

Leeds  
Chartered Accountants  
Brown Butler

For the period 21 November 2018 to 30 November 2019

Annual Report and Unaudited Accounts

Registered Company Number 11689521

Registered Charity Number 1186704

(A company limited by guarantee)

**ABBOSSHALL HEALTHY LIFESTYLE CENTRE**

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In setting the objectives of the company and planning its activities the trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

- Supporting young and older people living in or near South Cattoord by providing facilities for physical, educational and other recreational and leisure activities.
- The provision of recreational facilities to promote wider community inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
- Community centre – To benefit the residents of South Cattoord and the surrounding area without distinction of sex, sexual orientation, race, of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to provide facilities in the interest of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.

For the purposes of:

The management, hire and provision of facilities for recreation and other leisure times occupation and provision of activities as a hub for the community of South Cattoord and beyond.

The objects of the Charity are:-

## 2. Objectives

No formal trustee induction and training procedures have been adopted.

The council may appoint a trustee to fill a vacancy or as an additional trustee. A trustee so appointed holds office only until the next annual general meeting.

Trustees are appointed by ordinary members in general meeting.

The charity is administered and managed by a council, whose members are directors of the charity in accordance with the governing document.

## Officers and council members

The charity is governed by its Memorandum and Articles of Association.

Abbots Hall Healthy Lifestyle Centre was incorporated on 21 November 2018 as a company limited by guarantee and registered with the Charity Commission on 2 December 2019.

## Governing document

### 1. Structure, governance and management

The trustees present their report with the accounts for the period 21 November 2018 to 30 November 2019. The accounts have been prepared in accordance with the accounting policies on page 6 and 7 and comply with the charity's governing documents and applicable law.

Report of the Trustees  
Period 21 November 2018 to 30 November 2019

Abbots Hall Healthy Lifestyle Centre

For and on behalf of the Trustees

Date .....

3/11/2020

A Cummings  
Director

Approved by order of the board of trustees on 2020 and signed on its behalf by:

The trustees consider this level of resources sufficient to cover immediate expenditure requirements in preparing this report advantage has been taken of the small companies exemption under Section 415A of the Companies Act 2006.

At the year end the Charity had unrestricted reserves of £(20,024) and restricted reserves of £18,666. The total amount of funds held at 30 November 2019 was £(1,358).

#### Reserves policy

The trustees confirm that the major risks to which the charity is exposed, as identified by the trustees, have been reviewed and systems established to mitigate the risk.

#### Risk policy

The funding of the charity's activities during the year has been conducted wholly from income received during the year. The charity has received donations of £36,886 and room hire and cafe takings of £33,632.

#### Financial review

Due to government restrictions the centre was forced to close for several months, the centre is now being reopened safely and plans are being made to open a new nursery in January 2021 which will be open to all members of the community regardless of their income. Spaces have already been allocated to families on low income.

Over the course of the year the charity opened the doors to the Abbottshall Healthy Lifestyle Centre. We have provided a safe and welcoming place so vulnerable members for the South Catoford community can come here and have support. We have offered advice on healthy living and nutrition and through sports and exercise we hope to tackle child and adult obesity.

#### Achievements and performance

Report of the Trustees 21 November 2018 to 30 November 2019

Abbottshall Healthy Lifestyle Centre

LS1 2JT  
West Yorkshire  
Leeds  
28-32 St Paul's Street  
Leigh House  
Chartered Accountants  
Brown Butler  
John W Brear

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.  
have not been met; or

- accounting requirements of the 2011 Act.
  - to prepare accounts which accord with the accounting records and to comply with the
  - to keep accounting records in accordance with Section 130 of the 2011 Act; and
- (1) which gives me reasonable cause to believe that, in any material respect, the requirements

In connection with my examination, no matter has come to my attention:

#### Independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a true and fair view, and the report is limited to those matters set out in the statement below.

- to state whether particular matters have come to my attention.
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- examine the accounts under Section 145 of the 2011 Act;

It is my responsibility to:

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

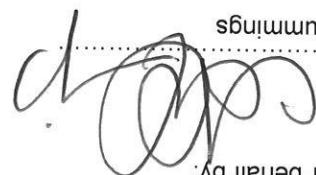
Respective responsibilities of trustees and examiner

I report on the accounts for the period 21 November 2018 to 30 November 2019 set out on pages 3 to 10.

The notes on pages 7 to 11 form an integral part of these unaudited accounts.

	Notes	Period 21 November 2018 to November 2019	Period 21 November 2018 to November 2019	Unrestricted fund	Restricted funds	Total funds	Income and endowments from: Donations and legacies	Other trading activities	Raising funds Expenditure on: Raising funds	Other Total	Reconciliation of funds Total funds brought forward	Total funds carried forward
Expenditure on: Raising funds	5	66,596	66,596	-	-	66,596	5,280	5,280	66,596	66,596	71,876	(1,358)
Other	6	66,596	66,596	-	-	66,596	5,280	5,280	66,596	66,596	71,876	(1,358)
Total												
Reconciliation of funds Total funds brought forward												
Total funds carried forward												

The notes on pages 7 to 11 form an integral part of these unaudited accounts.



A Cummins  
their behalf by:

These accounts were approved and authorised for issue by the board on ..... and signed on

subject to the small companies regime and in accordance with FRS102 SORP.  
These accounts have been prepared in accordance with the provisions applicable to small companies

- respect to accounting records and the preparation of accounts.
- Directors, responsibilities:
  - The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to the preparation of accounts for small companies.
  - The members have not required the company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the Companies Act 2006; and
  - The members have not required the company to obtain an audit of its accounts for the year in question in accordance with Section 477 of the Companies Act 2006 relating to small companies.

For the period 21 November 2018 to 30 November 2019 the company was entitled to exemption under Section 477 of the Companies Act 2006 relating to small companies.

	11	
Funds		Total funds (1,358)
Unrestricted funds		Restricted funds 18,666
(20,024)		
Net assets		
Creditors: Amounts falling due within one year	10	
(7,384)		
6,026		
Debtors		
Cash at bank and in hand	9	
1,890		
4,136		
Current assets		
Notes		
30 November 2018	F	

Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted in the category. Where costs cannot be directly attributed to particular headings they have been for on an accrual basis and has been classified under headings that aggregate all cost related to the category.

#### Expenditure

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### Income recognition

The significant accounting policies applied in the preparation of these accounts are set out below. These policies have been consistently applied to all years presented, unless, otherwise stated.

#### The presentation currency is £ sterling.

The charity constitutes a public benefit entity as defined by FRS 102.

The directors have considered the available cash resources of the company and its current forecasts and has a reasonable expectation that the company has adequate resources and support to continue in operation for the foreseeable future, considered to be at least 12 months from the date of approval of the financial statements. The directors draw particular attention to the current uncertainty with respect to the COVID-19 global pandemic. This event or condition indicates that a material uncertainty exists, however the directors believe that there is no doubt on the Company's ability to continue as a going concern.

#### Charities Act 2011.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

#### Basis of preparation

#### Summary of significant accounting policies

##### SE6 1SQ

London

Catford

Abbots Hall Road

Healthy Lifestyle Centre

The address of its registered office and principal place of business is:

number 1186704.

Abbots Hall Healthy Lifestyle Centre is a private company limited by guarantee and a registered charity incorporated in England and Wales under company number 11689521 and charity

#### General information

Notes to the Financial Statements Period 21 November 2018 to 30 November 2019

Abbots Hall Healthy Lifestyle Centre

Stocks	Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.
Taxation	The charity is exempt from tax on its charitable activities.
Debtors	Short term debtors are measured at transaction price.
Creditors	Cash and cash equivalents
Fund accounting	Short term creditors are measured at transaction price.
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.	Restricited funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
Donations and legacies	Donations
4.	Other trading activities
Period 21	Period 21 November 2018 to November 2019
36,886	£ 3 November 2019 to November 2018 to November 2019
Period 21	Period 21 November 2018 to November 2019
36,886	£ 3 November 2019 to November 2018 to November 2019
Room hire	Cafe takings
30,517	3,115
33,632	3,115

Notes to the Financial Statements  
Period 21 November 2018 to 30 November 2019

Abbots Hall Healthy Lifestyle Centre

			7.
Period 21	November 2018 to 3 November 2019	Trustees' remuneration and benefits	Follows:
Period 21	November 2018 to 3 November 2019	Salaries	
		Aggregate remuneration	
Period 21	November 2018 to 3 November 2019	Trustees' expenses	There were no trustees' expenses paid for the Period 21 November 2018 to 30 November 2019.
		Staff costs	
No	3 November 2018 to November 2019	The average monthly number of employees during the period was as follows:	
Period 21	3 November 2018 to November 2019	No employees received emoluments in excess of £60,000.	
		Debtors: Amounts falling due within one year	
30 November 2018	£ 1,890	Other debtors	
		Administrative staff	
30 November 2018	£ 1,890	Debtors: Amounts falling due within one year	
		Other debtors	
30 November 2018	£ 1,890	Creditors: Amounts falling due within one year	
		Trade creditors	
30 November 2018	£ 2,158	Other creditors	
		Accruals and deferred income	
5	5,221		
7,384			

Notes to the Financial Statements Period 21 November 2018 to 30 November 2019					
Abbots Hall Healthy Lifestyle Centre					
11. Movement in funds					
At 30 Net movement in funds	At 21 November 2018 in funds	Net movement in funds	At 30 November 2019 in funds	At 21 November 2018 £	At 30 November 2019 £
Unrestricted funds	(20,024)	-	-	(20,024)	(20,024)
General fund	-	-	-	-	-
Restricted funds	18,666	-	18,666	18,666	18,666
Total funds	70,518	(71,876)	70,518	(71,876)	(1,358)
Analyses of movement in funds					
Unrestricted funds	51,852	(71,876)	51,852	(71,876)	(20,024)
General fund	18,666	-	18,666	-	18,666
Restricted funds	-	-	-	-	-
Total funds	70,518	(71,876)	70,518	(71,876)	(1,358)
12. Non adjusting events after the financial period					
Due to Government requirements following the COVID-19 pandemic the centre was closed from 23 March 2020 for five months. This has had a significant government assistance causing the business, however significant cost savings have been made through government support on the business, however overall net profit to be minimised. The centre is now being reopened but the full impact on pandemic is not yet known.					
13. Limited by guarantee					
The company is limited by guarantee without share capital. In the event of being wound-up each member undertakes to contribute such amount as may be required (not exceeding £10) for the payment of the charity's debts and liabilities.					

This page does not form part of the statutory financial statements.

		Net expenditure
(1,358)		
		Total resources expended
71,876		
5,252		
3,572		Governance costs
1,680		Secondary expenses
		Accountancy
28		Support costs
66,596		Finance
810		Bank charges
6,766		
11,099		Other trading activities
35,078		Labour costs
12,843		Rates
		Light and heat
		Insurance
70,518		EXPENDITURE
33,632		Total incoming resources
3,115		
30,517		Other trading activities
36,886		Room hire
36,886		Cafe takings
		Donations and legacies
		Donations
		INCOME AND ENDOWMENTS
	e	
Period 21		
November 2018 to		
3 November 2019		
Period 21 November 2018 to 30 November 2019		
		Detailed Statement of Financial Activities
		Period 21 November 2018 to 30 November 2019
		Abbots Hall Healthy Lifestyle Centre

Period 21  
November 2018 to  
3 November 2019

Detailed Statement of Financial Activities  
Period 21 November 2018 to 30 November 2019

Abbots Hall Healthy Lifestyle Centre