

COMMUNITY HEALTH FOUNDATION

England & Wales · Charity number 271847

Details

Other names	CONCORD INSTITUTE
Status	Registered
Legal form	Other
Registered	1976-08-19
Register	View on the Charity Commission register

Contact

Address	Concord Institute 26 Herongate Road London E12 5EG
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Website	www.concordinstitute.com

Activities

Objects: TO SAFEGUARD HEALTH IN THE COMMUNITY BY THE PROVISION OF PUBLIC EDUCATION IN SELF HEALTH.

Activities: The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health. In order to achieve its principal objective Community Health Foundation offers various courses, workshops and other forms of training and information to people as individuals and in groups.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£208,592	£229,422	-	-
2023-12-31	£303,511	£293,804	-	-
2022-12-31	£285,117	£321,844	-	-
2021-12-31	£292,975	£256,943	-	-
2020-12-31	£207,828	£196,767	-	-

Trustees

Name	Role	Appointed
Deborah Murphy-Smith		2024-12-29
Jean Torne		2026-02-06
NICHOLAS ALLAN		2010-08-07

COMMUNITY HEALTH FOUNDATION

England & Wales - Charity number 271847

Accounts

COMMUNITY HEALTH FOUNDATION
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2024

COMMUNITY HEALTH FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Nicholas Allan
Anne Bogaerts
Deborah Murphy-Smith

Charity number

271847

Independent Examiner

Leo Andersen
5 Farnham Close
Bracknell
RG12 9AX

COMMUNITY HEALTH FOUNDATION

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COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report and financial statements for the year ended 31 December 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the trust's charitable trust deed, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan	
Anne Bogaerts	(Appointed 20 April 2024)
Tim Crowther	(Resigned 6 February 2025)
Deborah Murphy-Smith	(Resigned 1 January 2024 and re-appointed 29 December 2024)

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

Changes in fixed assets during the year are explained in notes 5 and 6 to the financial statements.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

- alignment with environmental health and biological and agricultural sustainability
- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on one's own
- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses (bracketed figures show the total number of courses provided during the year):-

iEvolue (1) - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

Integral Studies Course (1) - consisting of five weekends and fourteen evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

Power, Intent and Evolution (1) - a four day residential programme that aims to assist people in breaking free of unhealthy energetic patterns in the areas of social and physical relationships.

HeartSpace (1) – a three day workshop aimed at enabling individuals to gain practical insight into human relationships and their influence on ones health and well being.

Heart in a Pot (17) – an evening class that elicits the joy of whole-food cooking.

Seasonal Cooking Intensive (13) – a one day workshop of whole-food macrobiotic cooking, which aims to enable people to cook for oneself, family and friends.

Tensegrity Series (2) – a series of bodywork classes that take place over six weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Toltec Movements (3) - a one day workshop incorporating a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Essential Macrobiotics (1) - a weekend workshop facilitated by Bill Tara exploring the oriental approach to health and human ecology.

Practical Feng Shui (1) – a weekend workshop facilitated by Simon Brown exploring how to create healthy home environments.

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

A total of 406 student places were provided in 2024 with the assistance of an estimated 250 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles
- inexpensive educational materials such as instructional books and videos
- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted funds of the charity at 31 December 2024 were £594 in deficit (2023: £20,236 in surplus). Net outgoing resources for the year were £20,830 (2023: net incoming £9,707).

The financial statements were impacted negatively by economic conditions which resulted in significantly reduced incoming resources (note 2) and the charity decided to vacate its leased premises on 30 November 2024 in order to reduce the pressure of overhead costs and adopt a new operating model by hiring venues for live events as and when needed and also organising more online events. The charity was also able to significantly reduce storage costs by disposing of a substantial number of its aged tangible fixed assets (note 5) as these were no longer required for the new operating model.

The 'Cooking School Fund' balance of £4,062 is invested in a Social Investment subsidiary company for the purpose of expanding the activity of the cooking school as per notes 3 and 6 to the financial statements.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure plus one year of premises costs. The trustees continue to work towards this target.

Nicholas Allan

Deborah Murphy-Smith

Nicholas Allan

Deborah Murphy-Smith

Trustee

Trustee

Dated: 30 June 2025

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 11 for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Leo Andersen

Leo Andersen FMAAT
5 Farnham Close
Bracknell
RG12 9AX

Dated: 30 June 2025

COMMUNITY HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024 £	2023 £
Incoming resources			
Incoming resources from charitable activities	2	204,077	303,511
Gain on disposal of tangible fixed assets		4,515	-
Total incoming resources		<u>208,592</u>	<u>303,511</u>
Resources expended			
Charitable activities		229,172	293,654
Governance costs		250	150
Total resources expended	4	<u>229,422</u>	<u>293,804</u>
Net movement in funds		(20,830)	9,707
Fund balances at 1 January 2024		<u>24,298</u>	<u>14,591</u>
Fund balances at 31 December 2024		<u><u>3,468</u></u>	<u><u>24,298</u></u>

COMMUNITY HEALTH FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2024

	Notes	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	5		-		-
Investments	6		4,432		5,187
			<u>4,432</u>		<u>5,187</u>
Current assets					
Debtors	7	1,375		1,500	
Cash at bank and in hand		13,891		71,871	
		<u>15,266</u>		<u>73,371</u>	
Creditors: amounts falling due within one year	8	(1,445)		(29,351)	
Net current assets			<u>13,821</u>		<u>44,020</u>
Total assets less current liabilities			<u>18,253</u>		<u>49,208</u>
Creditors: amounts falling due after one year	9		(14,785)		(24,909)
Total net assets			<u>3,468</u>		<u>24,298</u>
Income funds					
Restricted funds			4,062		4,062
Unrestricted funds			(594)		20,236
			<u>3,468</u>		<u>24,298</u>

The accounts were approved by the Trustees on 30 June 2025

Anne Bogaerts

Deborah Murphy-Smith

Anne Bogaerts

Deborah Murphy-Smith

Trustee

Trustee

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

1.1 Basis of preparation

The financial statements are prepared on the going concern basis and under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019 and the Charities Act 2011.

1.2 Incoming resources and resources expended

Fee income for courses provided by the charity are recognised in full in the year in which they are receivable. Resources expended are recognised in the period in which they are incurred.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold improvements	9 years
Plant and machinery	4 years
Fixtures, fittings & equipment	4 years

2 Incoming resources from charitable activities

	2024 £	2023 £
Fees for educational courses	<u>204,077</u>	<u>303,511</u>

3 Restricted income fund – Cooking School Fund

	2024 £	2023 £
Fund opening balance	4,062	4,062
Fund closing balance	<u>4,062</u>	<u>4,062</u>

The fund balance is fully invested in a subsidiary company as per note 6.

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

4 Total resources expended

	2024	2023
	£	£
Charitable costs		
Salaries	-	7,706
Employers' National Insurance and pension	-	1,082
Programme organisation	20,985	26,798
Teaching fees	64,053	82,436
Room hire	15,938	33,382
Cooking school costs	22,696	37,457
Event supplies	4,197	3,769
Equipment hire	558	471
Insurance	1,451	1,849
Premises	5,171	4,676
Post, telecommunications and promotion	10,526	11,958
Travel and subsistence	10,940	8,380
Rent and rates	66,474	64,159
Maintenance and cleaning	1,071	2,045
Bank charges	4,587	6,714
Loan interest	525	773
Governance costs		
Audit and examination fees	250	150
	<u>229,422</u>	<u>293,804</u>

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

5 Tangible fixed assets

	Leasehold improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 January 2024	23,455	14,524	34,561	72,540
Disposals	(23,455)	(14,524)	(18,112)	(56,091)
At 31 December 2024	-	-	16,449	16,449
Depreciation				
At 1 January 2024	23,455	14,524	34,561	72,540
Disposals	(23,455)	(14,524)	(18,112)	(56,091)
At 31 December 2024	-	-	16,449	16,449
Net book value				
At 31 December 2024	-	-	-	-
At 31 December 2023	-	-	-	-

6 Social Investment in subsidiary company

	Share capital	Loan capital	Total
	£	£	£
Cost			
At 1 January 2024	1,000	4,187	5,187
Repayments	-	(755)	(755)
At 31 December 2024	1,000	3,432	4,432
Impairment			
At 1 January 2024	-	-	-
Provision for the year	-	-	-
At 31 December 2024	-	-	-
Carrying value			
At 31 December 2024	1,000	3,432	4,432
At 31 December 2023	1,000	4,187	5,187

Loan capital is interest free and receivable after more than one year.

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

7 Debtors

	2024 £	2023 £
Prepayments	<u>1,375</u>	<u>1,500</u>

8 Creditors: amounts falling due within one year

	2024 £	2023 £
Course fees in advance	1,195	11,590
Other creditors	-	14,111
Accruals	<u>250</u>	<u>3,650</u>
	<u>1,445</u>	<u>29,351</u>

9 Creditors: amounts falling due after one year

	2024 £	2023 £
Government backed bank loan	<u>14,785</u>	<u>24,909</u>

10 Commitments under operating leases

At 31 December 2024 the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2024 £	2023 £
Expiry date:		
Less than one year	<u>-</u>	<u>56,000</u>

11 Transactions with trustees and related parties

	2024 £	2023 £
Trustees' travel expenses	40	1,505
Trustees' teaching fees	<u>275</u>	<u>14,583</u>
	<u>315</u>	<u>16,088</u>

Trustees' fees are authorised in accordance with the charity's governing document.

COMMUNITY HEALTH FOUNDATION

England & Wales - Charity number 271847

Accounts

COMMUNITY HEALTH FOUNDATION
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2023

COMMUNITY HEALTH FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Nicholas Allan Anne Bogaerts Tim Crowther
Charity number	271847
Independent Examiner	Leo Andersen 5 Farnham Close Bracknell RG12 9AX

COMMUNITY HEALTH FOUNDATION

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COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report and financial statements for the year ended 31 December 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the trust's charitable trust deed, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan
Tim Crowther
Deborah Murphy (Resigned 1 January 2024)

Trustees appointed after the year end:

Anne Bogaerts (Appointed 20 April 2024)

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

Changes in fixed assets during the year are explained in notes 5 and 6 to the financial statements.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

- alignment with environmental health and biological and agricultural sustainability
- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on one's own
- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses (bracketed figures show the total number of courses provided during the year):-

iEvolue (4) - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

The Foundation Course (3) - consisting of four weekends and ten evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

JumpStart (1) - a seven day residential programme that seeks to assist people in breaking free of unrewarding and unhealthy patterns in the areas of nutrition, bodywork, communication and self expression.

Power, Intent and Evolution (1) - a four day residential programme that aims to assist people in breaking free of unhealthy energetic patterns in the areas of social and physical relationships.

HeartSpace (1) – a three day workshop aimed at enabling individuals to gain practical insight into human relationships and their influence on ones health and well being.

Heart in a Pot (3) – a five part series of classes that elicits the joy of whole-food cooking.

Seasonal Cooking Intensive (6) – a two day workshop of whole-food macrobiotic cooking, which aims to enable people to cook for oneself, family and friends.

Bodywork Series (2) – a series of six classes to engage with the body in a way that elicits the joy of our physicality.

The Art of Well-being (1) – a weekend bodywork intensive that introduces the participant to a range of oriental bodywork disciplines.

Tensegrity Series (2) – a series of bodywork classes that take place over five weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Toltec Movements (1) - a weekend workshop incorporating a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Essential Macrobiotics (1) - a weekend workshop facilitated by Bill Tara exploring the oriental approach to health and human ecology.

The Inner Landscape (1) – a weekend workshop facilitated by Bill Spear exploring oriental philosophy.

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

A total of 517 student places were provided in 2023 with the assistance of an estimated 250 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles
- inexpensive educational materials such as instructional books and videos
- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted funds of the charity at 31 December 2023 were £20,236 (2022: £10,529). Net incoming resources for the year were £9,707 (2022: net outgoing £36,727).

The 'Cooking School Fund' balance of £4,062 is invested in a Social Investment subsidiary company for the purpose of expanding the activity of the cooking school as per notes 3 and 6 to the financial statements.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure plus one year of premises costs. The trustees continue to work towards this target.

Nicholas Allan

Tim Crowther

Nicholas Allan

Tim Crowther

Trustee

Trustee

Dated: 3 September 2024

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 11 for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Leo Andersen

Leo Andersen FMAAT
5 Farnham Close
Bracknell
RG12 9AX

Dated: 3 September 2024

COMMUNITY HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 £	2022 £
Incoming resources			
Incoming resources from charitable activities	2	<u>303,511</u>	<u>285,117</u>
Total incoming resources		<u>303,511</u>	<u>285,117</u>
Resources expended			
Charitable activities		293,654	321,694
Governance costs		<u>150</u>	<u>150</u>
Total resources expended	4	<u>293,804</u>	<u>321,844</u>
Net movement in funds		9,707	(36,727)
Fund balances at 1 January 2023		<u>14,591</u>	<u>51,318</u>
Fund balances at 31 December 2023		<u><u>24,298</u></u>	<u><u>14,591</u></u>

COMMUNITY HEALTH FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2023

	Notes	£	2023 £	£	2022 £
Fixed assets					
Tangible assets	5		-		-
Investments	6		<u>5,187</u>		<u>4,062</u>
			5,187		4,062
Current assets					
Debtors	7	1,500		1,125	
Cash at bank and in hand		<u>71,871</u>		<u>76,185</u>	
		73,371		77,310	
Creditors: amounts falling due within one year	8	<u>(29,351)</u>		<u>(31,995)</u>	
Net current assets			<u>44,020</u>		<u>45,314</u>
Total assets less current liabilities			49,208		49,377
Creditors: amounts falling due after one year	9		<u>(24,909)</u>		<u>(34,786)</u>
Total net assets			<u><u>24,298</u></u>		<u><u>14,591</u></u>
Income funds					
Restricted funds			4,062		4,062
Unrestricted funds			<u>20,236</u>		<u>10,529</u>
			<u><u>24,298</u></u>		<u><u>14,591</u></u>

The accounts were approved by the Trustees on 3 September 2024

Anne Bogaerts

Tim Crowther

Anne Bogaerts

Tim Crowther

Trustee

Trustee

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

1.1 Basis of preparation

The financial statements are prepared on the going concern basis and under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019 and the Charities Act 2011.

1.2 Incoming resources and resources expended

Fee income for courses provided by the charity are recognised in full in the year in which they are receivable. Resources expended are recognised in the period in which they are incurred.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold improvements	9 years
Plant and machinery	4 years
Fixtures, fittings & equipment	4 years

2 Incoming resources from charitable activities

	2023 £	2022 £
Fees for educational courses	<u>303,511</u>	<u>285,117</u>

3 Restricted income fund – Cooking School Fund

	2023 £	2022 £
Fund opening balance	4,062	4,062
Fund closing balance	<u>4,062</u>	<u>4,062</u>

The fund balance is fully invested in a subsidiary company as per note 6.

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

4 Total resources expended

	2023 £	2022 £
Charitable costs		
Salaries	7,706	79,594
Employers' National Insurance and pension	1,082	4,939
Programme organisation	26,798	11,000
Teaching fees	82,436	60,504
Room hire	33,382	33,022
Cooking school costs	37,457	27,714
Event supplies	3,769	5,401
Equipment hire	471	591
Insurance	1,849	2,655
Premises	4,676	5,354
Post, telecommunications and promotion	11,958	9,372
Travel and subsistence	8,380	8,204
Rent and rates	64,159	62,048
Maintenance and cleaning	2,045	3,983
Bank charges	6,714	6,289
Loan interest	773	1,023
Governance costs		
Audit and examination fees	150	150
	<u>293,804</u>	<u>321,844</u>

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

5 Tangible fixed assets

	Leasehold improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 January 2023	23,455	14,524	34,561	72,540
Additions during the year	-	-	-	-
At 31 December 2023	23,455	14,524	34,561	72,540
Depreciation				
At 1 January 2023	23,455	14,524	34,561	72,540
Charge for the year	-	-	-	-
At 31 December 2023	23,455	14,524	34,561	72,540
Net book value				
At 31 December 2023	-	-	-	-
At 31 December 2022	-	-	-	-

6 Social Investment in subsidiary company

	Share capital	Loan capital	Total
	£	£	£
Cost			
At 1 January 2023	1,000	3,062	4,062
Acquisitions during the year	-	1,125	1,125
At 31 December 2023	1,000	4,187	5,187
Impairment			
At 1 January 2023	-	-	-
Provision for the year	-	-	-
At 31 December 2023	-	-	-
Carrying value			
At 31 December 2023	1,000	4,187	5,187
At 31 December 2022	1,000	3,062	4,062

Loan capital is interest free and receivable after more than one year.

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

7 Debtors

	2023 £	2022 £
Prepayments	<u>1,500</u>	<u>1,125</u>

8 Creditors: amounts falling due within one year

	2023 £	2022 £
Course fees in advance	11,590	14,220
Other creditors	14,111	17,625
Accruals	<u>3,650</u>	<u>150</u>
	<u>29,351</u>	<u>31,995</u>

9 Creditors: amounts falling due after one year

	2023 £	2022 £
Government backed bank loan	<u>24,909</u>	<u>34,786</u>

10 Commitments under operating leases

At 31 December 2023 the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2023 £	2022 £
Expiry date:		
Less than one year / between one and five years	<u>56,000</u>	<u>63,600</u>

11 Transactions with trustees and related parties

	2023 £	2022 £
Trustees' travel expenses	1,505	1,068
Trustees' teaching fees	<u>14,583</u>	<u>5,982</u>
	<u>16,088</u>	<u>7,050</u>

Trustees' fees are authorised in accordance with the charity's governing document.

COMMUNITY HEALTH FOUNDATION

England & Wales - Charity number 271847

Accounts

COMMUNITY HEALTH FOUNDATION
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022

COMMUNITY HEALTH FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees Nicholas Allan
Tim Crowther
Deborah Murphy

Charity number 271847

Independent Examiner Leo Andersen
5 Farnham Close
Bracknell
RG12 9AX

COMMUNITY HEALTH FOUNDATION

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COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report and financial statements for the year ended 31 December 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the trust's charitable trust deed, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan
Tim Crowther
Deborah Murphy

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

Changes in fixed assets during the year are explained in notes 6 and 7 to the financial statements.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research
- alignment with environmental health and biological and agricultural sustainability

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on one's own

- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses (bracketed figures show the total number of courses provided during the year):-

iEvolve (3) - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

The Foundation Course (2) - consisting of four weekends and ten evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

JumpStart (1) - a seven day residential programme that seeks to assist people in breaking free of unrewarding and unhealthy patterns in the areas of nutrition, bodywork, communication and self expression.

Power, Intent and Evolution (1) - a four day residential programme that aims to assist people in breaking free of unhealthy energetic patterns in the areas of social and physical relationships.

HeartSpace (2) – a three day workshop aimed at enabling individuals to gain practical insight into human relationships and their influence on ones health and well being.

Cooking Series (5) – a three part series of classes that elicits the joy of whole-food cooking.

Seasonal Summer Cooking (1) – a one day introduction to whole-food macrobiotic cooking, which aims to enable people to cook for oneself, family and friends.

Integral Bodywork Series (6) – consisting of five sessions to engage with movements that promote the energising and grounding of the body.

Intentional Yoga (2) – a series of five classes to engage with the body in a way that elicits the joy of our physicality.

Embracing The Light (1) – a weekend bodywork intensive that introduces the participant to a range of bodywork disciplines.

Tensegrity Series (6) – a series of bodywork classes that take place over six weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Toltec Movements (1) - a weekend workshop incorporating a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Macrobiotics: An Ecology of Mind and Body (1) - a weekend workshop facilitated by Bill Tara exploring the oriental approach to health and human ecology.

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

A total of 555 student places were provided in 2022 with the assistance of an estimated 250 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles
- inexpensive educational materials such as instructional books and videos
- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted funds of the charity at 31 December 2022 were £10,529 (2021: £47,256). Net outgoing resources for the year were £36,727 (2021: net incoming £36,033).

The 'Cooking School Fund' balance of £4,062 was used to establish a Social Investment subsidiary company for the purpose of expanding the activity of the cooking school as per notes 4 and 7 to the financial statements.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure plus one year of premises costs. The trustees continue to work towards this target.

Nicholas Allan

Tim Crowther

Nicholas Allan

Tim Crowther

Trustee

Trustee

Dated: 23 June 2023

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 11 for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Leo Andersen

Leo Andersen FMAAT
5 Farnham Close
Bracknell
RG12 9AX

Dated: 23 June 2023

COMMUNITY HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 £	2021 £
Incoming resources			
Incoming resources from charitable activities	2	285,117	249,651
Grant income	3	-	38,196
Voluntary income	4	-	3,722
Fundraising income	4	-	1,406
		<hr/>	<hr/>
Total incoming resources		285,117	292,975
Resources expended			
Charitable activities		321,694	255,727
Fundraising trading costs		-	1,066
Governance costs		150	150
		<hr/>	<hr/>
Total resources expended	5	321,844	256,943
Net movement in funds		(36,727)	36,033
Fund balances at 1 January 2022		<hr/> 51,318	<hr/> 15,286
Fund balances at 31 December 2022		<hr/> 14,591	<hr/> 51,318

COMMUNITY HEALTH FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2022

	Notes	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	6		-		-
Investments	7		4,062		-
			<u>4,062</u>		<u>-</u>
Current assets					
Debtors	8	1,125		6,460	
Cash at bank and in hand		76,185		132,787	
			<u>77,310</u>	<u>139,247</u>	
Creditors: amounts falling due within one year	9	(31,995)		(43,517)	
Net current assets			<u>45,314</u>		<u>95,730</u>
Total assets less current liabilities			<u>49,377</u>		<u>95,730</u>
Creditors: amounts falling due after one year	10		(34,786)		(44,412)
Total net assets			<u>14,591</u>		<u>51,318</u>
Income funds					
Restricted funds			4,062		4,062
Unrestricted funds			10,529		47,256
			<u>14,591</u>		<u>51,318</u>

The accounts were approved by the Trustees on 23 June 2023

Deborah Murphy

Tim Crowther

Deborah Murphy

Tim Crowther

Trustee

Trustee

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

1.1 Basis of preparation

The financial statements are prepared on the going concern basis and under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019 and the Charities Act 2011.

1.2 Incoming resources and resources expended

Fee income for courses provided by the charity are recognised in full in the year in which they are receivable. Resources expended are recognised in the period in which they are incurred.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold improvements	9 years
Plant and machinery	4 years
Fixtures, fittings & equipment	4 years

2 Incoming resources from charitable activities

	2022 £	2021 £
Fees for educational courses	<u>285,117</u>	<u>249,651</u>

3 Grant income

	2022 £	2021 £
Coronavirus Job Retention Scheme	-	10,911
Coronavirus local authority grants	-	27,286
	<u>-</u>	<u>38,196</u>

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

4 Restricted income fund – Cooking School Fund

	2022	2021
	£	£
Voluntary income		
Charitable donations	-	3,722
Fundraising activities		
Event ticket sales	-	1,406
Event supplies	-	(1,066)
Net income from fundraising activities	-	340
Net restricted fund income	-	4,062
Fund opening balance	4,062	-
Fund closing balance	<u>4,062</u>	<u>4,062</u>

The fund balance was invested as per note 7.

5 Total resources expended

	2022	2021
	£	£
Charitable costs		
Salaries	79,594	36,742
Employers' National Insurance and pension	4,939	789
Programme organisation	11,000	31,680
Teaching fees	60,504	58,247
Room hire	33,022	27,680
Cooking school costs	27,714	20,595
Event supplies	5,401	2,928
Equipment hire	591	543
Insurance	2,655	1,955
Premises	5,354	5,116
Post, telecommunications and promotion	9,372	8,323
Travel and subsistence	8,204	6,677
Rent and rates	62,048	45,959
Maintenance and cleaning	3,983	1,213
Bank charges	6,289	5,589
Loan interest	1,023	624
Depreciation	-	1,069
Fundraising trading costs		
Event supplies	-	1,066
Governance costs		
Audit and examination fees	150	150
	<u>321,844</u>	<u>256,943</u>

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

6 Tangible fixed assets

	Leasehold improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 January 2022	23,455	14,524	34,561	72,540
Additions during the year	-	-	-	-
At 31 December 2022	23,455	14,524	34,561	72,540
Depreciation				
At 1 January 2022	23,455	14,524	34,561	72,540
Charge for the year	-	-	-	-
At 31 December 2022	23,455	14,524	34,561	72,540
Net book value				
At 31 December 2022	-	-	-	-
At 31 December 2021	-	-	-	-

7 Social Investment in subsidiary company

	Share capital	Loan capital	Total
	£	£	£
Cost			
At 1 January 2022	-	-	-
Acquisitions during the year	1,000	3,062	4,062
At 31 December 2022	1,000	3,062	4,062
Impairment			
At 1 January 2022	-	-	-
Provision for the year	-	-	-
At 31 December 2022	-	-	-
Carrying value			
At 31 December 2022	1,000	3,062	4,062
At 31 December 2021	-	-	-

Loan capital is interest free and receivable after more than one year.

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

8 Debtors

	2022 £	2021 £
Prepayments	<u>1,125</u>	<u>6,460</u>

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Course fees in advance	14,220	12,055
Other creditors	17,625	18,967
Accruals	<u>150</u>	<u>12,495</u>
	<u>31,995</u>	<u>43,517</u>

10 Creditors: amounts falling due after one year

	2022 £	2021 £
Government backed bank loan	<u>34,786</u>	<u>44,412</u>

11 Commitments under operating leases

At 31 December 2022 the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2022 £	2021 £
Expiry date: Between one and five years	<u>63,600</u>	<u>57,600</u>

12 Transactions with trustees and related parties

	2022 £	2021 £
Trustees' travel expenses	1,068	341
Trustees' teaching fees	5,982	5,335
	<u>7,050</u>	<u>5,676</u>

Trustees' fees are authorised in accordance with the charity's governing document.

COMMUNITY HEALTH FOUNDATION

England & Wales - Charity number 271847

Accounts

Charity Registration No. 271847

COMMUNITY HEALTH FOUNDATION
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021

COMMUNITY HEALTH FOUNDATION
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees Nicholas Allan
Tim Crowther
Deborah Murphy

Charity number 271847

Independent Examiner Simon Davies
The Old Rectory
Scott Willoughby
Sleaford
Lincolnshire
NG34 0DU

COMMUNITY HEALTH FOUNDATION

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COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report and financial statements for the year ended 31 December 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the trust's charitable trust deed, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan
Tim Crowther
Deborah Murphy

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

Changes in fixed assets during the year are explained in note 6 to the financial statements.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research
- alignment with environmental health and biological and agricultural sustainability

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on ones own
- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses (bracketed figures show the total number of courses provided during the year):-

iEvolve (2) - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

The Foundation Course (2) - consisting of four weekend and ten evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

JumpStart (2) - a one week programme that seeks to assist people in breaking free of unrewarding and unhealthy patterns in the areas of nutrition, bodywork, communication and self expression.

Power, Intent and Evolution (1) - a four day programme that aims to assist people in breaking free of unhealthy energetic patterns in the areas of social and physical relationships.

Cooking Series (10) – a three part series of classes that elicits the joy of whole-food cooking.

Integral Bodywork Series (8) – consisting of six sessions to engage with movements that promote the energising and grounding of the body.

Tensegrity Series (10) – a series of bodywork classes that take place over five weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Dreaming a New World (1) - a weekend Tensegrity workshop. Tensegrity is a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Fundamentals of Emergent Process (1) – a three day workshop consisting of dialogue & focused awareness sessions aimed at freeing creative energy and increasing self confidence and inner peace.

Basic Alchemy (1) - a two weekend workshop facilitated by Michael Rossoff, which is a primer to oriental medicine and practical home remedies.

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

A total of 634 student places were provided in 2021 with the assistance of an estimated 250 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles
- inexpensive educational materials such as instructional books and videos
- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted funds of the charity at 31 December 2021 were £47,256 (2020: £15,286). Net incoming resources for the year were £36,033 (2020: £11,061).

The organisation continued to be impacted by the coronavirus pandemic which resulted in substantial loss of incoming resources from in-person courses and significant periods of premises closure. This required a substantial increase in the number of courses adapted for online delivery. Coronavirus grants were obtained (note 3) and a government backed bank loan was maintained (note 9) to ensure that the charity could continue to operate for the duration of the pandemic.

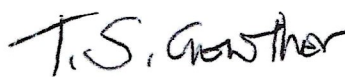
'The Food of Life' event was organised during the year for the purpose of raising funds for the cooking school. A total of £4,062 was raised through donations and event income as explained in note 4 to the financial statements.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure plus one year of premises costs. The trustees continue to work towards this target.



Nicholas Allan

Trustee



Tim Crowther

Trustee

Dated: 7 October 2022

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 11 for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

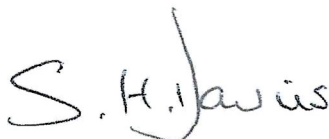
Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of CIMA.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Simon Davies ACMA
The Old Rectory
Scott Willoughby
Sleaford
Lincolnshire
NG34 0DU

Dated: 7 October 2022

COMMUNITY HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Total 2021 £	Total 2020 £
Incoming resources			
Incoming resources from charitable activities	2	249,651	166,544
Grant income	3	38,196	41,285
Voluntary income	4	3,722	-
Fundraising income	4	1,406	-
Total incoming resources		292,975	207,828
Resources expended			
Charitable activities		255,727	196,617
Fundraising trading costs		1,066	-
Governance costs		150	150
Total resources expended	5	256,943	196,767
Net movement in funds		36,033	11,061
Fund balances at 1 January 2021		15,286	4,224
Fund balances at 31 December 2021		51,318	15,286

COMMUNITY HEALTH FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2021

	Notes	£	2021 £	£	2020 £
Fixed assets					
Tangible assets	6		-		1,069
Current assets					
Debtors	7	6,460		487	
Cash at bank and in hand		132,787		87,154	
			<u>139,247</u>	<u>87,640</u>	
Creditors: amounts falling due within one year	8	<u>(43,517)</u>		<u>(23,423)</u>	
Net current assets			<u>95,730</u>		<u>64,217</u>
Total assets less current liabilities			<u>95,730</u>		<u>65,286</u>
Creditors: amounts falling due after one year	9		<u>(44,412)</u>		<u>(50,000)</u>
Total net assets			<u>51,318</u>		<u>15,286</u>
Income funds					
Restricted funds			4,062		-
Unrestricted funds			47,256		15,286
			<u>51,318</u>		<u>15,286</u>

The accounts were approved by the Trustees on 7 October 2022

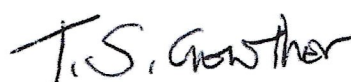
Deborah Murphy

Trustee



Tim Crowther

Trustee



COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

1.1 Basis of preparation

The financial statements are prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019 and the Charities Act 2011.

1.2 Incoming resources and resources expended

Fee income for courses provided by the charity are recognised in full in the year in which they are receivable. Resources expended are recognised in the period in which they are incurred.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold improvements	9 years
Plant and machinery	25% straight line
Fixtures, fittings & equipment	25% straight line

2 Incoming resources from charitable activities

	2021 £	2020 £
Fees for educational courses	<u>249,651</u>	<u>166,544</u>
	<u>249,651</u>	<u>166,544</u>

3 Grant income

	2021 £	2020 £
Coronavirus Job Retention Scheme	<u>10,911</u>	16,285
Coronavirus local authority grants	<u>27,286</u>	<u>25,000</u>
	<u>38,196</u>	<u>41,285</u>

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

4 Restricted fund – Cooking School Fund

	£	2021 £
Voluntary income		
Charitable donations	3,722	
Fundraising activities		
Event ticket sales	1,406	
Event supplies	(1,066)	
Net income from fundraising activities	340	
Net restricted fund income		4,062
Fund opening balance	-	
Fund closing balance	4,062	

5 Total resources expended

	Total 2021 £	Total 2020 £
Charitable costs		
Salaries	36,742	25,044
Employers' National Insurance and pension	789	963
Programme organisation	31,680	24,038
Teaching fees	58,247	43,611
Room hire	27,680	17,848
Cooking school costs	20,595	17,349
Event supplies	2,928	3,191
Equipment hire	543	423
Insurance	1,955	2,833
Premises	5,116	5,068
Post, telecommunications and promotion	8,323	8,974
Travel and subsistence	6,677	6,702
Rent and rates	45,959	34,279
Maintenance and cleaning	1,213	694
Bank charges	5,589	4,185
Loan interest	624	-
Depreciation	1,069	1,414
Fundraising trading costs		
Event supplies	1,066	-
Governance costs		
Audit and examination fees	150	150
	256,943	196,767

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

6 Tangible fixed assets

	Leasehold improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 January 2021	23,455	14,524	34,561	72,540
Additions during the year	-	-	-	-
At 31 December 2021	23,455	14,524	34,561	72,540
Depreciation				
At 1 January 2021	23,455	14,038	33,979	71,472
Charge for the year	-	486	583	1,069
At 31 December 2021	23,455	14,524	34,561	72,540
Net book value				
At 31 December 2021	-	-	-	-
At 31 December 2020	-	486	583	1,069

7 Debtors

	2021 £	2020 £
Prepayments	6,460	487

8 Creditors: amounts falling due within one year

	2021 £	2020 £
Course fees in advance	12,055	10,350
Other creditors	18,967	11,825
Accruals	12,495	1,248
	43,517	23,423

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

9 Creditors: amounts falling due after one year

	2021	2020
	£	£
Government backed bank loan	<u>44,412</u>	<u>50,000</u>

10 Commitments under operating leases

At 31 December 2021 the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings
	2021
	£
Expiry date:	
Between one and five years	<u>57,600</u>

COMMUNITY HEALTH FOUNDATION

England & Wales - Charity number 271847

Accounts

Charity Registration No. 271847

**COMMUNITY HEALTH FOUNDATION
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

COMMUNITY HEALTH FOUNDATION
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Nicholas Allan
Tim Crowther
Deborah Murphy

Charity number

271847

Independent Examiner

Simon Davies
The Old Rectory
Scott Willoughby
Sleaford
Lincolnshire
NG34 0DU

COMMUNITY HEALTH FOUNDATION

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Independent examiners' report	5
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Notes to the accounts	8 – 11

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees present their report and financial statements for the year ended 31 December 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the trust's charitable trust deed, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan
Tim Crowther
Deborah Murphy

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

Changes in fixed assets during the year are explained in note 5 to the financial statements.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research
- alignment with environmental health and biological and agricultural sustainability

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on ones own
- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses (bracketed figures show the total number of courses provided during the year):-

iEvolve (1) - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

The Foundation Course (1) - consisting of four weekend and ten evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

JumpStart (1) - a one week programme that seeks to assist people in breaking free of unrewarding and unhealthy patterns in the areas of nutrition, bodywork, communication and self expression.

Power, Intent and Evolution (1) - a four day programme that aims to assist people in breaking free of unhealthy energetic patterns in the areas of social and physical relationships.

Wholefoods Primer (1) – a weekend introduction to whole-food macrobiotic cooking, which aims to enable people to cook for oneself, family and friends.

Cooking Series (8) – a three part series of classes that elicits the joy of whole-food cooking.

Seasonal Cooking Intensive (1) – an eight part whole-food cooking intensive, which draws on the seasonal produce and various culinary dishes.

Yoga Series (1) – consisting of eight evening sessions to engage with the body in a way that elicits the joy of our physicality.

Tensegrity Series (6) – a series of bodywork classes that take place over eight weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Dreaming a New World (1) - a weekend Tensegrity workshop. Tensegrity is a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Being Here, Present Now (1) – a four day workshop consisting of dialogue, focused awareness sessions, exercises and games aimed at freeing creative energy and increasing self confidence and inner peace.

HeartSpace (1) – a three day workshop aimed at enabling individuals to gain practical insight into human relationships and their influence on ones health and well being.

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

A total of 524 student places were provided in 2020 with the assistance of an estimated 250 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles
- inexpensive educational materials such as instructional books and videos
- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted funds of the charity at 31 December 2020 were £15,286 (2019: £4,224). Net incoming resources for the year were £11,061 (2019: outgoing £23,748).

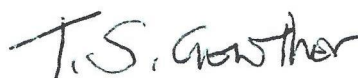
The financial statements were impacted negatively by the coronavirus pandemic which resulted in substantial loss of incoming resources (note 2) and significant periods of premises closure. A substantial number of courses were adapted for online delivery. Coronavirus grants were obtained (note 3) and a government backed bank loan was obtained (note 8) to ensure that the charity could continue to operate for the duration of the pandemic.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure plus one year of premises costs. The trustees continue to work towards this target.



Nicholas Allan

Trustee



Tim Crowther

Trustee

Dated: 7 October 2021

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 11 for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

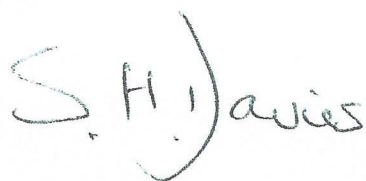
Independent examiner's statement

I am qualified to undertake the examination by being a qualified member of CIMA.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Simon Davies ACMA
The Old Rectory
Scott Willoughby
Sleaford
Lincolnshire
NG34 0DU

Dated: 7 October 2021

COMMUNITY HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Total 2020 £	Total 2019 £
Incoming resources			
Incoming resources from charitable activities	2	166,544	248,935
Grant income	3	41,285	-
Total incoming resources		207,828	248,935
Resources expended			
Charitable activities		196,617	272,533
Governance costs		150	150
Total resources expended	4	196,767	272,683
Net movement in funds		11,061	(23,748)
Fund balances at 1 January 2020		4,224	27,972
Fund balances at 31 December 2020		15,286	4,224

COMMUNITY HEALTH FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2020

	Notes	£	2020 £	£	2019 £
Fixed assets					
Tangible assets	5		1,069		2,482
Current assets					
Debtors	6	487		5,121	
Cash at bank and in hand		87,154		38,050	
		87,640		43,172	
Creditors: amounts falling due within one year	7	(23,423)		(41,430)	
Net current assets			64,217		1,742
Total assets less current liabilities			65,286		4,224
Creditors: amounts falling due after one year	8		(50,000)		-
Total net assets			15,286		4,224
Income funds					
Unrestricted funds			15,286		4,224
			15,286		4,224

The accounts were approved by the Trustees on 7 October 2021

Deborah Murphy

Trustee



Tim Crowther

Trustee



COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

1.1 Basis of preparation

The financial statements are prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", second edition October 2019 and the Charities Act 2011.

1.2 Incoming resources and resources expended

Fee income for courses provided by the charity are recognised in full in the year in which they are receivable. Resources expended are recognised in the period in which they are incurred.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold improvements	9 years
Plant and machinery	25% straight line
Fixtures, fittings & equipment	25% straight line

2 Incoming resources from charitable activities

	2020 £	2019 £
Fees for educational courses	<u>166,544</u>	<u>248,935</u>
	<u>166,544</u>	<u>248,935</u>

3 Grant income

	2020 £	2019 £
Coronavirus Job Retention Scheme	16,285	-
Coronavirus local authority grants	<u>25,000</u>	-
	<u>41,285</u>	-

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

4 Total resources expended

	Total 2020	Total 2019
	£	£
Charitable costs		
Salaries	25,044	35,357
Employers' National Insurance and pension	963	1,359
Programme organisation	24,038	26,095
Teaching fees	43,611	66,159
Room hire	17,848	26,599
Cooking school costs	17,349	39,970
Event supplies	3,191	3,008
Equipment hire	423	423
Insurance	2,833	3,276
Premises	5,068	5,383
Post, telecommunications and promotion	8,974	9,002
Travel and subsistence	6,702	6,605
Rent and rates	34,279	40,630
Maintenance and cleaning	694	659
Bank charges	4,185	5,730
Depreciation	1,414	2,277
Governance costs		
Audit and examination fees	150	150
	<hr/>	<hr/>
	196,767	272,683

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

5 Tangible fixed assets

	Leasehold improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 January 2020	23,455	14,524	34,561	72,540
Additions during the year	-	-	-	-
At 31 December 2020	23,455	14,524	34,561	72,540
Depreciation				
At 1 January 2020	23,455	13,552	33,051	70,058
Charge for the year	-	486	928	1,414
At 31 December 2020	23,455	14,038	33,979	71,472
Net book value				
At 31 December 2020	-	486	583	1,069
At 31 December 2019	-	972	1,510	2,482

6 Debtors

	2020 £	2019 £
Prepayments	487	5,121

7 Creditors: amounts falling due within one year

	2020 £	2019 £
Course fees in advance	10,350	9,540
Other creditors	11,825	26,313
Accruals	1,248	5,577
	23,423	41,430

COMMUNITY HEALTH FOUNDATION

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

8 Creditors: amounts falling due after one year

	2020 £	2019 £
Government backed bank loan	<u>50,000</u>	<u>-</u>

9 Commitments under operating leases

At 31 December 2020 the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings 2020 £
Expiry date: Between one and five years	<u>50,400</u>