor)
for and on behalf of
Henton & Co LLP
Chartered Accountants
Statutory Auditor
118 North Street
Leeds
LS2 7PN

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is eligible for appointment as auditor of the Charitable Company by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

Current financial year

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Endowment funds 2021 £	Total 2021 £	Total 2020 £
Income from:						
Donations and legacies	**3**	-	991,174	-	991,174	584,752
Charitable activities	**4**	299,334	-	-	299,334	292,199
Total income		299,334	991,174	-	1,290,508	876,951
Expenditure on:						
Raising funds	**5**	(89)	8,275	21,661	29,847	44,328
Charitable activities	**6**	61,940	901,330	-	963,270	755,703
Other	**10**	3,524	-	-	3,524	-
Total resources expended		65,375	909,605	21,661	996,641	800,031
Net incoming/(outgoing) resources before transfers		233,959	81,569	(21,661)	293,867	76,920
Net incoming/(outgoing) resources before transfers		233,959	81,569	(21,661)	293,867	76,920
Gross transfers between funds		(18,657)	18,657	-	-	-
Net movement in funds		215,302	100,226	(21,661)	293,867	76,920
Fund balances at 1 April 2020		239,684	49,195	753,804	1,042,683	965,763
Fund balances at 31 March 2021		454,986	149,421	732,143	1,336,550	1,042,683

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

Prior financial year

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Endowment funds 2020 £	Total 2020 £
Income from:					
Donations and legacies	3	24,143	560,609	-	584,752
Charitable activities	4	292,199	-	-	292,199
Total income		316,342	560,609	-	876,951
Expenditure on:					
Raising funds	5	10,196	12,471	21,661	44,328
Charitable activities	6	222,794	532,909	-	755,703
Total resources expended		232,990	545,380	21,661	800,031
Net incoming/(outgoing) resources before transfers		83,352	15,229	(21,661)	76,920
Gross transfers between funds		(5,095)	5,095	-	-
Net movement in funds		78,257	20,324	(21,661)	76,920
Fund balances at 1 April 2019		161,427	28,871	775,465	965,763
Fund balances at 31 March 2020		239,684	49,195	753,804	1,042,683

HAMARA HEALTHY LIVING CENTRE

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	11		866,889		829,555
Current assets					
Debtors	12	60,750		83,355	
Cash at bank and in hand		426,787		162,383	
		487,537		245,738	
Creditors: amounts falling due within one year	13	(17,876)		(32,610)	
Net current assets			469,661		213,128
Total assets less current liabilities			1,336,550		1,042,683
Capital funds					
General endowment funds			732,143		753,804
Restricted funds	14		149,421		49,195
Unrestricted funds			454,986		239,684
			1,336,550		1,042,683

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustee on 22 December 2021

Waseem Khan
Trustee

Company Registration No. 04537287

HAMARA HEALTHY LIVING CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Cash flows from operating activities					
Cash generated from operations	**19**		341,064		85,001
Investing activities					
Purchase of tangible fixed assets		(76,660)		-	
Net cash used in investing activities			(76,660)		-
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			264,404		85,001
Cash and cash equivalents at beginning of year			162,383		77,382
Cash and cash equivalents at end of year			426,787		162,383

1 Accounting policies

Charity information

Hamara Healthy Living Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Hamara HLC, Tempest Road, Leeds, LS11 6RD.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustee have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustee continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustee in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

Income is recognised when the Charitable Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charitable Company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charitable Company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line
Leasehold improvements	Currently under construction therefore no depreciation has been charged
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance
Office Equipment	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charitable Company's accounting policies, the Trustee are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Restricted funds	Unrestricted funds	Restricted funds	Total
	2021	2020	2020	2020
	£	£	£	£
Grants and donations	991,174	24,143	560,609	584,752
Grants receivable for core activities				
Learning Disabilities (Adult SS)	150,988	-	151,238	151,238
Health (Better Togther)	61,000	-	61,460	61,460
Old Peoples (Social Services)	91,910	-	76,199	76,199
Patient Ambassadors	131,036	-	44,128	44,128
Talk English	-	-	25,709	25,709
Reed Work Routes	-	-	29,077	29,077
Power to change	-	-	50,000	50,000
Prevent	-	-	24,590	24,590
Youth Pathways	21,000	-	21,200	21,200
ESF Connected	23,333	-	-	-
Volunteer Hub	59,850	-	-	-
Supplementary School	44,604	-	-	-
COVID 19 Digitial Access	24,770	-	-	-
COVID 19 Cultural Hub	176,408	-	-	-
COVID 19 Middleton and Belle Isle	67,600	-	-	-
DCMS	54,061	-	-	-
Other	84,615	24,143	77,008	101,151
	991,174	24,143	560,609	584,752

4 Charitable activities

	Charitable Income 2021	Charitable Income 2020
	£	**£**
Halo	166,266	202,928
Lloyds Bank Foundation	20,000	-
Power to Change	30,000	-
Job Retention Scheme	20,318	-
Cockburn Sports Hall	25,000	29,614
Gym	-	2,591
General Funds	37,750	57,066
	299,334	292,199

5 Raising funds

	Unrestricted funds	Restricted funds	Endowment funds general	Total	Unre
	2021	2021	2021	2021	
	£	£	£	£	
Fundraising and publicity					
Advertising	(89)	8,275	-	8,186	
Depreciation and impairment	-	-	21,661	21,661	
Fundraising and publicity	(89)	8,275	21,661	29,847	

6 Charitable activities

	Charitable Expenditure 2021 £	Charitable Expenditure 2020 £
Staff costs	514,941	433,121
Depreciation and impairment	14,141	8,831
Board expenses, travel and meetings costs	3,505	9,538
Staff training and expenses	766	5,842
Project activities	251,525	47,824
Telephone and internet	10,523	8,463
Cleaning	10,716	16,987
Subscriptions and dues	4,076	3,084
Premises Costs	44,517	72,492
Minibus and travel	1,641	19,375
Professional Fees	53,049	63,999
Health and safety	1,574	2,473
Heat and light	29,548	29,557
Insurance	9,383	6,651
Postage and stationary	3,137	5,821
Sundry expenses	-	12,403
Rent & Rates	10,228	9,242
	963,270	755,703
	963,270	755,703
Analysis by fund		
Unrestricted funds	61,940	222,794
Restricted funds	901,330	532,909
	963,270	755,703

7 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the Charitable Company's auditor and associates:	**2021 £**	**2020 £**
Audit of the Charitable Company's annual accounts	7,800	7,800

8 Trustee

During the year, the Trustees were paid expenses amounting to £2,101 (2020: £11,342).

9 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
	28	25

Employment costs	2021 £	2020 £
Wages and salaries	475,120	403,599
Social security costs	32,309	22,765
Other pension costs	7,512	6,757
	514,941	433,121

There were no employees whose annual remuneration was more than £60,000.

10 Other

	Unrestricted funds	Total
		£
	2021	2020
Net loss on disposal of tangible fixed assets	3,524	-

11 Tangible fixed assets

	Freehold land and buildings	Leasehold improvements	Fi
	£	£	
Cost			
At 1 April 2020	1,083,030	-	
Additions	-	37,740	
Disposals	-	-	
At 31 March 2021	1,083,030	37,740	
Depreciation and impairment			
At 1 April 2020	288,795	-	
Depreciation charged in the year	21,661	-	
Eliminated in respect of disposals	-	-	
At 31 March 2021	310,456	-	
Carrying amount			
At 31 March 2021	772,574	37,740	
At 31 March 2020	794,235	-	

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Debtors

Amounts falling due within one year:	2021 £	2020 £
Trade debtors	59,960	82,205
Other debtors	790	1,150
	60,750	83,355

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	-	11,560
Trade creditors	10,076	15,550
Accruals and deferred income	7,800	5,500
	17,876	32,610

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations

	Movement in funds				
	Balance at 1 April 2019	Incoming resources	Resources expended	Transfers	Balance at 1 April 2020
	£	£	£	£	£
Comic Relief	18,136	5,090	(23,226)	-	-
Power of Community	12,829	19,174	(31,550)	(453)	-
Reed Work Routes	(2,094)	29,077	(29,077)	2,094	-
Youth Pathways	-	21,200	(21,200)	-	-
Learning Disabilities (Adult SS)	-	151,238	(151,238)	-	-
Power to Change	-	50,000	(9,363)	-	40,637
Supplementary School	-	12,166	(23,778)	11,612	-
Luncheon Club	-	3,899	-	(3,899)	-
Health (Better Together)	-	61,460	(61,460)	-	-
Language Hub	-	4,107	(2,525)	-	1,582
Connect 4 Health	-	20,789	(20,789)	-	-
Old Peoples (Social Services)	-	76,199	(76,199)	-	-
Patient Ambassadors	-	44,128	(44,128)	-	-
PEG	-	3,162	-	(3,162)	-
Talk English	-	25,709	(25,709)	-	-
Reducing Youth Violence	-	8,621	(1,645)	-	6,976
Prevent	-	24,590	(23,493)	(1,097)	-
ESF Connected	-	-	-	-	-
Volunteer Hub	-	-	-	-	-
COVID 19 Digital Access	-	-	-	-	-
COVID 19 Cafe Equipment	-	-	-	-	-
COVID 19 Cultural Hub	-	-	-	-	-
COVID 19 Middleton and Belle Isle	-	-	-	-	-
DCMS	-	-	-	-	-

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

14 Restricted funds

Ground works - volunteering	-	-	-	-	-
Food Bank	-	-	-	-	-
ESF Hunslet & Riverside	-	-	-	-	-
MICE	-	-	-	-	-
PTC Community BDS	-	-	-	-	-
Winter Warmth	-	-	-	-	-
VRU	-	-	-	-	-
VRU - Saturday School	-	-	-	-	-
Volition - Autism ALD	-	-	-	-	-
WBI	-	-	-	-	-
	28,871	560,609	(545,380)	5,095	49,195

15 Endowment funds

The mentioned funds below were used for the development, reconstruction and refurbishment of Hamara Healthy Li tangible fixed assets.

		Movement in funds					M
	Balance at 1 April 2019	Incoming resources	Resources expended	Transfers	Revaluations gains and losses	Balance at 1 April 2020	Incoming resources	R
	£	£	£	£	£	£	£	
Permanent endowments								
Henry Smith Trust	109,084	-	(3,047)	-	-	106,037	-	
SRB 4	137,822	-	(3,850)	-	-	133,972	-	
New Opportunities Fund	172,624	-	(4,822)	-	-	167,802	-	
Neighbourhood Renewal Fund	145,282	-	(4,058)	-	-	141,224	-	
LCC Capital Grant	145,282	-	(4,058)	-	-	141,224	-	
Tudor Trust	36,458	-	(1,018)	-	-	35,440	-	
Percy Bilton Trust	3,280	-	(92)	-	-	3,188	-	
Rank Trust	2,186	-	(61)	-	-	2,125	-	
Sykes Trust	1,822	-	(51)	-	-	1,771	-	
Trinity Methodist Church	783	-	(22)	-	-	761	-	
Leeds City Council	20,842	-	(582)	-	-	20,260	-	
	775,465	-	(21,661)	-	-	753,804	-	

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

16 Analysis of net assets between funds

	Unrestricted Funds	Permanent Endownments	Endowment funds	Total	Unre
	2021	2021	2021	2021	
	£	£	£	£	
Fund balances at 31 March 2021 are represented by:					
Tangible assets	134,746	-	732,143	866,889	
Current assets/(liabilities)	357,981	111,680	-	469,661	1
	492,727	111,680	732,143	1,336,550	2

17 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

18 Subsidiaries

The Charitable Company has the following subsidiary company, which is limited by guarantee, not share capital.

Due to immateriality, the financial results of this subsidiary are not consolidated with the results of Hamara Healthy Living Centre.

Details of the Charitable Company's subsidiaries at 31 March 2021 are as follows:

Name of undertaking	Registered office	Nature of business
Hooner Kelah Miniority Ethinic Women's Training Project Community Interest Company	England & Wales	Help diadvantaged women from miniority ethinic backgrounds

19 Cash generated from operations

	2021 £	2020 £
Surplus for the year	293,867	76,920
Adjustments for:		
Loss on disposal of tangible fixed assets	3,524	-
Depreciation and impairment of tangible fixed assets	35,802	30,492
Movements in working capital:		
Decrease/(increase) in debtors	22,605	(30,195)
(Decrease)/increase in creditors	(14,734)	7,784
Cash generated from operations	341,064	85,001

20 Analysis of changes in net funds

The Charitable Company had no debt during the year.