

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

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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	

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# HAMARA HEALTHY LIVING CENTRE

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# **HAMARA HEALTHY LIVING CENTRE**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022**

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The Trustees 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



# **HAMARA HEALTHY LIVING CENTRE**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)** **FOR THE YEAR ENDED 31 MARCH 2022**

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### **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
- Residential 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.

## HAMARA HEALTHY LIVING CENTRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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#### 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.



# HAMARA HEALTHY LIVING CENTRE

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 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 HEALTHY LIVING CENTRE

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2022**

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### 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 HEALTHY LIVING CENTRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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#### 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.



# HAMARA HEALTHY LIVING CENTRE

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 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.



# HAMARA HEALTHY LIVING CENTRE

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2022**

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### **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.





# HAMARA HEALTHY LIVING CENTRE

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 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.

# **HAMARA HEALTHY LIVING CENTRE**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

### **FOR THE YEAR ENDED 31 MARCH 2022**

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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.



# **HAMARA HEALTHY LIVING CENTRE**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2022**

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### **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.

# **HAMARA HEALTHY LIVING CENTRE**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

***FOR THE YEAR ENDED 31 MARCH 2022***

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### **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.

## **HAMARA HEALTHY LIVING CENTRE**

### **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)** ***FOR THE YEAR ENDED 31 MARCH 2022***

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#### 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

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#### 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.



# HAMARA HEALTHY LIVING CENTRE

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

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#### **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.



# HAMARA HEALTHY LIVING CENTRE

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEE OF HAMARA HEALTHY LIVING CENTRE

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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.

*Merba + 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 £
<b><u>Income from:</u></b>						
Donations and legacies	4	-	1,490,644	-	1,490,644	991,174
Charitable activities	3	203,488	-	-	203,488	299,334
<b>Total income</b>		<b>203,488</b>	<b>1,490,644</b>	<b>-</b>	<b>1,694,132</b>	<b>1,290,508</b>
<b><u>Expenditure on:</u></b>						
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
<b>Total expenditure</b>		<b>143,165</b>	<b>1,086,265</b>	<b>21,661</b>	<b>1,251,091</b>	<b>996,641</b>
<b>Net incoming/(outgoing) resources before transfers</b>		<b>60,323</b>	<b>404,379</b>	<b>(21,661)</b>	<b>443,041</b>	<b>293,867</b>
<b>Net incoming/(outgoing) resources before transfers</b>		<b>60,323</b>	<b>404,379</b>	<b>(21,661)</b>	<b>443,041</b>	<b>293,867</b>
Gross transfers between funds		50,212	(50,212)	-	-	-
<b>Net movement in funds</b>		<b>110,535</b>	<b>354,167</b>	<b>(21,661)</b>	<b>443,041</b>	<b>293,867</b>
Fund balances at 1 April 2021		454,986	149,421	732,143	1,336,550	1,042,683
<b>Fund balances at 31 March 2022</b>		<b>565,521</b>	<b>503,588</b>	<b>710,482</b>	<b>1,779,591</b>	<b>1,336,550</b>

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 £
<b>Income from:</b>					
Donations and legacies	4	-	991,174	-	991,174
Charitable activities	3	299,334	-	-	299,334
<b>Total income</b>		299,334	991,174	-	1,290,508
<b>Expenditure on:</b>					
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
<b>Total expenditure</b>		65,375	909,605	21,661	996,641
<b>Net incoming/(outgoing) resources before transfers</b>		233,959	81,569	(21,661)	293,867
Gross transfers between funds		(18,657)	18,657	-	-
<b>Net movement in funds</b>		215,302	100,226	(21,661)	293,867
Fund balances at 1 April 2020		239,684	49,195	753,804	1,042,683
<b>Fund balances at 31 March 2021</b>		454,986	149,421	732,143	1,336,550

# HAMARA HEALTHY LIVING CENTRE

## BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Tangible assets	11		885,808		866,889
<b>Current assets</b>					
Debtors	12	34,214		60,750	
Cash at bank and in hand		913,299		426,787	
		947,513		487,537	
<b>Creditors: amounts falling due within one year</b>	13	(53,730)		(17,876)	
Net current assets			893,783		469,661
<b>Total assets less current liabilities</b>			1,779,591		1,336,550
<b>Capital funds</b>					
<u>Endowment funds - general</u>					
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
<b>Income funds</b>					
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 £	£	2021 £	£
<b>Cash flows from operating activities</b>					
Cash generated from operations	19		541,464		341,064
<b>Investing activities</b>					
Purchase of tangible fixed assets		(54,952)		(76,660)	
<b>Net cash used in investing activities</b>			(54,952)		(76,660)
<b>Net cash used in financing activities</b>			-		-
<b>Net increase in cash and cash equivalents</b>			486,512		264,404
Cash and cash equivalents at beginning of year			426,787		162,383
<b>Cash and cash equivalents at end of year</b>			913,299		426,787

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



# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

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### 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.

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 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.



# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

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### 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.

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 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
	<u>203,488</u>	<u>299,334</u>

### 4 Donations and legacies

	Restricted funds 2022 £	Restricted funds 2021 £
Grants and donations	<u>1,490,644</u>	<u>991,174</u>
<b>Grants receivable for core activities</b>		
Learning Disabilities (Adult SS)	153,405	150,988
Health (Better Together)	-	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
	<u>1,490,644</u>	<u>991,174</u>

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 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
	<u>1,221,377</u>	<u>963,270</u>
	<u>1,221,377</u>	<u>963,270</u>
<b>Analysis by fund</b>		
Unrestricted funds	141,599	61,940
Restricted funds	<u>1,079,778</u>	<u>901,330</u>
	<u>1,221,377</u>	<u>963,270</u>



# **HAMARA HEALTHY LIVING CENTRE**

## **NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)** **FOR THE YEAR ENDED 31 MARCH 2022**

6 Raising funds	Unrestricted funds		Restricted funds		Endowment funds general		Total		Unrestricted funds		Restricted funds		Endowment funds general		Total	
	2022	£	2022	£	2022	£	2022	£	2021	£	2021	£	2021	£	2021	£
<u>Fundraising and publicity</u>																
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	

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2022

#### 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:

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

#### 9 Employees

The average monthly number of employees during the year was:

	<b>2022</b>	<b>2021</b>
	<b>Number</b>	<b>Number</b>
	35	28

<b>Employment costs</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>

Wages and salaries	769,874	514,941
--------------------	---------	---------

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

#### 10 Other

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

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

11	Tangible fixed assets	Freehold land and buildings £	Leasehold improvements £	Fixtures and Motor vehicles fittings £	Office Equipment £	Total £
	<b>Cost</b>					
	At 1 April 2021	1,083,030	37,740	54,406	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	187,213	1,434,249
	<b>Depreciation and impairment</b>					
	At 1 April 2021	310,456	-	50,057	136,230	512,408
	Depreciation charged in the year	21,661	-	2,649	10,196	36,033
	At 31 March 2022	332,117	-	52,706	146,426	548,441
	<b>Carrying amount</b>					
	At 31 March 2022	750,913	77,402	10,598	40,787	885,808
	At 31 March 2021	772,574	37,740	4,349	44,591	866,889



# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2022**

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### 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	-
	<u>34,214</u>	<u>60,750</u>

### 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
	<u>53,730</u>	<u>17,876</u>

# 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:

	Balance at 1 April 2020 £	Movement in funds			Transfers £	Balance at 1 April 2021 £	Movement in funds			Transfers £	Balance at 31 March 2022 £
		Incoming resources £	Resources expended £	Resources expended £			Incoming resources £	Resources expended £			
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	



# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 15 Analysis of net assets between funds

Fund balances at 31 March 2022 are represented

by:

Tangible assets

Current assets/(liabilities)

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Endowment Funds 2022 £	Total 2022 £	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Endowment Funds 2021 £	Total 2021 £
	175,326	-	710,482	885,808	134,746	-	732,143	866,889
	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

# HAMARA HEALTHY LIVING CENTRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 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 £
<b>Permanent endowments</b>					
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)
	<u>753,804</u>	<u>(21,661)</u>	<u>732,143</u>	<u>(21,661)</u>	<u>710,482</u>

### 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 Minority Ethnic Women's Training Project Community Interest Company	England & Wales	Help disadvantaged women from minority ethnic backgrounds

## HAMARA HEALTHY LIVING CENTRE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2022**

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<b>19</b>	<b>Cash generated from operations</b>	<b>2022 £</b>	<b>2021 £</b>
	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)
	<b>Cash generated from operations</b>	<b>541,464</b>	<b>341,064</b>
<b>20</b>	<b>Analysis of changes in net funds</b>		
	The Charitable Company had no debt during the year.		



