

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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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.

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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).

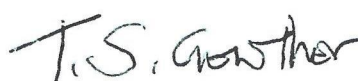
The financial statements were impacted negatively by the coronavirus pandemic which resulted in substantial loss of incoming resources (note 2) and significant periods of premises closure. A substantial number of courses were adapted for online delivery. Coronavirus grants were obtained (note 3) and 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.

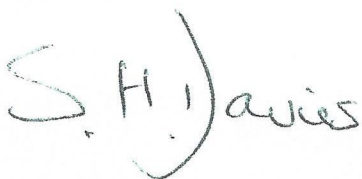
Independent examiner's statement

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>-</u>
	<u>41,285</u>	<u>-</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
	<u>196,767</u>	<u>272,683</u>

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>