

Company registration number: 11689521

Charity registration number: 1186704

Abbotshall Healthy Lifestyle Centre

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 30 November 2020

Field Sullivan Limited
70 Royal Hill
Greenwich
London
SE10 8RF

Abbotshall Healthy Lifestyle Centre

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Abbotshall Healthy Lifestyle Centre

Reference and Administrative Details

Chairman	Christian Bibow
Trustees	Christian Bibow Collin Bryan Antonia Cummings Frank Hooks Penny Marshall
Principal Office	Healthy Lifestyle Centre Abbotshall Road London SE6 1SQ
Company Registration Number	11689521
Charity Registration Number	1186704
Bankers	Santander 162 Rusehy Green Catford London SE6 4JT
Independent Examiner	Field Sullivan Limited 70 Royal Hill Greenwich London SE10 8RF

Abbotshall Healthy Lifestyle Centre

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 30 November 2020. This is a Directors' Report required by s417 of the Companies Act 2006. The financial statements comply with current statutory requirements and the requirements of the Memorandum and Articles of Association.

Objectives and activities

Objects and aims

Community centre – To benefit the residents of South Catford and the surrounding area without distinction of sex, sexual orientation, race, of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.

The provision of recreational facilities to promote wider community inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Supporting young and older people living in or near South Catford by providing facilities for physical, educational and other recreational and leisure activities.

Objectives and activities

The Centre provides for a range of community activities focusing on sports, healthy living and volunteering. These include:

- Partnership between the Lewisham Tigers Football Club and AHLC which has been formally established for the improvement and management of the football and pitch facilities. The initial efforts being the grounds which over the course of the financial year seen the required attention required to greatly improve the playing pitches benefitting other football clubs for both girls and boys of all ages.
- COVID restrictions from March through to September 2020 greatly impacted the number of weekly fitness classes such as Zumba, Yoga, Pilates, Bootcamp, Parent and toddler classes such as toddler gym. Outdoor play and exercise equipment enabled the centre to remain a place to remain active and help with well-being for families in the community. Therefore, where the Government guidance allowed this was supported with additional supervision from the AHLC team.
- The venue has been used for local primary schools' activity and sports days.
- Supporting Catford South events, and workshop space.
- Local polling station for Lewisham
- A healthy eating café space was brought in house during the autumn of 2019 to run as a direct AHLC operation incorporating reception and front of house activities. In November 2020 the AHLC commenced the supply of lunch time meals to Goldsmith Nursery located locally.
- The Community Gardens which are used as a resource for schools and students and maintained by local volunteers
- Activities for our senior citizens such as Young at Heart (we have been awarded dementia friendly centre status)

Abbotshall Healthy Lifestyle Centre

Trustees' Report

- The centre has been supported through the COVID pandemic through financial donations provided Corbett's Residents Association, Crowd Funding, Grants and individually presented donations from residents. In addition, options to provide alternative catering has created new revenue stream for Pop Up catering.
- There has been a significant investment in the centre. The renovations focused on the main building included a new entrance, and front of house, improved security investing in CCTV, and entrance security. In addition, the cafe kitchen was adapted to comply with health and safety standards as well as equipment to support the future strategy for the centre.
- Nursery – The AHLC has conducted market testing on the viability of using an area of the AHLC as a stand-alone nursery, which has generated interest. This will be considered as part of a formal bid process.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Use of volunteers

Currently, we have 7 volunteers (Board members) that provide 1 day a month of volunteering time.

We also have a number of volunteers supporting the delivery of our operations including a community garden space.

Achievements and performance

The COVID-19 restrictions greatly impacted the charities ability to offer the full range of services and support.

However, during non-restrictive COVID periods the café opened to the community, providing a local hub for the isolated and families. Also facilitating outdoor activities, of soft play provided supported those in need of social stimulation, and a safe space.

Supporting the development of individuals in the community through upskilling volunteers, and wider support in the community through provision of a free breakfast at the centre for school aged children.

In addition to the community garden supported by volunteers providing an outdoor space to cultivate healthy foods (vegetables) for consumption on site.

Financial review

This year the charity generated £64,172 income with a total expenditure of £50,329.

Policy on reserves

The reserves are held to ensure the AHLC can continue to grow to support the community. £12,485 was held as carried forward funds as at 30 November 2020.

Principal funding sources

The charity's principal sources of funds for the year were from revenue from hire of field (football) and studio rooms, the café, grant income and crowd funding.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

Going concern

During the COVID-19 restrictions, services and activities could not proceed as per the norm, however, outdoor activities continued where possible within the Government guidelines.

Structure, governance and management

Nature of governing document

Abbotshall Healthy Lifestyle Centre is charitable Company limited by guarantee and is governed by its Memorandum and Articles incorporated in November 2018 and as amended by special resolution in November 2019.

Trustees

Christian Bibow (appointed 8 December 2021)

Collin Bryan (appointed 12 March 2020)

Antonia Cummings

Frank Hooks

Penny Marshall (appointed 8 February 2022)

Ellenor Benton (appointed 1 July 2020 and resigned 8 February 2022)

Natasha Clarkson (resigned 2 September 2020)

Gordon Cherrington (resigned 15 July 2020)

Mekor Newman (resigned 8 February 2022)

Victoria Skingley (resigned 5 January 2022)

Rhiannan Sullivan (appointed 12 March 2020 and resigned 5 January 2022)

Recruitment and appointment of trustees

Trustees are elected to the board by members. The articles require that members stand down each year and potential trustees are voted onto the board at the charity's AGM.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Abbotshall Healthy Lifestyle Centre for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

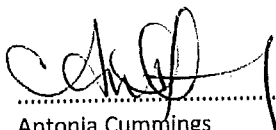
- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed 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 business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and 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.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 18 February 2022 and signed on its behalf by:



.....
Antonia Cummings
Trustee

Abbotshall Healthy Lifestyle Centre

Independent Examiner's Report to the trustees of Abbotshall Healthy Lifestyle Centre

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 November 2020 which are set out on pages 7 to 19.

Respective responsibilities of trustees and examiner

As the charity's trustees of Abbotshall Healthy Lifestyle Centre (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

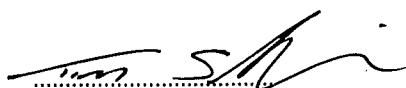
Having satisfied myself that the accounts of Abbotshall Healthy Lifestyle Centre are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Abbotshall Healthy Lifestyle Centre as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Timothy Sullivan FCA
Field Sullivan Limited
70 Royal Hill
Greenwich
London
SE10 8RF

Date: 24/2/22

Abbotshall Healthy Lifestyle Centre

Statement of Financial Activities for the Year Ended 30 November 2020
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £	Unrestricted funds £	Restricted funds £	Total 2019 £
Income and Endowments from:							
Donations and legacies		33,435	-	33,435	18,220	18,666	36,886
Other trading activities	4	30,730	-	30,730	33,632	-	33,632
Investment income	5	7	-	7	-	-	-
Total income		64,172	-	64,172	51,852	18,666	70,518
Expenditure on:							
Charitable activities		(31,663)	(18,666)	(50,329)	(71,876)	-	(71,876)
Total expenditure		(31,663)	(18,666)	(50,329)	(71,876)	-	(71,876)
Net movement in funds		32,509	(18,666)	13,843	(20,024)	18,666	(1,358)
Reconciliation of funds							
Total funds brought forward		(20,024)	18,666	(1,358)	-	-	-
Total funds carried forward	17	12,485	-	12,485	(20,024)	18,666	(1,358)

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2019 is shown in note 17.

Abbotshall Healthy Lifestyle Centre

(Registration number: 11689521)
Balance Sheet as at 30 November 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	11	12,892	-
Current assets			
Stocks	12	500	-
Debtors	13	1,736	1,890
Cash at bank and in hand		4,791	4,136
		<u>7,027</u>	<u>6,026</u>
Creditors: Amounts falling due within one year	14	<u>(5,793)</u>	<u>(7,384)</u>
Net current assets/(liabilities)		<u>1,234</u>	<u>(1,358)</u>
Total assets less current liabilities		14,126	(1,358)
Creditors: Amounts falling due after more than one year	15	<u>(1,641)</u>	-
Net assets/(liabilities)		<u><u>12,485</u></u>	<u><u>(1,358)</u></u>
Funds of the charity:			
Restricted funds		-	18,666
Unrestricted income funds			
Unrestricted funds		<u>12,485</u>	<u>(20,024)</u>
Total funds	17	<u><u>12,485</u></u>	<u><u>(1,358)</u></u>

For the financial year ending 30 November 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

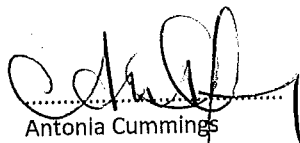
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Abbotshall Healthy Lifestyle Centre

(Registration number: 11689521)

Balance Sheet as at 30 November 2020

The financial statements on pages 7 to 19 were approved by the trustees, and authorised for issue on 18 February 2022 and signed on their behalf by:



.....
Antonia Cummings
Trustee

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

1 Charity status

The charity is limited by guarantee, incorporated in , and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

Healthy Lifestyle Centre
Abbotshall Road
London
SE6 1SQ

These financial statements were authorised for issue by the trustees on 18 February 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102) - Second edition October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

Abbotshall Healthy Lifestyle Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

Judgements and key sources of estimation uncertainty

In the application of the company's accounting policies, the trustees 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 periods in which the estimate is revised where revisions affects only that period, or in the period of the revision and future periods where the revisions affects both current and future periods.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £250 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Furniture, fittings and equipment	straight line over 5 years

Stock

Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

3 Income from donations and legacies

	Unrestricted funds		
	General	Total	Total
	£	2020	2019
		£	£
Donations and legacies;			
Appeals and donations	4,175	4,175	9,220
Grants, including capital grants;			
HMRC - Job retention scheme	3,204	3,204	-
Archibald Corbett Society	-	-	3,944
Bright Ideas	-	-	14,722
Bright Ideas	2,500	2,500	-
London Borough of Lewisham	-	-	9,000
LB of Lewisham - Coronavirus Business Support	10,000	10,000	-
Sport England	4,291	4,291	-
Power to Change	9,265	9,265	-
	<u>33,435</u>	<u>33,435</u>	<u>36,886</u>

4 Income from other trading activities

	Unrestricted funds		
	General	Total	Total
	£	2020	2019
		£	£
Trading income;			
Stay and play	385	385	-
Cafe income	14,332	14,332	3,115
Other income	88	88	-
Rental income	<u>15,925</u>	<u>15,925</u>	<u>30,517</u>
	<u>30,730</u>	<u>30,730</u>	<u>33,632</u>

5 Investment income

	Unrestricted funds	
	General	Total
	£	2020
		£
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>7</u>	<u>7</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

6 Expenditure on charitable activities

	Note	Total 2020 £	Total 2019 £
Cafe purchases		7,785	12,843
Centre purchases		1,031	-
Closing stock		(500)	-
Casual wages		9,433	35,078
Staff training		28	-
Depreciation, amortisation and other similar costs		3,223	-
Staff costs	9	14,549	-
Support costs	7	14,780	23,955
		<u>50,329</u>	<u>71,876</u>

7 Analysis of governance and support costs

Support costs

	Total 2020 £	Total 2019 £
Rates	(1,806)	11,099
Light, heat and power	2,248	6,766
Insurance	1,615	810
Repairs and maintenance	4,638	-
Telephone and fax	306	-
Office expenses	887	-
Computer software and maintenance	2,645	-
Sundries	966	3,572
Cleaning	1,000	-
Advertising	235	-
Independent examiner	1,500	1,680
Legal and professional	360	-
Bank charges	186	28
	<u>14,780</u>	<u>23,955</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

8 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Natasha Clarkson

Natasha Clarkson received remuneration of £2,330 (2019: £Nil) during the year.

Natasha Clarkson was paid £2,330 in the year as the Centre's Manager. She resigned from the Board in September 2020 when she became an employee.

Gordon Cherrington

Gordon Cherrington received remuneration of £4,680 (2019: £Nil) during the year.

Gordon Cherrington was paid £4,680 in the year as the Cafe's Manager. He resigned from the Board in July 2020.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2020 £
Staff costs during the year were:	
Wages and salaries	14,500
Pension costs	49
	<u>14,549</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2020 No
Charitable activities	<u>8</u>

No employee received emoluments of more than £60,000 during the year.

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
Additions	16,115	16,115
At 30 November 2020	16,115	16,115
Depreciation		
Charge for the year	3,223	3,223
At 30 November 2020	3,223	3,223
Net book value		
At 30 November 2020	12,892	12,892

12 Stock

	2020 £
Stocks	500

13 Debtors

	2020 £	2019 £
Trade debtors	1,165	-
Prepayments	571	-
Other debtors	-	1,890
	1,736	1,890

14 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	-	2,158
Other loans	1,838	-
Other taxation and social security	508	-
Other creditors	115	5
Accruals	3,332	5,221
	5,793	7,384

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

15 Creditors: amounts falling due after one year

	2020 £
Other loans	<u>1,641</u>

16 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £49 (2019 - £Nil).

17 Funds

	Balance at 1 December 2019 £	Incoming resources £	Resources expended £	Balance at 30 November 2020 £
Unrestricted funds				
<i>General</i>				
General Funds	-	64,172	(31,663)	32,509
Restricted funds				
Archibald Corbett Society	3,944	-	(3,944)	-
Bright Ideas	<u>14,722</u>	<u>-</u>	<u>(14,722)</u>	<u>-</u>
	<u>18,666</u>	<u>-</u>	<u>(18,666)</u>	<u>-</u>
Total funds	<u>18,666</u>	<u>64,172</u>	<u>(50,329)</u>	<u>32,509</u>

		Incoming resources £	Resources expended £	Balance at 30 November 2019 £
Unrestricted funds				
<i>General</i>				
General Funds		51,852	(71,876)	(20,024)
Restricted funds				
Archibald Corbett Society		3,944	-	3,944
Bright Ideas		<u>14,722</u>	<u>-</u>	<u>14,722</u>
		<u>18,666</u>	<u>-</u>	<u>18,666</u>
Total funds		<u>70,518</u>	<u>(71,876)</u>	<u>(1,358)</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2020

The specific purposes for which the funds are to be applied are as follows:

Archibald Corbett Society - for youth project

Bright Ideas - funds received for the 'Community Engagement Programme', 'Re-brand and website built' and 'Advice and Business Plan coordination'

18 Analysis of net assets between funds

	Unrestricted funds General £	Total funds £
Tangible fixed assets	12,892	12,892
Current assets	7,027	7,027
Current liabilities	(5,793)	(5,793)
Creditors over 1 year	(1,641)	(1,641)
Total net assets	<u>12,485</u>	<u>12,485</u>

	Unrestricted funds General £	Restricted funds £	Total funds £
Current assets	(12,640)	18,666	6,026
Current liabilities	(7,384)	-	(7,384)
Total net assets	<u>(20,024)</u>	<u>18,666</u>	<u>(1,358)</u>

19 Covid 19

During the year and subsequently the charity's face to face activities have been affected by the outbreak of COVID 19. As a result the charity staff and volunteers have adapted where possible to accommodate keeping the centre a place for social interaction and wellbeing, and unfortunately the restrictions did also require the centre to be closed for period. The charity is confident that it will continue its face to face activities once the outbreak has been contained.

During the year the company received £3,204 (2019: £nil) of Job Retention Scheme grants and £10,000 (2019:£nil) of Retail, Hospitality and Leisure grant.

20 Related party transactions

There were no other related party transactions in the year.