



BLACKBURN WITH DARWEN HEALTHY LIVING

Registered Charity No. 1122978 Company No. 06073648

FOR THE YEAR ENDED 31ST MARCH 2018

TRUSTEES' REPORT AND INDEPENDENTLY EXAMINED FINANCIAL STATEMENTS



Blackburn with Darwen Healthy Living

Our Vision

"To ensure that local people have access to, and are involved in the design and delivery of services that improve their health and well-being."

Contents

	Trustees' Report	05 - 23
	Objectives and Activities	06 - 07
	Award Winning Charity	08
	Promotion of Health and Wellbeing	09 - 15
	Community Engagement and Development	16 - 19
	Financial Review	20
	Trustees' Responsibilities Statement	21
	Structure, Governance and Management	22 - 23
	Independent Examiner's Report	24
	Financial Statements	25 - 27
	Notes to Financial Statements	28 - 36

Trustees Report

FOR THE YEAR ENDED 31ST MARCH 2018

The trustees present their report and financial statements for the year ended 31st March 2018.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities:

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)" (as amended for accounting periods commencing from 1 January 2016).

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITABLE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31ST MARCH 2018

Charity Name:	Blackburn with Darwen Healthy Living	
Charity Registered Number:	1122978	
Company Registered Number:	06073648	
Registered Offices:	Bangor St Community Centre, Norwich St Blackburn, Lancashire BB1 6NZ	
Trustees:	Pauline A. Walsh David A. Foster Jeremy G. Hodgkinson Bob Snape Paul R. Mason Janice Parker John A. Sturgess Altaf Sumra Peter Dillon Paula L. Spence Robert Nash Mark Hilton	Chair (Resigned 20 Nov 2017) (Resigned 20 Nov 2017) (Appointed 1 Dec 2017)
Company Secretary:	Abdul A. Mulla	
Chief Officer:	Abdul A. Mulla	
Treasurer:	Mark Hilton	
Bankers:	The Royal Bank of Scotland 58-62 King William St. Blackburn BB1 7HU	
Independent Examiner:	PM+M Solutions for Business LLP Greenbank Technology Park, Challenge Way, Blackburn Lancashire BB1 5QB	
Senior Management Team: (senior staff to whom day-to-day management of the charity is delegated)	Abdul A. Mulla (Chief officer) Shelagh Westbrook (Finance & administration manager) Sarah Johns (Business development manager) Dilwara Ali (Community development manager)	

Objectives and Activities



Policies and Objectives

The purpose of the Charity is to provide, or in conjunction with other like-minded organisations, to assist in the provision of facilities, services, support, training, education and information in order to preserve and protect the good health of those inhabitants residing in, principally, the borough of Blackburn with Darwen, and throughout all boroughs in England and Wales in an effort to encourage said inhabitants to develop a more positive attitude to health, to lead healthy lifestyles and to improve their quality of life.

In carrying out its purpose, the Charity promotes equality of opportunity and opposes any form of discrimination on grounds of race, ethnic origin, gender, sexual orientation, age, disability or religion.

Activities for achieving objectives

The key activities carried out by the Charity to achieve its objectives:

- To promote, through partnership, the work of Blackburn with Darwen Healthy Living, with particular reference to the promotion of Health Improvement and Social Inclusion;
- To promote an active citizenship approach to health and wellbeing through community development; supporting a stronger voice for people who use services and greater choice and control at all levels;
- To ensure effective policies and procedures are in effect in accordance with quality assured services, and those required when using volunteers to undertake activities;
- To measure and track the progress and outcomes of projects including measuring longer term changes in knowledge, attitudes and behaviours;
- To monitor the financial outputs on a regular basis;
- To ensure the future sustainability of Blackburn with Darwen Healthy Living.

A number of key assumptions are implicit in the success of the work that we do:

- Improving health inequalities requires more than medical intervention;
- For health promotion to be effective, communities and service users must be involved;
- People want to improve their health;
- Partnership working enhances impact and promotes sustainability.

Our trustees have reviewed and agreed three key strategic charitable objectives for Blackburn with Darwen Healthy Living:

- Promotion of Health and Wellbeing by providing innovative, community based services based on local needs and priorities.
- Community Engagement and Development by ensuring that local people have access to, and are involved in the design and delivery of services that improve their health and well-being.
- Youth Work enabling young people to develop holistically, working with them to facilitate their personal, social & educational development to enable them to develop their voice, influence and place in society and to reach their full potential.

OUR VISION IS

"To ensure that local people have access to, and are involved in the design and delivery of services that improve their health and well-being."



Objectives and Activities

Main Activities Undertaken to Further the Charity's Purposes for Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. As a not for profit organisation, Blackburn with Darwen Healthy Living focuses on serving the local communities in which we work. All our charitable activities are aimed at addressing health inequalities, breaking down social isolation and bringing communities together primarily within socially and economically deprived areas of Blackburn with Darwen. We promote social inclusion by encouraging "harder to reach" people to engage in our services regardless of their ethnicity, gender, disability or financial background.



Achievements and Performance

Review of activities

To fulfil our objectives in 2017/18 we had 8 main aims:

- To raise the awareness of, and to provide opportunities for people to get involved in healthy activities;
- To reduce the levels of health risks caused by fuel poverty through educating, advising and supporting people in vulnerable households;
- To offer volunteer training programmes and opportunities aimed at addressing issues such as confidence building and unemployment;
- To promote community involvement and leadership in the planning of services/projects to encourage community ownership;
- To organise and participate in health promotion and health education activities to raise awareness of health issues;
- To promote partnership working with community, voluntary and statutory agencies to ensure a co-ordinated approach to service delivery and efficient and effective use of resources;
- To facilitate community forums allowing the most disadvantaged people to be heard and participate in shaping health services;
- To utilise community connections to reach people most at risk of social isolation and loneliness by providing social support and opportunities to improve their physical and mental well-being.



Strategic Charitable Objectives

Number of Participants/Beneficiaries

Promotion of Health & Wellbeing	1,990
Community Engagement & Development	35
Total	2,025

Award Winning Charity



GlaxoSmithKline (GSK) IMPACT Award Winner 2012

We are a member of the GlaxoSmithKline (GSK) IMPACT Awards Development Network which is a unique learning network that supports health and wellbeing charities to develop their leaders, share experiences and expertise, and build the recognition of their significant and vital contribution to the health and social care system. To become a Network member, a charity must have won a GSK IMPACT Award, for which they will have competed with more than 400 charities and have been through the rigorous assessment and judging process. The Network connects past GSK IMPACT Award winners both online and at meetings held across the UK, to get and give support, share best practice and continue their professional development. The Network currently has over 120 members, representing more than 70 Award winning charities across the UK.

We are also a member of The Cascading Leadership programme which was launched on 15th March 2016. The King's Fund, in partnership with GSK and Comic Relief, managed the pilot programme which was designed to enable high-performing GSK IMPACT Award winners to share their learning and skills with the wider voluntary and community sector to further develop leadership within the sector.

Comic Relief and The King's Fund commissioned an independent evaluation of the programme from m2 evaluators. The summary of the evaluation states:



“Without exception, they (participants) view Cascading Leadership as a success in terms of the benefits they have gained both individually and organisationally. The pilot demonstrated that supporting voluntary sector leaders to offer consultancy to other leaders within the sector enables them to develop professional skills, alongside deeper strategic leadership.”



Promotion of Health and Wellbeing



"Health inequalities are avoidable and unfair differences in health status between groups of people or communities. Our health is determined by our genetics, our lifestyle, the health care we receive and the impact of wider determinants."

(Public Health England, Reducing health inequalities: system, scale and sustainability, August 2017).

In August 2017, Public Health England produced their report, "Reducing health inequalities: system, scale and sustainability". This report concluded that Health inequalities are systematic, avoidable and unjust differences in health and wellbeing between groups of people. Population level interventions that are multifaceted and complementary are most likely to be successful at addressing them.

The described Population Intervention Triangle brings together the main mechanisms, which through such change can be achieved. The key elements are:

- civic interventions: which make healthy choices easier. Includes targeted support and enforcement to extend the impact;
- community engagement: extended to the most in need, not just those already enabled;
- effective services: delivered with system, scale and sustainability.

The role of communities in improving health is receiving increasing, and long overdue attention in health policy and practice. There are many ways to support communities to improve their health. Community development and community commissioning approaches are often focused on strengthening and mobilising capability within a community and helping communities to improve their health themselves, while involving communities in service design and pathways of care so building closer connections with formal health and care services (King's Fund, Communities and health).

We believe passionately in our approach to tackling health inequalities through a community engagement and development approach utilising local people's skills and knowledge to design and improve services so leading to more appropriate, effective, cost-effective and sustainable services.



Promotion of Health and Wellbeing

People with learning disabilities face barriers in all aspects of their lives; in health care, in education, in training and employment, in housing and in social and leisure activities but given the right support, they can lead very full and rewarding lives. About 1.4 million people in the UK have a learning disability, but just 6% are in paid work (Health and Social Care Information Centre data, 2015). At the same time, due to the current local government funding cuts many services and day centres are closing. We are delivering holistic projects designed by both children and adults with learning disabilities aimed at developing their capacity to lead happy fulfilled lives by discovering new talents, making new friends and creating connections to the wider community.

Community Gyms & Fitness Classes

We continue to offer our highly successful low cost, friendly exercise and fitness facilities in local community venues:

MyGym@Bangor Street

MyGym@Highercroft

Our gyms are fully equipped with high quality cardiovascular and resistance equipment; Bangor St Community Gym has separate facilities for men & women. We also deliver weekly circuit training sessions in Bangor St Community Centre.

Please contact our team on:

01254 292650

or access our website:

www.bwdhl.org.uk

if you require information on how to join our Community Gyms.

“Our vision is a world where people with a learning disability are valued equally, listened to and included”

(Mencap).



A Day Out

We secured funding from BIG Lottery, Awards for All, to deliver activities for adults with learning disabilities in our Community Library providing them with “days out” to help them improve their health and wellbeing in a happy, social environment. Activities included:

- Supervised exercise classes including gym sessions;
- Computer skills;
- Wellbeing activities including art, reading and crafts;
- Lunch and Afternoon Teas;
- Training.

Our Project focuses on Active Support which is a method of enabling people with learning difficulties to engage more in their daily lives, (Mansell & Beadle-Brown 2012) changing person centred plans into person centred action enabling them to live ordinary lives. The experience of living an ordinary life, being a valued member of society and feeling accepted are things most of us take for granted and although people with disabilities value these things they can sometimes be harder to achieve. We deliver weekly sessions for 15 – 20 adults with a wide range of learning difficulties including autism, complex physical needs and some with little or no speech. We adapt our sessions and activities which include fitness and arts/craft sessions so that the adults can work and engage at their level with their peers and friends. A number of our project beneficiaries live in Stanley Grange which is a small intentional community for adults with learning disabilities and complex needs, nestled between Preston and Blackburn.

“We love coming to the sessions which is like our family. We have fun and get brews made for us. We love making and creating items to take back with us and adopting healthy lifestyle changes.”

Feedback from Attendees.

Case Study: Peter's Story

The calm way he responded to the change and his controlled anxiety and clear communication in the presence of the familiar group was in stark contrast to his previous panic attacks and demonstrated beautifully how much this group has helped Peter.

Peter is a man in his 50's who has lived in an Intentional Community for people with Learning Disabilities for over 20 years.

Like many people with a diagnosis of Autism, he suffers very high levels of anxiety, has poor conventional communication skills, is virtually non-verbal and has personal space issues. None of this is evident to people who do not know Peter and therefore in new situations, friendly people will often speak to him, which really spikes his anxiety and can cause him to panic. He had become isolated. Because Peter has enjoyed Arts and Crafts in the past, he was persuaded to think about joining the Roman Rd "A Day Out" Project.

Peter is terrified of dogs and is easily overwhelmed by groups of people invading his personal space, so a calm and quiet approach, plenty of space for him to sit at the back of the transport and the opportunity to sit at the large group table but with a space at either side of him was important. This was provided and managed quietly and without fuss by Susan and Samim so maintaining his dignity and discretion. Despite his clear apprehension in the early days, his pleasure and engagement in the craft activity was clear and after a few weeks he no longer needed a reminder or persuasion, he just turned up at the pick-up point, standing apart from the queue but determined to attend. Over the weeks, he visibly relaxed in many ways, verbally requesting tea, indicating that he wanted to know where the bathroom was, and very significantly, agreeing to photographs and responding well when the mini bus parked a few feet away from the door, rather than virtually on the door step (to avoid dogs) as an experiment.

The easy atmosphere, lack of pressure to produce and discreet and regular structure of the sessions, plus the unconditional positive regard, demonstrated by Susan and Samim really helped Peter to relax in the group. His anxiety related behaviour subsided, and he began to initiate ideas for his own work, stopped looking around for dogs and stopped leaving the table if others stood up or walked round.

At the end of the project, a celebration meal was booked for the group. This was a change and was always going to be a challenge for Peter. The meal was booked at the nearest pub/restaurant to his home and the bus turned up at the usual time to minimise change. When we arrived at the pub, Peter was clearly less comfortable with leaving the bus and yet agreed to come into the pub. Once inside, his discomfort became more apparent and he walked through the quiet pub and out through the back door. He stopped outside the door and quietly indicated that he did not want to stay and so the bus was called back and he was supported until the bus appeared.

The calm way he responded to the change and his controlled anxiety and clear communication in the presence of the familiar group was in stark contrast to his previous panic attacks and demonstrated beautifully how much this group has helped Peter, not only to harness his love of craft and to reduce his isolation, but to feel safe in the group and indicate his needs in a calm way, knowing his needs will be met in a caring and non-judgemental way. We hope this is the beginning of new social opportunities for Peter.

Promotion of Health and Wellbeing

Newfield School

Newfield School is a multi-faith school maintained by Blackburn with Darwen Borough Council that provides high quality specialist education for children and young people aged 2-19 years. They pride themselves in meeting the needs of their pupils and students who have a wide range of learning difficulties, including autism, complex medical needs and sensory impairments. They achieve this in partnership with families and carers, providing advice and support and liaise extensively with outside agencies to ensure all aspects of well-being for our children and young people's lives are met.

We deliver weekly sessions for 10 children particularly focusing on those approaching the transition from childhood through adolescence into adulthood. Experiences in this period have a huge influence on the rest of a person's life, and this is no different for those with learning and physical disabilities.

The Care Quality Commission's 2014 review of transition arrangements found that there was widespread poor practice and unsatisfactory experiences:

- only 50% of young people and their parents said they had received support from a lead professional during the process leading up to transition;
- some young people and their families were left without equipment, services, respite or other requirements during transition because of a failure to agree who was responsible for funding them;
- a lack of options or choices when appropriate services weren't available locally

The events uncovered at the Winterbourne View hospital were a result of a whole system failure, but this included a failure of transition planning for children and young people with learning disabilities.

We work closely with Purple Patch which is a non-profit organisation established by qualified tutors (SEN) aiming to address the unmet needs of disabled people, in particular but not exclusively, those from an ethnic minority heritage. Purple Patch is passionate about championing the rights of disabled people and is striving to make sure that adults and children with additional needs, health conditions or impairments can lead real and fulfilling lives, fully included in their homes, schools, workplaces and communities.



Case Study: Mr W

Mr W's grant application was successful, and his outstanding fuel debt was cleared in full. Mr W was very happy with the result as it allowed him to move forward debt free and utilise the budgeting advice that was given to him from us.

Mr W was referred to us from a local Disability Information Service.

Mr W had various additional needs such as Dyslexia, Dyscalculia and Asperger's Syndrome making social interaction, communication, personal organisation and budgeting very difficult. He ended up with an outstanding debt of £547.41 on his electricity account. We put a budgeting plan in place for Mr W

and contacted his energy provider to negotiate an affordable repayment plan whilst applying for a grant to clear his outstanding debt. Mr W's grant application was successful, and his outstanding fuel debt was cleared in full. Mr W was very happy with the result as it allowed him to move forward debt free and utilise the budgeting advice that was given to him from us.

Promotion of Health and Wellbeing



“Cold Homes and Excess Winter Deaths a Preventable Public Health Epidemic that can no longer be TOLERATED”

Pedro Guertler (E3G) and Peter Smith (National Energy Action).

Fuel Poverty

In the above Briefing Paper published in February 2018, research found the UK has the 6th highest long-term rate of excess winter mortality out of 30 European countries. The UK experiences, on average, 32,000 deaths in each December to March period that are in excess of mortality rates across the rest of the year. Of these, 9,700 deaths are attributable to the avoidable circumstances of living in a cold home – about the same as the number of people who die from breast or prostate cancer each year.

The majority of the 9,700 deaths, 6,900, are linked to the coldest 25% of homes in the UK, where vulnerable occupants – typically elderly people with existing health conditions – succumb to ill-health including cardiovascular and respiratory diseases and fatal trip and falls.

This is comparable to the number of people who die each year from alcohol-related causes or high blood pressure. Alongside this, approximately 3,200 excess winter deaths are linked directly to people experiencing fuel poverty: that is when low incomes and high, or relatively high, energy bills combine to make a warm home unaffordable. This also leads to poor mental health such as chronic depression and in many tragic cases suicide. Fewer people die each year from drug misuse or skin cancer.

Cold homes have a devastating impact of cold homes on people and their life-chances:

- A baby born today and living in cold housing is also almost three times more likely to suffer from coughing, wheezing and respiratory illness. Existing evidence also highlights infants living in cold conditions have a 30% greater risk of admission to hospital or primary care facilities (Child Health Impact Working Group, 2007).
- As the child develops, this in turn impacts on long-term educational attainment, either through increased school absence through illness or because they are unable to find a quiet, warm place to study in the home. In adolescence, one in four teenagers living in cold housing are at risk of multiple mental health problems (NEA, 2013).
- As an adult enters work, low wages and sluggish growth currently mean many are in-work but still struggle to afford the increasing cost of living, including heating and powering their homes. Fuel poverty mirrors this trend with 47% of fuel poor households in full or part-time work.
- In later life, the impact of a cold home often compounds poor physical health and loneliness. The cold badly enhances the risks of health conditions including cardiovascular and respiratory diseases, falls and injuries and mental ill health, costing the NHS an estimated £1.36 billion each year (Age UK, 2012).

We have been successfully delivering our Bill Busters Project since June 2012 and we were extremely delighted to secure £274,968 funding (over three years) from the BIG Lottery Fund to continue delivering this vital work. We launched this Project on 1st April 2015 with an aim to reduce the levels of health risks caused by fuel poverty through educating, advising and supporting people in vulnerable households to live in affordably warm, dry and comfortable homes, in control of their fuel use and their fuel costs. The Project ended in March 2018 and although we have tried to secure grant funding to continue this work, we have unfortunately been unsuccessful.

During the period April 2015 to March 2018, we achieved 336 household visits; almost all these households needed several home visits to support them through their issues. A key element of this project was draught proofing homes for the most vulnerable residents; we were working in partnership with Blackburn with Darwen Borough Council (Decent and Safe Homes Service, DaSH) and we referred 124 households to the draught proofing service. Unfortunately, funding for the DaSH service ended in March 2017 so we were unable to offer draughtproofing; we replaced this with Cosy Homes packs. Eleven volunteers who received accredited training from National Energy Action on fuel poverty/energy advice helped us deliver energy workshops in the community attended by 811 people. We also held community events; 1,308 people attended and learned how they could save energy and money.

The outcomes from this work have been significant:

- 55 successful grants to energy companies for debt totalling £61,634.26;
- 134 Warm Home Discount Applications totalling £18,760.00;
- Collective saving of £15,076.15 by switching tariff or energy company;
- 4 successful applications for new boiler and heating system totalling £13,116.00;
- 5 successful applications for white goods.



We also secured funding from the Santander Foundation to deliver workshops for families experiencing high levels of fuel debt. We delivered 16 workshops in a wide variety of venues including Blackburn Foodbank and The Mall Shopping Centre; 1,401 people benefitted from these sessions giving them the digital skills to check tariffs, money management skills to manage their monthly budgets, knowledge and negotiation skills to speak directly to energy providers about tariffs.

The success and impact our work has achieved, along with feedback from partner organisations has provided us with a strong indication that we are truly filling a gap in provision.

Blackburn with Darwen Affordable Warmth Forum

We established, managed and co-ordinated the Blackburn with Darwen Affordable Warmth Forum; we were selected as the Council's preferred lead partner based on the impact our work has had in the borough. The Forum's aim was to ensure a co-ordinated approach to tackle fuel poverty in Blackburn with Darwen. Member organisations include Blackburn with Darwen Borough Council including Public Health, Together Housing, Age UK, Families Health & Wellbeing Consortium, Blackburn Food Bank, Jubilee Credit Union and Child Action North West.

Friday 23rd February was Fuel Poverty Awareness Day, the national day to highlight the problems faced by those struggling to keep warm in their homes and the excellent work being undertaken to tackle the issue. We ran a fundraising campaign "Wear a Woolly Hat to Work Day" and wish to thank all our supporters who raised £750.49 to help us continue to deliver a small number of home visits to our most vulnerable residents post March 2018.



Community Engagement and Development



Community ownership and involvement lies at the heart of all our services recognising that they are best delivered with and not to people. Asset-based community development (ABCD) is one of the most well-known frameworks used to steer processes for community building. It starts by making visible and explicitly valuing, the skills, knowledge, connections and potential in a community. Once identified, the process seeks to connect the assets: residents, local organisations and informal community groups to build strong relationships between people and reciprocal social networks. The aim is to mobilise local people to act on the things they care about and want to change.

It is already known that the level of control that a person has over their life is associated with their health. For example, the influential Whitehall II study showed that:

“People in jobs characterised by low control had higher rates of sickness absence, of mental illness, of heart disease and pain in the lower back.”

There is also some evidence that health outcomes are affected by the amount of control that residents have over decisions that affect them collectively. Initiatives that aim to promote collective control, for example through co-production and community engagement, have been shown to increase sense of control, self-esteem and self-confidence among individuals, and to increase social capital, social cohesion and social connectedness in communities. All these outcomes have been shown to have a positive influence on health.

We could not have achieved the successful outcomes of many of our projects without the commitment and dedication of our volunteers. In 2017/18 we had 32 volunteers contributing 2,854 hours helping us deliver our projects and we sincerely thank them for dedicating their time to putting something back into their communities.

Hate Crime

Hate Crime is defined as:

“Any incident, which may or may not constitute a criminal offence, which is perceived by the victim or any other person, as being motivated by prejudice or hate towards the victim because of their race, religion, sexual orientation, gender or the fact they have a disability.”

The number of hate crimes in England and Wales increased by 29%, according to Home Office statistics: there were 80,393 offences in 2016-17, compared with 62,518 in 2015-16 - the largest increase since the Home Office began recording figures in 2011-12.

The biggest rise was in disability and transgender hate crimes, but this was due to better crime recording and more people coming forward.

In October 2016, we secured funding from the Home Office to work in partnership with Blackburn Youth Zone to deliver a project to “raise awareness of hate crime and challenge beliefs that underlie such crimes and to look at ways to improve support for victims of hate crime”.

The project developed and implemented a citizens' jury model to take the work forward. Local people (adults and young people) were recruited as citizen jury members and attended weekly jury sessions. Commentators (professionals and victims of hate crime) were invited to attend sessions to share personal stories and organisational issues concerning hate crime. The project focused upon working with the jury to create solutions to raise awareness of hate crime and challenge beliefs that underlie such crimes. The main objectives for the project were:

- to form and work with a citizens' jury on hate crime;
- to work with the citizens' jury to create solutions to raise awareness of hate crime and to challenge underlying beliefs;
- to challenge beliefs that underlie hate crime within the community;
- gain learning from delivery of the project (process and content).

In total 15 local people aged between 17 and 70 years (6 young people and 9 adults) were recruited to become citizens' jury members. The Oversight Panel included representatives from Lancashire Constabulary, Lancaster University, Crown Prosecution Service, The Sophie Lancaster Foundation and Blackburn with Darwen Borough Council.

Members of the citizens' jury identified 30 priorities and recommendations. The top 3 priorities identified by the citizens' jury were:

- Policy makers need to recognise the root causes of hate crime which cause and feed on fear and invest in addressing them. Example: segregated schools, divided communities, alcohol and drugs leading to anti-social behaviour, troubled families, TV and computer games, poverty which brings about a lack of opportunity for unemployed leading to antisocial behaviour, politics suppressing opinion, lifestyles. (11 out of 15 members);
- Education about hate crime is key; start at primary school and engage all schools. Priority for police to speak at schools and community groups. Build on the work of the Sophie Lancaster Foundation and others. (8 out of 15 members);
- We must tackle dodgy newspapers: their propaganda and stories which are unfounded. We should introduce financial penalties for media sensationalising stories and encourage more positive stories in the media. (8 out of 15 members).

Community Engagement and Development



BIG Local

In July 2010, the Big Lottery Fund launched the £200million Big Local Programme pinpointing areas that have previously been overlooked for funding and investment, that face a range of different issues from the decline of industry to high levels of unemployment and crime, or a pressing need for new support services or activities. Shadsworth with Whitebirk was awarded £1million to be spent over 10 years to make sustainable improvements to life within the Ward. In October 2017, an additional £100,000 was awarded to Shadsworth with Whitebirk which came from the investment return on the Big Local endowment, which is managed by Local Trust to provide funding for the programme, which runs until 2026-27.

The Ward has 3,334 households and a population of 8,511. The ward is made up of predominately white British people with approximately 13% coming from an Asian (Indian and Pakistani) heritage. More recently some people from Eastern European countries have been moving into the area. 58% of the housing in the Ward is rented of which 45% is social housing the majority of which is managed by Twin Valley Homes, the borough's largest Social Landlord. (2011 Census data).

Shadsworth with Whitebirk has 1,571 households with no adult in work and compared with the borough, it has a much lower proportion of its workers in managerial, professional or technical occupations. The Ward has 1,151 households in which somebody lives with a long-term activity-limiting illness and 906 residents provide unpaid care for someone with an illness or disability.

Big Local is more than just a grant giving programme and it also includes support to develop social investment and social entrepreneurship.



The project journey so far has involved:

- Getting People Involved Phase 1: Raising Awareness and Listening to Residents Views (January 2011 to September 2011);
- Getting People Involved Phase 2: Formation of BIG Local Partnership & creating a Resident led Board (November 2011 to November 2012);
- Community Planning: December 2012 to August 2013;
- Delivery of Community Plan: October 2013 onwards.

We were involved in both Phase 1 working with BEACH Partnership, a local community organisation and Community Planning working with Blackburn with Darwen Community & Voluntary Services providing assistance in developing a community plan for the ward.

The Community Plan Vision for the area is:

"A safe and clean place with a strong sense of community where residents can aspire and achieve for a better future for everyone."

Big Local is resident led and we were delighted to be chosen to be as the main Local Trusted Organisation (LTO) in March 2013. Our role as LTO includes supporting the Big Local Partnership, contract management for commissioned services, community engagement, establishment & management of themed task groups, financial management and the development of partnership working.

The Shadsworth with Whitebirk Big Local Plan was formally endorsed by the Big Local Trust in November 2013.



Key activities during the period April 2017 to March 2018 included:

- Debt Aware in Schools: providing children in Primary Schools (Year 5 & 6) with advice around debt and money management;
- Language Courses: building confidence, self-esteem, learning creative skills, learn and encouraging residents to break down barriers caused by their lack of understanding of the English Language;
- Community Gardener;
- Youth provision: weekly youth club sessions;
- Summer 2017 Lunch Campaign: going hungry in the school holidays is a growing problem for up to three million UK children. The All-Party Parliamentary Group on Hunger warns too many children have to survive on crisps and energy drinks when school kitchens are closed. 1,317 lunches were provided in Shadsworth with Whitebirk during the summer holiday.

The Small Grants Programme managed by Blackburn with Darwen Community and Voluntary Services provides funding for up to £1,000 per Project and funding totalling £13,711.10 was awarded during Project Year 4 (October 2016 to September 2017).

The BIG Local community agreed a 3 Year Plan (October 2015 to September 2018) focusing on three main Themes: Prosperity, Building Stronger Communities and the Environment, engagement is now ongoing to submit a plan for approval by the Local Trust for Years 6 & 7 (October 2018 to September 2020).



Community Engagement and Development

NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC)

The CLAHRC programme is funded by the Secretary for Health and is a research contract with the NHS Liverpool Clinical Commissioning Group. In March 2015, a Partnership Agreement was entered between NHS Liverpool Clinical Commissioning Group, The University of Liverpool, University of Central Lancashire and Lancaster University. The CLAHRC North West collaboration will help to ensure that patients live healthier, happier lives and benefit from innovative new treatments and techniques and it has the potential to revolutionise future health care and improve services for all. Residents will receive accredited training in research and engagement methods helping them develop employment related skills.

We were delighted to be commissioned as part of the Community Research and Engagement Network (CoReN) for three years to act as a local facilitator for CoReN including recruiting and supporting residents to operate as CLAHRC Champions in Mill Hill and Wensley Fold known as The Blackburn with Darwen neighbourhood for learning (NfL). The wards are situated close to the town centre and are home to diverse communities, businesses, schools and local shops.

Following consultations with local residents and stakeholders a number of areas of interest have been identified which include housing and the environment, limited social and community activity that impacted on social connections and low levels of public involvement that informed decision making and what happens in the area. A local oversight group (LOG) supports activity in the NfL by bringing together individuals and organisations who want to work together to make changes in the area.

In the Blackburn NfL the LOG members include Resident Advisors, Research lead, COREN organisation (Blackburn Healthy Living), representatives from the Blackburn with Darwen Borough Council including the public health team, ReFresh team, Neighbourhood West team and Children's Centres.

Resident advisors have informed decision making in relation to the work of the NfL as have other residents who have taken part in the participative enquiries feeding in their views and experiences of living in the area. The findings have informed the current action plan and activity that is now taking place in the NfL. Advisors are in the process of forming a constituted group and will be able to access small funds to support activities and will be responsible for liaising with other residents to identify the focus of activities and other organisations for funding opportunities.



Community Engagement and Development



Local Conversations

The Higher Croft Ward has 3,127 households and a population of 7,840. The ward is made up of predominately white British people with approximately 3% coming from an Asian (Indian and Pakistani) heritage. 46% of the housing in the Ward is rented of which 45% is social housing the majority of which is managed by Twin Valley Homes, the borough's largest Social Landlord.

Higher Croft has 1,127 households with no adult in work, 972 households in which somebody lives with a long-term activity-limiting illness and 905 residents provide unpaid care for someone with an illness or disability. (2011 Census data).

The Higher Croft Delivery Plan focuses on the topics local people feel are their priorities: Uniting Communities, Cleaner & Greener Community, Safer Community, Youth Forum, Youth activities and Wellbeing activities.

Key activities during the period April 2017 to March 2018 included:

- Weekly arts & crafts and fitness sessions, sewing club and women's group;
- Gardening group – involving residents, local schools and church groups in improving green spaces & developing a community garden;
- Environmental group – involving residents in organising and delivering community clean-ups;
- Partnership working with volunteer yourself (VIY) to convert a large 1st floor space at St James Church into suitable youth provision. VIY combines volunteering and DIY by challenging young people aged 14-24 to learn trade skills on the job whilst committing to fix local youth club and community centre buildings in need of essential repairs. Weekly Youth Clubs are now running in this venue and at Our Lady of Perpetual Succour Church.
- Summer 2017 Lunch Campaign: going hungry in the school holidays is a growing problem for up to three million UK children. The All-Party Parliamentary Group on Hunger warns too many children have to survive on crisps and energy drinks when school kitchens are closed. 1,242 lunches were provided in Higher Croft during the summer holiday.

Building a Stronger Britain Together

The Building a Stronger Britain Together (BSBT) programme supports civil society and community organisations who work to create more resilient communities, stand up to extremism in all its forms and offer vulnerable individuals a positive alternative, regardless of race, faith, sexuality, age and gender.

We were successful in securing funding for our Project "Civil Conversations" which started in March 2018. The project will recruit twenty young people aged 16 – 19 years old and will train them in participatory learning techniques empowering them to interview key stakeholders in the community. From these consultations, they will have enhanced knowledge of their community and understand the impact that high levels of segregation within the borough has on the resilience of the community.

They will then share their learnings from the project in a toolkit – sharing their understanding of the drivers behind extremism; what active citizenship means to them and how they can create a stronger community.

Radio Lancashire

We have forged a great relationship with Radio Lancashire and continue to guest on their shows discussing health topics including fuel poverty issues.

Community Events

We helped organise and attended a number of events in local communities across the borough so ensuring our healthy lifestyle messages were continually communicated; these included Shadsworth Carnival & Easter event funded by BIG Local and a community Fun Day funded by Local Conversations.



Roman Road Library and Gym

In early 2015, Blackburn with Darwen Council launched a consultation on the future delivery of community libraries in the borough. Due to a further cut in Government funding of £31m over three years, the budget for the library service has been reduced in line with many other services, but unlike other areas where libraries have been closed, the Council wanted to explore community interest in running and supporting Livesey Library, Mill Hill Library and Roman Road Library. In November 2015, we entered into an innovative partnership with the Council to provide the day to day operation of Roman Road with a team of our volunteers. The volunteers completed a structured programme of training to equip them to help in the library ranging from health and safety sessions to specific library work including assisting customers to choose and borrow books. During the period April 2016 to March 2017, we supported 22 volunteers to help deliver the library service.

The Council also transformed a space formerly used as a garage to provide a community gym and we re-located MyGym@Highercroft from the Energy Zone to the Library building providing a unique facility to encourage more use of the library service while at the same time encouraging health and wellbeing in the community.

The library offers a range of services with full access for those with special needs:

- Books for leisure and study;
- Newspapers;
- Computers offering free Internet, email and e-information resources;
- Information services – from business advice to health information;
- Reference section;
- DVDs;
- Talking books;
- Printing facilities;
- A welcoming space to relax, chat, read or study;
- Learning courses;
- Homework help;
- Holiday activities;
- Story times for 0-5 years.

Financial Review



Garfield Weston
FOUNDATION

In these challenging financial times, we are extremely grateful to all our funders who have enabled us to continue delivering both existing and offer new services in our communities. However, raising funds for our core running (including insurances, rent, ICT, Finance and Audit) remains a significant challenge.

Despite these challenges, we successfully generated income for new projects and ensured tight control of our expenditure ensuring that our Charity continues to be financially sound.

Income for the year amounted to £465,378 compared to £501,836 in 2016/17; an overall decrease of 7.3%. Grant Income decreased by £26,490, funding for Service Level Agreements decreased by £27,451 and activities for generating funds (Community Gyms and Fitness Classes) increased by £624.

Sundry Income amounted to £24,045 compared to £24,053 in 2016/17; income from bank interest slightly decreased; £46 compared to £113 in 2016/17; interest rates remain low and the Charity has insufficient reserves to tie up monies for longer periods to enable greater returns.

Due to funding uncertainties, the organisation maintained a prudent approach to investment, investing in a "no risk" short term deposit account.

Expenditure decreased by £52,618 compared to 2016/17 reflecting the decrease in Service Level Agreements and phasing of large community projects (BIG Local & Local Conversations). Savings continue to be achieved wherever possible.

The value of funds carried forward at 31st March 2018 was £220,208 made up of £137,475 Restricted Funds, £78,077 of Unrestricted Designated Funds and £4,656 of Unrestricted General Funds. There is a detailed breakdown of these Funds in Notes 19/20 of the Financial Statements.

In the Statement of Financial Activities, our services have been grouped together under the heading of Charitable Activities and then under sub headings to reflect our charitable objectives. A full list of incoming resources from Charitable Activities can be found in the notes to the accounts (note 3). Notes 7, 8, 9 shows corresponding resources expended. Resources expended on charitable activities represent 81% of the Charity's total resources expended.

Details of commitments and operating leases are shown within the accounts and include leased gym equipment.

Reserves Policy

When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts.

In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure to cover any statutory and contractual obligations and to ensure that in the event of a significant drop in funding the Charity can continue its activities and secure additional funding. A designated Business Continuity Fund of £29,906 has been set aside representing 3 months statutory and contractual obligations; the level of unrestricted, undesignated reserves held at 31st March 2018 was £4,656 which represents less than one month's unrestricted expenditure.

The Trustees consider that this level of reserves is prudent in the current economic climate. The Trustees approved a designated fund of £15,000 in March 2018; this relates to a successful grant application from the Garfield Weston Foundation for Core Costs in 2018 – 19, we are extremely grateful for this generous award.

In line with Charity Commission guidelines, a designated Development Fund has been set aside to cover ongoing strategic plans for public benefit identified by the Board of Trustees including start-up funding for new activities. At the end of March 2017, the Development Fund was £45,000, this reduced by £15,000 to fund a Business Development Manager resulting in a balance of £30,000 at the end of March 2018.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Trustees' Responsibilities Statement

The trustees, who are also the directors of Blackburn with Darwen Healthy Living for the purpose 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 trustees to prepare financial statements 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 financial statements, 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;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements 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 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.

This report was approved by the Trustees,
on 8th November 2018 and signed on their behalf by:



Pauline A. Walsh : Chair, Board of Trustees

Structure, Governance and Management

Constitution

The organisation is a Charitable company limited by guarantee, incorporated on 30th January 2007 and registered as a charity on 27th February 2008. The Company was established under a Memorandum of Association which established the objects and powers of the Company and is governed under its Articles of Association. The Directors of the company are also Charity Trustees for the purpose of charity law. All those persons appointed to perform the duties of Directors of the Company are referred to as the Management Board and each member has undertaken to contribute the sum of £1 in the event of the company being insolvent on winding up.

The Board of Trustees is the body responsible for the government and management of the organisation. The current Board consists of original members appointed, members re-elected in line with the Governing Document and new members elected onto the Board. The Board seeks to appoint new Trustees to maintain a broad skill mix appropriate to the work of the Charity. One third of all trustees must retire at the Annual General Meeting; retiring members are eligible for re-appointment.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Pauline A. Walsh, Chair
David A. Foster
Jeremy G. Hodgkinson
Bob Snape
Paul R. Mason
Janice Parker (Resigned 20 Nov 2017)
John A. Sturgess (Resigned 20 Nov 2017)
Altaf Sumra
Peter Dillon
Paula L. Spence (Appointed 1 Dec 2017)
Robert Nash
Mark Hilton

Risk Management

The Board of Trustees have responsibility for implementing a managed approach to risk management. Measures have been put in place by the introduction and review of policies, procedures and systems to mitigate the risks that the charity faces. Internal control risks are minimised by the implementation of procedures for the authorisation of all financial transactions. A key element in the management of financial risk is the setting of a reserves policy. The external risks to funding have led to development of strategic plans to address the need for diversification of funding and activities.

Method of Appointment or Election of Trustees

The management of the Charitable company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association. All those wishing to be a Trustee must support the aims of the Charity and applications to become a Trustee are in a form approved by the existing Trustees.

Induction and Training of Trustees

All new Trustees receive induction training which is tailored to the specific needs of the individual and includes meetings and discussions with the Chief Officer, a copy of the organisation's Business plan and any relevant past Board papers.

Organisational Structure

Blackburn with Darwen Healthy Living has a Management Board of up to twelve trustees who meet approximately every 8 weeks; they are responsible for the strategic direction and policy of the charity.

The Trustees have delegated the day-to-day running of the charity to the Chief Officer and Senior Management Team.



Structure, Governance and Management

Annual General Meeting (AGM) 2017

We held our AGM on 29th November 2017 at The Boulevard Centre, Blackburn with Darwen CVS. We were delighted to welcome Sylvia Lancaster, OBE (Sophie Lancaster Foundation) as our guest speaker. Following the horrific murder of Sophie Lancaster, her family wanted to ensure a legacy to their beautiful, bright creative daughter and so The Sophie Lancaster Foundation was established and became a registered charity in 2009. The aims and objectives of the Charity are as follows:

- To create a lasting legacy to Sophie;
- To provide educational group-works that will challenge the prejudice and intolerance towards people from alternative subcultures;
- To campaign to have the UK Hate Crime legislation extended to include people from alternative subcultures or Lifestyle and Dress.

Sylvia was a commentator on a Hate Crime Project we delivered in partnership with Blackburn Youth Zone. She told Sophie's story, she described Sophie and her partner, their home life and the day leading up to the tragic event. Sophie and her partner Rob dressed in their unique way, expressing their individuality as creative artistic people. A short film was also shown.

Pauline Walsh, Chair of our Board of Trustees also thanked and acknowledged the work of our volunteers and presented them with certificates in recognition of their valuable contribution.



Plans for the Future

The current economic climate continues to be challenging for both ourselves and the charitable sector in general and we continue to work closely with partner agencies including Blackburn with Darwen Borough Council which is facing significant Budget cuts to help provide cost effective solutions with an aim to ensure that vital services in the borough can continue to run.

Plans for 2018 – 19 include:

- Continuing to establish closer links with GPs, Health & Wellbeing Boards and Clinical Commissioning Groups to develop targeted engagement and health interventions to address health inequalities;

- Continuing the development and delivery of a wide range of programmes aimed at preventing ill health including targeted programmes to help people with chronic physical health problems to manage their condition including developing activities for adults and children with additional needs and learning disabilities;
- Developing and delivering a range of programmes focusing on improving emotional and mental wellbeing and reducing social isolation;
- Further increasing the number of volunteer opportunities so increasing the confidence and capacity of individuals and small groups to get involved in activities and build mutually supportive networks that hold their communities together;
- Further development of our youth service delivery strand.



Independent Examiner's Report

I report to the trustees on my examination of the financial statements of Blackburn with Darwen Healthy Living (the charity) for the year ended 31st March 2018.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Independent Examiner's statement

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Helen Binns, FCA

Date: 15th November 2018

PM+M Solutions for Business LLP
Chartered Accountants
Greenbank Technology Park
Challenge Way
Blackburn
BB1 5QB

Financial Statements

For the year ending 31ST March 2018

STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT

For the year ended 31st March 2018

	Note	Unrestricted Funds £	Restricted Funds £	2018 Total £	2017 Total £
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	2	927	73	1,000	170
Charitable activities	3	31,543	376,992	408,535	462,484
Other trading activities	4	39,693	-	39,693	39,069
Investments	5	46	-	46	113
Other income	6	16,104	-	16,104	-
TOTAL INCOME		88,313	377,065	465,378	501,836
EXPENDITURE ON:					
Raising funds	7	84,850	-	84,850	71,724
Charitable activities	8	31,108	330,193	361,301	427,045
TOTAL RESOURCES EXPENDED		115,958	330,193	446,151	498,769
NET (EXPENDITURE)/INCOME FOR THE YEAR/ NET MOVEMENT IN FUNDS		(27,645)	46,872	19,227	3,067
FUND BALANCES AT 1 APRIL 2017		110,378	90,603	200,981	197,914
FUND BALANCES AT 31 MARCH 2018		82,733	137,475	220,208	200,981

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

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

BALANCE SHEET

As at 31ST March 2018

	Notes	2018 £	2017 £
FIXED ASSETS:			
Tangible assets	14	3,171	3,020
CURRENT ASSETS:			
Debtors	15	11,092	35,098
Cash at bank and in hand		<u>252,668</u>	<u>197,240</u>
		263,760	232,338
CREDITORS:			
Amounts falling due within one year	16	<u>(46,723)</u>	<u>(34,377)</u>
NET CURRENT ASSETS		<u>217,037</u>	197,961
TOTAL ASSETS LESS CURRENT LIABILITIES		<u><u>220,208</u></u>	<u><u>200,981</u></u>
INCOME FUNDS:			
Restricted funds	19	137,475	90,603
Unrestricted funds			
Designated funds	20	78,077	103,968
General unrestricted funds		<u>4,656</u>	<u>6,410</u>
		<u>82,733</u>	<u>110,378</u>
		<u><u>220,208</u></u>	<u><u>200,981</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2018. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the

financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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

The financial statements were approved by the Trustees on 8th November 2018



Pauline A. Walsh
Chair, Board of Trustees

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31st March 2018

1. ACCOUNTING POLICIES

1.1 Accounting Convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: 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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Charitable activities and Governance costs are costs incurred on the Charitable company's educational operations, including support costs and costs relating to the governance of the Charitable company apportioned to charitable activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Gym equipment	20 - 33% straight line
Office equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic Financial Assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic Financial Liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of Financial Liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 Leases

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31st March 2018

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £	Total Funds 2017 £
Donations and Gifts	927	73	1,000	170
For the year ended 31 March 2017	170	-		170

3. CHARITABLE ACTIVITIES

	Promotion of Health & Wellbeing £	Community Engagement & Development £	Total Funds 2018 £	Total Funds 2017 £
Grants	118,124	250,866	368,990	395,480
Services Level Agreements	-	15,500	15,500	42,951
Sundry Income	14,876	9,169	24,045	24,053
	133,000	275,535	408,535	462,484
Analysis by Fund				
Unrestricted Funds	12,543	19,000	31,543	
Restricted Funds	120,457	256,535	376,992	
	133,000	275,535	408,535	
For the Year Ended 31 March 2017				
Unrestricted Funds	1,592	60,342		61,934
Restricted Funds	154,259	246,291		400,550
	155,851	306,633		462,484

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31ST March 2018

4. OTHER TRADING ACTIVITIES

	Unrestricted 2018 £	Unrestricted 2017 £
Community Gym Fees	36,219	36,314
Physical Activity Fees	3,474	2,755
Other Trading Activities	<u>39,693</u>	<u>39,069</u>

5. INVESTMENTS

	Unrestricted 2018 £	Unrestricted 2017 £
Interest Receivable	46	113

6. OTHER INCOME

	2018 £	2017 £
Core costs grant	15,000	-
Core costs sundry income	1,104	-
	<u>16,104</u>	<u>-</u>

7. RAISING FUNDS

	2018 £	2017 £
Gym/ other operating costs		
Staff costs	24,328	16,234
Depreciation and impairment	60	361
Contracted services	-	300
Office expenses	1,500	1,592
Equipment and furniture	880	2,380
Equipment lease/ hire	13,983	18,702
Food	-	6
Insurance	291	284
Marketing	151	-
Recruitment	13	53
Rent and rates	10,758	7,709
Repairs and maintenance	635	2,953
Travels & meetings	2	-
Venue hire	1,728	360
Sundry expenses	-	21
Coaches & trips	645	-
Support costs	29,876	20,769
	<u>84,850</u>	<u>71,724</u>

Notes to the Financial Statements

For the year ended 31st March 2018

8. CHARITABLE ACTIVITIES

	Promotion of Health & Wellbeing £	Community Engagement & Development £	Total Funds 2018 £	Total Funds 2017 £
Staff costs	79,669	114,263	193,932	205,026
Depreciation and impairment	-	-	-	465
Awards & grants	-	43,604	43,604	53,647
Contracted services	3,413	12,232	15,645	46,904
Volunteer expenses	122	159	281	156
Office expenses	6,835	2,242	9,077	13,912
Printing and reproduction	3,144	655	3,799	2,816
Vehicle expenses	-	-	-	(19)
Dues and subscriptions	360	-	360	360
Equipment and furniture	934	22,167	23,101	9,092
Equipment lease/ hire	230	135	365	429
Food	1,122	1,938	3,060	2,037
Insurance	1,020	2,152	3,172	3,736
Marketing	3,861	-	3,861	11,115
Meals and entertainment	466	1,686	2,152	4,599
Recruitment	76	427	503	159
Rent and rates	2,006	102	2,108	8,929
Repairs and maintenance	-	8,601	8,601	-
Travel and meetings	548	1,718	2,266	4,775
Training	1,964	-	1,964	11,822
Venue hire	1,258	263	1,521	1,758
Sundry expenses	188	2,771	2,959	320
Bank charges	212	99	311	692
(Profit)/ loss on disposal of fixed assets	-	-	-	(358)
Legal and professional fees	441	2,452	2,893	3,091
Coaches and trips	1,890	10,779	12,669	8,190
	<u>109,759</u>	<u>228,445</u>	<u>338,204</u>	393,653
Share of support costs (see note 9)	9,184	13,913	23,097	33,392
	<u>118,943</u>	<u>242,358</u>	<u>361,301</u>	<u>427,045</u>
Analysis by fund				
Unrestricted funds	10,116	20,992	31,108	
Restricted funds	108,827	221,366	330,193	
	<u>118,943</u>	<u>242,358</u>	<u>361,301</u>	
For the year ended 31 March 2017				
Unrestricted funds	7,563	40,521		48,084
Restricted funds	171,554	207,407		378,961
	<u>179,117</u>	<u>247,928</u>		<u>427,045</u>

Notes to the Financial Statements

For the year ended 31ST March 2018

9. SUPPORT COSTS

	Support costs £	2018 £	2017 £
Staff costs	32,650	32,650	37,184
Depreciation	1,997	1,997	2,620
Awards & grants	-	-	407
Contracted services	2,055	2,055	1,379
Volunteer expenses	13	13	-
Office expenses	5,295	5,295	6,056
Printing and reproduction	(228)	(228)	618
Vehicle expenses	10	10	-
Dues and subscriptions	144	144	-
Equipment and furniture	480	480	571
Equipment lease/ hire	869	869	788
Food	87	87	94
Insurance	2,409	2,409	1,687
Marketing	240	240	-
Meals and entertainment	962	962	432
Recruitment	-	-	78
Rent & rates	2,484	2,484	-
Repairs & maintenance	42	42	-
Travel and meetings	583	583	201
Training	(57)	(57)	(83)
Venue hire	200	200	146
Sundry expenses	1,240	1,240	455
Bank charges	648	648	343
(Profit)/ loss on disposal	(533)	(533)	-
Legal and professional fees	1,383	1,383	1,185
	<u>52,973</u>	<u>52,973</u>	<u>54,161</u>
Analysed between			
Gym/ other operating costs	29,876	29,876	20,769
Charitable activities	23,097	23,097	33,392
	<u>52,973</u>	<u>52,973</u>	<u>54,161</u>

10. NET MOVEMENT IN FUNDS

	2018 £	2017 £
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	<u>2,057</u>	<u>3,446</u>

Notes to the Financial Statements

For the year ended 31ST March 2018

11. INDEPENDENT EXAMINER'S REMUNERATION

The Independent Examiner's remuneration amounts to an Independent Examination fee of £4,200 (2017 - £4,200).

12. TRUSTEES

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

13. EMPLOYEES

The average monthly number employees during the year was:

	2018 Number	2017 Number
Promotion of Health & Wellbeing	6	9
Community Engagement & Development	9	6
Administration & support	3	3
	<u>18</u>	<u>18</u>
Employment costs	2018	2017
	£	£
Wages and salaries	250,910	258,444
	<u>250,910</u>	<u>258,444</u>

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the Charity comprise the Chief Officer, the Finance and Administration Manager and two Community Development Managers and their employee benefits totalled £108,481 (2017: £129,435).

Notes to the Financial Statements

For the year ended 31ST March 2018

14. TANGIBLE FIXED ASSETS

	Gym equipment £	Office equipment £	Total £
COST			
At 1 April 2017	39,260	25,021	64,281
Additions	1,194	1,053	2,247
Disposals	(2,553)	(2,168)	(4,721)
At 31 March 2018	37,901	23,906	61,807
DEPRECIATION AND IMPAIRMENT			
At 1 April 2017	39,260	22,001	61,261
Depreciation charged in the year	60	1,997	2,057
Eliminated in respect of disposals	(2,553)	(2,129)	(4,682)
At 31 March 2018	36,767	21,869	58,636
CARRYING AMOUNT			
At 31 March 2018	1,134	2,037	3,171
At 31 March 2017	-	3,020	3,020

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR:

	2018 £	2017 £
Trade debtors	6,476	30,305
Prepayments and accrued income	4,616	4,793
	11,092	35,098

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR:

	2018 £	2017 £
Other taxation and social security	5,916	3,220
Trade creditors	12,542	2,538
Other creditors	2,214	2,016
Accruals and deferred income	26,051	26,603
	46,723	34,377

Notes to the Financial Statements

For the year ended 31ST March 2018

17. DEFERRED INCOME

Deferred income is included in the financial statements as follows:

	£
Deferred income at 1 April 2017	19,084
Amounts released from previous years	(19,084)
Membership deferred during the year	19,001
Deferred income at 31 March 2018	19,001

18. RETIREMENT BENEFIT SCHEMES

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes amounted to £18,596 (2017 - £21,082). Contributions totalling £2,214 (2017 - £2,016) were payable to the fund at the balance sheet date and are included in creditors.

19. 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:

Movement in funds	Balance at 1 April 2017 £	Income £	Expenditure £	Balance at 31 March 2018 £
Restricted funds	<u>90,603</u>	<u>377,065</u>	<u>(330,193)</u>	<u>137,475</u>

Restricted Funds

BIG Lottery Big Local

Locally trusted organisation for the Shadsworth with Whitebirk Big Local partnership which is receiving £1m funding over the next 10 years (supported through Big Local and administered by Local Trust for the Big Lottery Fund), empowering residents themselves to be in charge of spending on ways to improve their community. The balance carried forward at 31 March 2018 was £80,341.

Lancaster University

Match Funding for BIG Lottery Big Local. The balance carried forward at 31 March 2018 was £750.
Community Funds
Match Funding for BIG Lottery Big Local. The balance carried forward at 31 March 2018 was £855.

BIG Lottery Fund Grant

Bill Busters Project aimed at people living in fuel poverty by supporting people in fuel debt and increasing awareness, knowledge & skills to reduce energy costs and energy consumption. The balance carried forward at 31 March 2018 was £Nil.

People's Health Trust

Development and delivery of Higher Croft Local Plan for the Local Conversations Project aimed at helping address the wider social causes of health inequalities through supporting upstream interventions. The balance carried forward at 31 March 2018 was £36,691.

Community Funds

Match Funding for the Local Conversations Project. The balance carried forward at 31 March 2018 was £629.

Blackburn Youth Zone

Administration of Small Grants Scheme for "Connect, Engage, Inspire" Project. The balance carried forward at 31 March 2018 was £170.

BSBT Communities of Blackburn

Secondment of Project Co-ordinator to Healthwatch Blackburn with Darwen to deliver Communities of Blackburn Project (Building Stronger Britain). The balance carried forward at 31 March 2018 was £Nil.

Building Stronger Britain

Delivery of Civil Conversations Project aimed at enhancing community knowledge and understanding the impact that high levels of segregation within the borough has on the resilience of the community. The balance carried forward at 31 March 2018 was £5,651.

Fuel Poverty

Funding to help reduce the levels of health risks caused by fuel poverty through educating, advising and supporting people in vulnerable households to live in affordably warm, dry and comfortable homes, in control of their fuel use and their fuel costs. The balance carried forward at 31 March 2018 was £73.

Sport England

Delivery of Everybody Project engaging and involving BME adults who have both learning and physical disabilities in fitness and healthy lifestyle activities. The balance carried forward at 31 March 2018 was £9,225.

Big Lottery A Day Out

Delivery of A Day Out Project providing a range of weekly activities for adults with learning disabilities in their community library. The balance carried forward at 31 March 2018 was £3,090.

Notes to the Financial Statements

For the year ended 31st March 2018

20. DESIGNATED 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:

Movement in funds	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2018 £
Designated funds	103,968	-	(2,057)	(23,834)	78,077
	<u>103,968</u>	<u>-</u>	<u>(2,057)</u>	<u>(23,834)</u>	<u>78,077</u>

Designated Funds

Fixed Assets

Established to represent the Charity's resources which are tied up in fixed assets at the year end. In accordance with accounting legislation for Charities, the fixed assets of a Charity cannot usually be realised easily and therefore should not be represented by general funds. The balance carried forward at 31 March 2018 was £3,171.

Development

Established to invest in organisational development and growth initiatives. The balance carried forward at 31 March 2018 was £30,000.

Business Continuity

To cover 3 months statutory and contractual obligations. The balance carried forward at 31 March 2018 was £29,906.

Garfield Weston

Established to represent the Core Costs grant received for 2018- 2019 core costs. The balance carried forward at 31 March 2018 was £15,000.

21. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fund balances at 31 March 2018 are represented by:			
Tangible assets	3,171	-	3,171
Current assets/(liabilities)	79,562	137,475	217,037
	<u>82,733</u>	<u>137,475</u>	<u>220,208</u>

22. OPERATING LEASE COMMITMENTS

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2018 £	2017 £
Within one year	2,639	-
Between two and five years	-	17,856
	<u>2,639</u>	<u>17,856</u>

23. RELATED PARTY TRANSACTIONS

There were no disclosable related party transactions during the year (2017 - none).



Blackburn with Darwen Healthy Living is always in need of funds.

Your support and donations will help us to continue and further develop our work promoting and facilitating community involvement to help tackle health, social and economic inequalities within our communities.

We thank our partners, funders and supporters including:

- Age UK Blackburn with Darwen
- Blackburn with Darwen CCG
- Blackburn Youth Zone
- Stanley Grange
- Together Housing
- Newground CIC
- Newground Together
- BIG Lottery Fund
- People's Health Trust
- Blackburn with Darwen Borough Council
- Blackburn with Darwen CVS
- Healthwatch Blackburn with Darwen
- University of Bolton
- Jubilee Tower Credit Union
- National Energy Action
- Lancaster University
- Garfield Weston Foundation
- Sport England
- Home Office
- Purple Patch
- Newfield School, Blackburn
- Santander Foundation



Healthy **Choices** for Healthy **Communities**

Blackburn with Darwen Healthy Living
Bangor Street Community Centre
Norwich Street, Blackburn
Lancashire BB1 6NZ

Telephone : 01254 292650
Email : info@bwdhl.org.uk
Website : www.bwdhl.org

Registered Charity No. 1122978 / Company No. 06073648