

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 2024

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 | Catherine Atkins-Bibow |
| | Daisy Ayre |
| | Christian Bibow |
| | Lauren Dixon |
| | Frank Hooks |
| | Robert Irvine |
| | Julia Jones |
| Secretary | Laura Hallam |
| 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 |

Abbotshall Healthy Lifestyle Centre

Trustees' Report

The the annual report together with the financial statements of the charitable company for the year ended 30 November 2024. 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, political, religious or other opinions, by associating together the said residents and the local authorities in a common effort to provide facilities in the interests of social recreation and leisure time occupation with the objective of improving the condition of life for the residents.

The provision of recreational facilities to promote wider community inclusion for the public benefit by preventing people from becoming social 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 Catford South 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:

- The venue being used for local primary schools' sports and activity days
- Supporting events in Catford South
- Local polling station for Lewisham
- A community café on site providing healthy meals, snacks and drinks for adults and children
- The community gardens, which are maintained by local volunteers
- The centre has been supported through income from the café, catering services, hire of space, events and donations from individuals.

Trustees have regarded the guidance provided by the Charity Commission in relation to public benefit.

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.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

Use of volunteers

During this financial reporting year 9 trustees served on the board. These roles were not remunerated.

Volunteers also maintained the community garden space.

Achievements and performance

Events run at the centre continued to be well attended by members of the community. The events involved families, adults and children.

Regular classes held at the centre ensured the centre became a community focal point. Parents on parental leave were supported through feeding support groups, baby and toddler music classes and a well-attended weekly postnatal support group. Families were able to use the café to eat, meet other families and chat.

Weekly football matches and training took place on site, as well as multisports for children, Little Kickers football classes, Zumba, Yoga, postnatal fitness and other sports' activities.

The charity employed nine staff, paying at least London Living Wage.

Financial review

The charity finished the financial year in a reasonable financial position, although there is still work to be done to improve the charities functioning and to maintain the charity's financial stability. Funding was secured in the shape of managed loans and various grants to assist with the charity's aims, the managed loans were used to pay off unsecured creditors and enhance the charity's aims. Despite the difficulties the charity faced in 2023, the finances were stabilising.

Policy on reserves

The reserves should be held to ensure that AHLC can continue to grow to support the community.

Funds in deficit

At the end of the year, the charity's funds had £9,619 (2023: £33,727) deficit.

Going concern

Despite the difficulties outlined in this report since the centre reopened in February 2024 the charity has demonstrated that it continues to be a going concern.

Structure, governance and management

Nature of governing document

Abbotshall Healthy Lifestyle Centre is a charitable company limited by guarantee and is governed by its memorandum and articles which were incorporated in November 2018. The memorandum and articles were amended by a special resolution in November 2021.

Abbotshall Healthy Lifestyle Centre

Trustees' Report

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: | Catherine Atkins-Bibow (appointed 23 December 2023) |
| | Daisy Ayre (appointed 15 May 2024) |
| | Christian Bibow (appointed 23 December 2023) |
| | Lauren Dixon (appointed 23 December 2023) |
| | Frank Hooks |
| | Robert Irvine (appointed 15 February 2024) |
| | Julia Jones (appointed 15 May 2024) |
| | Julia Evans (appointed 23 December 2023 and resigned 30 July 2025) |
| | Aaron Rainbird (appointed 23 December 2023 and resigned 26 February 2025) |
| Secretary: | Laura Hallam (appointed 23 October 2024) |

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". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

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

Abbotshall Healthy Lifestyle Centre

Trustees' Report

- 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.

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 20 August 2025 and signed on its behalf by:

.....

Robert Irvine

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 2024 which comprise the Statement of Financial Activities, the Balance Sheet and related notes. 8 22

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')

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

Date:.....

Abbotshall Healthy Lifestyle Centre

Statement of Financial Activities for the Year Ended 30 November 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

| | Note | Unrestricted £ | Restricted £ | Total 2024 £ | Unrestricted £ | Restricted £ | Total 2023 £ |
|------------------------------------|------|------------------------|-------------------|-----------------------|------------------------|-----------------|------------------------|
| Income and Endowments from: | | | | | | | |
| Donations and legacies | 3 | 10,131 | 27,912 | 38,043 | 7,757 | - | 7,757 |
| Other trading activities | 4 | 139,008 | - | 139,008 | 100,350 | - | 100,350 |
| Total income | | <u>149,139</u> | <u>27,912</u> | <u>177,051</u> | <u>108,107</u> | <u>-</u> | <u>108,107</u> |
| Expenditure on: | | | | | | | |
| Raising funds | | (86) | - | (86) | - | - | - |
| Charitable activities | 5 | <u>(125,626)</u> | <u>(27,231)</u> | <u>(152,857)</u> | <u>(141,055)</u> | <u>(7,500)</u> | <u>(148,555)</u> |
| Total expenditure | | <u>(125,712)</u> | <u>(27,231)</u> | <u>(152,943)</u> | <u>(141,055)</u> | <u>(7,500)</u> | <u>(148,555)</u> |
| Net movement in funds | | 23,427 | 681 | 24,108 | (32,948) | (7,500) | (40,448) |
| Reconciliation of funds | | | | | | | |
| Total funds brought forward | | <u>(33,727)</u> | <u>-</u> | <u>(33,727)</u> | <u>(779)</u> | <u>7,500</u> | <u>6,721</u> |
| Total funds carried forward | 17 | <u><u>(10,300)</u></u> | <u><u>681</u></u> | <u><u>(9,619)</u></u> | <u><u>(33,727)</u></u> | <u><u>-</u></u> | <u><u>(33,727)</u></u> |

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

The funds breakdown for 2023 is shown in note 17.

The notes on pages 11 to 22 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre
(Registration number: 11689521)
Balance Sheet as at 30 November 2024

| | Note | 2024 £ | 2023 £ |
|--|------|-----------------------|------------------------|
| Fixed assets | | | |
| Tangible assets | 10 | 6,932 | 15,949 |
| Current assets | | | |
| Stocks | 11 | 2,631 | 1,090 |
| Debtors | 12 | 5,394 | 858 |
| Cash at bank and in hand | 13 | <u>28,825</u> | <u>5,860</u> |
| | | 36,850 | 7,808 |
| Creditors: Amounts falling due within one year | 14 | <u>(20,379)</u> | <u>(47,043)</u> |
| Net current assets/(liabilities) | | <u>16,471</u> | <u>(39,235)</u> |
| Total assets less current liabilities | | 23,403 | (23,286) |
| Creditors: Amounts falling due after more than one year | 15 | <u>(33,022)</u> | <u>(10,441)</u> |
| Net liabilities | | <u><u>(9,619)</u></u> | <u><u>(33,727)</u></u> |
| Funds of the charity: | | | |
| Restricted income funds | | | |
| Restricted funds | | 681 | - |
| Unrestricted income funds | | | |
| Unrestricted funds | | <u>(10,300)</u> | <u>(33,727)</u> |
| Total funds | 17 | <u><u>(9,619)</u></u> | <u><u>(33,727)</u></u> |

For the financial year ending 30 November 2024 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 financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The notes on pages 11 to 22 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre
(Registration number: 11689521)
Balance Sheet as at 30 November 2024

The financial statements on pages 8 to 22 were approved by the trustees, and authorised for issue on 20 August 2025 and signed on their behalf by:

.....
Robert Irvine
Trustee

The notes on pages 11 to 22 form an integral part of these financial statements.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

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 20 August 2025.

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 charity finished the financial year with net liabilities of £9,619 (2023: £33,727). The centre's restrained finances led to the board's decision to close the centre in July 2023, with 1 trustee remaining on the board. The centre reopened in February 2024 and has a new board of 9 trustees. Since the centre reopened in February 2024 the charity has demonstrated that it continues to be a going concern.

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 2024

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.

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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 2024

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 2024

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 2024

3 Income from donations and legacies

| | Unrestricted | | Total 2024 | Total 2023 |
|-----------------------------------|---------------|-----------------|---------------|---------------|
| | General £ | Restricted £ | £ | £ |
| Donations and legacies; | | | | |
| Appeals and donations | 10,131 | - | 10,131 | 5,257 |
| Grants, including capital grants; | | | | |
| Greater London Authority | - | 7,912 | 7,912 | - |
| Grants - other agencies | - | - | - | 2,500 |
| National Lottery | - | 20,000 | 20,000 | - |
| | <u>10,131</u> | <u>27,912</u> | <u>38,043</u> | <u>7,757</u> |

4 Income from other trading activities

| | Unrestricted | Total 2024 | Total 2023 |
|-----------------|----------------|----------------|----------------|
| | General £ | £ | £ |
| Trading income; | | | |
| Stay and play | 1,665 | 1,665 | 1,565 |
| Cafe income | 55,076 | 55,076 | 58,215 |
| Other income | 33,720 | 33,720 | 3,465 |
| Events income; | | | |
| Ticket sales | 1,470 | 1,470 | - |
| Rental income | <u>47,077</u> | <u>47,077</u> | <u>37,105</u> |
| | <u>139,008</u> | <u>139,008</u> | <u>100,350</u> |

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

5 Expenditure on charitable activities

| | Note | Total 2024 £ | Total 2023 £ |
|--|------|--------------------|--------------------|
| Opening stock | | 1,090 | - |
| Cafe management | | 988 | - |
| Cafe purchases | | 24,976 | 23,128 |
| Christmas trees purchases | | 7,263 | 2,180 |
| Event supplies | | 2,137 | - |
| Centre management | | 2,045 | - |
| Centre purchases | | 123 | 403 |
| Closing stock | | (2,632) | (1,090) |
| (Profit)/loss on disposal of tangible fixed assets | | 473 | - |
| Casual wages | | - | 1,137 |
| Staff training | | 48 | 280 |
| Bad debts written off | | 3,800 | - |
| Depreciation, amortisation and other similar costs | | 9,128 | 9,240 |
| Staff costs | 8 | 78,619 | 81,411 |
| Support costs | 6 | 24,799 | 31,866 |
| | | <u>152,857</u> | <u>148,555</u> |

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

6 Analysis of governance and support costs

Support costs

| | Total 2024 £ | Total 2023 £ |
|-----------------------------------|-----------------------------|-----------------------------|
| Light, heat and power | 9,529 | 12,901 |
| Insurance | 1,520 | 1,508 |
| Repairs and maintenance | 2,072 | 1,950 |
| Telephone and fax | 581 | 475 |
| Office expenses | 35 | - |
| Computer software and maintenance | 1,300 | 2,587 |
| Printing, postage and stationery | 292 | 314 |
| Trade subscriptions | - | 1,495 |
| Sundries | 86 | 1,417 |
| Cleaning | 1,081 | 385 |
| Travel and subsistence | 425 | - |
| Advertising | 716 | 2,983 |
| Independent examiner | 2,304 | 4,116 |
| Legal and professional | 1,402 | 131 |
| Bank charges | 1,738 | 1,181 |
| Loan interest | 505 | - |
| Other interest payable | 1,213 | 423 |
| | <u>24,799</u> | <u>31,866</u> |

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

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

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

8 Staff costs

The aggregate payroll costs were as follows:

| | 2024 £ | 2023 £ |
|--|---------------|---------------|
| Staff costs during the year were: | | |
| Wages and salaries | 77,621 | 78,054 |
| Social security costs | (174) | 2,059 |
| Pension costs | <u>1,172</u> | <u>1,298</u> |
| | <u>78,619</u> | <u>81,411</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:

| | 2024 No | 2023 No |
|-----------------------|------------|------------|
| Charitable activities | <u>6</u> | <u>10</u> |

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

9 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 2024

10 Tangible fixed assets

| | Furniture and equipment £ | Total £ |
|-------------------------|---------------------------------|----------------|
| Cost | | |
| At 1 December 2023 | 46,203 | 46,203 |
| Additions | 584 | 584 |
| Disposals | <u>(1,144)</u> | <u>(1,144)</u> |
| At 30 November 2024 | <u>45,643</u> | <u>45,643</u> |
| Depreciation | | |
| At 1 December 2023 | 30,254 | 30,254 |
| Charge for the year | 9,128 | 9,128 |
| Eliminated on disposals | <u>(671)</u> | <u>(671)</u> |
| At 30 November 2024 | <u>38,711</u> | <u>38,711</u> |
| Net book value | | |
| At 30 November 2024 | <u>6,932</u> | <u>6,932</u> |
| At 30 November 2023 | <u>15,949</u> | <u>15,949</u> |

11 Stock

| | 2024 £ | 2023 £ |
|--------|--------------|--------------|
| Stocks | <u>2,631</u> | <u>1,090</u> |

12 Debtors

| | 2024 £ | 2023 £ |
|---------------|--------------|------------|
| Trade debtors | 870 | 858 |
| Other debtors | <u>4,524</u> | <u>-</u> |
| | <u>5,394</u> | <u>858</u> |

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

13 Cash and cash equivalents

| | 2024 £ | 2023 £ |
|--------------|---------------|--------------|
| Cash on hand | 283 | 2,082 |
| Cash at bank | 28,542 | 3,778 |
| | <u>28,825</u> | <u>5,860</u> |

14 Creditors: amounts falling due within one year

| | 2024 £ | 2023 £ |
|------------------------------------|---------------|---------------|
| Bank loans | 2,847 | 2,847 |
| Trade creditors | 11,397 | 23,557 |
| Other taxation and social security | - | 7,138 |
| Other creditors | 1,130 | 11,305 |
| Accruals | 5,005 | 2,196 |
| | <u>20,379</u> | <u>47,043</u> |

15 Creditors: amounts falling due after one year

| | 2024 £ | 2023 £ |
|-------------|---------------|---------------|
| Bank loans | 8,022 | 10,441 |
| Other loans | 25,000 | - |
| | <u>33,022</u> | <u>10,441</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 £1,172 (2023 - £1,298).

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

17 Funds

| | Balance at 1 December 2023 £ | Incoming resources £ | Resources expended £ | Balance at 30 November 2024 £ |
|--------------------------|------------------------------------|----------------------------|----------------------------|--|
| Unrestricted | | | | |
| <i>General</i> | | | | |
| General Funds | (33,727) | 149,139 | (125,712) | (10,300) |
| Restricted | | | | |
| National Lottery | - | 20,000 | (20,000) | - |
| Greater London Authority | - | 7,912 | (7,231) | 681 |
| | <u>-</u> | <u>27,912</u> | <u>(27,231)</u> | <u>681</u> |
| Total funds | <u>(33,727)</u> | <u>177,051</u> | <u>(152,943)</u> | <u>(9,619)</u> |
| | | | | |
| | Balance at 1 December 2022 £ | Incoming resources £ | Resources expended £ | Balance at 30 November 2023 £ |
| Unrestricted | | | | |
| <i>General</i> | | | | |
| General Funds | (779) | 108,107 | (141,055) | (33,727) |
| Restricted | | | | |
| NCLI | <u>7,500</u> | <u>-</u> | <u>(7,500)</u> | <u>-</u> |
| Total funds | <u>6,721</u> | <u>108,107</u> | <u>(148,555)</u> | <u>(33,727)</u> |

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

National Lottery - funds towards the 'Re-opening of the Cafe'.

Greater London Authority - funds through 'Go! London' funding to help with pitch maintenance and longer opening hours.

Abbotshall Healthy Lifestyle Centre

Notes to the Financial Statements for the Year Ended 30 November 2024

18 Analysis of net assets between funds

| | Unrestricted funds General £ | Restricted funds £ | Total funds at 30 November 2024 £ |
|-----------------------|---------------------------------------|--------------------------|--|
| Tangible fixed assets | 6,932 | - | 6,932 |
| Current assets | 36,169 | 681 | 36,850 |
| Current liabilities | (20,379) | - | (20,379) |
| Creditors over 1 year | (33,022) | - | (33,022) |
| Total net assets | <u>(10,300)</u> | <u>681</u> | <u>(9,619)</u> |

| | Unrestricted funds General £ | Total funds at 30 November 2023 £ |
|-----------------------|---------------------------------------|--|
| Tangible fixed assets | 15,949 | 15,949 |
| Current assets | 7,808 | 7,808 |
| Current liabilities | (47,043) | (47,043) |
| Creditors over 1 year | (10,441) | (10,441) |
| Total net assets | <u>(33,727)</u> | <u>(33,727)</u> |

19 Related party transactions

There were no other related party transactions in the year.