

BLACKBURN WITH DARWEN HEALTHY LIVING





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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
■ Statement of Trustees' responsibilities	24
■ Independent examiner's report	25
■ Statement of financial activities	26
■ Balance sheet	27
■ Notes to the financial statements	28



Trustees' Report

FOR THE YEAR ENDED 31 MARCH 2019

Trustees

Pauline A. Walsh (Chair)	
David A. Foster	Resigned 17/09/2018
Robert A. Nash	
Jeremy G. Hodgkinson	
Bob Snape	
Paul R. Mason	
Emma L. Garner	Appointed 17/09/2018
Barbara Clay	Appointed 17/09/2018
Altaf Sumra	
Peter Dillon	
Mark Hilton	Resigned 08/11/2018
Paula L. Spence	

Secretary

Abdul A Mulla

Chief officer

Abdul A Mulla

Treasurer

Mark Hilton Resigned 08/11/2018

Charity number

1122978

Company number

06073648

Registered office

Bangor St Community Centre
Norwich St
Blackburn
BB1 6NZ

Independent examiner

PM+M Solutions for Business LLP
New Century House
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 (Operations manager)

The trustees present their report and financial statements for the year ended 31 March 2019.

The Trustees (who are also directors of the Charity for purposes of the Companies Act) present their Annual Report together with the financial statements of Blackburn with Darwen Healthy Living (the Charitable company) for the year ended 31st March 2019. The Trustees confirm that the Annual Report and financial statements of the Charitable company comply with the current statutory requirements of the Charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015). Since the Charitable company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

STRUCTURE, GOVERNANCE & 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.

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.





HealthyLiving

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

Objectives and Activities

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.

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. ”



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.

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.

Annual General Meeting (AGM) 2018

We held our AGM on 8th November 2018 at The Boulevard Centre, Blackburn with Darwen CVS. We were delighted to celebrate our Charity's 10-year anniversary with our Guest of Honour, the Mayor of Blackburn with Darwen, Councillor Pat McFall along with volunteers, beneficiaries and staff. Funders and Partners were also thanked. We presented some 10-year highlights: Healthy Living Centre opened in 2002 jointly managed by Blackburn with Darwen Borough Council and Primary Care Trust and was established as a Charity in 2008 to continue prevention work. We have evolved over the past 10 years with some key factors for financial stability: a resilient and loyal core team, forging strong partnerships, quick to evolve and adapt with a reputation for delivering and staying one step ahead. We continued our celebration with a quiz and celebratory cake.



Activities undertaken to further the Charity's purpose 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

To fulfil our objectives in 2018/19 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 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

868

Community Engagement & Development

34

AWARD WINNING CHARITY

GlaxoSmithKline (GSK) IMPACT Award Winner 2012

We are extremely proud that we were chosen as one of eight winners of a GSK Impact Award in 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 started as a small pilot project in 2012 and now has more than 150 members representing almost 90 award-winning charities from

across the UK, with six Network events taking place in the past 12 months. The whole programme is driven by participants' ideas and experience, with the facilitation led by a dedicated team of experts at The King's Fund. The Network explores many issues faced by health charities. Recent topics and sessions include:

- leadership in crisis;
- digitalisation and health;
- power and policy;
- how to use media and do it well;
- thinking critically about resilience;
- leadership in scarcity.





HealthyLiving

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

Promotion of Health and Wellbeing

Promotion of Health & Wellbeing

“ There can be no more important task for those concerned with the health of the population than to reduce health inequalities ”

(Sir Michael Marmot, 27th February 2019)

THE MARMOT REVIEW TEN YEARS ON:

Sir Michael Marmot was invited by the government in England to conduct the Marmot Review, which was published in 2010 as “Fair Society Healthy Lives.” The review highlighted that we understood a great deal about the causes of health inequalities, and where to intervene and identified six domains for action:

- early child development;
- education and life-long learning;
- employment and working conditions;
- minimum income needed for healthy living;
- healthy and sustainable environments in which to live and work;
- a social determinants approach to prevention – addressing the causes of health inequalities;

While there has been progress in some areas since 2010, there is growing evidence that health inequalities are widening and life expectancy is stalling. In order to review what has happened since the 2010 publication of the Marmot Review, Sir Michael Marmot and his colleagues at UCL Institute of Health Equity are working with the Health Foundation to conduct the Marmot Review Ten Years On, to be published in February 2020.

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.

Community Gyms & Fitness Classes

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



Healthwatch Blackburn with Darwen

Healthwatch are the independent national champion for people who use health and social care services. They find out what matters to people and help make sure their views shape the support they need. There is a local Healthwatch in every area of England and they aim to find out what people like about services, what could be improved, and share these views with those with the power to make change happen. They also help people find the information they need about services in their area.

We are working in partnership with Healthwatch Blackburn with Darwen delivering against their key priorities as set out in their workplan. In 2018/19, these included:

- Promoting and supporting the involvement of local people in the commissioning, provision and scrutiny of local care services.
- Enabling local people to monitor the standard of provision of local care services and whether and how local care services could and ought to be improved.
- Obtaining the views of local people regarding their needs for, and experiences of, local care services and importantly to make these views known.

- Making reports and recommendations about how local care services could or ought to be improved. These will be directed to commissioners and providers of care services, and people responsible for managing or scrutinising local care services and shared with Healthwatch England.
- Formulating views on the standard of provision and whether and how the local care services could and ought to be improved; and sharing these views with Healthwatch England.
- Providing advice and information about access to local care services.
- Making recommendations to Healthwatch England to advise the Care Quality Commission to conduct special reviews or investigations (or, where the circumstances justify doing so, making such recommendations direct to the CQC); and to make recommendations to Healthwatch England to publish reports about particular issues.
- Providing Healthwatch England with the intelligence and insight it needs to enable it to perform effectively.

Digital Technology

Healthier Lancashire and South Cumbria asked the Healthwatch Collaborative (Blackburn with Darwen, Blackpool, Cumbria and Lancashire) to help them find out what local people think about using digital technology to manage their health and wellbeing. Almost 2,000 people got involved in the conversation about digital health. In February 2019, Healthwatch published the resulting "Have your say: digital health" report.

The aim of the project was to explore how local people currently use technology to manage their health and wellbeing - and that of their families and those they support or care for. Healthier Lancashire and South Cumbria wanted to learn about the challenges people might face when using digital technology, to understand how the health and care system can better support people to use digital tools and to hear their ideas about improvements for the future.

We worked in partnership with Healthwatch Blackburn with Darwen delivering focus groups; Healthier Lancashire and South Cumbria will use the recommendations made by local people in the "Have your say: digital health" report to inform the region's digital health delivery plan for 2019/20 as they bring the digital strategy to life.



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

Friendships are important to people with a learning disability, however people with a learning disability tend to have fewer friends and fewer opportunities for socialising than the general population.

Almost 1 in 3 young people with a learning disability spend less than 1 hour outside their home on a typical Saturday (Mencap, 2016). Recent research from Scope has also uncovered that a shocking 85% of young disabled adults from the 18-34 year old age group feel lonely. As a result, over half of working age disabled people who have felt lonely in the past year said they experienced depression (62%) and anxiety (58%); and half (49%) experienced stress (Scope.org.uk. 2018).



“Everybody” Project

We secured funding from Sport England and Baily Thomas Charitable Fund to engage with young BAME adults who have both learning and physical disabilities in a fitness and healthy lifestyles project across a twelve-month period. We know from discussions with these young adults that they experience high levels of isolation, with little opportunity to access positive activities outside of their homes and struggle to achieve 30 minutes physical activity a week due to lack of supportive and accessible provision in the borough. We worked with them to build their motor and mobility skills whilst supporting them to lead healthier lives and gain in both confidence and self-esteem with wider social networks.

LUBNA'S STORY

Lubna is a 26-year-old female, who is visually impaired with some physical disability. She was involved in limited activities on a 1-1 basis with her support worker. She did not access any external services, was very shy and had very few friends before she started with our programme. She attended all 12 sessions with her support worker. Initially she was very uneasy about coming to the sessions as it was not part of her weekly routine, but once she made friends with some of the other participants, she was happy to come along and take part. Since completion of our programme Lubna has joined our community gym (MyGym), accesses activities at Purple Patch, and has made some changes to her diet. This programme helped

“ I can see a real difference in Lubna's personality, her confidence has grown as a person, and when we went out for lunch the other day, she pointed out what I had ordered was not very healthy, and I changed my order... ”

to build friendships with participants socialising and supporting each other and most importantly becoming aware of exercising and healthy eating by providing a holistic approach to a healthier lifestyle. The programme helped the young people's confidence to grow each week, in knowledge and ability which enabled them to make some changes within their

lifestyle. We now have some young people attending Purple Patch (CIC organisation for people with learning disability and autism); we referred them as they were not aware of this service. Several participants have also joined our community gyms and are now happy to use the gyms without feeling intimidated.

NHS England Learning Disability Screening Project

NHS England and NHS Improvement commissioned Healthwatch Together (Blackburn with Darwen, Blackpool, Cumbria and Lancashire) to support potential changes to service delivery in cancer screening programmes amongst women with learning disabilities. Healthwatch Together wanted to find out what local women with learning disabilities, their families and carers think about breast and cervical screening and hear about their experiences.

People with learning disabilities have significantly higher rates of mortality and morbidity than the general population. There are significant differences between the uptakes of cancer screening programmes nationally and regionally between people with learning disabilities and the non-learning disability population.

The aim of the project was to gain valuable insight from women with a learning disability, and their carers, regarding access to cervical and breast cancer screening programmes whilst in the community. Healthwatch Together wanted to learn about the challenges people might face, understand the barriers to attending screening, and to hear their thoughts about improvements in the health and care system for the future.

We worked in partnership with Healthwatch Blackburn with Darwen completing surveys and engagement activities with women with learning disabilities across the borough; the findings were utilised to draw up a draft localised toolkit to support appropriate communication messages for cervical cancer screening and breast cancer screening. Through a further series of co-production workshops, two easy read toolkits were designed with women, families, carers and professionals for both breast and cervical screening programmes.

Shadsworth Hub

We are working in partnership with Future Directions Community Interest Company (C.I.C) and Stanley Grange Community Association (C.A.). Future Directions C.I.C. is a values-based high quality social care provider with an intention is to drive the personalisation agenda so that each individual who they support has their own support package to meet their individual needs. Stanley Grange C.A. is a charitable organisation, set up by the Friends & Families of the residents of Stanley Grange providing a fulfilling, happy and appropriate home for their relations.

We have established Café based Social & Leisure activities for adults with learning disabilities or at risk of social isolation in Shadsworth Hub Community Centre. There are a range of activities including community singing, drama, arts & crafts along with cooking and baking; all with guidance and encouragement. They are open to all adults giving them an opportunity to get out of the house and make new friends in a supportive environment whilst also providing respite for carers.

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 fitness and wellbeing sessions for 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 even greater for those with learning and physical disabilities.



Fuel Poverty

We secured funding from Yorkshire and Clydesdale Bank "Spirit of Community" Awards, to deliver intensive support to twenty of the most vulnerable families in the borough. We successfully applied for 19 Warm Home Discount Grants totalling £2,660 and helped 1 household switch energy supplier saving £258. We also helped them understand their energy bills, tariffs, energy efficiency and how to find better deals from different energy suppliers.

Community Engagement & Development

Community development is a process where people come together to act on what's important to them, at its heart, it is rooted in the belief that all people should have access to health, wellbeing, wealth, justice and opportunity. 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.

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 2018/19 we had 21 volunteers contributing 2,870 hours helping us deliver our projects and we sincerely thank them for dedicating their time to putting something back into their communities.

Civil Conversations

Blackburn with Darwen is a borough where 31% of the population is from BAME backgrounds (2011 Census) however there is a significant lack of integration of communities. In Professor Ted Cantle's update report in 2016 on community cohesion across the UK, he highlighted that segregation between white and South Asian in parts of Blackburn is increasing, bringing greater risks of prejudice and intolerance. The Report highlighted the rapidly growing division between communities and called for more action to bring them together. Initiatives to tackle segregation in the borough have dwindled in recent years and the increasing monoculture within wards of the borough puts the community at heightened risk of intolerance and extremism, either political or religious.

We very much believe that young people have the skills and knowledge to tackle social issues that impact on their daily lives and a lot of our work over the years has created opportunities to give young people a say, through sitting on Citizens' Juries cross examining people in a position of power or through youth social action, giving them the chance to change their local area for the better.

The aim of this project was to give young people the skills to question both their peers and adults – be it their parents, teachers or Council leaders – about the issue of segregation in the borough and to understand whether

this leads to extreme or extremist views and how the community can be resilient in a time of increased segregation.

A partnership approach was key to the delivery of this project. Combining our skills as a community development organisation, we worked with two youth organisations, Blackburn with Darwen Young People's Services and Blackburn Youth Zone, so putting us in the best place to consult and find solutions to tackling prejudice, increasing levels of trust and creating a greater sense of belonging at a community level which will then inform the actions of agencies.

We worked with a group of 15 young people from a range of different ethnic backgrounds and locations across the borough, engaging them in a series of workshops exploring themes of identity; citizenship; extremism and radicalisation and fake news and propaganda. The young people then led on focus group sessions with other groups of young people and adults across the community to understand their views and experiences of living in Blackburn with Darwen and if segregation was an issue as suggested in two Panorama documentaries. Reflecting on this feedback and their own experiences, the group developed a toolkit over a residential weekend in the Lake District made up of both a video and supporting handout for youth groups and schools to use in order to discuss these topics in a safe and young person-friendly manner.



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 Phase 1 working with BEACH Partnership, and now work with Blackburn with Darwen Community & Voluntary Services providing assistance in developing a community plan for the ward.

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 and management of themed task groups, financial management and the development of partnership working.

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. ”





During 2018, following community consultation, eight themes were defined in a Community Plan for two years (December 2018 to November 2020).

- Building base: to cater for all needs of the community, such as sport, arts & crafts, computer room and Cyber-café;
- Prosperity: to include a Fare Share Scheme, Debt Advice and Credit Union;

- Stronger Communities: to include building cohesion through film & music, dance and music sessions to tackle anti-social behaviour and training a local person to be a dance instructor;
- Youth Provision: to include sports activities and projects supporting young people's health, youth clubs & a holiday club;
- Environment: to include community orchard, grounds maintenance skills training, poppy planting,

growing vegetables & community clean-ups;

- Health: to include diabetes/ dementia events, health awareness days, exercise/jogging for children before school & a be-friending support service;
- Events: to develop different events, trips and activities for the wider community;
- Social Isolation: to develop different ways to tackle social isolation within the ward for all ages.

Key activities during the period April 2018 to March 2019 included:

- Debt Awareness in Schools: continuing to provide primary school children with advice around debt and money management;
- Youth Provision: weekly youth club sessions;
- Sprouting Mindfulness: Mindfulness and Wellbeing sessions for school children and parents;
- Holiday Club: St Oswald's Community Hall Holiday Club providing primary school children with activities, breakfast & lunch during school holidays;
- Summer Lunch Box Scheme: to address holiday hunger in Shadsworth with Whitebirk.

JACKIE'S STORY

I've lived in Shadsworth for over 50 years and care so much about this area and the people. I keep myself busy being the Chair of Big Local, Chair of Intack and Whitebirk Tenancy Residents' Association and sit on the board of a tenants' panel for Together Housing. I'm a big believer in working

with others to make things happen! We've done so much since we set up Big Local. We've made real inroads into addressing social isolation, working with residents in sheltered accommodation. We run affordable trips out for families, some of whom had never been out of Blackburn before.

I've learnt a lot since joining the board of Big Local, listening to people and finding out what help is available. I've loved being part of a network of Big Local projects – we share what works well for our communities. I'm off to see Rastrick Festival to see how they run that and can't wait!

Roman Road Library and Gym

In November 2015, we entered into a partnership with the Council to provide the day to day operation of Roman Road Library 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 2018 to March 2019, we supported 19 volunteers to help deliver the library service.

The library includes our community gym which has 79 members 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 also offers a range of services with full access for those with special needs:

- Printing facilities;
- A welcoming space to relax, chat, read or study;
- Learning courses;
- Homework help;
- Holiday activities;
- Arts & Crafts sessions
- Dementia Group
- Breakfast Club
- Mindfulness sessions
- Wellbeing activities for women.

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

The CLAHRC programme funded by the Secretary for Health 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.

We have been working in partnership with Lancaster University on 3 broad themes, focusing on community governance and how individuals can collectively influence decisions on topics that are important to them. An action plan has been developed with partners and stakeholders on how we can deliver and improve some of the work on the following themes:

- Housing and living environment
- Governance and community involvement
- Social connectedness



Based on the action plan on Housing and Living environment we arranged a “2 weeks of action” with the purpose of “love bombing” in the area, ensuring there was involvement from stakeholders: the Leader of the Council, Councillor Mohammed Khan, elected members, volunteers, schools, and local businesses. It was agreed this approach would be a more effective way to achieve our outcome of a long-term systems approach to tackling the issue of littering and fly tipping. Various actions were delivered during the “2 weeks of action” (#rubbishdate #loveyourarea) in the Galligreaves Estate, these included:

- Collaborative clean ups with partner agencies and local businesses, which included the Leader of the Council, Councillor Mohammed Khan, Public Health team, Go Outdoors, Keep Blackburn Tidy, litter pickers, Local Councillors, Together Housing Association and

Neighbourhood team, a local Church, Age UK BwD and Blackburn Youth Zone;

- Regeneration team assessed empty properties in the area, to see the effect it has on neighbours;
- Identified spots where overgrown bushes were used to dump used needles and rubbish and cleared or cut them back;
- Provision of 5 skips funded by Together Housing for bulky waste.

During the 2-week period, a total of 380 bags of rubbish were collected. Work is now ongoing to build on progress and sustainability: Public Health are evaluating possible support for a Citizen’s Jury focusing on environmental issues that can help develop recommendations.

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).

We support residents to achieve the Higher Croft Delivery Plan, which focuses on the topics local people feel are their priorities: Uniting Communities, Cleaner & Greener Community, Safer Community, Youth Forum, Youth activities and Wellbeing activities. Successful projects this year include:

- Monday Makers Women’s Group;
- Youth Clubs & Youth Arts & Crafts;
- Summer Lunch Box Scheme to address holiday hunger in the Higher Croft Ward;
- Children’s Reading Festival

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.





Healthyliving

Healthy Choices for Healthy Communities

Financial Review

Financial Review

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 and support from the Garfield Weston Foundation (£15,000) was really appreciated in the difficult,

current environment. 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

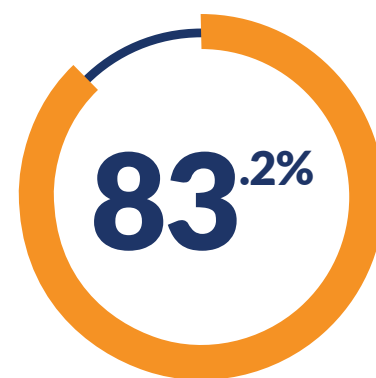
£442,215

Income for the year amounted to £442,215 compared to £465,378 in 2017/18; an overall decrease of 5.0%. Grant Income decreased by £115,051 (mainly due to the end of BIG Lottery Funding for our Fuel Poverty Project), funding for Service Level Agreements increased by £52,040 reflecting our partnership working with Healthwatch Blackburn with Darwen. Activities for generating funds (Community Gyms and Fitness Classes) increased by £1,341.

SUNDRY INCOME

£78,128

Sundry Income amounted to £78,128 compared to £24,617 in 2017/18; income from bank interest slightly increased; £153 compared to £46 in 2017/18; 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.



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). Note 8 shows corresponding resources expended. Resources expended on charitable activities represent 83.2% of the Charity's total resources expended.

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

EXPENDITURE

£480,174

Expenditure increased by £34,023 compared to 2017/18 reflecting the phasing of large community projects (Big Local & Local Conversations). Savings continue to be achieved wherever possible.

FUNDS

£182,249

The value of funds carried forward at 31st March 2019 was £182,249 made up of £114,610 Restricted Funds, £64,412 of Unrestricted Designated Funds and £3,227 of Unrestricted General Funds. There is a detailed breakdown of these Funds in Notes 19/20 of the Financial Statements.

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.

BUSINESS CONTINUITY FUND

£29,906

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 2019 was £3,227 which represents less than one month's unrestricted expenditure. The Trustees consider that this level of reserves is prudent in the current economic climate.



DESIGNATED CONTINUITY FUND

£15,000

In March 2018, The Trustees approved a designated fund of £15,000 relating to a grant from the Garfield Weston Foundation, this was released during 2018 - 19 to support Core running costs, we are extremely grateful for this generous award.

DEVELOPMENT CONTINUITY FUND

£30,000

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 2019, the Development Fund was £30,000.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity 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.

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 2019 - 20 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;
- Continuing to work in partnership with Healthwatch Blackburn with Darwen in delivering their key priorities;
- 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 work delivery strand.

Statement of Trustees' Responsibilities

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

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

and expenditure, of the charitable company for that period. 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 business.

The trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity

and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Trustees on 30th September 2019 and signed on their behalf by:



Pauline A. Walsh, Chair

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 31 March 2019.

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

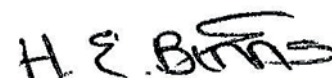
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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).

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
PM+M Solutions for Business LLP

New Century House
Greenbank Technology Park
Challenge Way
Blackburn
Lancashire
BB1 5QB

Dated: 30th September 2019

STATEMENT OF FINANCIAL ACTIVITIES

	Notes	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2018 £
Income and endowments from:					
Donations and legacies	2	1,421	-	1,421	1,000
Charitable activities	3	105,959	291,357	397,316	408,535
Other trading activities	4	41,034	-	41,034	39,693
Investments	5	153	-	153	46
Other income	6	2,291	-	2,291	16,104
TOTAL INCOME		<u>150,858</u>	<u>291,357</u>	<u>442,215</u>	<u>465,378</u>
Expenditure on:					
Raising funds	7	80,824	-	80,824	84,850
Charitable activities	8	85,128	314,222	399,350	361,301
TOTAL RESOURCES EXPENDED		<u>165,952</u>	<u>314,222</u>	<u>480,174</u>	<u>446,151</u>
NET (EXPENDITURE)/INCOME FOR THE YEAR/ NET MOVEMENT IN FUNDS					
Fund balances at 1 April 2018		(15,094)	(22,865)	(37,959)	19,227
Fund balances at 31 March 2019		<u>82,733</u>	<u>137,475</u>	<u>220,208</u>	<u>200,981</u>
		<u>67,639</u>	<u>114,610</u>	<u>182,249</u>	<u>220,208</u>

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

	Notes	Total 2019	Total 2018
Fixed assets			
Tangible assets	14	4,506	3,171
Current assets			
Debtors	15	24,968	11,092
Cash at bank and in hand		<u>218,886</u>	<u>252,668</u>
		243,854	263,760
Creditors: amounts falling due within one year	16	<u>(66,111)</u>	<u>(46,723)</u>
Net current assets		<u>177,743</u>	<u>217,037</u>
Total assets less current liabilities		<u>182,249</u>	<u>220,208</u>
Income funds			
Restricted funds	19	114,610	137,475
<u>Unrestricted funds</u>			
Designated funds	20	64,412	78,077
General unrestricted funds		<u>3,227</u>	<u>4,656</u>
		<u>67,639</u>	<u>82,733</u>
		<u>182,249</u>	<u>220,208</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 2019.

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.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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 30 September 2019



Pauline A. Walsh, Chair

Company Registration
No. 06073648

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

Charity information

Blackburn with Darwen Healthy Living is a private company limited by guarantee incorporated in England and Wales. The registered office is Bangor St Community Centre, Norwich St, Blackburn, BB1 6NZ. Trustees are required to:

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 as an expense on a straight line basis over the term of the relevant lease.

2. DONATIONS AND LEGACIES

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2018 £
Donations and gifts	1,421	-	1,421	1,000
For the year ended 31 March 2018	927	73	-	1,000

3. CHARITABLE ACTIVITIES

	Promotion of Health & Wellbeing £	Community Engagement & Development £	Total 2019 £	Total 2018 £
Grants	25,423	228,516	253,939	368,990
Services level agreements	-	67,540	67,540	15,500
Sundry income	30,924	44,913	75,837	24,045
	<u>56,347</u>	<u>340,969</u>	<u>397,316</u>	<u>408,535</u>
Analysis by fund				
Unrestricted funds	28,924	77,035	105,959	
Restricted funds	<u>27,423</u>	<u>263,934</u>	<u>291,357</u>	
	<u>56,347</u>	<u>340,969</u>	<u>397,316</u>	
For the year ended 31 March 2018				
Unrestricted funds	12,543	19,000		31,543
Restricted funds	<u>120,457</u>	<u>256,535</u>		<u>376,992</u>
	<u>133,000</u>	<u>275,535</u>		<u>408,535</u>

4. OTHER TRADING ACTIVITIES

	Unrestricted funds 2019 £	Unrestricted funds 2018 £
Community gym fees	37,228	36,219
Physical activity fees	<u>3,806</u>	<u>3,474</u>
Other trading activities	<u>41,034</u>	<u>39,693</u>

5. INVESTMENTS

	Unrestricted funds 2019 £	Unrestricted funds 2018 £
Interest receivable	153	46

6. OTHER INCOME

	Unrestricted funds 2019 £	Unrestricted funds 2018 £
Core costs grant	-	15,000
Core costs sundry income	2,291	1,104
	<u>2,291</u>	<u>16,104</u>

7. RAISING FUNDS

	Unrestricted funds 2019 £	Unrestricted funds 2018 £
Gym/ other operating costs		
Staff costs	32,843	24,328
Depreciation and impairment	854	60
Contracted services	1,410	-
Office expenses	1,444	1,500
Equipment and furniture	2,949	880
Equipment lease/ hire	3,495	13,983
Food	774	-
Insurance	151	291
Marketing	-	151
Recruitment	72	13
Rent and rates	9,830	10,758
Repairs and maintenance	733	635
Travels & meetings	187	2
Venue hire	3,135	1,728
Coaches & trips	1,880	645
Support costs	<u>20,861</u>	<u>29,876</u>
	<u>80,824</u>	<u>84,850</u>

8. CHARITABLE ACTIVITIES

	Promotion of Health & Wellbeing £	Community Engagement & Development £	Total 2019 £	Total 2018 £
Staff costs	16,218	220,139	236,357	193,932
Awards & grants	1,000	58,660	59,660	43,604
Contracted services	1,040	12,917	13,957	15,645
Volunteer expenses	22	55	77	281
Office expenses	337	2,082	2,419	9,077
Printing and reproduction	-	-	-	3,799
Vehicle expenses	-	37	37	-
Dues and subscriptions	-	-	-	360
Equipment and furniture	3,222	16,784	20,006	23,101
Equipment lease/ hire	-	169	169	365
Food	507	3,025	3,532	3,060
Insurance	-	1,667	1,667	3,172
Marketing	-	544	544	3,861
Meals and entertainment	225	3,118	3,343	2,152
Recruitment	-	37	37	503
Rent and rates	-	3,218	3,218	2,108
Repairs and maintenance	-	-	-	8,601
Travel and meetings	46	2,151	2,197	2,266
Training	-	-	-	1,964
Venue hire	1,030	7,050	8,080	1,521
Sundry expenses	503	3,431	3,934	2,959
Bank charges	124	-	124	311
Legal and professional fees	28	593	621	2,893
Coaches and trips	3,050	9,787	12,837	12,669
	<u>27,352</u>	<u>345,464</u>	<u>372,816</u>	<u>338,204</u>
Share of support costs (see note 9)	<u>2,144</u>	<u>24,390</u>	<u>26,534</u>	<u>23,097</u>
	<u>29,496</u>	<u>369,854</u>	<u>399,350</u>	<u>361,301</u>
Analysis by fund				
Unrestricted funds	2,251	82,877	85,128	
Restricted funds	<u>27,245</u>	<u>286,977</u>	<u>314,222</u>	
	<u>29,496</u>	<u>369,854</u>	<u>399,350</u>	

8. CHARITABLE ACTIVITIES

	Promotion of Health & Wellbeing £	Community Engagement & Development £	Total 2018 £
For the year ended 31 March 2018			
Unrestricted funds	10,116	20,992	31,108
Restricted funds	<u>108,827</u>	<u>221,366</u>	<u>330,193</u>
	<u>118,943</u>	<u>242,358</u>	<u>361,301</u>

9. SUPPORT COSTS

	Support costs £	Total 2019 £	Total 2018 £
Staff costs	15,566	15,566	32,650
Depreciation	885	885	1,997
Contracted services	2,410	2,410	2,055
Volunteer expenses	-	-	13
Office expenses	10,704	10,704	5,295
Printing and reproduction	996	996	(228)
Vehicle expenses	-	-	10
Dues and subscriptions	144	144	144
Equipment and furniture	1,873	1,873	480
Equipment lease/ hire	1,362	1,362	869
Food	111	111	87
Insurance	3,921	3,921	2,409
Marketing	-	-	240
Meals and entertainment	359	359	962
Recruitment	67	67	-
Rent & rates	3,052	3,052	2,484
Repairs & maintenance	-	-	42
Travel and meetings	1,138	1,138	583
Training	-	-	(57)
Venue hire	50	50	200
Sundry expenses	-	-	1,240
Bank charges	862	862	648
(Profit)/ loss on disposal	-	-	(533)
Legal and professional fees	3,895	3,895	1,383
	<u>47,395</u>	<u>47,395</u>	<u>52,973</u>
Analysed between			
Gym/other operating costs	20,861	20,861	29,876
Charitable activities	26,534	26,534	23,097
	<u>47,395</u>	<u>47,395</u>	<u>52,973</u>

10. NET MOVEMENT IN FUNDS

	Total 2019 £	Total 2018 £
Net movement in funds is stated after charging		
Depreciation of owned tangible fixed assets	<u>1,739</u>	<u>2,057</u>

11. INDEPENDENT EXAMINER'S REMUNERATION

The Independent Examiner's remuneration amounts to an Independent Examination fee of £4,500 (2018 - £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 of employees during the year was:

	2019 Number	2018 Number
Promotion of Health & Wellbeing	5	6
Community Engagement & Development	13	9
Administration & support	<u>2</u>	<u>3</u>
	<u>20</u>	<u>18</u>

Employment costs

	2019 £	2018 £
Wages and salaries	<u>284,766</u>	<u>250,910</u>

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 £146,761 (2017: £108,481).

The number of employees whose annual remuneration was £60,000 or more were:

	2019 Number	2018 Number
£60,001 to £70,000	1	-

14. TANGIBLE FIXED ASSETS

	Gym equipment £	Office equipment £	Total 2018 £
Cost			
At 1 April 2018	37,901	23,906	61,807
Additions	3,074	-	3,074
Disposals	(2,452)	-	(2,452)
At 31 March 2019	38,523	23,906	62,429
Depreciation and impairment			
At 1 April 2018	36,767	21,869	58,636
Depreciation charged in the year	854	885	1,739
Eliminated in respect of disposals	(2,452)	-	(2,452)
At 31 March 2019	35,169	22,754	57,923
Carrying amount			
At 31 March 2019	3,354	1,152	4,506
At 31 March 2018	1,134	2,037	3,171

15. DEBTORS

	2019 £	2018 £
Amounts falling due within one year:		
Trade debtors	15,909	6,476
Prepayments and accrued income	9,059	4,616
	<u>24,968</u>	<u>11,092</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Other taxation and social security	5,300	5,916
Trade creditors	9,576	12,542
Other creditors	2,451	2,214
Accruals and deferred income	48,784	26,051
	<u>66,111</u>	<u>46,723</u>

17. DEFERRED INCOME

	£
Deferred income is included in the financial statements as follows:	
Deferred income at 1 April 2018	19,001
Amounts released from previous years	(19,001)
Blackpool Teaching Hospital grant	12,896
Membership deferred during the year	19,629
Deferred income at 31 March 2019	<u>32,525</u>

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 £19,689 (2018 - £18,596). Contributions totalling £2,451 (2018 - £2,214) 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:

	Balance at 1 April 2018 £	Income £	Expenditure £	Balance at 31 March 2019 £
Movement in funds	<u>137,475</u>	<u>291,357</u>	<u>(314,222)</u>	<u>114,610</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 2019 was £33,377.

Lancaster University

Match Funding for Big Lottery Big Local. The balance carried forward at 31 March 2019 was £750.

Community Funds

Match Funding for Big Lottery Big Local. The balance carried forward at 31 March 2019 was £2,537.

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 2019 was £48,293.

Community Funds

Match Funding for the Local Conversations Project. The balance carried forward at 31 March 2019 was £1,389.

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 2019 was £73.

Sport England

Delivery of Everybody Project engaging and involving BAME adults who have both learning and physical disabilities in fitness and healthy lifestyle activities. The balance carried forward at 31 March 2019 was £123.

Hand in Hand Awards for All

This is a lottery grant for a Befriending project for socially isolated people in Blackburn. People mostly come from referrals from GP's. The balance carried forward at 31 March 2019 was £9,961.

Christmas Activities CVS

Funding for activities at Christmas time. Costs include coaches, events, food and

more. Not all income will be used so £578 is likely to be paid back. The balance carried forward at 31 March 2019 was £578.

Higher Croft Growing Wild

Gardening project in Higher Croft. This is creating a dedicated space for people to grow what they want. This is mainly aimed at schools and local residents who want to get involved. The balance carried forward at 31 March 2019 was £16,423.

Fuel Poverty Clydesdale Bank

Working with families to switch energy companies, to find cheaper suppliers if they are in fuel poverty. The balance carried forward at 31 March 2019 was £1,104.

20. 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 2018 £	Expenditure £	Transfers £	Balance at 31 March 2019 £
Designated funds	78,077	(1,739)	(11,926)	64,412

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 2019 was £4,506.

Development

Established to invest in organisational development and growth initiatives. The balance carried forward at 31 March 2019 was £30,000.

Business Continuity

To cover 3 months statutory and contractual obligations. The balance carried forward at 31 March 2019 was £29,906.

21. ANALYSIS OF NET ASSETS BETWEEN 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:

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2018 £
Fund balances at 31 March 2019 are represented by:				
Tangible assets	4,506	-	4,506	3,171
Current assets/(liabilities)	63,133	114,610	177,743	217,037
	<u>67,639</u>	<u>114,610</u>	<u>182,249</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:

	2019 £	2018 £
Within one year	<u>5,030</u>	<u>4,506</u>

23. RELATED PARTY TRANSACTIONS

Mr A. Mulla, Chief Officer, Blackburn with Darwen Healthy Living is Chief Officer of Healthwatch Blackburn with Darwen (through a Service Level Agreement) who provided £108,409 funding (2018: £6,683) to the charity during the year. At 31 March 2019, there were no balances due from or to these related parties.

Mr G. Hodgkinson, Trustee, Blackburn with Darwen Healthy Living is Chief Executive Officer of Community CVS who provided funding totalling £5,729 (2018: £7,495) to the charity during the year. At 31 March 2019, there were no balances due from or to these related parties.



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



Blackburn with Darwen Healthy Living

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