

**RUSHMOOR HEALTHY LIVING**  
**(A company limited by Guarantee)**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2007**

**RUSHMOOR HEALTHY LIVING  
FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2007  
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**RUSHMOOR HEALTHY LIVING**  
**DIRECTORS AND OTHER INFORMATION**  
**YEAR ENDED 31 MARCH 2007**

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		Date of appointment	Date of resignation
<b>Directors</b>	W.L.J.T.Card (Chair of Finance Committee)	28/06/2004	
	H.G.Clanchy	28/06/2004	
	H.R.Deed (Chairman)	28/06/2004	
	J.V.Edwards (Chair of External Affairs)	28/06/2004	
	B.James	28/06/2004	
	C.R.Moulding	28/06/2004	11/04/2006
	O.O.Oduneye	28/06/2004	
	C.Slatter (Chair of Human Resources)	28/06/2004	
	A.Lythgoe	17/10/2005	
	A.J.Dubarry	18/01/2006	
	L.Ludford	11/04/2006	
	R.Clayton	27/09/2006	
	A.Cullen	16/11/2006	
	G.Earney	16/11/2006	
<b>Secretary</b>	W.L.J.T.Card	30/04/2005	
<b>Chief Executive Officer</b>	A.D.Docker		
<b>Bankers</b>	HSBC PLC 2 Victoria Road Farnborough Hampshire GU14 7NX		
	CCLA Investment Management Ltd COIF Charity Funds 80 Cheapside London EC2V 6DZ		
<b>Auditors</b>	Howard Lee, Fellows & Co 11-14 First Floor Rushmoor Business Centre 19 Kingsmead Farnborough Hampshire GU14 7SR		
<b>Registered office and Administrative office</b>	Suite 9 Rushmoor Business Centre Kingsmead Farnborough Hampshire GU14 7SR		
<b>Company Registered Number</b>	05164230		
<b>Charity Registered Number</b>	1105381		

**RUSHMOOR HEALTHY LIVING**  
**DIRECTORS REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2007**

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**Reference and Administrative details**

The directors present their annual report, together with the audited financial statements of the company for the year ended 31 March 2007.

The company is a charity registered with the Charity Commissioners and registered under the Companies Act 1985 as a company limited by guarantee. Each member has undertaken to contribute the sum of £1 in the event of the company being insolvent on winding up. The company is managed on behalf of the members by a board of directors. The day to day administration is under the control of a Chief Executive Officer.

**Objectives and activities**

The principal activity of the company continued to be to promote health and well-being in the borough of Rushmoor through education and recreation.

**Structure, governance and management**

The company employs a total of seven staff. Reporting to the Chief Executive is a full time Fundraiser, two part time Programme Co-ordinators, two part time Programme Leaders and a part time general and finance Administrator. Between them, they are responsible for all operational matters, including the financing and management of programmes. The Chief Executive is responsible to the board of directors.

**Directors**

The names of the directors who served during the year are given on page 1 of these statements. All directors continue to provide their services to the management of the company free of charge. None of the directors had a material interest in any contract of significance to which the company was a party during the year. The current board of directors consists of original members chosen by the three partner organisations (Rushmoor Borough Council, Hampshire County Council and Blackwater Valley & Hart PCT), re-elected members in line with the constitution and new members elected onto the Board. Each of Rushmoor Borough Council and Hampshire County Council are entitled under the memorandum and articles to appoint one director and remove any director they have appointed. At the second and each subsequent annual general meeting, the number of the directors as is nearest to one third shall retire and shall immediately be eligible for re-election without nomination.

**Achievements and performance**

Rushmoor Healthy Living continued to expand the services it delivered during 2006/07, increasing the number of activities to 19 as well as increasing the number of beneficiaries through higher attendance and extra classes. Although increasing our total spend on activities by 26% from £184,463 to £231,554 we have constantly reviewed our services to ensure they deliver according to our objectives and offer value for money. The management costs have decreased from the previous year, representing better productivity. In particular the Weight Management courses, Fit4Life and all the exercise classes have attracted high attendance levels. Income has increased 20% from £301,556 to £360,467 reflecting not only more successful applications but also the successful receipt of all income promised. Higher employee and activity costs were offset by the application of full cost recovery principles meaning that most of the extra expenditure went into the direct delivery of activities. Rushmoor Healthy Living has also initiated implementation of a Quality Assurance System, PQASSO, a method of continuous business improvement and will therefore be ongoing.

The introduction of regular management reports enables us to monitor expenditure to budget monthly, and identify activities which are under-performing.

**Financial review**

The results for the period and the charity's financial position at the end of the year are set out on pages 6 to 14 of the financial statements.

The financial statements report the financial support received from the Big Lottery Fund, Rushmoor Borough Council, Hampshire County Council, Hampshire PCT and others.

The value of funds carried forward at 31 March 2007 of £301,074 is made up of £87,237 restricted funds and £213,837 unrestricted funds. The unrestricted funds in the main represent the balance of partner contributions received from Rushmoor Borough Council and Hampshire Primary Care Trust. The unrestricted fund will be used specifically to support the health improvement programmes that are an integral part of the charity's objectives.

**Plans for the future**

Sustainable budgets are in place for 2007/08 which will significantly reduce our General Reserves, as expenditure is set to remain at a similar level to that of 2006/07 and we are committed to spend restricted resources related to the Big Lottery Fund (New Opportunities Fund) by 16 November 2007. This will not affect our reserves policy.

**RUSHMOOR HEALTHY LIVING**  
**DIRECTORS REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2007**

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Our focus now is on securing funding for 2008/09 whilst at the same time, ensuring that any new projects which commence this year are self funded. Provision has also been made to fund new projects or to expand existing ones through the balance carried forward of general restricted funds. Our financial strategy is to diversify our income streams so we are less reliant upon grants. Whilst we shall continue to apply for grants, we will also accept commissions and increase the amount of revenue we raise ourselves through the services we provide. Sustainability of Rushmoor Healthy Living, allied to delivering services according to the needs of our service users and the demands of funders remains our priority.

**Reserves policy**

In line with Charity Commission requirements, the directors recognise the need to maintain reserves to ensure Rushmoor Healthy Living meets statutory and contractual obligations. Provision is made to ensure sufficient funds for the following contingencies:-

- staff redundancies
- sickness cover
- uninsured losses (e.g. excesses on professional indemnity and employment claims)
- late payment by funders

The directors also recognise the need for sufficient funds to continue in relation to existing programmes and to enable fresh initiatives in regard to the objectives of Rushmoor Healthy Living.

Taking account of these objectives it is the policy of Rushmoor Healthy Living to work towards maintaining reserves at a level equivalent to three months forecast running costs. The directors are satisfied that the General Reserve available at the year end of £213,837 satisfies the key elements of this policy.

**Risk Management**

The finance committee regularly reviews risk management with input from the management team. A Risk Register has been established together with an associated action plan including responsibilities and deadlines for completion. Progress against the action plan will be reviewed in March each year and formally reported to the full board of directors.

**Directors responsibilities**

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus and deficit of the company for that period having regard to the substance of the reported transaction, in accordance with applicable law and UK generally accepted accounting principles or practice. In preparing those financial statements, the directors are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed subject to any material departures disclosed in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities. The directors are also responsible for the maintenance and integrity of the corporate and financial information included on the company's website.

**RUSHMOOR HEALTHY LIVING**  
**DIRECTORS REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2007**

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**Statement of disclosure to auditor**

In the case of each of the persons who are directors at the time when this report is approved:-

a) so far as the directors are aware, there is no relevant information needed by the company's auditors in connection with the preparation of their report of which the company's auditors are unaware, and

b) each director has taken all the steps that he ought to have taken as a director in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

**Auditors**

A resolution will be proposed at the Annual General Meeting to re-appoint Howard Lee, Fellows & Co. as auditors for the coming year.

The above report has been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

This report was approved by the Committee on 11 July 2007.

.....  
H.R. Deed (Chairman)

.....  
W.L.J.T. Card (Chair of Finance Committee)

**RUSHMOOR HEALTHY LIVING**  
**INDEPENDENT AUDITORS' REPORT**  
**TO THE SHAREHOLDERS OF RUSHMOOR HEALTHY LIVING**

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We have audited the financial statements on pages 6 to 14 for the year ended 31 March 2007 which have been prepared under the historical cost convention and the accounting policies set out on page 8.

This report is made solely to the company's members, as a body, in accordance with Section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Respective responsibilities of the officers and auditors**

As described on page 3 the directors are responsible for the preparation of the financial statements in accordance with relevant regulatory requirements and United Kingdom Accounting Standards.

It is our responsibility to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you whether in our opinion the information given in the directors' report is consistent with the financial statements.

In addition we report to you if, in our opinion, the company has not kept proper accounting records, if we have not received all the information and explanations required for our audit, or if the information specified by law regarding directors' remuneration and other transactions is not disclosed.

We read the directors report and consider the implications for our report if we become aware of any apparent misstatements within it.

**Basis of Opinion**

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularities or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

We have undertaken the audit in accordance with the requirements of APB Ethical Standards including APB Ethical Standard - Provisions Available for Small Entities, in the circumstances set out in note 15 to the financial statements.

**Opinion**

In our opinion:

- the financial statements give a true and fair view, in accordance with United Kingdom Generally Accepted Accounting Practice, of the state of the company's affairs as at 31 March 2007 and of its incoming resources and application of resources for the year then ended;
- the financial statements have been properly prepared in accordance with the Companies Act 1985; and
- the information given in the directors' report is consistent with the financial statements.

**Howard Lee, Fellows & Co.**  
**Chartered Accountants**  
**Registered Auditor**

11 July 2007

11-14 First Floor  
Rushmoor Business Centre  
19 Kingsmead  
Farnborough  
Hants  
GU14 7SR

**RUSHMOOR HEALTHY LIVING**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2007**

<b>INCOME AND EXPENDITURE</b>	<b>Note</b>	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Year ended 31 March 2007 Total funds £</b>	<b>Year ended 31 March 2006 Total funds £</b>
<b>Incoming Resources</b>					
Donations	3	50,000	284,450	334,450	294,564
Other income		10,021	3,988	14,009	2,958
Interest received		12,008	-	12,008	4,034
<b>Total Incoming Resources</b>		<u>72,029</u>	<u>288,438</u>	<u>360,467</u>	<u>301,556</u>
<b>Resources Expended</b>					
<b>Charitable Expenditure</b>					
Costs of activities in furtherance of the charity's objectives	5	7,514	224,040	231,554	184,463
Management and administration costs	5	4,063	49,433	53,496	53,768
<b>Total resources expended</b>		<u>11,577</u>	<u>273,473</u>	<u>285,050</u>	<u>238,231</u>
Net realised incoming/(outgoing) resources (or net income/(expenditure)) for the year	2	60,452	14,965	75,417	63,325
Transfers between funds		-	-	-	-
Value of funds brought forward		153,385	72,272	225,657	162,332
Value of funds carried forward		<u>213,837</u>	<u>87,237</u>	<u>301,074</u>	<u>225,657</u>

The company made no recognised gains or losses during the year other than those detailed in the above statement.

The notes on pages 8 to 14 form part of these financial statements.

**RUSHMOOR HEALTHY LIVING**

**BALANCE SHEET**

**AS AT 31 MARCH 2007**

	Note	£	2007 £	£	2006 £
<b>Fixed assets</b>	<b>6</b>		4,788		7,148
<b>Current assets</b>					
Debtors	7	14,856		5,180	
Cash at bank and in hand		290,557		218,936	
		<u>305,413</u>		<u>224,116</u>	
<b>Creditors: amounts falling due within one year</b>					
	8	<u>(9,127)</u>		<u>(5,607)</u>	
<b>Net current assets/(liabilities)</b>			296,286		218,509
<b>Total assets less current liabilities</b>			<u>301,074</u>		<u>225,657</u>
<b>Charitable funds</b>					
Restricted funds	10		87,237		72,272
General reserve	10		213,837		153,385
			<u>301,074</u>		<u>225,657</u>

The above accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2005).

The notes on pages 8 to 14 form part of these accounts.

The financial statements were approved by the board of directors on 11 July 2007.

H.R. Deed (Chairman) .....

W.L.J.T. Card (Chair of finance committee) .....

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

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**1 Accounting policies**

**1.1 Accounting convention**

The financial statements are prepared under the historical cost convention and in accordance with the Companies Act 1985, as amended, and with applicable Accounting Standards and in accordance with the Financial Reporting Standards for Smaller Entities (effective January 2005) and the Charities Statement of Recommended Practice (revised 2005).

**1.2 Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all fixed assets at rates calculated to write off the cost of the assets over its expected useful life as follows:-

Furniture & fittings	33% straight line
Computer equipment	33% straight line

**1.3 Operating leases**

The company classifies the lease of offices as an operating lease; the title to the offices remains with the lessor and the useful economic life of the offices are considerably longer than the lease term of 5 years and 6 months. Rental charges are charged to the Statement of Financial Activities as they become payable.

**1.4 Donations**

Income from donations is included as income in the year in which it is receivable.

**1.5 Taxation**

The company is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

**1.6 Pension**

The pension costs charged in the financial statements represent the contributions payable by the company during the year in accordance with FRS 17.

**1.7 Expended Resources**

Expended resources are recognised in the period in which they are incurred. They are allocated to the particular activity where the cost relates directly to that activity.

- Charitable activities include expenditure associated with running the various activities and include direct costs only.
- Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

**1.8 Funds**

Both restricted and general reserve funds form part of the budget for 2007/08.

Unrestricted funds are donations and other incoming resources receivable or generated for the objectives of the charity without further specified purpose and are available as general funds.

Designated funds are restricted funds earmarked by the directors for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund, together with a fair allocation of management and support costs.

**1.9 Transfers**

There is a policy entitled "Delegation of Authority to Chief Executive by the Board of Rushmoor Healthy Living" which covers the transfer policy in detail.

In order to use funds allocated for one purpose for an alternative purpose, Rushmoor Healthy Living first requires the authorisation of the funder to divert funds to the new activity. Once this authorisation is secured, the Chief Executive Officer can reallocate funds up to an agreed level. If the reallocation is above this level, Board approval is required.

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

**2 Net realised incoming resources**

	<b>Year ended 31 March 2007 £</b>	<b>Year ended 31 March 2006 £</b>
Net realised incoming resources is stated after charging:		
Depreciation	4,063	3,900
Auditors' remuneration	2,500	1,992
Accountancy fees	1,163	2,960

**3 Donations**

	<b>£</b>	<b>£</b>	<b>Year ended 31 March 2007 £</b>	<b>Year ended 31 March 2006 £</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
Hampshire County Council	15,000	3,800	18,800	15,000
Rushmoor Borough Council	15,000	1,500	16,500	17,000
Hampshire Primary Care Trust	20,000	7,250	27,250	20,000
Alfred Henry Goode Trust	-	4,500	4,500	5,000
Awards for All	-	-	-	5,000
Big Lottery Fund Grant - New Opportunities Fund	-	204,870	204,870	182,439
Big Lottery Fund Grant - Community Fund	-	23,223	23,223	10,246
South Central Connexions	-	10,000	10,000	1,000
Garfield Weston Foundation	-	-	-	10,000
Global Grants	-	3,300	3,300	6,700
Hampshire Teenage Pregnancy Partnership	-	1,900	1,900	5,000
Hampshire County Council Childrens Fund	-	12,747	12,747	9,979
Lloyds Pharmacy Charitable Fund	-	-	-	100
Local Network Fund	-	7,000	7,000	7,000
Zurich Municipal	-	-	-	100
Wavell School	-	3,360	3,360	-
Community Safety Partnership	-	1,000	1,000	-
	50,000	284,450	334,450	294,564
	50,000	284,450	334,450	294,564

**4 Employee costs**

	<b>Year ended 31 March 2007 £</b>	<b>Year ended 31 March 2006 £</b>
Wages and salaries	118,076	98,800
Social security costs	10,749	9,163
Pension costs	1,868	1,307
	130,693	109,270
	130,693	109,270

No employee was paid over £60,000 during the year.

Average monthly number of employees during the year was:

<b>8</b>	<b>7</b>
<b>8</b>	<b>7</b>
<b>8</b>	<b>7</b>

Directors emoluments during the year.

nil	nil
nil	nil
nil	nil

Directors expenses during the year.

nil	99
nil	99
nil	99

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

**5 Analysis of expenses over activities**

	Charitable activity £	Governance costs £	Year ended 31 March 2007 £	Year ended 31 March 2006 £
<b><u>Unrestricted</u></b>				
Contractor costs	6,399	-	6,399	-
Premises expenses	1,115	-	1,115	-
Depreciation	-	4,063	4,063	3,900
	7,514	4,063	11,577	3,900
<b><u>Restricted</u></b>				
Employee costs	111,064	19,629	130,693	109,270
Miscellaneous	-	212	212	218
Activity materials	3,424	-	3,424	3,001
Contractor costs	98,400	-	98,400	72,709
Publicity	1,447	286	1,733	970
Recruitment costs	1,412	-	1,412	1,823
Rent	-	12,958	12,958	11,854
Insurance	-	2,904	2,904	2,696
Travel	1,772	337	2,109	1,548
Car hire	-	-	-	40
Postage and stationery	1,166	155	1,321	1,440
Telephone	2,780	242	3,022	2,777
Professional fees	-	1,769	1,769	4,326
Audit fees	-	2,500	2,500	1,992
IT support	-	3,322	3,322	2,931
Cleaning	-	469	469	321
Premises expenses	2,175	-	2,175	1,738
Bank interest paid	-	24	24	79
Bank charges	-	625	625	437
Subscriptions	-	374	374	1,175
Training costs	400	3,627	4,027	7,463
Move out costs	-	-	-	5,523
	224,040	49,433	273,473	234,331
	231,554	53,496	285,050	238,231

Charitable activity and Governance costs are split according to time and resources spent on Rushmoor Healthy Living activities and management of the charity. These ratios are the same as those used when calculating full cost recovery costs and are regularly reviewed.

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

<b>6</b>	<b><u>Tangible fixed assets</u></b>		<b>Total £</b>
	<b>Cost</b>		
	At 1 April 2006		11,048
	Additions		1,703
	At 31 March 2007		12,751
	<b>Depreciation</b>		
	At 1 April 2006		3,900
	Charge for the year		4,063
	At 31 March 2007		7,963
	<b>Net book value</b>		
	At 31 March 2007		4,788
	At 31 March 2006		7,148
<b>7</b>	<b><u>Debtors</u></b>	<b>2007</b>	<b>2006</b>
		<b>£</b>	<b>£</b>
	Other debtors	10,752	1,125
	Prepayments	4,104	4,055
		14,856	5,180
<b>8</b>	<b><u>Creditors: amounts falling due within one year</u></b>	<b>2007</b>	<b>2006</b>
		<b>£</b>	<b>£</b>
	Other creditors	1,922	-
	Accruals and deferred income	7,205	5,607
		9,127	5,607

**9** **Transfers between funds**

There were no transfers between funds during the year ended 31 March 2007.

In the previous year, £11,855 was transferred from the Sundry activities fund to the Core and programme support fund, £6,247 was transferred from the Core and programme support fund to the Total Parents-Triffic Kids fund and £16,119 was transferred from the Core and programme support fund to the Youth Mentoring fund. These transfers relate to Big Lottery Funds being transferred to the appropriate programmes at the year end.

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

**10 Movements of funds**

	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers between funds £	Fund balances carried forward £
<b><u>Unrestricted</u></b>					
Donations	149,162	50,000	(4,063)	-	195,099
Other income	-	10,021	(7,514)	-	2,507
Bank interest	4,223	12,008	-	-	16,231
	153,385	72,029	(11,577)	-	213,837
<b><u>Restricted</u></b>					
Core and programme support	33,290	138,601	(162,314)	-	9,577
Breakfast Clubs	-	10,000	(10,000)	-	-
Looking Good Feeling Good	8,240	21,584	(11,237)	-	18,587
Youth Mentoring	10,506	27,259	(25,715)	-	12,050
Healthy Arts	13,725	163	(10,026)	-	3,862
Physical Activity for Older Adults	3,856	38,776	(19,416)	-	23,216
Total Parents-Triffic Kids	-	30,339	(22,404)	-	7,935
Clever Kiosk	-	990	(753)	-	237
Healthy Living	-	20,726	(11,604)	-	9,122
Pride of Place	2,655	-	(4)	-	2,651
	72,272	288,438	(273,473)	-	87,237
<b>Total funds</b>	<b>225,657</b>	<b>360,467</b>	<b>(285,050)</b>	-	<b>301,074</b>

The £87,237 carried forward represents grants not spent in 2006/7 which are restricted funds to be spent under the same headings in 2007/8. The two Big Lottery Funds, New Opportunities Fund and Community Fund, form some of this total.

Donations represent unrestricted funds from Rushmoor Borough Council, Hampshire County Council and Hampshire Primary Care Trust.

**Core**

Core costs are funded by the Big Lottery Fund, partner contributions, plus a portion of project grants where full cost recovery was included and include costs such as salaries and general running costs of Rushmoor Healthy Living.

**Breakfast Clubs**

Donations from Hampshire County Council Childrens Fund are used to improve children's nutrition, hydration, alertness and attendance at school.

**Looking Good Feeling Good**

Looking Good Feeling Good aims to bring young people and a healthy lifestyle together using interactive workshops examining smoking, alcohol, drugs, bullying and relationships.

The Big Lottery Fund (Community Fund) donated funds towards all activities in the programme. The Crime Prevention Panel and Hampshire Drug Action Team also contributed funds towards this programme.

**RUSHMOOR HEALTHY LIVING  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2007**

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**Youth Mentoring**

The Big Lottery Fund and South Central Connexions have donated funds for youth mentoring. This program supports young people as they grow into adults by providing consistent and stable support via one-to-one mentoring.

**Healthy Arts**

Healthy Arts looks to enhance the quality of life for people of all ages by offering music therapy and community & art activities for older adults.

The Big Lottery Fund, Garfield Weston Foundation and the Alfred Henry Goode Trust all donated funds towards this programme.

**Physical Activity for Older Adults**

This programme promotes good health and independence by providing a range of activities including chair-based exercise, Tai Chi, Yoga, Pilates, Aerobics and Salsa.

Hampshire County Council, Global Grants, Big Lottery Fund, Hampshire PCT and Alfred Henry Goode Trust all donated funds to various activities within this programme.

**Clever Kiosk**

This is a touch screen device providing information to the public about health related matters. The Big Lottery Fund donated funds for the upkeep of this service and our website.

**Total Parents-Triffic Kids**

This fund provides positive support for teenage parents through mentoring and group sessions. The Big Lottery Fund, Hampshire PCT, the Local Network Fund, Awards for All and the Hampshire Teenage Pregnancy Partnerships all donated funds towards this programme.

**Healthy Living**

This programme provides activities for people of all ages relating to exercise and well being. The Big Lottery Fund, Rushmoor Borough Council, Hampshire PCT, the Local Network Fund and the Community Safety Partnership all donated funds towards activities within this programme.

**Pride of Place**

This programme aims to create a sense of community and some exercise through gardening.

**11 Financial commitments**

At 31 March 2007 the company had annual commitments under operating rent leases as follows:

	<b>2007</b>	<b>2006</b>
	<b>£</b>	<b>£</b>
Expiry date:		
In one year	-	-
In two to five years	6,707	13,221

£12,958 was charged for operating rent leases during the year (2006: £11,854).

**RUSHMOOR HEALTHY LIVING  
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FOR THE YEAR ENDED 31 MARCH 2007**

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**12 Pension**

The company operates a defined contribution scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amounted to £1,868 (2006: £1,307).

**13 Related party**

During the year H. Deed, a director, was reimbursed £nil (2006: £99) for mileage expenses.

**14 Controlling party**

The ultimate controlling party is the board of directors of Rushmoor Healthy Living.

**15 Auditors' Ethical Standards**

In common with many businesses of our size and nature we use our auditors to prepare and submit returns to the tax authorities and assist with the preparation of the financial statements.