

**COMPANY REGISTRATION NUMBER: 05164230**  
**CHARITY REGISTRATION NUMBER: 1105381**

**Rushmoor Healthy Living**  
**Company Limited by Guarantee**  
**Financial Statements**  
**31 March 2017**

**Rushmoor Healthy Living**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2017**

---

	<b>Page</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Independent auditor's report to the members	<b>7</b>
Statement of financial activities (including income and expenditure account)	<b>9</b>
Statement of financial position	<b>10</b>
Notes to the financial statements	<b>11</b>
<b>The following pages do not form part of the financial statements</b>	
Detailed statement of financial activities	<b>20</b>
Notes to the detailed statement of financial activities	<b>22</b>

---

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2017

---

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2017.

#### Reference and administrative details

**Registered charity name** Rushmoor Healthy Living

**Charity registration number** 1105381

**Company registration number** 05164230

**Principal office and registered office** Suite F, 5th Floor  
The Meads Business Centre  
Kingsmead  
Farnborough  
GU14 7SR  
Hampshire

#### The trustees

J Glastonbury	(Board Chair)
A Dubarry	(Chair of Quality, Performance and Resources Committee)
C Alborough	
C Slatter	(Chair of Human Resources)
K Stuart	(Chair of Business Development Committee)
O O'Dowd-Booth	
P Hurst	(Appointed 10 Dec 2016)
C M Zawada	(Resigned 7 July 2016)
R Gold	(Resigned 1 Dec 2016)

**Auditor** TTCA Ltd  
Chartered accountant & statutory auditor  
269 Farnborough Road  
Farnborough  
Hampshire  
GU14 7LY

#### Structure, governance and management

The Company was incorporated under the Companies Act on 28 June 2004 and has been registered as a charity since 9 August 2004. Each member has undertaken to contribute £1 in the event of the Company being insolvent on winding up. As a Charitable Company limited by guarantee, the governing document is the Memorandum and Articles of Association dated 28 June 2004.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2017

---

#### Structure, governance and management *(continued)*

##### **Governance Structure**

The Governance Structure consists of a Board and a number of sub-committees.

The current Board of Directors consists of original members chosen by the two partner organisations Rushmoor Borough Council and Hampshire County Council, re-elected members in line with the constitution and new members elected onto the Board. 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 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. An induction process is in place for all new Board members which includes learning about the background to the Company, as well as outlining their role and responsibilities, the ethos of the Company and their conduct at meetings.

None of the Directors have any beneficial interest in the Company.

The company employs a total of 9 staff. Jim Ruddy, Chief Executive Officer heads the team that includes a Fundraising Manager, a Monitoring and Evaluation Office and 6 Project Officers who deliver various projects and activities. The projects are a mixture of grant funded, directly commissioned and self-funded services.

##### **Objectives and activities**

The Charity's objectives continue to be the promotion of health and well-being in Rushmoor and beyond through the delivery of Health Education and Health and Wellbeing services to all communities.

##### **Public benefit**

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. We are satisfied that all our activities support our charitable object and that consideration is given to the fulfilment of these objects when new activities are considered.

All our activities address some or all of the following subjects which form part of RHL's charitable objects: health, emotional wellbeing, the relief of poverty and education.

A fuller description of each of our activities can be found later in the notes to the financial statements.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2017

---

#### Achievements and performance

The financial year 2016/17 was a good but challenging year for RHL due to the tough economic climate. We continue to be a provider of innovative and quality services and work with key partners such as Hampshire County Council, NHS, Clinical Commissioning Groups, Macmillan Cancer Support, Army Covenant Fund, People's Health Trust and the Big Lottery to not only deliver quality health related programmes and achieve desired outcomes, but also to bring real behavioural changes in people that will lead to healthier lifestyles and different attitudes to their health. We believe prevention through behavioural changes and better health education is key to a healthy and happy community.

We also work with many Trusts and Foundations and private funders who make such valuable donations to help with our core costs.

We set ourselves three main targets for 2016/17: to remain economically sound, expand our services beyond Rushmoor and increase the size of our audience. We have achieved all three.

Faced with shrinking government grants and local authority cuts, we re-visited our fundraising strategy to ensure we were not reliant on one single funding stream and diversified the way we raise funds. Through careful financial management and effective value for money programme delivery we have managed a small surplus for the year.

We also wanted to expand beyond the area of Rushmoor which is basically Aldershot and Farnborough. To do this we developed models of our services that could be replicated anywhere in the country. We also looked at county wide funding opportunities and areas that had similar profiles to Rushmoor (therefore similar need). In the last year we have delivered services in Havant, Waterlooville, Reading, Hart, Bordon, Alton, Camberley and we aim to continue this expansion ever wider. This expansion has helped increase our service user uptake of our services.

We have delivered over 30 different services and had over 20,000 attendances at our events/classes/sessions. This means our messages are reaching a huge audience, enhancing the health and wellbeing of service users and providing funders with incredible value for money. Our 2016/17 programmes included:

**Exercise classes:** 22 classes per week including specialist classes such as Cardiac rehab and pulmonary rehab with over 12,000 attendances per year.

**Older Persons Support Grant (Hampshire County Council):** Older persons activities including exercise and socials based in Rushmoor, Hart and Basingstoke attracting over 20,000 older persons attendances per year at an average grant cost of £2.65 per person per year.

**NHS Health Checks (Public Health Hampshire):** deliver community based health checks to 40-74 years olds in community settings across Hampshire. Over 1,800 checks delivered so far (project runs until 2019).

**Macmillan Cancer Educator Project:** raise cancer awareness in the Rushmoor Nepali Community as well as educate health professionals about the Nepali culture, hopes and aspirations. 30 Macmillan Cancer Champions trained and active in Rushmoor. Cancer Self Help group established with over 50 attendees per meeting and Nepalis now accessing cancer services and end of life services at the same rate as the rest of the population. The success of this model has led to a new 2 year RHL BAME based Macmillan funded project in Reading in 2017.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2017

---

**Awards for All (Big Lottery):** development programme to design and establish more specialist exercise classes such as Seated Pilates and Cardiac Rehab. Classes up and running.

**Diabetes Structured Education (NE Hants and Farnham CCG):** programme for living with Diabetes aimed at Nepalis. Class based education attended by Nepalis living with Diabetes helping to live longer, reduced hospital admissions and GP appointments.

**Specialised Yoga Classes for Disabled People:** (Disability initiative): Based in Camberley at DI's premises specially designed yoga classes for wheelchair users.

**Nepali Socials (Peoples Health trust):** Socials and get together programme co-designed by Nepali Elderly promoting integration, independence and healthy living. Over 4,000 attendances each year.

**Cancer Rehabilitation Classes (Hants and Isle of Wight Community Fund):** A development programme to establish exercise classes for those recovering from cancer or survivors of cancer. Through exercise and peer support we help reduce the loneliness and isolation sometimes felt after treatment building up confidence to attend mainstream activities.

**"We are the Gurkhas" (Army Covenant Fund):** Innovative roadshow where Gurkha veterans address local audiences to explain why they joined the British army, what they did i.e. active service and why they have settled in Rushmoor. Delivered at sheltered housing schemes, schools, a homeless young persons' charity, other charities and a variety of community settings, the project helps British people understand more about the Nepalis and why they have the right to be here, as well as boosting the veterans' confidence, self-esteem and mental health. One of the sessions became a short documentary film for British Forces Broadcasting Services and was broadcast round the world.

We continue to look for innovative solutions to not only address need but also develop models that can prevent need arising. We feel we achieved a huge amount in 2016/17 and want to achieve even more in 2017/18.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2017

---

#### Financial review

The results for the year and the Charity's financial position at the year end are set out on pages 9 and 10 of the financial statements.

The financial statements report the financial support received from Hampshire County Council, Rushmoor Borough Council, The Big Lottery, Macmillian Cancer Support and others.

The value of funds carried forward at 31 March 2017 of £6,978 restricted funds, £24,422 unrestricted funds and £60,000 development funds. The unrestricted funds represent grants from organisations such as The Sobell Foundation and some Charitable trusts, plus income generated by RHL from activities like exercise classes. The unrestricted fund has been designed specifically to support planned work over the coming years.

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' expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the Charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

#### Overview of Results

The results show that Rushmoor Healthy Living has maintained a strong operating position, with a surplus on unrestricted funds for the year amounting to £9,180. The overall position at the year end showed an excess of income over expenditure of £2,796 taking into account spending on restricted and designated projects, which is considerable improvement on the prior year. Changes continue to be implemented by the Board to ensure Rushmoor Healthy Living is best placed to meet future market changes.

Over the last five years, Rushmoor Healthy Living has maintained a strong cash basis throughout and ended the year with £96,972 carry forward.

#### Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2017

---

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

#### **Auditor**

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

#### **Small company provisions**

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 30 October 2017 and signed on behalf of the board of trustees by:

C Slatter  
Trustee



# **Rushmoor Healthy Living**

## **Company Limited by Guarantee**

### **Independent Auditor's Report to the Members of Rushmoor Healthy Living**

**Year ended 31 March 2017**

---

We have audited the financial statements of Rushmoor Healthy Living for the year ended 31 March 2017 which comprise the statement of financial activities (including income and expenditure account), statement of financial position and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

This report is made solely to the charity's members, as a body, in accordance with chapter 3 of part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity'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 charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

#### **Respective responsibilities of trustees and auditor**

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

#### **Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charity's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the trustees' report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

#### **Opinion on financial statements**

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2017 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Independent Auditor's Report to the Members of Rushmoor Healthy Living (continued)

Year ended 31 March 2017

---

#### Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.

#### Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; and
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the trustees' report and take advantage of the small companies exemption from the requirement to prepare a strategic report.



Thomas William McManners BSC ACA ACMI  
Senior Statutory Auditor

For and on behalf of

TTCA Ltd  
Chartered Accountants & Statutory Auditors  
269 Farnborough Road  
Farnborough  
Hampshire  
GU14 7LY

30 October 2017

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

31 March 2017

		Unrestricted funds £	2017 Restricted funds £	Total funds £	2016 Total funds £
<b>Income and endowments</b>	<b>Note</b>				
Donations and legacies	5	128,287	66,211	194,498	110,392
Charitable activities	6	57,359	–	57,358	141,733
Investment income	7	69	–	69	98
<b>Total income</b>		<u>185,715</u>	<u>66,211</u>	<u>251,925</u>	<u>252,223</u>
<b>Expenditure</b>					
Expenditure on charitable activities	8,9	<u>176,535</u>	<u>72,595</u>	<u>249,129</u>	<u>264,689</u>
<b>Total expenditure</b>		<u>176,535</u>	<u>72,595</u>	<u>249,129</u>	<u>264,689</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>9,180</u>	<u>(6,384)</u>	<u>2,796</u>	<u>(12,466)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>75,242</u>	<u>13,362</u>	<u>88,604</u>	<u>101,070</u>
<b>Total funds carried forward</b>		<u>84,422</u>	<u>6,978</u>	<u>91,400</u>	<u>88,604</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 11 to 18 form part of these financial statements.

**Rushmoor Healthy Living**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2017**

		<b>2017</b>	2016
		<b>£</b>	<b>£</b>
<b>Fixed assets</b>			
Tangible fixed assets	<b>15</b>	156	599
<b>Current assets</b>			
Debtors	<b>16</b>	18,593	15,930
Cash at bank and in hand		96,972	129,034
		<u>115,565</u>	<u>144,964</u>
<b>Creditors: amounts falling due within one year</b>	<b>17</b>	<u>24,321</u>	<u>56,959</u>
<b>Net current assets</b>		<u>91,244</u>	<u>88,005</u>
<b>Total assets less current liabilities</b>		<u>91,400</u>	<u>88,604</u>
<b>Net assets</b>		<u>91,400</u>	<u>88,604</u>
<b>Funds of the charity</b>			
Restricted funds		6,978	13,362
Unrestricted funds		84,422	75,242
<b>Total charity funds</b>	<b>19</b>	<u>91,400</u>	<u>88,604</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 30 October 2017, and are signed on behalf of the board by:

C Slatter  
Trustee

The notes on pages 11 to 18 form part of these financial statements.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2017

---

#### 1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite F, 5th Floor, The Meads Business Centre, Kingsmead, Farnborough, GU14 7SR, Hampshire.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

##### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2017

---

#### 3. Accounting policies *(continued)*

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

##### Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2017

---

#### 3. Accounting policies *(continued)*

##### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	-	33% straight line
Fixtures and fittings	-	33% straight line

##### Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

##### Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

#### 4. Limited by guarantee

Each member has undertaken to contribute £1 in the event of the Company being insolvent on winding up.

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2017

---

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
<b>Donations</b>			
Hampshire County Council	46,621	23,288	69,909
Rushmoor Borough Council	7,000	–	7,000
North East Hants & Farnham CCG	8,884	–	8,884
Army Covenant fund	6,906	12,939	19,845
Sobell foundation	5,000	–	5,000
Big Lottery Fund	–	7,821	7,821
Macmillan Cancer and Support	30,183	–	30,183
People's Health Trust	6,448	16,902	23,350
TAG	2,000	–	2,000
Vanguard	4,919	–	4,919
Hants and Isle of Wight Community Fund	100	1,528	1,628
NHS Health Checks	6,859	–	6,859
Lloyds Bank Foundation	–	3,733	3,733
Other Donations	3,367	–	3,367
	<u>128,287</u>	<u>66,211</u>	<u>194,498</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
<b>Donations</b>			
Hampshire County Council	34,359	–	34,359
Rushmoor Borough Council	7,000	–	7,000
North East Hants & Farnham CCG	8,893	–	8,893
Army Covenant fund	–	24,000	24,000
Sobell foundation	5,000	–	5,000
Big Lottery Fund	–	2,391	2,391
People's Health Trust	–	1,282	1,282
TAG	2,000	–	2,000
The Souter CT	2,000	–	2,000
The Broyst Foundation	1,000	–	1,000
The Wolfson Foundation	–	10,000	10,000
Lloyds Bank Foundation	–	11,217	11,217
Other Donations	1,250	–	1,250
	<u>61,502</u>	<u>48,890</u>	<u>110,392</u>

---



# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2017

---

#### 6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Sale of goods/services as part of direct charitable activities	<u>57,359</u>	<u>—</u>	<u>57,358</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Sale of goods/services as part of direct charitable activities	<u>127,783</u>	<u>13,950</u>	<u>141,733</u>

#### 7. Investment income

	Unrestricted Funds £	Total Funds 2017 £	Unrestricted Funds £	Total Funds 2016 £
Bank interest	<u>69</u>	<u>69</u>	<u>98</u>	<u>98</u>

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Charitable activity	123,427	67,442	190,869
Support costs	<u>53,108</u>	<u>5,153</u>	<u>58,260</u>
	<u>176,535</u>	<u>72,595</u>	<u>249,129</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Charitable activity	144,115	58,235	202,350
Support costs	<u>56,442</u>	<u>5,897</u>	<u>62,339</u>
	<u>200,557</u>	<u>64,132</u>	<u>264,689</u>

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2017 £	Total fund 2016 £
Charitable activity	190,869	51,182	242,051	257,348
Governance costs	<u>—</u>	<u>7,078</u>	<u>7,078</u>	<u>7,341</u>
	<u>190,869</u>	<u>58,260</u>	<u>249,129</u>	<u>264,689</u>

---

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2017

---

#### 10. Analysis of support costs

	<b>Total 2017</b>	Total 2016
	£	£
Staff costs	23,349	24,731
Premises	14,258	15,287
Communications and IT	5,083	7,461
General office	3,343	3,360
Human resources	1,397	740
Finance costs	759	722
Governance costs	7,078	7,341
Professional fees	2,147	764
Sundry	403	509
Depreciation	443	1,424
	<u>58,260</u>	<u>62,339</u>

#### 11. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	<b>2017</b>	2016
	£	£
Depreciation of tangible fixed assets	<u>443</u>	<u>1,424</u>

#### 12. Auditors remuneration

	<b>2017</b>	2016
	£	£
Fees payable for the audit of the financial statements	<u>4,800</u>	<u>4,680</u>

#### 13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	<b>2017</b>	2016
	£	£
Wages and salaries	<u>143,902</u>	<u>154,559</u>

The average head count of employees during the year was 9 (2016: 9). The average number of full-time equivalent employees during the year is analysed as follows:

	<b>2017</b>	2016
	No.	No.
Management	1	1
Fundraising and projects	8	8
	<u>9</u>	<u>9</u>

No employee received employee benefits of more than £60,000 during the year (2016: Nil).

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2017

---

#### 14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 15. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Total £
<b>Cost</b>			
<b>At 1 Apr 2016 and 31 Mar 2017</b>	<u>6,308</u>	<u>30,855</u>	<u>37,163</u>
<b>Depreciation</b>			
At 1 April 2016	6,308	30,256	36,564
Charge for the year	–	443	443
<b>At 31 March 2017</b>	<u>6,308</u>	<u>30,699</u>	<u>37,007</u>
<b>Carrying amount</b>			
<b>At 31 March 2017</b>	<u>–</u>	<u>156</u>	<u>156</u>
At 31 March 2016	<u>–</u>	<u>599</u>	<u>599</u>

#### 16. Debtors

	2017 £	2016 £
Trade debtors	15,576	13,345
Other debtors	3,017	2,585
	<u>18,593</u>	<u>15,930</u>

#### 17. Creditors: amounts falling due within one year

	2017 £	2016 £
Trade creditors	4,927	2,280
Social security and other taxes	2,986	2,985
Other creditors	16,408	51,694
	<u>24,321</u>	<u>56,959</u>

#### 18. Deferred income

	2017 £	2016 £
At 1 April 2016	45,774	133
Amount released to income	(45,774)	(133)
Amount deferred in year	11,533	45,774
<b>At 31 March 2017</b>	<u>11,533</u>	<u>45,774</u>

---

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2017

---

#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
General funds	15,242	185,715	(176,535)	24,422
Development Fund	60,000	–	–	60,000
	<u>75,242</u>	<u>185,715</u>	<u>(176,535)</u>	<u>84,422</u>

##### Restricted funds

	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
Hampshire County Council	3,658	23,288	23,288	3,658
Army Covenant 'We are the Gurkhas'	–	12,939	12,939	–
Big Lottery Fund 'Awards for All'	–	7,821	7,363	458
The Lloyds Foundation	187	3,733	3,920	–
The Wolfson Foundation	7,120	–	4,393	2,727
People's Health Trust	–	16,902	16,767	135
Hants and Isle of Wight Community Fund	–	1,528	1,528	–
Others	2,397	–	2,397	–
	<u>13,362</u>	<u>66,211</u>	<u>(72,595)</u>	<u>6,978</u>

#### 20. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Tangible fixed assets	156	–	156
Current assets	108,587	6,978	115,565
Creditors less than 1 year	(24,321)	–	(24,321)
<b>Net assets</b>	<u>84,422</u>	<u>6,978</u>	<u>91,400</u>

---

**Rushmoor Healthy Living**  
**Company Limited by Guarantee**  
**Management Information**  
**Year ended 31 March 2017**

---

**The following pages do not form part of the financial statements.**

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Detailed Statement of Financial Activities

31 March 2017

---

	2017	2016
	£	£
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Hampshire County Council	69,909	34,359
Rushmoor Borough Council	7,000	7,000
North East Hants & Farnham CCG	8,884	8,893
Army Covenant fund	19,845	24,000
Sobell foundation	5,000	5,000
Big Lottery Fund	7,821	2,391
Macmillan Cancer and Support	30,183	–
People's Health Trust	23,350	1,282
TAG	2,000	2,000
The Souter CT	–	2,000
The Broyst Foundation	–	1,000
Vanguard	4,919	–
Hants and Isle of Wight Community Fund	1,628	–
The Wolfson Foundation	–	10,000
NHS Health Checks	6,859	–
Lloyds Bank Foundation	3,733	11,217
Other Donations	3,367	1,250
	<u>194,498</u>	<u>110,392</u>
<b>Charitable activities</b>		
Sale of goods/services as part of direct charitable activities	57,358	141,733
<b>Investment income</b>		
Bank interest	69	98
	<u>        </u>	<u>        </u>
<b>Total income</b>	<u>251,925</u>	<u>252,223</u>

---

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

31 March 2017

---

	2017	2016
	£	£
<b>Expenditure</b>		
<b>Expenditure on charitable activities</b>		
Wages and salaries	143,902	154,559
Rent	14,258	15,287
Insurance	2,960	2,031
Other establishment	17,039	15,671
Other motor/travel costs	3,472	3,132
Legal and professional fees	9,225	8,105
Telephone	1,082	2,407
Other office costs	7,262	8,544
Depreciation	443	1,424
Activity materials	9,683	12,959
Contractors	36,493	38,795
Bank charges	1,897	1,775
Volunteer expenses	1,413	–
	<u>249,129</u>	<u>264,689</u>
<b>Total expenditure</b>	<u>249,129</u>	<u>264,689</u>
<b>Net income/(expenditure)</b>	<u>2,796</u>	<u>(12,466)</u>

# Rushmoor Healthy Living

## Company Limited by Guarantee

### Notes to the Detailed Statement of Financial Activities

31 March 2017

---

	2017	2016
	£	£
<b>Expenditure on charitable activities</b>		
<b>Charitable activity</b>		
<b><i>Activities undertaken directly</i></b>		
Employee costs	120,553	129,829
Premises expenses	17,126	15,431
Travel	3,472	3,132
Telephone	129	593
Postage and stationery	862	558
Activity materials	9,683	12,959
Contractor costs	36,493	38,795
Bank charges	1,138	1,053
Volunteer expenses	1,413	–
	<u>190,869</u>	<u>202,350</u>
<b><i>Support costs</i></b>		
Wages/salaries	23,349	24,730
Rent	14,258	15,287
Insurance	2,960	2,031
Other establishment	–	240
Legal and professional fees	2,147	764
Telephone	866	1,814
Other office costs	6,400	7,986
Depreciation	443	1,424
Bank charges	759	722
	<u>51,182</u>	<u>54,998</u>
<b><i>Governance costs</i></b>		
Governance costs - audit fees	4,800	4,680
Governance costs - legal and other professional fees	2,278	2,661
	<u>7,078</u>	<u>7,341</u>
	<u>249,129</u>	<u>264,689</u>
<b>Expenditure on charitable activities</b>		

---