

RUSHMOOR HEALTHY LIVING

(A company limited by Guarantee)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2010

**RUSHMOOR HEALTHY LIVING
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2010
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RUSHMOOR HEALTHY LIVING
DIRECTORS AND OTHER INFORMATION
YEAR ENDED 31 MARCH 2010

		Date of appointment	Date of resignation
Directors	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	11/03/2010
	B. James	28/06/2004	18/05/2009
	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	11/03/2010
	A. Cullen	16/11/2006	
	G. Earney	16/11/2006	18/05/2010
	B. Knott	12/01/2009	
	J. Glastonbury	23/03/2009	
	O. O'Dowd-Booth	23/11/2009	
	K. Stuart	23/11/2009	
	M. Adebisi	23/11/2009	
D. Quirk	11/03/2010		
A. Burn	11/03/2010		
Secretary	W.L.J.T. Card	30/04/2005	
Chief Executive Officer	A.D. Docker		
Bankers	HSBC PLC 30 Princes Mead Shopping Centre Farnborough Hampshire GU14 6YB		
	CCLA Investment Management Ltd COIF Charity Funds 80 Cheapside London EC2V 6DZ		
Auditors	Howard Lee, Fellows & Co 11-14 First Floor Rushmoor Business Centre 19 Kingsmead Farnborough Hampshire GU14 7SR		
Registered office and Administrative office	Suite 9 The Meads Business Centre Kingsmead Farnborough Hampshire GU14 7SR		
Company Registration Number	05164230		
Charity Registration Number	1105381		

RUSHMOOR HEALTHY LIVING
DIRECTORS' REPORT
FOR THE YEAR ENDED 31 MARCH 2010

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 2010.

The company is a charity registered with the Charity Commissioners and registered under the Companies Act 2006 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 continues to be the promotion of health and well-being in the borough of Rushmoor and the surrounding area through education and the provision of services to the community.

Structure, governance and management

The company employs a total of 15 staff. Reporting to the Chief Executive is a team of nearly all part time staff, including a Business Development & Marketing Manager and an Operations Manager. Reporting to the Operations Manager are Activity Co-ordinators, Activity Leaders and an Activities Administrator, all having responsibility for delivering projects and activities according to funder requirements and up the standard required by RHL. In addition there is a Finance Administrator and Fundraiser who report to the Chief Executive. 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 then three partner organisations (Rushmoor Borough Council, Hampshire County Council and Hampshire 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

Incoming resources only fell by £1,252 despite our Fundraiser being absent through maternity leave, and the loss of bank interest. We managed to increase the amount of income generated through our services by £9,171 (32%) to £38,218 with donations only falling by £588.

Charitable expenditure rose 6% whilst governance costs fell by 7%, although this was offset somewhat by fundraising costs of £22k. The net result saw a fall of £20k in our general reserve.

The number of activities RHL delivered in 2009/10 showed a net increase with two new activities introduced, Step into Nature! and Health Checks. During 2009/10 the number of people attending RHL activities was 539 per session, an increase of 12%, with the majority of these activities held weekly. The expansion of our funded activities accounted for the increase in employee costs, meaning that this increase was funded through activity costs, and not from RHL general reserves.

The increased expenditure of unrestricted funds demonstrates how difficult it is, and has been, to raise funds for our core costs. Funders, perhaps rightly, prefer to fund front line activities and want all or most of their funding to be spent on service delivery, as opposed to the charity's governance (core) costs. This reinforces our strategy to generate more of our own (unrestricted) income through a social enterprise model so that at least 50% of our income is unrestricted, enabling us to fund our core costs and other chosen activities.

Financial review

The results for the period and the charity's financial position at the end of the year are set out on pages 7 to 14 of the financial statements.

The financial statements report the financial support received from Hampshire County Council, Rushmoor Borough Council, Hampshire PCT, Paul Hamlyn Foundation, Scottish Power and others.

RUSHMOOR HEALTHY LIVING
DIRECTORS' REPORT
FOR THE YEAR ENDED 31 MARCH 2010

The value of funds carried forward at 31 March 2010 of £276,845 is made up of £57,697 restricted funds, £69,148 unrestricted funds and £150,000 development funds. The unrestricted funds in the main represent the balance of partner contributions received from Hampshire County Council, Rushmoor Borough Council and Hampshire Primary Care Trust. The unrestricted fund has been designated specifically to support planned work over the coming three years as detailed in subsequent paragraphs.

Plans for the future

RHL future plans are geared to achieve financial sustainability by continually increasing the income earned through selling services. This social enterprise model will enable it to be less reliant upon public sector funding and earn more unrestricted funds to re-invest in the charity delivering social benefit.

The general reserve enables RHL to set aside funds for future development as part of their strategic objectives to obtain premises and develop new activities in pursuance of financial sustainability.

Reserves policy

As per our published Financial Reserves Policy, reserves have been set aside to cover statutory and contractual obligations and in line with Charity Commission guidelines, an amount has also been set aside to cover developments of public benefit which have been identified by the Board of Directors and are well advanced and kept under review. The current considerations are the acquisition of premises and start up funding for new activities.

During the year the Board decided to set aside a sum of £150,000 for a development fund.

Therefore, of the £276,845 available at the year end, £150,000 relates to the development fund, £57,697 is restricted to expenditure on specified activities, and the remaining amount set aside as described.

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 is reviewed each year and formally reported to the full board of directors.

Directors' responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

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 incoming resources and application of resources, including the income and expenditure of the company for that period. In preparing these financial statements the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 2006. 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 2010

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 audit 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 appoint auditors for the coming year.

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

This report was approved by the Board on 12 October 2010.

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

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

RUSHMOOR HEALTHY LIVING

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF RUSHMOOR HEALTHY LIVING

We have audited the financial statements of Rushmoor Healthy Living for the year ended 31 March 2010 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. These financial statements have been prepared under the accounting policies set out on page 9.

This report is made solely to the company's members, as a body, in accordance with Section 495 of the Companies Act 2006. 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

The trustees' (who are also the directors of the company for the purpose of company law) responsibilities for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and for being satisfied that the financial statements give a true and fair view are set out in the statement of directors' responsibilities.

Our responsibility is 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, have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and have been prepared in accordance with the Companies Act 2006. We also report to you whether, in our opinion, the information given in the directors' report is consistent with those financial statements.

In addition we report to you if, in our opinion, the company has not kept adequate accounting records, if the company's financial statements are not in agreement with the accounting records and returns, if we have not received all the information and explanations we require for our audit, or if certain disclosures of directors' remuneration specified by law are not made.

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 14 to the financial statements.

RUSHMOOR HEALTHY LIVING

**INDEPENDENT AUDITORS' REPORT (CONTINUED)
TO THE MEMBERS OF RUSHMOOR HEALTHY LIVING**

Opinion

In our opinion:

- the financial statements give a true and fair view of the state of the company's affairs as at 31 March 2010 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- the financial statements have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- the financial statements have been properly prepared in accordance with the Companies Act 2006; and
- the information given in the directors' report is consistent with the financial statements.

**H P Lee (Senior Statutory Auditor)
for and on behalf of Howard Lee, Fellows & Co.**

12 October 2010

**Chartered Accountants
Statutory Auditor**

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 2010

INCOME AND EXPENDITURE	Note	Unrestricted funds £	Restricted funds £	Development funds £	Year ended 31 March 2010 Total funds £	Year ended 31 March 2009 Total funds £ as restated
Incoming Resources						
Donations	3	60,925	225,751	-	286,676	287,264
Other income		36,313	1,905	-	38,218	29,047
Interest received		2,620	-	-	2,620	12,455
Total Incoming Resources		<u>99,858</u>	<u>227,656</u>	<u>-</u>	<u>327,514</u>	<u>328,766</u>
Resources Expended						
Charitable Expenditure						
Costs of activities in furtherance of the charity's objectives	5	84,415	202,852	-	287,267	272,152
Management & administration costs	5	32,047	16,658	-	48,705	52,155
Costs of generating funds		4,493	17,519	-	22,012	-
Total resources expended		<u>120,955</u>	<u>237,029</u>	<u>-</u>	<u>357,984</u>	<u>324,307</u>
Net realised incoming/(outgoing) resources (or net income/(expenditure)) for the year	2	(21,097)	(9,373)	-	(30,470)	4,459
Transfers between funds		(149,674)	(326)	150,000	-	-
Value of funds brought forward		239,919	67,396	-	307,315	302,856
Value of funds carried forward	10	<u>69,148</u>	<u>57,697</u>	<u>150,000</u>	<u>276,845</u>	<u>307,315</u>

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

The notes on pages 9 to 14 form part of these financial statements.

RUSHMOOR HEALTHY LIVING

BALANCE SHEET

AS AT 31 MARCH 2010

	Note	£	2010 £	£	2009 £
Fixed assets	6		-		281
Current assets					
Debtors	7	13,013		20,146	
Cash at bank and in hand		271,263		293,445	
		<u>284,276</u>		<u>313,591</u>	
Creditors: amounts falling due within one year					
	8	<u>(7,431)</u>		<u>(6,557)</u>	
Net current assets/(liabilities)			276,845		307,034
Total assets less current liabilities			<u><u>276,845</u></u>		<u><u>307,315</u></u>
Charitable funds					
Restricted funds	10		57,697		67,396
General reserve	10		69,148		239,919
Development fund	10		150,000		-
			<u><u>276,845</u></u>		<u><u>307,315</u></u>

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The notes on pages 9 to 14 form part of these accounts.

The financial statements were approved by the board of directors on 12 October 2010.

H.R. Deed (Chairman)

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

Company Registration Number: 05164230

Charity Registration Number: 1105381

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2010**

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Companies Act 2006, and with applicable Accounting Standards and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Charities Statement of Recommended Practice (revised 2008).

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

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.

During the year the Board decided to set aside resources in development funds from unrestricted funds to be used for a particular purpose.

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.

Both the restricted and unrestricted reserve funds form part of the budget for 2010/11.

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, RHL 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.

1.10 Change in accounting policy

During the year the company changed the way it accounted for class fee income. The application of this represents a change in accounting policy and the comparative figures have been restated accordingly. There is no prior year adjustment to reserves resulting from this change, as the net effect is £nil.

RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2010

2 Net realised incoming resources

	Year ended 31 March 2010	Year ended 31 March 2009
	£	£
Net realised incoming resources is stated after charging:		
Depreciation	281	567
Auditors' remuneration	2,500	2,500
Accountancy fees	1,612	2,302

3 Donations

	£	£	Year ended 31 March 2010	Year ended 31 March 2009
	Unrestricted	Restricted	£	£
			Total	Total
Hampshire County Council	10,000	36,250	46,250	50,000
NHS Hampshire	21,700	44,715	66,415	51,100
Rushmoor Borough Council	10,060	1,950	12,010	41,746
Hampshire County Council Childrens Fund	-	12,500	12,500	16,500
Scottish Power	-	37,689	37,689	33,308
Paul Hamlyn Foundation	-	19,500	19,500	30,000
Disability Initiative	-	1,308	1,308	1,330
Sunrise Senior Living	-	3,320	3,320	2,730
Pavillion Housing Association	-	500	500	8,360
Natural England - Step into Nature	-	12,319	12,319	-
BAE Systems	250	550	800	-
Other charitable donations	18,915	55,150	74,065	-
Alfred Henry Goode Trust	-	-	-	7,000
Big Lottery Fund Grant - Community Fund	-	-	-	24,817
Hampshire Teenage Pregnancy Partnership	-	-	-	1,600
Awards for All	-	-	-	2,570
British Heart Foundation	-	-	-	1,000
ContinYou	-	-	-	10,500
HIWCF	-	-	-	2,703
Windsor Housing	-	-	-	2,000
	60,925	225,751	286,676	287,264

During the year the company received other charitable donations of £74,065 from various funders. The costs of raising these donations amounted to £22,012, and are included on the Statement of Financial Activities within 'costs of generating funds'. Details of the funders that donated over £1,000 can be found in note 10 to these accounts.

4 Employee costs

	Year ended 31 March 2010	Year ended 31 March 2009
	£	£
Wages and salaries	170,148	159,511
Social security costs	13,256	12,983
Pension costs	2,631	2,620
	186,035	175,114

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

Average monthly number of employees during the year was:	14	13
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Directors' emoluments during the year	nil	nil
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Directors' expenses during the year	44	nil
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**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2010**

5 Analysis of expenses over activities

	Charitable activity £	Governance costs £	Year ended 31 March 2010 £	Year ended 31 March 2009 £ as restated
<u>Unrestricted</u>				
Employee costs	36,548	24,503	61,051	46,228
Miscellaneous	160	40	200	405
Contractor costs	18,663	-	18,663	16,819
Marketing	7,473	830	8,303	2,343
Recruitment costs	46	-	46	-
Rent	2,890	723	3,613	-
Insurance	805	345	1,150	-
Travel	366	711	1,077	1,231
Postage and stationery	1,265	419	1,684	1,223
Telephone	1,846	139	1,985	1,518
Professional fees	669	1,003	1,672	3,304
Audit fees	2,500	-	2,500	2,500
IT support	875	375	1,250	1,504
Cleaning	266	114	380	340
Premises expenses	8,382	-	8,382	5,364
Bank interest paid	-	-	-	170
Bank charges	567	63	630	560
Training costs	840	1,260	2,100	2,646
Depreciation	84	197	281	567
Sundry governance costs	-	1,069	1,069	1,703
Subscriptions	170	256	426	411
	84,415	32,047	116,462	88,836
<u>Restricted</u>				
Employee costs	114,861	10,124	124,985	128,886
Miscellaneous	137	11	148	66
Activity materials	1,073	-	1,073	2,509
Contractor costs	59,055	-	59,055	63,764
Publicity	2,058	-	2,058	1,628
Marketing	1,168	122	1,290	2,753
Recruitment costs	2,092	640	2,732	4,830
Rent	8,245	2,061	10,306	13,800
Insurance	1,213	520	1,733	1,732
Travel	3,038	265	3,303	2,497
Postage and stationery	933	149	1,082	3,004
Telephone	1,257	62	1,319	2,058
Professional fees	100	150	250	125
IT support	5,656	1,544	7,200	4,012
Cleaning	91	39	130	170
Premises expenses	1,048	-	1,048	2,347
Bank interest paid	-	145	145	17
Bank charges	265	28	293	275
Training costs	562	401	963	998
Sundry governance costs	-	397	397	-
	202,852	16,658	219,510	235,471
	287,267	48,705	335,972	324,307

Charitable activity and Governance costs are split according to time and resources spent on RHL 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 (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2010

6 Tangible fixed assets

	Total £
Cost	
At 1 April 2009	12,751
Additions	-
At 31 March 2010	12,751
Depreciation	
At 1 April 2009	12,470
Charge for the year	281
At 31 March 2010	12,751
Net book value	
At 31 March 2010	-
At 31 March 2009	281

7 Debtors

	2010 £	2009 £
Other debtors	7,912	14,180
Prepayments	5,101	5,966
	13,013	20,146

8 Creditors: amounts falling due within one year

	2010 £	2009 £
Other creditors	559	2,252
Accruals and deferred income	6,872	4,305
	7,431	6,557

9 Transfers between funds

In the current year, £326 was transferred from two of the restricted programme funds to the unallocated unrestricted funds. The funds were no longer required on that particular programme, and so were reallocated so they could be utilised in the most effective manner.

In addition to this, during the year £150,000 was transferred from unallocated unrestricted funds to a development fund.

There were no transfers between funds during the year ended 31 March 2009.

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2010**

10 Movements of funds

	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers between funds £	Fund balances carried forward £
<u>Unrestricted</u>					
Donations	204,155	60,925	(93,864)	(150,000)	21,216
Other income	12,498	36,313	(27,091)	326	22,046
Bank interest	23,266	2,620	-	-	25,886
	239,919	99,858	(120,955)	(149,674)	69,148
<u>Restricted</u>					
Core and programme support	6,630	96,494	(100,459)	-	2,665
Breakfast Clubs	-	7,000	(7,000)	-	-
Looking Good Feeling Good	5,877	2,905	(8,918)	136	-
Social Wellbeing	125	13,658	(3,283)	-	10,500
Physical Activity for Older Adults	5,000	5,470	(9,301)	-	1,169
Total Parents-Triffic Kids	26,218	17,495	(30,718)	-	12,995
Healthy Living	18,428	45,345	(46,173)	(462)	17,138
Fuel Poverty	5,118	39,289	(31,177)	-	13,230
	67,396	227,656	(237,029)	(326)	57,697
<u>Development fund</u>					
	-	-	-	150,000	150,000
Total funds	307,315	327,514	(357,984)	-	276,845

The £57,697 carried forward represents grants not spent in 2009/10 which are restricted funds to be spent under the same headings in 2010/11.

Donations include unrestricted funds from Rushmoor Borough Council, Hampshire County Council, NHS Hampshire and other sources. The donations from other sources contributed to both unrestricted and restricted funds.

The charitable donations over £1,000 include donations from: Bayfield Charitable Trust, Englefield Charitable Trust, Annandale Charitable Trust, Augusta Westland, The Triangle Trust 1949 Fund, Swire Charitable Trust, The Rothschild Foundation, Aldershot Charities Fund, W G Edwards Charitable Foundation, Welton Foundation, Richard Desmond Charitable Trust, Surrey Square Charitable Trust, Sir Joseph Hotung Charitable Settlement, Sumner Wilson Charitable Trust, The Helen Hamlyn Trust and the Santander Foundation.

Other income received in the year of £38,218 represents restricted income of £1,905 from donations and class income, and unrestricted income of £36,313 earned through the provision of various activities from contracts secured and class income.

Core

Core costs are funded by various donors and 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 RHL.

Breakfast Clubs

Donations from Hampshire County Council Children Services 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 a range of activities. This also has a positive effect on their self esteem.

Charitable donations were received towards activities in the programme together with a Community Fund grant.

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2010**

Social Wellbeing

Social Wellbeing looks to enhance the quality of life for people in homes by offering a variety of activities to stimulate individuals.

Charitable donations were received towards activities within this programme and services were delivered according to contracts with other organisations.

Physical Activity for Older Adults

This range of activities promotes good health and independence by providing a range of activities including chair-based exercise, Tai Chi, Yoga, Pilates, Aerobics and Fit to Dance. The majority of income for these activities was self generated with some donations from Hampshire County Council and the Alfred Henry Goode Trust.

Total Parents-Triffic Kids

This fund provides positive support for teenage parents through one to one mentoring and group education sessions. The Paul Hamlyn Foundation and Hampshire County Council both donated funds towards this programme.

Healthy Living

This programme provides activities for people of all ages relating to exercise and well being. NHS Hampshire, Natural England, Pfizer Foundation, and the Big Lottery Community Fund all donated funds towards activities within this programme.

Fuel Poverty

This activity assists people suffering with debts to utility companies providing free advice and access to relief grants where appropriate. It also promotes energy conservation to a wider audience.

Scottish Power Energy Peoples Trust donated funds towards this programme during the year.

11 Financial commitments

At 31 March 2010 the company had annual commitments under operating rent leases as follows:

	2010	2009
	£	£
Expiry date:		
In less than one year	3,610	-
In one to two years	-	3,447

£13,919 was charged for operating rent leases during the year (2009: £13,800).

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 £2,631 (2009: £2,620).

13 Controlling party

The ultimate controlling party is the board of directors of RHL.

14 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, assist with the preparation of the financial statements, and provide bookkeeping and accounting advice from time to time.