



Healthy Abingdon

Trustees' Annual Report for 1 April 2020 to 31 March 2021

Governance

Healthy Abingdon is a Charitable Incorporated Organisation (Foundation model) registered in England and Wales on 24 March 2017. We are governed by our constitution which came into force on our registration date, along with our policies and procedures adopted by the trustees after formation. Our charity number is 1172245.

Our purpose is to bring together community groups, statutory groups and individuals to find ways to improve health and wellbeing in the town of Abingdon including neighbouring small communities for which Abingdon is the centre. Our beneficiaries are people in this area.

Our trustees during the year were

Ros Alstead OBE (re-elected 6 April 2020)
David Butterworth FEng (chair)
Olga Kozłowska PhD (elected 27 April 2020)
Monica Lovatt (resigned 3 August 2020)
Catherine McNeill (elected 11 Jan 2021)
Cllr Helen Pighills (elected 08 March 2021)

We have a procedure for appointing trustees which includes an application form, references from two referees and a meeting of the potential trustee with the existing trustees.

In order to facilitate good interaction between community groups and other service providers, we invite these groups to become Health Abingdon Associates. Associate are invited to our public meetings and events in order to discuss ideas with us and to network with other groups. Each Associate also has an information page on our web site in order to tell the public what it does.

The registered address for the charity is

29 Cleveland
Abingdon
Oxfordshire, OX14 2EQ

Progress during the year

Our progress during the year was severely limited by the restrictions imposed by the pandemic. We therefore had to innovate to ensure that we continued to achieve our objectives but in different ways.

We had set up a Coronavirus page at the end of the previous financial year and continued to update this during the year. The particular focus on this page was on what was available in the town rather on repeating the general information on other sites. Some examples of the information are the availability of food banks, the opening time of the local minor injuries unit and how to contact the Citizens Advice Bureau.

We ran two fun activities which did not require any contact between people; these were

- A children's art competition illustrating healthy activities in Abingdon.
- A photographic competition of people exercising during lockdown.

We also, in collaboration with the Abingdon Chamber of Commerce, started to encourage families to celebrate Easter by creating artwork to put in front windows and front gardens. Easter itself fell in the following financial year.

To help people take casual exercise during the various lockdowns, we put together a list of interesting walks in various areas of the town so people could find a walk near them wherever they lived. For each walk, we provided a map, direction instructions and photographs of interesting things to see on the walk.

We moved our normal face-to-face public networking and information events to the online meetings using Zoom. We held the following Zoom meetings

- Meeting of Healthy Abingdon Associates for them to share their experiences of working during lockdown.
- Public meeting on diabetes with a view to providing better support to those with diabetes in the town.
- Public meeting on the benefits to health of walking including Nordic walking.

Our future plans

We are continuously developing our plans in consultation with our Associates and the Public, and in the light of what we discover in the town. Our plans for 2021/22 include

- Continue holding information and networking meetings with a view to changing from Zoom to face-to-face meetings as soon as possible.
- Holding 'Abingdon Healthfest 2021' in September with sponsorship from Penlon. This involves setting up gazebos in Abingdon Market place on a Saturday for various health and wellbeing groups to engage with passers by.
- Responding to health issues in the town where we can be effective.
- Continuing to add to the list of town walks.

Finances

As a charity with turnover below £25k, trustees have agreed that we keep receipts/payments accounts and that we do not need an independent assessment. These accounts are shown in the Appendix.

As we have no paid staff or other ongoing financial commitments, trustees have agreed that we only need to hold a small reserve of £200 to cover basic expenses in the event that we lose our current funding. This will give us about a year to find new funding or close the charity without any debts.

Most of our income comes from charitable trusts.


Additional relevant financial information not recorded in the accounts is that

- Individual people made £40 worth of purchases for items used exclusively by Healthy Abingdon.
- We estimate that trustees and volunteers for the charity gave about 740 hours of their time during the year to the charity which at the National Living Wage would equate to over £6000

Declaration

The trustees declare that they have approved the above report and the following accounts.

Signed on behalf of the trustees

Signature	
Full Name	David Butterworth
Position	Chair
Date	11/10/2021

APPENDIX: Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Healthy Abingdon

1172245

Receipts and payments accounts

CC16a

For the period
from

01-Apr-20

To

31-Mar-21

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	648		-	648	1,664
Donations	-		-	-	104
Sub total (Gross income for AR)	648	-	-	648	1,768
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	648	-	-	648	1,768
A3 Payments					
Public meetings	-	-	-	-	394
Insurance	63	-	-	63	63
Consumables	-	-	-	-	0
Web site	108	-	-	108	84
Publicity	-	-	-	-	50
Training	-	-	-	-	105
Other	10	-	-	10	450
Rounding correction		-	-	-	-
		-	-	-	-
Sub total	181	-	-	181	1,146
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	181	-	-	181	1,146
Net of receipts/(payments)	467	-	-	467	622
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	212	-	-	212	-
Cash funds this year end	679	-	-	679	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	679		
	Loan	-	-	
		-	-	-
	Total cash funds	679	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		<i>D Butterworth</i>	DAVID BUTTERWORTH	11/10/2021