

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 2021

Field Sullivan Limited
9 Hare & Billet Road
Blackheath
SE3 0RB

Abbotshall Healthy Lifestyle Centre

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Abbotshall Healthy Lifestyle Centre

Reference and Administrative Details

Trustees	Collin Bryan
	Frank Hooks
	Penny Marshall
	Gladys Arlidge
	David Frederick
Charity Registration Number	1186704
Company Registration Number	11689521
Registered Office	Healthy Lifestyle Centre Abbotshall Road London SE6 1SQ
Independent Examiner	Field Sullivan Limited 9 Hare & Billet Road Blackheath SE3 0RB
Bankers	Santander 162 Rusehy Green Catford London SE6 4JT

Abbotshall Healthy Lifestyle Centre

Trustees' Report

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)
- 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.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

- 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 5 volunteers serving on the Board in various capacities and holding office. These are NOT remunerated roles.

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 £147,066 with a total expenditure of £137,413.

Policy on reserves

The reserves are held to ensure the AHLC can continue to grow to support the community. £22,138 was held as carried forward funds as at 30 November 2021.

Principal funding sources

Revenue from hire of field (football) and studio rooms, the café, Grant income, crowd funding and Bounce Back Loan.

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 2021.

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.

Trustees are appointed in line with the charity commission guidelines

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Collin Bryan
	Frank Hooks
	Penny Marshall (appointed 8 February 2022)
	Gladys Arlidge (appointed 8 February 2022)
	David Frederick

Funds held as custodian trustee on behalf of others

AHLC Building
AHLC Playfields
AHLC storage cupboards

Abbotshall Healthy Lifestyle Centre

Trustees' Report

Our Assets are owned by the London Borough of Lewisham which are given to the Charity as part of the Lease arrangements for managing the AHLC, for the benefit of the community living in the Catford South Ward

Our Objects are:

1. 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.
2. 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.
3. Supporting young and older people living in or near South Catford by providing facilities for physical, educational and other recreational and leisure activities.

Statement of 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 applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 the incoming resources and application of resources, including its income and expenditure, of the charitable company 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 accounting standards, comprising FRS 102 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 proper accounting records that can 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

The annual report was approved by the trustees of the charity on 24 November 2022 and signed on its behalf by:

.....
David Frederick
Trustee

Abbotshall Healthy Lifestyle Centre

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

I report to the charity trustees (who are also Directors for the purpose of company law) on my examination of the accounts of the Abbotshall Healthy Lifestyle Centre ('the charitable company') for the year ended 30 November 2021 which comprise the Statement of Financial Activities, the Balance Sheet and related notes. 9 21

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of Abbotshall Healthy Lifestyle Centre 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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

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.

Abbotshall Healthy Lifestyle Centre

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

.....
Timothy Sullivan FCA
Field Sullivan Limited
9 Hare & Billet Road
Blackheath
SE3 0RB

24 November 2022

Abbotshall Healthy Lifestyle Centre

Statement of Financial Activities for the Year Ended 30 November 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2021 £	Unrestricted £	Restricted £	Total 2020 £
Income and Endowments from:							
Donations and legacies		45,457	2,500	47,957	33,435	-	33,435
Other trading activities	4	99,109	-	99,109	30,730	-	30,730
Investment income	5	-	-	-	7	-	7
Total income		<u>144,566</u>	<u>2,500</u>	<u>147,066</u>	<u>64,172</u>	<u>-</u>	<u>64,172</u>
Expenditure on:							
Charitable activities		<u>(137,551)</u>	<u>-</u>	<u>(137,551)</u>	<u>(31,663)</u>	<u>(18,666)</u>	<u>(50,329)</u>
Total expenditure		<u>(137,551)</u>	<u>-</u>	<u>(137,551)</u>	<u>(31,663)</u>	<u>(18,666)</u>	<u>(50,329)</u>
Net movement in funds		7,015	2,500	9,515	32,509	(18,666)	13,843
Reconciliation of funds							
Total funds brought forward		<u>12,485</u>	<u>-</u>	<u>12,485</u>	<u>(20,024)</u>	<u>18,666</u>	<u>(1,358)</u>
Total funds carried forward	18	<u><u>19,500</u></u>	<u><u>2,500</u></u>	<u><u>22,000</u></u>	<u><u>12,485</u></u>	<u><u>-</u></u>	<u><u>12,485</u></u>

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

The funds breakdown for 2020 is shown in note 18.

The notes on pages 12 to 21 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre
(Registration number: 11689521)
Balance Sheet as at 30 November 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	30,975	12,892
Current assets			
Stocks	12	-	500
Debtors	13	861	1,736
Cash at bank and in hand	14	<u>20,344</u>	<u>4,791</u>
		21,205	7,027
Creditors: Amounts falling due within one year	15	<u>(19,028)</u>	<u>(5,793)</u>
Net current assets		<u>2,177</u>	<u>1,234</u>
Total assets less current liabilities		33,152	14,126
Creditors: Amounts falling due after more than one year	16	<u>(11,152)</u>	<u>(1,641)</u>
Net assets		<u><u>22,000</u></u>	<u><u>12,485</u></u>
Funds of the charity:			
Restricted income funds			
Restricted funds		2,500	-
Unrestricted income funds			
Unrestricted funds		<u>19,500</u>	<u>12,485</u>
Total funds	18	<u><u>22,000</u></u>	<u><u>12,485</u></u>

For the financial year ending 30 November 2021 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.

The notes on pages 12 to 21 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre
(Registration number: 11689521)
Balance Sheet as at 30 November 2021

The financial statements on pages 9 to 21 were approved by the trustees, and authorised for issue on 24 November 2022 and signed on their behalf by:

.....
David Frederick
Trustee

The notes on pages 12 to 21 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

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 24 November 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.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

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.

In the application of the charity's accounting policies, the directors 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.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

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.

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.

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.

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.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

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 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.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

3 Income from donations and legacies

	Unrestricted		Total	Total
	General	Restricted	2021	2020
	£	£	£	£
Donations and legacies;				
Appeals and donations	5,344	-	5,344	4,175
Grants, including capital grants;				
HMRC - Job retention scheme	13,533	-	13,533	3,204
Bright Ideas	-	-	-	2,500
London Borough of Lewisham	11,486	-	11,486	-
LB of Lewisham - Coronavirus				
Business Support	9,594	-	9,594	10,000
Sport England	-	-	-	4,291
Power to Change	-	-	-	9,265
Lewisham Tigers	-	2,500	2,500	-
NISA	5,000	-	5,000	-
CRA	500	-	500	-
	<u>45,457</u>	<u>2,500</u>	<u>47,957</u>	<u>33,435</u>

4 Income from other trading activities

	Unrestricted		Total	Total
	General		2021	2020
	£		£	£
Trading income;				
Stay and play	1,149		1,149	385
Cafe income	60,441		60,441	14,332
Other income	124		124	88
Rental income	<u>37,395</u>		<u>37,395</u>	<u>15,925</u>
	<u>99,109</u>		<u>99,109</u>	<u>30,730</u>

5 Investment income

	Total	Total
	2021	2020
	£	£
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>-</u>	<u>7</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

6 Expenditure on charitable activities

	Note	Total 2021 £	Total 2020 £
Opening stock		500	-
Cafe purchases		21,847	7,785
Centre purchases		1,869	1,031
Closing stock		-	(500)
Casual wages		3,970	9,433
Staff training		1,212	28
Depreciation, amortisation and other similar costs		8,550	3,223
Staff costs	9	78,329	14,549
Support costs	7	21,274	14,780
		<u>137,551</u>	<u>50,329</u>

7 Analysis of governance and support costs

Support costs

	Total 2021 £	Total 2020 £
Rates	2,685	(1,806)
Light, heat and power	4,048	2,248
Insurance	847	1,615
Repairs and maintenance	2,078	4,638
Telephone and fax	415	306
Office expenses	180	887
Computer software and maintenance	542	2,645
Printing, postage and stationery	21	-
Trade subscriptions	816	-
Sundries	2,349	966
Cleaning	90	1,000
Advertising	631	235
Independent examiner	936	1,500
Legal and professional	5,000	360
Bank charges	636	186
	<u>21,274</u>	<u>14,780</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

8 Trustees remuneration and expenses

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

Natasha Clarkson

Natasha Clarkson received remuneration of £15,408 (2020: £2,330) during the year.

Natasha Clarkson was paid £15,408 in the year as the Centre's Manager. She resigned from the Board in September 2020 when she became an employee.

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:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	77,340	14,500
Pension costs	989	49
	<u>78,329</u>	<u>14,549</u>

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

	2021 No	2020 No
Charitable activities	<u>8</u>	<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 2021

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 December 2020	16,116	16,116
Additions	<u>26,632</u>	<u>26,632</u>
At 30 November 2021	<u>42,748</u>	<u>42,748</u>
Depreciation		
At 1 December 2020	3,223	3,223
Charge for the year	<u>8,550</u>	<u>8,550</u>
At 30 November 2021	<u>11,773</u>	<u>11,773</u>
Net book value		
At 30 November 2021	<u><u>30,975</u></u>	<u><u>30,975</u></u>
At 30 November 2020	<u><u>12,893</u></u>	<u><u>12,893</u></u>

12 Stock

	2021 £	2020 £
Stocks	<u>-</u>	<u>500</u>

13 Debtors

	2021 £	2020 £
Trade debtors	861	1,165
Prepayments	<u>-</u>	<u>571</u>
	<u><u>861</u></u>	<u><u>1,736</u></u>

14 Cash and cash equivalents

	2021 £	2020 £
Cash on hand	-	79
Cash at bank	<u>20,344</u>	<u>4,712</u>
	<u><u>20,344</u></u>	<u><u>4,791</u></u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

15 Creditors: amounts falling due within one year

	2021 £	2020 £
Bank loans	2,848	-
Trade creditors	785	-
Other loans	1,641	1,838
Other taxation and social security	1,913	508
Other creditors	9,420	115
Accruals	2,421	3,332
	<u>19,028</u>	<u>5,793</u>

16 Creditors: amounts falling due after one year

	2021 £	2020 £
Bank loans	11,152	-
Other loans	-	1,641
	<u>11,152</u>	<u>1,641</u>

17 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 £989 (2020 - £49).

18 Funds

	Balance at 1 December 2020 £	Incoming resources £	Resources expended £	Balance at 30 November 2021 £
Unrestricted				
<i>General</i>				
General Funds	12,485	144,566	(137,551)	19,500
Restricted				
Lewisham Tigers	<u>-</u>	<u>2,500</u>	<u>-</u>	<u>2,500</u>
Total funds	<u>12,485</u>	<u>147,066</u>	<u>(137,551)</u>	<u>22,000</u>

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2021

	Balance at 1 December 2019 £	Incoming resources £	Resources expended £	Balance at 30 November 2020 £
Unrestricted				
General				
General Funds	(20,024)	64,172	(31,663)	12,485
Restricted				
Archibald Corbett Society	3,944	-	(3,944)	-
Bright Ideas	14,722	-	(14,722)	-
	<u>18,666</u>	<u>-</u>	<u>(18,666)</u>	<u>-</u>
Total funds	<u><u>(1,358)</u></u>	<u><u>64,172</u></u>	<u><u>(50,329)</u></u>	<u><u>12,485</u></u>

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

Lewisham Tigers - recieved for the purpose of pitch maintenance at Abbotshall Lifestyle Centre.

19 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 30 November 2021 £
Tangible fixed assets	30,975	-	30,975
Current assets	18,705	2,500	21,205
Current liabilities	(19,028)	-	(19,028)
Creditors over 1 year	<u>(11,152)</u>	<u>-</u>	<u>(11,152)</u>
Total net assets	<u><u>19,500</u></u>	<u><u>2,500</u></u>	<u><u>22,000</u></u>
		Unrestricted funds General £	Total funds at 30 November 2020 £
Tangible fixed assets		12,892	12,892
Current assets		7,027	7,027
Current liabilities		(5,793)	(5,793)
Creditors over 1 year		<u>(1,641)</u>	<u>(1,641)</u>
Total net assets		12,485	12,485