

RUSHMOOR HEALTHY LIVING
(A company limited by Guarantee)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2006

Howard Lee, Fellows & Co
Chartered Accountants

**RUSHMOOR HEALTHY LIVING
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2006
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RUSHMOOR HEALTHY LIVING

DIRECTORS AND OTHER INFORMATION YEAR ENDED 31 MARCH 2006

		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	
	B.James	28/06/2004	
	C.R.Moulding	28/06/2004	
	O.O.Oduneye	28/06/2004	
	Rev.N. Sharpe	28/06/2004	18/07/2005
	C.Slatter (Chair of Human Resources)	28/06/2004	
	T.Snuggs	28/06/2004	01/11/2005
	A.J.Dubarry	18/01/2006	
	A.Lythgoe	17/10/2005	
Secretary	W.L.J.T.Card	30/04/2005	
	T.Snuggs	28/06/2004	30/04/2005
Chief Executive Officer	A.D.Docker		
Bankers	HSBC PLC 2 Victoria Road Farnborough Hampshire GU14 7NX		
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 Rushmoor Business Centre Kingsmead Farnborough Hampshire GU14 7SR		
Company Registered Number	05164230		
Charity Registered Number	1105381		

RUSHMOOR HEALTHY LIVING
DIRECTORS REPORT
FOR THE YEAR ENDED 31 MARCH 2006

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 2006.

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

The main achievement in 2005/6 was the growth of the business, resulting in increased programme delivery and better business monitoring. By the end of this financial year Rushmoor Healthy Living were delivering 17 different activities throughout the Borough, all of which were producing excellent value for money, and many of which were growing in membership. Particular activities to mention were the successful launch of Roving Workshop, Weight Management and Teen Parent Mentoring, plus a steep increase in young people attending SNAP workshops and attendance at Tai Chi classes.

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 period are set out on pages 6 to 13 of the financial statements.

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

The value of funds carried forward at 31 March 2006 of £225,657 is made up of £72,272 restricted funds and £153,385 unrestricted funds. The unrestricted funds in the main represent the balance of partner contributions received from Rushmoor Borough Council, Hampshire County Council and Blackwater Valley & Hart PCT. 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

Attention is now focussed on sustainability beyond the expiry of the Big Lottery Funding in October 2007. An application to the Big Lottery's Well-being Fund was submitted in July 2006 which, if successful, would provide funding for five years from November 2007. In addition to this, other, though smaller, applications will be made and other revenue streams exploited. A Fundraising Plan will be produced in August 2006.

With regard to our activities we shall continue to review them according to benchmark criteria. New activities due for implementation, or piloting, in 2006/7 include Trampolining, Taekwondo, Healthy Lifestyle MOTs, Quit Smoking at the Prospect Centre, Life Education Centres, Low Impact Aerobics and Salsa classes.

**DIRECTORS REPORT
FOR THE YEAR ENDED 31 MARCH 2006**

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 £153,385 satisfies the key elements of this policy.

Risk Management

The finance committee regularly reviews risk management with input from the management team. This process is currently being formalised with the establishment of a Risk Register and an associated action plan including responsibilities and deadlines for completion. Progress against the action plan will be reviewed each March 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.

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 director is 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.

RUSHMOOR HEALTHY LIVING

DIRECTORS REPORT
FOR THE YEAR ENDED 31 MARCH 2006

Auditors

During the year the auditors, Howard Lee, Fellows & Co, were appointed. A resolution will be proposed at the Annual General Meeting to confirm this appointment and to re-appoint them 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 on27/9/06.....

.....

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**

We have audited the financial statements on pages 6 to 13 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 if, in our opinion, the directors' report is not consistent with the financial statements, if the company has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding directors, remuneration and transactions with the company 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.

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 2006 and of its incoming resources and application of resources for the year then ended on that date and have been properly prepared in accordance with the Companies Act 1985.

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

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

28/9/06
Howard Lee, Fellows & Co

RUSHMOOR HEALTHY LIVING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2006

		Unrestricted funds £	Restricted funds £	Year ended 31 March 2006 Total funds £	Period ended 31 March 2005 Total funds £
INCOME AND EXPENDITURE	Note				
Incoming Resources					
Donations	3	45,000	249,564	294,564	241,019
Other income		2,958	-	2,958	-
Interest received		4,034	-	4,034	189
Total Incoming Resources		<u>51,992</u>	<u>249,564</u>	<u>301,556</u>	<u>241,208</u>
Resources Expended					
Charitable Expenditure					
Costs of activities in furtherance of the charity's objectives	5	-	184,463	184,463	29,858
Management and administration costs	5	-	53,768	53,768	49,018
Total resources expended		<u>-</u>	<u>238,231</u>	<u>238,231</u>	<u>78,876</u>
Net realised incoming/(outgoing) resources (or net income/(expenditure)) for the year		51,992	11,333	63,325	162,332
Transfers between funds		(5,502)	5,502	-	-
Value of funds brought forward		106,895	55,437	162,332	-
Value of funds carried forward		<u>153,385</u>	<u>72,272</u>	<u>225,657</u>	<u>162,332</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 13 form part of these financial statements.

RUSHMOOR HEALTHY LIVING

BALANCE SHEET

AS AT 31 MARCH 2006

	Note	£	2006 £	£	2005 £
Fixed assets	6		7,148		-
Current assets					
Debtors	7	5,180		23,549	
Cash at bank and in hand		218,936		150,019	
		<u>224,116</u>		<u>173,568</u>	
Creditors: amounts falling due within one year	8	<u>(5,607)</u>		<u>(11,236)</u>	
Net current assets/(liabilities)			218,509		162,332
Total assets less current liabilities			<u>225,657</u>		<u>162,332</u>
Charitable funds					
Restricted funds	10		72,272		55,437
General reserve	10		153,385		106,895
			<u>225,657</u>		<u>162,332</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).

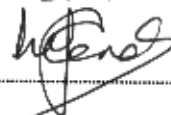
The notes on pages 8 to 13 form part of these accounts.

The financial statements were approved by the board of directors on 27/9/06

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 2006**

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 liable for taxation on interest received gross. However, no provision is considered necessary for taxation.

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.

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 2006**

2 Net realised incoming resources

	Year ended 31 March 2006	Period ended 31 March 2005
Net realised incoming resources is stated after charging:		
Depreciation	3,900	-
Auditors' remuneration	1,992	900
Accountancy fees	2,960	1,037

3 Donations

	£	£	Year ended 31 March 2006 £	Period ended 31 March 2005 £
	Unrestricted	Restricted	Total	Total
Blackwater Valley & Hart PCT	15,000	-	15,000	39,870
Hampshire County Council	15,000	-	15,000	39,870
Rushmoor Borough Council	15,000	2,000	17,000	39,870
Age Concern	-	-	-	715
Aldershot Regeneration Partnership	-	-	-	3,061
Alfred Henry Goode Trust	-	5,000	5,000	12,097
Awards for All	-	5,000	5,000	-
Big Lottery Fund Grant - New Opportunities Fund	-	182,439	182,439	70,917
Blackwater Valley & Hart PCT	-	5,000	5,000	2,608
Big Lottery Fund Grant - Community Fund	-	10,246	10,246	-
South Central Connexions	-	1,000	1,000	-
Crime Prevention Panel	-	-	-	2,892
Garfield Weston Foundation	-	10,000	10,000	-
Global Grants	-	6,700	6,700	-
Hampshire Teenage Pregnancy Partnership	-	5,000	5,000	-
Hampshire County Council Childrens Fund	-	9,979	9,979	5,427
Hampshire County Council Adult & Community Learning Unit	-	-	-	1,163
Hampshire Drug Action Team	-	-	-	4,907
Lloyds Pharmacy Charitable Fund	-	100	100	-
Local Network Fund	-	7,000	7,000	2,413
North East Hants Tourism	-	-	-	156
Pavilion Housing Association	-	-	-	2,184
Rushmoor Community Safety Partnership - SNAP funds	-	-	-	664
Sundry activities	-	-	-	11,855
Zurich Municipal	-	100	100	350
	45,000	249,564	294,564	241,019

4 Employee costs

	Year ended 31 March 2006 £	Period ended 31 March 2005 £
Wages and salaries	98,800	16,151
Social security costs	9,163	6,736
Pension costs	1,307	775

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

Average monthly number of employees during the year was:

Directors emoluments during the year.

Directors expenses during the year.

109,270	23,662
7	4
nil	nil
99	nil

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2006**

5 Analysis of expenses over activities

	Charitable activity £	Governance costs £	Year ended 31 March 2006 £	Period ended 31 March 2005 £
Unrestricted				
Net wages	-	-	-	226
Contractor costs	-	-	-	3,424
Postage & stationery	-	-	-	14
Audit fees	-	-	-	900
Accountancy fees	-	-	-	1,037
Courses	-	-	-	80
Direct program delivery costs	-	-	-	1,300
Booklets & displays	-	-	-	352
Subscriptions	-	-	-	196
Management fees	-	-	-	5,375
	-	-	-	12,904
Restricted				
Employee costs	95,875	13,395	109,270	23,436
Staff welfare	-	218	218	-
Activity materials	3,001	-	3,001	58
Contractor costs	72,709	-	72,709	12,614
Publicity	805	165	970	-
Recruitment costs	1,823	-	1,823	620
Rent	-	11,854	11,854	-
Insurance	-	2,696	2,696	-
Travel	1,084	464	1,548	139
Car hire	-	40	40	-
Postage and stationery	1,191	249	1,440	14
Telephone	2,527	250	2,777	-
Professional fees	-	4,326	4,326	-
Audit fees	-	1,992	1,992	-
IT support	-	2,931	2,931	-
Cleaning	-	321	321	-
Premises expenses	-	1,738	1,738	-
Bank interest paid	-	79	79	-
Bank charges	-	437	437	-
Depreciation	-	3,900	3,900	-
Subscriptions	-	1,175	1,175	-
Training costs	5,448	2,015	7,463	-
Move out costs	-	5,523	5,523	-
Direct program delivery costs	-	-	-	10,514
Minibus hire	-	-	-	75
Booklets & displays	-	-	-	1,302
Management fees	-	-	-	17,200
	184,463	53,768	238,231	65,972
	184,463	53,768	238,231	78,876

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 2006**

6 Tangible fixed assets

	Total £
Cost	
At 1 April 2005	-
Additions	11,048
At 31 March 2006	<u>11,048</u>
Depreciation	
At 1 April 2005	-
Charge for the year	3,900
At 31 March 2006	<u>3,900</u>
Net book value	
At 31 March 2006	<u>7,148</u>
At 31 March 2005	<u>-</u>

7 Debtors

	2006 £	2005 £
Other debtors	1,125	17,136
Prepayments	4,055	6,413
	<u>5,180</u>	<u>23,549</u>

8 Creditors: amounts falling due within one year

	2006 £	2005 £
Other creditors	-	4,523
Accruals and deferred income	5,607	6,713
	<u>5,607</u>	<u>11,236</u>

9 Transfers between funds

£11,855 was transferred from the Sundry activities fund to the Core and programme support fund. This was a reallocation of restricted funds resulting from the changeover from Rushmoor Borough Council running Rushmoor Healthy Living to Rushmoor Healthy Living running itself.

£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.

There were no transfers between funds during the period ended 31 March 2005.

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2006**

10

Movements of funds

	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers between funds £	Fund balances carried forward £
<u>Unrestricted</u>					
Partners' contributions	106,706	45,000	-	(2,544)	149,162
Other income	-	2,958	-	(2,958)	-
Bank interest	189	4,034	-	-	4,223
	106,895	51,992	-	(5,502)	153,385
<u>Restricted</u>					
Core and programme support	19,188	184,301	(149,474)	(20,725)	33,290
Walking Bus and Breakfast Clubs	21	9,979	(13,891)	3,891	-
Looking Good Feeling Good	8,330	11,246	(10,223)	(1,113)	8,240
Youth Mentoring	-	2,000	(18,119)	26,625	10,506
Healthy Arts	3,882	13,238	(11,347)	7,952	13,725
Physical Activity for Older Adults	9,416	11,700	(20,599)	3,339	3,856
Total Parents-Triffic Kids	90	17,000	(12,366)	(4,724)	-
Clever Kiosk	-	-	(1,648)	1,648	-
Healthy Living	-	100	(564)	464	-
Pride of Place	2,655	-	-	-	2,655
Sundry Activities	11,855	-	-	(11,855)	-
	55,437	249,564	(238,231)	5,502	72,272
Total funds	162,332	301,556	(238,231)	-	225,657

The £72,272 carried forward represents grants not spent in 2005/6 which are restricted funds to be spent under the same headings in 2006/7. The two Big Lottery Funds, New Opportunities Fund and Community Fund, form some of this total.

Partners' contributions represent unrestricted donations from Rushmoor Borough Council, Hampshire County Council and Blackwater Valley & Hart PCT.

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.

Walking Bus and Breakfast Clubs

Donations from Hampshire Childrens Fund and the Big Lottery 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.

Hampshire Drug Action Team donated funds to put towards street dance sessions, SNAP discos and Roving Workshops.

The Crime Prevention Panel and Rushmoor Community safety partnership donated funds for SNAP discos and Roving Workshops.

The Big Lottery Fund (Community Fund) donated funds for all activities within this programme. South Central Connexions donated funds towards the roving workshops.

**RUSHMOOR HEALTHY LIVING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2006**

Youth Mentoring

Rushmoor Borough Council and Big Lottery Fund 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 & art clubs for disadvantaged children and community & art activities for older adults.

Age Concern and the Alfred Henry Goode Trust donated funds for adult community music and art activities.

Garfield Weston, Big Lottery Fund and the Aldershot Regeneration Partnership donated funds to help towards music therapy.

The Big Lottery Fund and Lloyds Pharmacy Charitable Trust donated funds towards the Art Clubs.

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 and Pilates.

The Alfred Henry Goode Trust, Hampshire County Council Adult & Community Learning Unit, Global Grants, Big Lottery Fund (New Opportunities Fund), Blackwater Valley & Hart PCT, Aldershot Regeneration Partnership and Alpine Snowsport Centre all donated funds for the various activities connected to this programme.

Clever Kiosk

This is an information service providing information to the public on health related matters. Funds for this come from the partners contributions.

Funds for this programme came from the Big Lottery Fund (New Opportunities Fund) this year.

Total Parents-Triffic Kids

This fund provides positive support for teenage parents through a 'good parenting' program.

The Big Lottery Fund, the Hampshire Teenage Pregnancy Partnership, Awards for All and the Local Network Fund all donated funds towards this programme.

Healthy Living

This programme provides activities to people of all ages relating to exercise and well being. Zurich Municipal and the Big Lottery Fund donated funds towards a weight management course.

Pride of Place

The Pride of Place programme provides exercise and a sense of community through gardening.

Aldershot Regeneration Partnership donated funds for shrubs.

Pavilion Housing Association donated funds to be put towards this program.

11

Financial commitments

At 31 March 2006 the company had annual commitments under operating rent leases as follows:

	2006 £	2005 £
Expiry date:		
In one year	-	-
In two to five years	13,221	-

£11,854 was charged for operating rent leases during the year (2005: nil).

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 £1,307 (2005: £775).

13

Related party

During the year H. Deed, a director, was reimbursed £99 (2005: nil) for mileage expenses.

14

Controlling party

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