



Charity Registration No. 1105381

Company Registration No. 05164230 (England and Wales)

**RUSHMOOR HEALTHY LIVING
(A COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2016**

RUSHMOOR HEALTHY LIVING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	J M Glastonbury (Board Chair) A J Dubarry (Chair of Business Development Committee) C J Slatter (Chair of Human Resources) O O'Dowd-Booth C D Alborough K Stuart (Chair of Operational Effectiveness Committee) R G Gold
Secretary	C J Slatter
Charity number	1105381
Company number	05164230
Registered office and business address	Suite F, 5th Floor The Meads Business Centre Kingsmead Farnborough Hampshire GU14 7SR
Auditors	Haines Watts Farnborough LLP 30 Camp Road Farnborough Hampshire GU14 6EW
Bankers	HSBC Bank plc 30 Princes Mead Shopping Centre Farnborough Hampshire GU14 6YB CCLA Investment Management Limited COIF Charity Funds Senator House 85 Queen Victoria Street London EC4V 4ET



RUSHMOOR HEALTHY LIVING

CONTENTS

	Page
Trustees' report	1 - 5
Independent auditors' report	6 - 7
Statement of financial activities	8
Balance sheet	9
Notes to the accounts	10 - 21

RUSHMOOR HEALTHY LIVING

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2016

The Directors of the Company for the purposes of the Companies Act, who are also Trustees of the Charity for the purposes of Charity Law, submit their annual report and accounts for Rushmoor Healthy Living (RHL) for the year ended 31 March 2016.

The Directors confirm that the annual report and accounts comply with the current statutory requirements, the requirements of the Charity's governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005.

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.

Directors and Trustees

The Trustees, who are also the Directors for the purpose of Company law, and who served during the year were:

J Glastonbury (Board Chair)
A J Dubarry (Chair of Business Development Committee)
C J Slatter (Chair of Human Resources)
K Stuart (Chair of Operational Effectiveness Committee)
R Bates (Chair of Finance Committee) (Resigned 31 Dec 2015)
W L J T Card (Resigned 31 May 2015)
O O'Dowd-Booth
C Alborough
R G Gold
C M Zawada (Appointed 2 September 2015 & resigned 7 July 2016)

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. 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 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 Officer and 5 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 delivery of Health Education and Health and Wellbeing services to all communities.

RUSHMOOR HEALTHY LIVING

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

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

Achievements and performance

In 2015/16 RHL continued to deliver targeted health education and wellbeing activities to individuals and communities as well as develop new ideas and solutions to address local need. We continue to adapt our activities to meet the needs of individuals, communities and commissioners. Our services are designed to offer solutions to health and social needs and bring about behaviour changes in individuals to enable healthy living and improved health education.

We work with commissioners, partners and service users to develop solutions and then deliver them across the community providing easy access, easy to understand formats and good value for money. We are expanding outside of Rushmoor and during 2015/16 we delivered services in Basingstoke, Surrey Heath, Hart and Surrey. We now have a contract to deliver free NHS Health checks anywhere in Hampshire. We are also plan to commence delivering our services in Berkshire.

In 2015/16 we successfully delivered over 30 different services ranging from NHS Health Checks to specialised cancer education and awareness programme in partnership with Macmillan. We continue to deliver our successful exercise class programmes and increased the number of our specialised cardiac and pulmonary rehabilitation classes as well as working with local partners to offer dedicated cancer recovery exercise programmes. We engaged with over 3,500 service users and received over 10,000 bookings for our exercise classes.

Despite a small loss of £12,466 in 2015/16 this has been set against the most challenging times the Third Sector has faced in a number of years. We have attracted new funders and significantly larger and longer running contracts as well as an increase in spot purchases of our services such as training support. Our exercise class programme is thriving and we are delivering services in new geographical areas. We successfully attracted new funding from Public Health Hampshire, Hampshire County Council, Army Covenant Fund, Peoples Health Lottery, Big Lottery fund as well as renewing contracts with Macmillan Cancer Support and Disability Initiative. We also continue to attract funds from Trusts and Foundations and have recently started a Gift Aid scheme to attract donations from our exercise class participants.

We invested in a newly designed website during 2015/16 and use social media to advertise our services and interact with our service users. Our Facebook page is invaluable for spreading the news and allowing customers to give us feedback. We also work with local media and Gurkha Radio and Eagle Radio to advertise our services.

We constantly review our internal costs and overheads and ways of making the business more efficient and attractive to funders and show we are an efficient, value for money organisation.

Our realistic Business Plan and strategic planning enable us to attract new funding and build relationships with new commissioners. We design solutions to tackle need that commissioners want to fund rather than sitting back and waiting for commissioners to advertise. Our branding is clear ie RHL is an organisation that delivers health and wellbeing and health education services with easy access and referral routes for all communities.

Our business model is designed to provide social benefit to the community and financially sustain the organisation. In the past, surpluses have enabled us to provide some services at subsidised cost, all or partially funded, and to subsidise core and other activity costs. We believe in building partnerships with other organisations to deliver existing services and develop new ones by identifying and responding to need. Partnerships will allow RHL to reach more people and deliver more services over a wider area. Consortia bids in the future could lead to bigger and wider reaching contracts.

RUSHMOOR HEALTHY LIVING

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Financial review

The results for the year and the Charity's financial position at the end of the year are set out on pages 8 to 9 of the financial statements.

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

The value of funds carried forward at 31 March 2016 of £88,604 is made up of £13,362 restricted funds, £15,242 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 our exercise classes. The unrestricted fund has been designed specifically to support planned work over the coming three years as detailed in subsequent paragraphs.

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 month's 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 although it made a small loss for the financial year 2015/16. The overall position at the year end showed a loss of £12,466 which was a significant improvement on the previous year's loss of £43,071. Improvements continue to be implemented by the Board to ensure Rushmoor Healthy Living is best placed to meet future market changes, initial indications for 2016/17 suggest further consolidation of this strong position in the coming year.

Over the last five years, Rushmoor Healthy Living has maintained a strong cash base throughout and ended the year with £129,034 carry forward. This is the equivalent of about six months total expenditure.

The Trustees have made the decision to remove the core cost allocation line in the 2015 comparatives. The reasons for this are as follows;

- Some funders request that we itemise their donation in our accounts. In order to comply with this we need the totals from the funders to be the total amount donated (not the total amount minus core allocation).
- By removing the core portions of the grants/contracts, it looks as though the named funders have given us smaller amounts than the actual amount donated.
- We believe that the amount donated for 'core' is subjective; different organisations are likely to have different definitions of what is classed as core.

More information about Rushmoor Healthy Living's operating position and future plans can be found in the annual report for 2015/16 and on its website, www.rushmoorhealthyliving.org.uk.

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.

RUSHMOOR HEALTHY LIVING

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

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.

Key risks include:

- Expenditure exceeding budget
- Income insufficient to finance activities
- Reputational risk

Plans for the future

Our 3 year Business Plan is centred on maximising the amount of opportunities to deliver new and existing services, as well as reducing costs to the organisation. We are looking to establish RHL as a leading supplier of Health and Wellbeing projects and expand the services we offer as well as the geographical areas where we deliver them. We were able to achieve a smaller loss than anticipated in 2015/16 against a very challenging economic background and aim to make incremental improvements in following years. Any surplus is reinvested in to the charity.

The Business Plan will be reviewed regularly by the Finance Committee to ensure we are on track. This will allow us to carry out any adjustments needed in a timely manner.

The general reserve enables RHL to set aside funds for future development as part of their strategic objectives, which form part of the three year rolling Business Plan.

Statement of Trustees' responsibilities

The directors, who are also the Trustees of Rushmoor Healthy Living for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable Company for that year.

In preparing these accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the accounts 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.

The Trustees, who are also Directors, are also responsible for ensuring that the assets are properly applied in accordance with Charity law.

RUSHMOOR HEALTHY LIVING

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Disclosure of information to auditors

Each of the Directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditors

A resolution proposing that Haines Watts Farnborough LLP be reappointed as auditors of the company will be put to the trustees.

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

On behalf of the board of Trustees



C J Slatter

Trustee

Dated: 6/12/16

Company Registration No: 05164230

Charity Registration No: 1105381

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 2016 set out on pages 8 to 21. The financial reporting framework that has been applied in their preparation is applicable law and Financial Reporting Standard for Smaller Entities (effective January 2015) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

This report is made solely to the charitable company'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 charitable company's members those matters we are required to state to them in an auditors' 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 charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of Trustees and auditors

As explained more fully in the Statement of Trustees' responsibilities set out on page 4, the Trustees, (who are also the trustees of Rushmoor Healthy Living 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 accounts

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 charitable company'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 Directors' Annual 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 accounts

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2016 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 (applicable to smaller entities); and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

RUSHMOOR HEALTHY LIVING

INDEPENDENT AUDITORS' REPORT (CONTINUED)

TO THE MEMBERS OF RUSHMOOR HEALTHY LIVING

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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.



Roslyn McFarlane (Senior Statutory Auditor)
for and on behalf of Haines Watts Farnborough LLP

12 December 2016

**Chartered Accountants and
Statutory Auditor**

30 Camp Road
Farnborough
Hampshire
GU14 6EW

RUSHMOOR HEALTHY LIVING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2016

		Unrestricted funds	Development funds	Restricted funds	Total 2016	Total 2015 (as restated)
	Notes	£	£	£	£	£
<u>Incoming resources from generated funds</u>						
Donations	2	61,502	-	48,890	110,392	119,630
Interest received	3	98	-	-	98	78
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
		61,600	-	48,890	110,490	119,708
Incoming resources from charitable activities	4	127,783	-	13,950	141,733	112,574
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		189,383	-	62,840	252,223	232,282
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<u>Resources expended</u>						
<u>Costs of generating funds</u>						
Costs of generating donations and legacies	5	-	-	4,357	4,357	20,131
<u>Charitable activities</u>						
Costs of activities in furtherance of the charity's	6	193,216	-	59,775	252,991	249,120
Governance costs	5	7,341	-	-	7,341	6,102
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total resources expended		200,557	-	64,132	264,689	275,353
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Net income/(expenditure) for the year/ Net movement in funds		(11,174)	-	(1,292)	(12,466)	(43,071)
Fund balances at 1 April 2015		26,416	60,000	14,654	101,070	144,141
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Fund balances at 31 March 2016	16	15,242	60,000	13,362	88,604	101,070
		<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

RUSHMOOR HEALTHY LIVING

BALANCE SHEET

AS AT 31 MARCH 2016

	Notes	2016 £	£	2015 £	£
Fixed assets					
Tangible assets	8		599		2,023
Current assets					
Debtors	9	15,930		13,155	
Cash at bank and in hand		129,034		97,615	
		144,964		110,770	
Creditors: amounts falling due within one year	10	(56,959)		(11,723)	
Net current assets			88,005		99,047
Total assets less current liabilities			88,604		101,070
Income funds					
Restricted funds	14		13,362		14,654
Development funds	15		60,000		60,000
Unrestricted funds	13		15,242		26,416
			88,604		101,070

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 January 2015).

The accounts were approved by the Board on

22nd Nov 2016



C J Slatter

Director and Trustee

Company Registration No. 05164230

Charity Registration No. 1105381

RUSHMOOR HEALTHY LIVING

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2016

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

1.2 Compliance with accounting standards

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Companies Act 2006 and Financial Reporting Standard for Smaller Entities (effective January 2015).

1.3 Donations and other incoming resources

Income from donations and grants is included as income in the year to which it relates. Income from class fees is recognised in the financial year in which the class took place, with any element relating to future accounting periods being deferred. Business to business income is recognised on the date that the invoice is raised.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Plant and machinery	33% straight line
Fixtures, fittings & equipment	33% straight line

It is company policy to only capitalise assets which cost £100 or more.

1.5 Leasing and hire purchase commitments

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

1.6 Pensions

The Charity operates a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.7 Accumulated 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.

Development funds are restricted funds earmarked by the Directors for particular purposes. The development fund has been specifically designated to support planned work for future years.

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.

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

1 Accounting policies

1.8 Resources expended

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 and support costs. Direct costs and support costs are split according to time and resources spent on activities and the core costs of the charity

1.9 Transfers

There is a policy entitled "Delegation of Authority to Director 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 Director can reallocate funds up to an agreed level. If the reallocation is above this level, Board approval is required. No such transfer occurred in the current year.

1.10 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.

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

2 Donations

	Unrestricted funds £	Restricted funds £	Total 2016 £	Total 2015 £
Hampshire County Council	34,359	-	34,359	3,000
Rushmoor Borough Council	7,000	-	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	33,560
Alfred Henry Goode Trust	-	-	-	2,272
Frimley Park	-	-	-	2,130
TAG	2,000	-	2,000	-
Gerald Bental Foundation	300	-	300	-
The Souter CT	2,000	-	2,000	-
James Wise CT	250	-	250	-
Roger Raymond CT	500	-	500	-
The Broyst Foundation	1,000	-	1,000	-
Rest Harrow	100	-	100	-
Michael & Anna Wix	100	-	100	-
Wolfson	-	10,000	10,000	-
People's Health Lottery	-	1,282	1,282	-
Lloyds Bank Foundation	-	11,217	11,217	-
Other donations	-	-	-	71,668
	<u>61,502</u>	<u>48,890</u>	<u>110,392</u>	<u>119,630</u>

The costs of raising these donations amounted to £4,357 and are included on the Statement of Financial Activities within 'costs of generating funds'.

3 Interest received

	2016 £	2015 £
Interest receivable	<u>98</u>	<u>78</u>

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

4 Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2016 £	Total 2015 £
Classes and provision of services	127,783	13,950	141,733	112,574

5 Total resources expended

	Staff costs £	Depreciation £	Other costs £	Total 2016 £	Total 2015 (as restated) £
Costs of generating funds					
Costs of generating donations and legacies	-	-	4,357	4,357	20,131
Charitable activities					
Activities undertaken directly	129,829	-	72,522	202,351	132,416
Support costs	20,373	1,424	28,842	50,639	116,704
Total	150,022	1,424	101,364	252,990	249,120
Governance costs (see below)	-	-	7,341	7,341	6,102
	144,022	1,424	119,243	264,689	275,353

	Activities undertaken directly £	Total 2016 £	Total 2015 £
Governance costs			
Audit fees	-	4,680	5,000
Secretarial fees	-	2,661	1,102
	-	7,341	6,102

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

6 Costs of activities in furtherance of the charity's objectives for the public benefit

Unrestricted

	Charitable activity	Support costs	Total 2016	Total 2015 (as restated)
	£	£	£	£
Employee costs	87,675	20,373	108,048	67,910
Miscellaneous	-	190	190	143
Activity materials	6,907	-	6,907	1,593
Contractor costs	32,468	-	32,468	27,007
Marketing	-	-	-	290
Recruitment costs	-	-	-	140
Rent and rates	-	15,287	15,287	15,155
Insurance	-	2,031	2,031	1,434
Travel	2,387	-	2,387	657
Postage and stationery	-	819	819	3,238
Telephone	-	1,814	1,814	3,554
Professional fees	-	764	764	(527)
IT support	-	5,647	5,647	3,689
Cleaning	-	510	510	470
Premises expenses	13,625	-	13,625	11,594
Bank charges	1,053	722	1,775	1,805
Training costs	-	500	500	1,768
Depreciation	-	443	443	458
	<u>144,116</u>	<u>49,100</u>	<u>193,216</u>	<u>140,378</u>

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

6 Costs of activities in furtherance of the charity's objectives for the public benefit

Restricted

	Charitable activity	Support costs	Total 2016	Total 2015 (as restated)
	£	£	£	£
Employee costs	42,154	4,357	46,511	100,855
Miscellaneous	-	-	-	-
Activity materials	6,052	-	6,052	7,721
Contractor costs	6,327	-	6,327	10,769
Marketing	-	319	319	60
Rent and rates	-	-	-	-
Insurance	-	-	-	-
Travel	745	-	745	3,208
Postage and stationery	558	-	558	51
Telephone	593	-	593	1,688
Professional fees	-	-	-	-
IT support	-	-	-	-
Cleaning	-	-	-	-
Premises expenses	1,806	-	1,806	2,937
Bank charges	-	-	-	-
Training costs	-	240	240	91
Depreciation	-	981	981	1,493
	<u>58,235</u>	<u>5,897</u>	<u>64,132</u>	<u>128,873</u>

Charitable activities and support costs are split according to time and resources spent on RHL activities and the core costs of the charity.

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

7 Employees

Number of employees

The average monthly number of employees during the year was:

	2016 Number	2015 Number
	9	11
	<hr/>	<hr/>
Employment costs	2016	2015
	£	£
Wages and salaries	146,505	160,645
Social security costs	7,840	7,906
Other pension costs	215	214
	<hr/>	<hr/>
	154,560	168,765
	<hr/>	<hr/>

8 Tangible fixed assets

	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2015	6,308	30,855	37,163
Additions	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 March 2016	6,308	30,855	37,163
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 April 2015	6,308	28,832	35,140
Charge for the year	-	1,424	1,424
	<hr/>	<hr/>	<hr/>
At 31 March 2016	6,308	30,256	36,564
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 March 2016	-	599	599
	<hr/>	<hr/>	<hr/>
At 31 March 2015	-	2,023	2,023
	<hr/>	<hr/>	<hr/>

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

9 Debtors	2016	2015
	£	£
Trade debtors	13,345	10,846
Prepayments and accrued income	2,585	2,309
	<u>15,930</u>	<u>13,155</u>
 10 Creditors: amounts falling due within one year	 2016	 2015
	£	£
Trade creditors	2,280	-
Taxes and social security costs	2,985	2,597
Accruals	5,920	8,993
Deferred income	45,774	133
	<u>56,959</u>	<u>11,723</u>
 11 Deferred income	 2016	 2015
	£	£
Total deferred income at 1 April 2015	133	2,416
Released from previous year	(133)	(2,416)
Amounts deferred in year	45,774	193
 Total deferred income at 31 March 2016	 <u>45,774</u>	 <u>133</u>
 12 Pension and other post-retirement benefit commitments		
Defined contribution		
The company operates a defined contribution pension 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.		
	2016	2015
	£	£
Contributions payable by the company for the year	<u>215</u>	<u>214</u>

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

13 Unrestricted funds

	Balance at 1 April 2015 £	Movement in funds		Balance at 31 March 2016 £
		Incoming resources £	Resources expended £	
Donations	(35,232)	61,502	(62,622)	(36,352)
Income from charitable activities	30,543	127,783	(137,935)	20,391
Bank interest	31,105	98	-	31,203
	<u>26,416</u>	<u>189,383</u>	<u>(200,557)</u>	<u>15,242</u>

Charitable donations include donations from the Sobell Foundation, North East Hampshire & Farnham CCG, TAG Macmillan, Hampshire County Council, Broyst Foundation, People's Health Funds, M J Hindley Charitable Trust, Roger Raymond, Rest Harrow, Gerald Bental, Souter Foundation and Michael & Anna Wix Charitable Trust.

RUSHMOOR HEALTHY LIVING

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2015 £	Movement in funds Incoming resources £	Resources expended £	Balance at 31 March 2016 £
Social Wellbeing	8,826	34,000	(42,826)	-
Physical Activity for Older Adults	-	-	-	-
Age No Barrier	-	3,673	(3,673)	-
Healthy Living	3,625	-	(1,480)	13,362
Fuel Poverty	2,203	13,950	(16,153)	-
	<u>14,654</u>	<u>62,840</u>	<u>(64,132)</u>	<u>13,362</u>

The £13,362 carried forward represents grants not spent in 2015/16 which are restricted funds to be spent under the same headings in 2016/17.

Social Wellbeing

Social Wellbeing is a collection of projects aimed at enhancing peoples quality of life and mental and physical wellbeing. It includes activities such as social meets, seated exercise for the elderly and singing for those suffering from dementia.

Charitable donations were received towards activities within the programme and services were delivered according to contracts and the wishes of funding organisations.

Age No Barrier

Big lottery funded project aimed at reducing isolation and loneliness in older people by participation and reward. Based on the Duke of Edinburgh Award scheme, but for older people.

Healthy Living

Projects included Gurkha 200, Nepali Volunteer Coordinator and Macmillan Cancer Educator Programme. All programmes aimed at improving the health and wellbeing of our community. Funders included Macmillan, Lloyds Bank Foundation Trust, Army Covenant Fund and various other trusts and foundations.

Fuel Poverty

The programme supported those in general debt as well as fuel poverty by giving free advice, completing debt management plans and accessing energy grants. This project ceased during the year 2015/16.

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2015 £	Movement in funds		Balance at 31 March 2016 £
		Incoming resources £	Resources expended £	
Development fund	60,000	-	-	60,000
	<u>60,000</u>	<u>-</u>	<u>-</u>	<u>60,000</u>

16 Analysis of net assets between funds

	Unrestricted funds £	Development funds £	Restricted funds £	Total £
Fund balances at 31 March 2016 are represented by:				
Tangible fixed assets	-	-	599	599
Current assets	31,427	60,000	53,537	144,964
Creditors: amounts falling due within one year	(16,185)	-	(40,774)	(56,959)
	<u>15,242</u>	<u>60,000</u>	<u>13,362</u>	<u>88,604</u>

RUSHMOOR HEALTHY LIVING
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2016

17 Commitments under operating leases

At 31 March 2016 the company had annual commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2016	2015
	£	£
Expiry date:		
Within one year	15,120	15,120
Between two and five years	-	-
	<hr/>	<hr/>
	15,120	15,120
	<hr/>	<hr/>

18 Related parties

During the year expenses of £472 (2015 - £381) were reimbursed to K Stuart, a trustee in a volunteer capacity, for craft materials purchased for the Nepali European Social Fund project and the Gurkha 200 project.

19 Auditors' Ethical Standards

In common with many businesses of our size and nature we use our auditors to assist with the preparation of the accounts.