

**Registered charity number 1125805
Company registered number 6332267**

Zest – Health for Life Limited

**Trustees' Annual Report
and Financial Statements**

for the year ended 31st March 2016

Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016

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Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016

The Trustees present their report and financial statements for the year ended 31st March 2016. Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Reference and Administrative Information

Charity name	Zest - Health For Life Limited
Charity Registration Number	1125805
Company Registration Number	6332267
Registered Office	21a Upper Accommodation Road Richmond Hill Leeds LS9 8RZ

Trustees

Anne Sherriff	Chair
Patricia Gradys	
Julian Kelly	
Ann Nicholl	Vice Chair
Charlotte Walton	
Sam Haskell	
Barbara Rhodes	
Derek Johnson	

Company Secretary

Susie Brown

Independent examiner

Catherine Hall FCCA DChA
Slade & Cooper Ltd
Green Fish Resource Centre
46-50 Oldham Street
Manchester
M4 1LE

Bankers

Unity Trust
Nine Brindleyplace
Birmingham
B1 2HB

Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016 (continued)

Structure, governance and management

Governing document

The organisation is a company limited by guarantee and governed by its Memorandum and Articles of Association dated 2nd August 2007 and is registered as a charity. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment, appointment and induction of trustees

Appointment of Trustees is governed by the Memorandum and Articles of Association. The Management Committee is authorised to appoint new Members to fill vacancies arising through resignation or death of an existing Member. Membership of the Management Committee is reviewed annually and the confirmation or retirement of Members will be considered at the Annual General Meeting.

Following their appointment Trustees are invited to meet with the CEO for an initial induction session. Copies of relevant policies and other documents are provided, along with introductions to members of staff and the opportunity to go out with staff and see their projects working at first hand.

Organisational structure

The Management Committee, currently comprising 8 Members, meets bi-monthly. On a day-to-day basis management is delegated to the CEO, and there are project staff team meetings approximately once a month. There is an HR sub group of the management committee which convenes on an ad hoc basis when necessary to consider changes to policies and procedures or substantive HR issues such as disciplinary proceedings.

Over the past year two new board members have been recruited in a move to have a broad competency based board which reflects our growth in food work and to steer future developments.

Risk management

The Members have examined the major strategic, business and operational risks that Zest - Health for Life faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks. A risk register is in place which is reviewed every 12 months.

Objectives and activities

The objects of the organisation, as stated in the Constitution adopted in August 2007 are to promote, preserve and protect the physical health and mental well-being of the inhabitants of Yorkshire, in particular by providing or supporting the provision of facilities in the interests of social welfare or other leisure time occupation, and by providing education, training, advice and support.

Achievements and performance

Ministry of Food Leeds & Rotherham

The Ministry of Food Leeds project is now into its sixth year of operation, and has funding secured for a further 18 months. During that period we expect that the service will go through a re-procurement process by Leeds City Council as part of the national drive to create Integrated Healthy Living Services. Zest would expect to be part of a partnership or consortium to tender for this integrated service including Ministry of Food.

Ministry of Food Rotherham has bedded down well in its second year, with good quality outcomes and an increasingly high profile amongst Rotherham organisations.

Zest - Health for Life Limited

Trustees' Report for the year ended 31st March 2016 (continued)

Community Health

Zest continues to deliver a commissioned Health Inequalities project across five disadvantaged neighbourhoods of East North East Leeds on a rolling on year contract. Activities undertaken included a programme of affordable physical activity sessions, community development work, wellbeing work with socially isolated families and older people, signposting and referrals, NHS campaign support, family fun days and health events, employment skills courses. This project will, like MOF Leeds, go through a re-procurement process in the next twelve months and Zest will tender for this work as part of the well-established Orion Partnership of four East Leeds-based organisations.

Supplementary smaller pots of activity funding were secured from a range of funders including: Go Walking, Heart Research UK, Love Food hate Waste, local Councillors, The Quakers, and LCC area management committees to run smaller thematic projects.

Family Health / Happy Healthy Communities

This project has now ended after six years of funding working across the communities of Richmond Hill and Burmantofts. Work undertaken in the final twelve months has included: women's groups, community cohesion work, residential, an International Women's Day celebration, Health events, Family Day Rover days, seasonal activity days, and a series of health and wellbeing events. Where at all possible groups have been left with the foundations to continue running through the skilling up and increased confidence of local people, but inevitably some activity will cease altogether.

Youth Project

Zest secured 12 months funding from Jimbo's Fund to begin a youth work project in Inner East Leeds; a new stream of activity which we had identified as much needed in the area. A youth worker was recruited and is mid-way through the project, already engaging local young people and making an impact.

Volunteering

The year saw the end of the formally funded evolve volunteering project and we lost our volunteer coordinator. Zest will continue to support volunteers as best it can on a smaller scale, with Ministry of Food staff playing a greater role in volunteer supervision and management.

General

Zest has increased its staff team slightly across the year. Turnover has grown and we have maintained our reserves. This year's good financial results give us a sound basis from which to face the coming year and adjust to the end of some large pots of funding. The majority of the surplus we have made will be allocated against Zest's proposed premises move as detailed in the Future Plans section below.

The establishment of a Senior Management Team has enabled Zest to embed new projects well and ensure good management of both staff and the organisation.

Partnership and Collaboration

The Orion partnership of four East Leeds organisations has continued to go from strength to strength, with funding secured to employ a Men's Health Insight Development worker who is undertaking a major men's health research project and looking at ways for all the partners to improve their engagement with men.

Modern Living

Funding for a three-year project which Zest led on behalf of the Orion Partnership has ended. This digital inclusion project was very successful, reaching 549 older people and engaging 30 volunteers. The Orion members learnt much from this first live project, and relationships between staff have been well established.

Zest - Health for Life Limited

Trustees' Report for the year ended 31st March 2016 (continued)

How our activities deliver public benefit

As trustees of the charitable company, the Directors confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning future activities.

As a not-for-profit organisation Zest focuses on serving the communities within which it works and considers itself accountable to the community as well as our funders. All our charitable activities are aimed at addressing health inequalities, breaking down social isolation and bringing communities together, primarily within areas of Leeds that are disadvantaged socially and economically and are undertaken to further our charitable purposes for the public benefit. Zest - Health for Life Limited

Financial review

Overview

The accounts reflect all of the activities listed above, and turnover increased slightly from £524,248 in 2014/15 to £524,530 in 2015/16. This means that growth achieved in previous years was retained. Costs increased to £566,226, so expenditure was higher than income, but this was mainly because restricted funding of £86,183 had been brought forward from the previous year to spend in 2015/16. There was a surplus of £9,094 under unrestricted funds, and the trustees are delighted with this result.

Our principal sources of funding were Leeds City Council (Public Health Directorate), Rotherham Metropolitan Borough Council, the Lloyds TSB Foundation, the Henry Smith Foundation, Jimbo's Fund, Carlton Hill Friends, Go Walking, Heart Research Fund, Hammersons, the Community Development Foundation, West Yorkshire Combined Authority and the Waste and Resources Action Programme. We are grateful to all of our funders for their continued support.

Reserves policy

The Members consider that it is prudent to operate with a level of reserves to cover the following contingencies: redundancy and other costs in the event of the charity winding up through a substantial loss of funding; to provide working capital where contracts are paid in arrears; to finance existing or new activities until adequate external funding is obtained.

Based on current levels of activity the trustees have calculated that it is desirable to hold a reserve in the range of £100,000 to £130,000. At 31st March 2016 the level of free reserves was £115,024. This will be used to maintain charitable work on a short-term basis once funding has come to an end and before new funding has been secured.

Plans for future periods

In the next financial year Zest is intending to move premises into a former fire station in Gipton, East Leeds which is being redeveloped as a community resource by Leeds Community Foundation. Zest will be one of several community organisations to move into the new centre and we are hoping the move will create opportunities for Zest to develop an income generation stream with the creation of a new cookery centre, for which we are working on a business plan.

We hope to secure further income for projects such as a community health project in Gipton so that as we move into that neighbourhood we will have a presence and start to make a positive impact.

Zest - Health For Life Limited

Trustees' Report for the year ended 31st March 2016 (continued)

Statement of Trustees responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the income and expenditure of the charity for that period. In preparing the accounts the Board is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- 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 which disclose with reasonable accuracy at any time the financial position of the charity and to enable it 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 taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner

Catherine Hall of Slade and Cooper Ltd was appointed as the charity's independent examiner during the year.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Trustees and signed on its behalf by:

Anne Sherriff

22 September 2016

Zest - Health For Life Limited

Independent Examiner's Report to the Trustees of Zest- Health For Life Limited For the Year Ended 31 March 2016

I report on the accounts of the company for the year ended 31 March 2016 which are set out on pages 8 to 15.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The 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 needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine Hall FCCA DChA
Slade & Cooper Ltd.
Chartered Certified Accountants
Green Fish Resource Centre
46-50 Oldham Street
Manchester
M4 1LE
3rd October 2016

Zest - Health for Life Limited
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2016

	Note	Unrestricted funds £	Restricted funds £	Total funds 2016 £	Total funds 2015 £
Income from:					
Donations and legacies	3	785	1,885	2,670	7
Charitable activities: Community Health	4	91,431	430,091	521,522	523,915
Investments	5	338	-	338	326
Total income		92,554	431,976	524,530	524,248
Expenditure on:					
Charitable activities: Community Health	6	83,460	482,766	566,226	469,892
Total expenditure		83,460	482,766	566,226	469,892
Net income/(expenditure) for the year	8	9,094	(50,790)	(41,696)	54,356
Transfer between funds		2,479	(2,479)	-	-
Net movement in funds for the year		11,573	(53,269)	(41,696)	54,356
Reconciliation of funds					
Total funds brought forward		115,024	86,183	201,207	146,851
Total funds carried forward		126,597	32,914	159,511	201,207

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Zest - Health for Life Limited
Company number 6332267
Balance sheet as at 31 March 2016

	Note	2016	2015
		£	£
Fixed assets			
Tangible assets	13	-	-
Total fixed assets		-	-
Current assets			
Debtors	14	9,123	3,553
Cash at bank and in hand		185,565	226,146
Total current assets		194,688	229,699
Liabilities			
Creditors: amounts falling due in less than one year	15	(35,177)	(28,492)
Net current assets		159,511	201,207
Total assets less current liabilities		159,511	201,207
Net assets		159,511	201,207
The funds of the charity:			
Restricted income funds	17	32,914	86,183
Unrestricted income funds	18	126,597	115,024
Total charity funds		159,511	201,207

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime (of the Companies Act 2006).

Approved by the Board of Trustees, and signed on their behalf by:

Anne Sherriff (Trustee)

22 September 2016

Zest - Health for Life Limited

Statement of Cash Flows
for the year ending 31 March 2016

	Note	2016 £	2015 £
Cash provided by/(used in) operating activities	23	(40,919)	77,487
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		338	326
Cash provided by/(used in) investing activities		338	326
Increase/(decrease) in cash and cash equivalents in the year		(40,581)	77,813
Cash and cash equivalents at the beginning of the year		226,146	148,333
Cash and cash equivalents at the end of the year		185,565	226,146

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Zest - Health for Life Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition in applying the requirement to recognise liabilities arising from employee benefits, no restatement of comparative liabilities was required.

c Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

d Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

h Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 7.

j Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

k Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer equipment	33% straight line
Office fixtures and equipment	25% straight line

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

l Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Charity does not acquire put options, derivatives or other complex financial instruments.

The main form of financial risk faced by the charity is that of volatility in equity markets and investment markets due to wider economic conditions, the attitude of investors to investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

m Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

q Pensions

The charity contributes to defined contribution pension schemes in respect of its employees. The assets of these schemes are entirely separate to those of the charity. The pension cost shown represents contributions payable by the charity in respect of the employees. There were pension payments outstanding at the year end of £1,273 (2015: £502)

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2016 £	Total 2015 £
Donations	785	1,885	2,670	7
Total	785	1,885	2,670	7
<i>Total by fund 31 March 2015</i>	7	-	7	

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2016 £	Total 2015 £
Affinity Sutton	-	205	205	-
Carlton Hill Friends	-	2,000	2,000	4,000
Community Foundation	-	4,952	4,952	6,585
Go Walking	-	17,298	17,298	-
Groundwork UK	-	3,749	3,749	-
Hammersons	1,700	-	1,700	-
Heart Research UK	-	3,447	3,447	1,180
Henry Smith	-	36,000	36,000	36,000
Jimbo's Enterprise Fund	-	-	-	50,000
Jimbo's Fund	-	-	-	17,725
Leeds City Council	82,280	151,285	233,565	262,527
Leeds Fed	-	1,200	1,200	-
Lloyds TSB	-	36,122	36,122	35,336
Rotherham MBC	-	120,000	120,000	73,901
Voluntary Action Leeds	-	-	-	4,441
Waste and Resources Action Programme	-	18,000	18,000	-
West Yorkshire Combined Authority	-	2,252	2,252	9,010
West Yorkshire Sport	-	-	-	300
Income from activities	6,907	32,586	39,493	22,001
Other income	544	995	1,539	909
Total	91,431	430,091	521,522	523,915
<i>Total by fund 31 March 2015</i>	87,528	436,387	523,915	

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

5 Investment income

	Unrestricted £	Restricted £	2016 £	2015 £
Income from bank deposits	338	-	338	326
	<u>338</u>	<u>-</u>	<u>338</u>	<u>326</u>
	<u><u>338</u></u>	<u><u>-</u></u>	<u><u>338</u></u>	<u><u>326</u></u>

6 Analysis of expenditure on charitable activities

	Community Health £	Total 2016 £	Total 2015 £
Staff costs	314,457	314,457	296,039
Accommodation	50,177	50,177	50,749
Project costs	103,171	103,171	95,051
Governance costs (see note 7)	4,516	4,516	5,232
Support costs (see note 7)	93,905	93,905	22,821
	<u>566,226</u>	<u>566,226</u>	<u>469,892</u>
		<u><u>2016</u></u>	<u><u>2015</u></u>
		<u>£</u>	<u>£</u>
Restricted expenditure		482,766	382,664
Unrestricted expenditure		83,460	87,228
		<u>566,226</u>	<u>469,892</u>
		<u><u>566,226</u></u>	<u><u>469,892</u></u>

7 Analysis of governance and support costs

	Basis of apportionment	Support £	Governance £	Total 2016 £
Staff costs	Time spent	62,967	-	62,967
Office costs	Floor area	30,938	-	30,938
Independent examination	Governance	-	1,520	1,520
Legal and professional	Governance	-	2,996	2,996
		<u>93,905</u>	<u>4,516</u>	<u>98,421</u>
		<u><u>93,905</u></u>	<u><u>4,516</u></u>	<u><u>98,421</u></u>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

8 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2016 £	2015 £
Depreciation	-	-
Independent examiner's fee	1,236	1,200
	<u> </u>	<u> </u>

9 Staff costs

Staff costs during the year were as follows:

	2016 £	2015 £
Wages and salaries	314,033	263,569
Social security costs	23,971	18,212
Pension costs	13,042	6,207
Redundancy and termination costs	17,500	-
Recruitment	-	2,356
Staff training	3,636	1,594
Travel expenses	5,242	4,101
	<u> </u>	<u> </u>
	377,424	296,039
	<u> </u>	<u> </u>
Allocated as follows:		
Charitable activities	314,457	296,039
Support costs	62,967	-
	<u> </u>	<u> </u>
	377,424	296,039
	<u> </u>	<u> </u>

No employees has employee benefits in excess of £60,000 (2015: Nil).

The average number of staff employed during the period was 19 (2015: 15).

The average full time equivalent number of staff employed during the period was 14.2 (2015: 11.5).

The key management personnel of the charity comprise the trustees and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £104,369 (2015: £102,494).

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

10 Trustee remuneration and expenses, and related party transactions

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2015: Nil).

0 members of the management committee received travel and subsistence expenses during the year (2015:£0).

Aggregate donations from related parties were £0 (2015: £0).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2015: nil).

11 Government grants

The government grants recognised in the accounts were as follows:

	2016 £	2015 £
Leeds City Council	233,565	262,527
Rotherham MBC	120,000	73,901
West Yorkshire Combined Authority	2,252	9,010
	<hr/>	<hr/>
	355,817	345,438
	<hr/> <hr/>	<hr/> <hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

12 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

13 Fixed assets: tangible assets

	Office Equipment £
Cost	
At 1 April 2015	860
Additions	-
Disposals	-
	<hr/>
At 31 March 2016	860
	<hr/> <hr/>
Depreciation	
At 1 April 2015	860
Charge for the year	-
Disposals	-
	<hr/>
At 31 March 2016	860
	<hr/> <hr/>
Net book value	
At 31 March 2016	-
	<hr/> <hr/>
<i>At 31 March 2015</i>	-
	<hr/> <hr/>

14 Debtors

	2016 £	2015 £
Other debtors	130	-
Prepayments and accrued income	8,993	3,553
	<hr/>	<hr/>
	9,123	3,553
	<hr/> <hr/>	<hr/> <hr/>

15 Creditors: amounts falling due within one year

	2016 £	2015 £
Other creditors and accruals	24,189	11,174
Deferred income	5,140	11,125
Taxation and social security costs	5,848	6,193
	<hr/>	<hr/>
	35,177	28,492
	<hr/> <hr/>	<hr/> <hr/>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

16 Deferred income

	2016 £	2015 £
Deferred grant brought forward	11,125	-
Grant received	-	11,125
Released to income from charitable activities	(5,985)	-
	<hr/>	<hr/>
Deferred grant carried forward	5,140	11,125
	<hr/>	<hr/>

17 Analysis of movements in restricted funds

	Balance at 1 April 2015 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2016 £
Community Health					
Alcohol Awareness	1,128	-	(1,128)	-	-
Evolve	10,302	745	(8,568)	(2,479)	-
Go Walking	2,515	19,550	(22,065)	-	-
Happy & Healthy Comunities	-	36,000	(36,000)	-	-
Health and Wellbeing	947	-	(947)	-	-
Healthy Lives Leeds	4,383	-	(4,383)	-	-
Heart Smart	-	3,447	(3,447)	-	-
Let's Change	382	-	(382)	-	-
Lloyds TSB	131	-	(131)	-	-
Love Food Hate Waste	-	18,000	(18,000)	-	-
Meanwood Activities	2,101	5,795	(6,769)	-	1,127
Ministry of Food	40,073	298,976	(319,633)	-	19,416
Modern Living	-	36,122	(36,122)	-	-
School Holiday Fun	482	7,544	(9,413)	-	(1,387)
School Meals Fund	6,014	-	(1,930)	-	4,084
Youth projects	17,725	5,797	(13,848)	-	9,674
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	86,183	431,976	(482,766)	(2,479)	32,914
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	86,183	431,976	(482,766)	(2,479)	32,914
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

Name of	Description, nature and purposes of the fund
Alcohol Awareness	This is a campaign to spread awareness of alcohol-related health issues in the Meanwood area of Leeds.
Evolve	This is a hub for volunteering in East Leeds.
Go Walking	This is a group which promotes exercise through regular walks.
Happy & Healthy Communities	This is a project funded by Henry Smith to offer a range of activities to promote healthy lifestyles
Health & Wellbeing	This is towards the cost of community courses.
Healthy Lives Leeds	These were central funds being held by Zest to support the Healthy Lives Leeds network.
Heart Smart	These was a project offering activities to encourage healthy hearts.
Lloyds Foundation	These were donations from Lloyds employees to support trips.
Love Food Hate Waste	This was an awareness campaign to help people save money by reducing food waste.
Ministry of Food	This relates to cookery training in Leeds and Rotherham as part of Jamie's Ministry of Food.
Modern Living	This is a project to help older people to benefit from modern technology.
School Holiday Fun	These were Fun Days organised for the benefit of families during the school holidays. The project is paid in arrears.
School Meals Fund	This is a fund to offer support with school meals and uniforms to children from under-privileged backgrounds.
Youth work	This is a project providing a range of fun activities to young people in Leeds.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 April 2015 £	Income £	Expenditure £	Transfers £	As at 31 March 2016 £
General fund	115,024	92,554	(83,460)	(11,051)	113,067
Volunteering fund	-	-	-	1,830	1,830
Fire station fund	-	-	-	10,000	10,000
Recipe book	-	-	-	1,700	1,700
	<u>115,024</u>	<u>92,554</u>	<u>(83,460)</u>	<u>2,479</u>	<u>126,597</u>

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Volunteering fund	This amount has been put aside to support volunteers
Fire station	This amount has been put aside to support the business plan in respect of the proposed move to Gipton Fire Station.
Recipe Book	This fund will be used for a reprint of the recipe book "Cooking on a Shoestring"

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Net current assets/(liabilities)	113,067	13,530	32,914	159,511
Total	<u>113,067</u>	<u>13,530</u>	<u>32,914</u>	<u>159,511</u>

20 Contingent assets

There were no contingent assets.

21 Contingent liability

There were no contingent liabilities.

22 Post balance sheet events

There were no post balance sheet events affecting these accounts.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

23 Reconciliation of net movement in funds to net cash flow from operating activities

	2016 £	2015 £
Net income/(expenditure) for the year	(41,696)	54,356
Adjustments for:		
Depreciation charge	-	-
Loss/(profit) on sale of fixed assets	-	-
(Gains)/losses on investments	-	-
Dividends, interest and rents from investments	(338)	(326)
Decrease/(increase) in stock	-	-
Decrease/(increase) in debtors	(5,570)	8,100
Increase/(decrease) in creditors	6,685	15,357
	<hr/>	<hr/>
Net cash provided by/(used in) operating	(40,919)	77,487
	<hr/> <hr/>	<hr/> <hr/>

**Registered charity number 1125805
Company registered number 6332267**

Zest – Health for Life Limited

**Trustees' Annual Report
and Financial Statements**

for the year ended 31st March 2016

Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016

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Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016

The Trustees present their report and financial statements for the year ended 31st March 2016. Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Reference and Administrative Information

Charity name	Zest - Health For Life Limited
Charity Registration Number	1125805
Company Registration Number	6332267
Registered Office	21a Upper Accommodation Road Richmond Hill Leeds LS9 8RZ

Trustees

Anne Sherriff	Chair
Patricia Gradys	
Julian Kelly	
Ann Nicholl	Vice Chair
Charlotte Walton	
Sam Haskell	
Barbara Rhodes	
Derek Johnson	

Company Secretary

Susie Brown

Independent examiner

Catherine Hall FCCA DChA
Slade & Cooper Ltd
Green Fish Resource Centre
46-50 Oldham Street
Manchester
M4 1LE

Bankers

Unity Trust
Nine Brindleyplace
Birmingham
B1 2HB

Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016 (continued)

Structure, governance and management

Governing document

The organisation is a company limited by guarantee and governed by its Memorandum and Articles of Association dated 2nd August 2007 and is registered as a charity. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment, appointment and induction of trustees

Appointment of Trustees is governed by the Memorandum and Articles of Association. The Management Committee is authorised to appoint new Members to fill vacancies arising through resignation or death of an existing Member. Membership of the Management Committee is reviewed annually and the confirmation or retirement of Members will be considered at the Annual General Meeting.

Following their appointment Trustees are invited to meet with the CEO for an initial induction session. Copies of relevant policies and other documents are provided, along with introductions to members of staff and the opportunity to go out with staff and see their projects working at first hand.

Organisational structure

The Management Committee, currently comprising 8 Members, meets bi-monthly. On a day-to-day basis management is delegated to the CEO, and there are project staff team meetings approximately once a month. There is an HR sub group of the management committee which convenes on an ad hoc basis when necessary to consider changes to policies and procedures or substantive HR issues such as disciplinary proceedings.

Over the past year two new board members have been recruited in a move to have a broad competency based board which reflects our growth in food work and to steer future developments.

Risk management

The Members have examined the major strategic, business and operational risks that Zest - Health for Life faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks. A risk register is in place which is reviewed every 12 months.

Objectives and activities

The objects of the organisation, as stated in the Constitution adopted in August 2007 are to promote, preserve and protect the physical health and mental well-being of the inhabitants of Yorkshire, in particular by providing or supporting the provision of facilities in the interests of social welfare or other leisure time occupation, and by providing education, training, advice and support.

Achievements and performance

Ministry of Food Leeds & Rotherham

The Ministry of Food Leeds project is now into its sixth year of operation, and has funding secured for a further 18 months. During that period we expect that the service will go through a re-procurement process by Leeds City Council as part of the national drive to create Integrated Healthy Living Services. Zest would expect to be part of a partnership or consortium to tender for this integrated service including Ministry of Food.

Ministry of Food Rotherham has bedded down well in its second year, with good quality outcomes and an increasingly high profile amongst Rotherham organisations.

Zest - Health for Life Limited

Trustees' Report for the year ended 31st March 2016 (continued)

Community Health

Zest continues to deliver a commissioned Health Inequalities project across five disadvantaged neighbourhoods of East North East Leeds on a rolling on year contract. Activities undertaken included a programme of affordable physical activity sessions, community development work, wellbeing work with socially isolated families and older people, signposting and referrals, NHS campaign support, family fun days and health events, employment skills courses. This project will, like MOF Leeds, go through a re-procurement process in the next twelve months and Zest will tender for this work as part of the well-established Orion Partnership of four East Leeds-based organisations.

Supplementary smaller pots of activity funding were secured from a range of funders including: Go Walking, Heart Research UK, Love Food hate Waste, local Councillors, The Quakers, and LCC area management committees to run smaller thematic projects.

Family Health / Happy Healthy Communities

This project has now ended after six years of funding working across the communities of Richmond Hill and Burmantofts. Work undertaken in the final twelve months has included: women's groups, community cohesion work, residential, an International Women's Day celebration, Health events, Family Day Rover days, seasonal activity days, and a series of health and wellbeing events. Where at all possible groups have been left with the foundations to continue running through the skilling up and increased confidence of local people, but inevitably some activity will cease altogether.

Youth Project

Zest secured 12 months funding from Jimbo's Fund to begin a youth work project in Inner East Leeds; a new stream of activity which we had identified as much needed in the area. A youth worker was recruited and is mid-way through the project, already engaging local young people and making an impact.

Volunteering

The year saw the end of the formally funded evolve volunteering project and we lost our volunteer coordinator. Zest will continue to support volunteers as best it can on a smaller scale, with Ministry of Food staff playing a greater role in volunteer supervision and management.

General

Zest has increased its staff team slightly across the year. Turnover has grown and we have maintained our reserves. This year's good financial results give us a sound basis from which to face the coming year and adjust to the end of some large pots of funding. The majority of the surplus we have made will be allocated against Zest's proposed premises move as detailed in the Future Plans section below.

The establishment of a Senior Management Team has enabled Zest to embed new projects well and ensure good management of both staff and the organisation.

Partnership and Collaboration

The Orion partnership of four East Leeds organisations has continued to go from strength to strength, with funding secured to employ a Men's Health Insight Development worker who is undertaking a major men's health research project and looking at ways for all the partners to improve their engagement with men.

Modern Living

Funding for a three-year project which Zest led on behalf of the Orion Partnership has ended. This digital inclusion project was very successful, reaching 549 older people and engaging 30 volunteers. The Orion members learnt much from this first live project, and relationships between staff have been well established.

Zest - Health for Life Limited
Trustees' Report for the year ended 31st March 2016 (continued)

How our activities deliver public benefit

As trustees of the charitable company, the Directors confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning future activities.

As a not-for-profit organisation Zest focuses on serving the communities within which it works and considers itself accountable to the community as well as our funders. All our charitable activities are aimed at addressing health inequalities, breaking down social isolation and bringing communities together, primarily within areas of Leeds that are disadvantaged socially and economically and are undertaken to further our charitable purposes for the public benefit. Zest - Health for Life Limited

Financial review

Overview

The accounts reflect all of the activities listed above, and turnover increased slightly from £524,248 in 2014/15 to £524,530 in 2015/16. This means that growth achieved in previous years was retained. Costs increased to £566,226, so expenditure was higher than income, but this was mainly because restricted funding of £86,183 had been brought forward from the previous year to spend in 2015/16. There was a surplus of £9,094 under unrestricted funds, and the trustees are delighted with this result.

Our principal sources of funding were Leeds City Council (Public Health Directorate), Rotherham Metropolitan Borough Council, the Lloyds TSB Foundation, the Henry Smith Foundation, Jimbo's Fund, Carlton Hill Friends, Go Walking, Heart Research Fund, Hammersons, the Community Development Foundation, West Yorkshire Combined Authority and the Waste and Resources Action Programme. We are grateful to all of our funders for their continued support.

Reserves policy

The Members consider that it is prudent to operate with a level of reserves to cover the following contingencies: redundancy and other costs in the event of the charity winding up through a substantial loss of funding; to provide working capital where contracts are paid in arrears; to finance existing or new activities until adequate external funding is obtained.

Based on current levels of activity the trustees have calculated that it is desirable to hold a reserve in the range of £100,000 to £130,000. At 31st March 2016 the level of free reserves was £115,024. This will be used to maintain charitable work on a short-term basis once funding has come to an end and before new funding has been secured.

Plans for future periods

In the next financial year Zest is intending to move premises into a former fire station in Gipton, East Leeds which is being redeveloped as a community resource by Leeds Community Foundation. Zest will be one of several community organisations to move into the new centre and we are hoping the move will create opportunities for Zest to develop an income generation stream with the creation of a new cookery centre, for which we are working on a business plan.

We hope to secure further income for projects such as a community health project in Gipton so that as we move into that neighbourhood we will have a presence and start to make a positive impact.

Zest - Health For Life Limited
Trustees' Report for the year ended 31st March 2016 (continued)

Statement of Trustees responsibilities

Charity law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the income and expenditure of the charity for that period. In preparing the accounts the Board is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- 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 which disclose with reasonable accuracy at any time the financial position of the charity and 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 taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner

Catherine Hall of Slade and Cooper Ltd was appointed as the charity's independent examiner during the year.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Trustees and signed on its behalf by:

Anne Sherriff

22 September 2016

Zest - Health For Life Limited

Independent Examiner's Report to the Trustees of Zest- Health For Life Limited For the Year Ended 31 March 2016

I report on the accounts of the company for the year ended 31 March 2016 which are set out on pages 8 to 15.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The 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 needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine Hall FCCA DChA
Slade & Cooper Ltd.
Chartered Certified Accountants
Green Fish Resource Centre
46-50 Oldham Street
Manchester
M4 1LE
3rd October 2016

Zest - Health for Life Limited
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2016

	Note	Unrestricted funds £	Restricted funds £	Total funds 2016 £	Total funds 2015 £
Income from:					
Donations and legacies	3	785	1,885	2,670	7
Charitable activities: Community Health	4	91,431	430,091	521,522	523,915
Investments	5	338	-	338	326
Total income		92,554	431,976	524,530	524,248
Expenditure on:					
Charitable activities: Community Health	6	83,460	482,766	566,226	469,892
Total expenditure		83,460	482,766	566,226	469,892
Net income/(expenditure) for the year	8	9,094	(50,790)	(41,696)	54,356
Transfer between funds		2,479	(2,479)	-	-
Net movement in funds for the year		11,573	(53,269)	(41,696)	54,356
Reconciliation of funds					
Total funds brought forward		115,024	86,183	201,207	146,851
Total funds carried forward		126,597	32,914	159,511	201,207

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Zest - Health for Life Limited
Company number 6332267
Balance sheet as at 31 March 2016

	Note	2016	2015
		£	£
Fixed assets			
Tangible assets	13	-	-
Total fixed assets		-	-
Current assets			
Debtors	14	9,123	3,553
Cash at bank and in hand		185,565	226,146
Total current assets		194,688	229,699
Liabilities			
Creditors: amounts falling due in less than one year	15	(35,177)	(28,492)
Net current assets		159,511	201,207
Total assets less current liabilities		159,511	201,207
Net assets		159,511	201,207
The funds of the charity:			
Restricted income funds	17	32,914	86,183
Unrestricted income funds	18	126,597	115,024
Total charity funds		159,511	201,207

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime (of the Companies Act 2006).

Approved by the Board of Trustees, and signed on their behalf by:

Ann Nicholl (Trustee)

22 September 2016

Zest - Health for Life Limited

Statement of Cash Flows
for the year ending 31 March 2016

	Note	2016 £	2015 £
Cash provided by/(used in) operating activities	23	(40,919)	77,487
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		338	326
Cash provided by/(used in) investing activities		338	326
Increase/(decrease) in cash and cash equivalents in the year		(40,581)	77,813
Cash and cash equivalents at the beginning of the year		226,146	148,333
Cash and cash equivalents at the end of the year		185,565	226,146

Zest - Health for Life Limited
Notes to the accounts for the year ended 31 March 2016

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Zest - Health for Life Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition in applying the requirement to recognise liabilities arising from employee benefits, no restatement of comparative liabilities was required.

c Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

d Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

h Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 7.

j Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

k Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer equipment	33% straight line
Office fixtures and equipment	25% straight line

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

l Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Charity does not acquire put options, derivatives or other complex financial instruments.

The main form of financial risk faced by the charity is that of volatility in equity markets and investment markets due to wider economic conditions, the attitude of investors to investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

m Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

q Pensions

The charity contributes to defined contribution pension schemes in respect of its employees. The assets of these schemes are entirely separate to those of the charity. The pension cost shown represents contributions payable by the charity in respect of the employees. There were pension payments outstanding at the year end of £1,273 (2015: £502)

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2016 £	Total 2015 £
Donations	785	1,885	2,670	7
Total	785	1,885	2,670	7
<i>Total by fund 31 March 2015</i>	7	-	7	

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2016 £	Total 2015 £
Affinity Sutton	-	205	205	-
Carlton Hill Friends	-	2,000	2,000	4,000
Community Foundation	-	4,952	4,952	6,585
Go Walking	-	17,298	17,298	-
Groundwork UK	-	3,749	3,749	-
Hammersons	1,700	-	1,700	-
Heart Research UK	-	3,447	3,447	1,180
Henry Smith	-	36,000	36,000	36,000
Jimbo's Enterprise Fund	-	-	-	50,000
Jimbo's Fund	-	-	-	17,725
Leeds City Council	82,280	151,285	233,565	262,527
Leeds Fed	-	1,200	1,200	-
Lloyds TSB	-	36,122	36,122	35,336
Rotherham MBC	-	120,000	120,000	73,901
Voluntary Action Leeds	-	-	-	4,441
Waste and Resources Action Programme	-	18,000	18,000	-
West Yorkshire Combined Authority	-	2,252	2,252	9,010
West Yorkshire Sport	-	-	-	300
Income from activities	6,907	32,586	39,493	22,001
Other income	544	995	1,539	909
Total	91,431	430,091	521,522	523,915
<i>Total by fund 31 March 2015</i>	87,528	436,387	523,915	

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

5 Investment income

	Unrestricted £	Restricted £	2016 £	2015 £
Income from bank deposits	338	-	338	326
	<u>338</u>	<u>-</u>	<u>338</u>	<u>326</u>
	<u><u>338</u></u>	<u><u>-</u></u>	<u><u>338</u></u>	<u><u>326</u></u>

6 Analysis of expenditure on charitable activities

	Community Health £	Total 2016 £	Total 2015 £
Staff costs	314,457	314,457	296,039
Accommodation	50,177	50,177	50,749
Project costs	103,171	103,171	95,051
Governance costs (see note 7)	4,516	4,516	5,232
Support costs (see note 7)	93,905	93,905	22,821
	<u>566,226</u>	<u>566,226</u>	<u>469,892</u>
		<u><u>2016</u></u>	<u><u>2015</u></u>
		<u>£</u>	<u>£</u>
Restricted expenditure		482,766	382,664
Unrestricted expenditure		83,460	87,228
		<u>566,226</u>	<u>469,892</u>
		<u><u>566,226</u></u>	<u><u>469,892</u></u>

7 Analysis of governance and support costs

	Basis of apportionment	Support £	Governance £	Total 2016 £
Staff costs	Time spent	62,967	-	62,967
Office costs	Floor area	30,938	-	30,938
Independent examination	Governance	-	1,520	1,520
Legal and professional	Governance	-	2,996	2,996
		<u>93,905</u>	<u>4,516</u>	<u>98,421</u>
		<u><u>93,905</u></u>	<u><u>4,516</u></u>	<u><u>98,421</u></u>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

8 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2016 £	2015 £
Depreciation	-	-
Independent examiner's fee	1,236	1,200
	<u>1,236</u>	<u>1,200</u>

9 Staff costs

Staff costs during the year were as follows:

	2016 £	2015 £
Wages and salaries	314,033	263,569
Social security costs	23,971	18,212
Pension costs	13,042	6,207
Redundancy and termination costs	17,500	-
Recruitment	-	2,356
Staff training	3,636	1,594
Travel expenses	5,242	4,101
	<u>377,424</u>	<u>296,039</u>

Allocated as follows:

Charitable activities	314,457	296,039
Support costs	62,967	-
	<u>377,424</u>	<u>296,039</u>

No employees has employee benefits in excess of £60,000 (2015: Nil).

The average number of staff employed during the period was 19 (2015: 15).

The average full time equivalent number of staff employed during the period was 14.2 (2015: 11.5).

The key management personnel of the charity comprise the trustees and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £104,369 (2015: £102,494).

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

10 Trustee remuneration and expenses, and related party transactions

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2015: Nil).

0 members of the management committee received travel and subsistence expenses during the year (2015:£0).

Aggregate donations from related parties were £0 (2015: £0).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2015: nil).

11 Government grants

The government grants recognised in the accounts were as follows:

	2016 £	2015 £
Leeds City Council	233,565	262,527
Rotherham MBC	120,000	73,901
West Yorkshire Combined Authority	2,252	9,010
	<hr/>	<hr/>
	355,817	345,438
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There were no unfulfilled conditions and contingencies attaching to the grants.

12 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

13 Fixed assets: tangible assets

	Office Equipment £
Cost	
At 1 April 2015	860
Additions	-
Disposals	-
	<hr/>
At 31 March 2016	860
	<hr/> <hr/>
Depreciation	
At 1 April 2015	860
Charge for the year	-
Disposals	-
	<hr/>
At 31 March 2016	860
	<hr/> <hr/>
Net book value	
At 31 March 2016	-
	<hr/> <hr/>
<i>At 31 March 2015</i>	-
	<hr/> <hr/>

14 Debtors

	2016 £	2015 £
Other debtors	130	-
Prepayments and accrued income	8,993	3,553
	<hr/>	<hr/>
	9,123	3,553
	<hr/> <hr/>	<hr/> <hr/>

15 Creditors: amounts falling due within one year

	2016 £	2015 £
Other creditors and accruals	24,189	11,174
Deferred income	5,140	11,125
Taxation and social security costs	5,848	6,193
	<hr/>	<hr/>
	35,177	28,492
	<hr/> <hr/>	<hr/> <hr/>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

16 Deferred income

	2016 £	2015 £
Deferred grant brought forward	11,125	-
Grant received	-	11,125
Released to income from charitable activities	(5,985)	-
	<hr/>	<hr/>
Deferred grant carried forward	5,140	11,125
	<hr/>	<hr/>

17 Analysis of movements in restricted funds

	Balance at 1 April 2015 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2016 £
Community Health					
Alcohol Awareness	1,128	-	(1,128)	-	-
Evolve	10,302	745	(8,568)	(2,479)	-
Go Walking	2,515	19,550	(22,065)	-	-
Happy & Healthy Comunities	-	36,000	(36,000)	-	-
Health and Wellbeing	947	-	(947)	-	-
Healthy Lives Leeds	4,383	-	(4,383)	-	-
Heart Smart	-	3,447	(3,447)	-	-
Let's Change	382	-	(382)	-	-
Lloyds TSB	131	-	(131)	-	-
Love Food Hate Waste	-	18,000	(18,000)	-	-
Meanwood Activities	2,101	5,795	(6,769)	-	1,127
Ministry of Food	40,073	298,976	(319,633)	-	19,416
Modern Living	-	36,122	(36,122)	-	-
School Holiday Fun	482	7,544	(9,413)	-	(1,387)
School Meals Fund	6,014	-	(1,930)	-	4,084
Youth projects	17,725	5,797	(13,848)	-	9,674
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	86,183	431,976	(482,766)	(2,479)	32,914
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	86,183	431,976	(482,766)	(2,479)	32,914
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

Name of	Description, nature and purposes of the fund
Alcohol Awareness	This is a campaign to spread awareness of alcohol-related health issues in the Meanwood area of Leeds.
Evolve	This is a hub for volunteering in East Leeds.
Go Walking	This is a group which promotes exercise through regular walks.
Happy & Healthy Communities	This is a project funded by Henry Smith to offer a range of activities to promote healthy lifestyles
Health & Wellbeing	This is towards the cost of community courses.
Healthy Lives Leeds	These were central funds being held by Zest to support the Healthy Lives Leeds network.
Heart Smart	These was a project offering activities to encourage healthy hearts.
Lloyds Foundation	These were donations from Lloyds employees to support trips.
Love Food Hate Waste	This was an awareness campaign to help people save money by reducing food waste.
Ministry of Food	This relates to cookery training in Leeds and Rotherham as part of Jamie's Ministry of Food.
Modern Living	This is a project to help older people to benefit from modern technology.
School Holiday Fun	These were Fun Days organised for the benefit of families during the school holidays. The project is paid in arrears.
School Meals Fund	This is a fund to offer support with school meals and uniforms to children from under-privileged backgrounds.
Youth work	This is a project providing a range of fun activities to young people in Leeds.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 April 2015 £	Income £	Expenditure £	Transfers £	As at 31 March 2016 £
General fund	115,024	92,554	(83,460)	(11,051)	113,067
Volunteering fund	-	-	-	1,830	1,830
Fire station fund	-	-	-	10,000	10,000
Recipe book	-	-	-	1,700	1,700
	<u>115,024</u>	<u>92,554</u>	<u>(83,460)</u>	<u>2,479</u>	<u>126,597</u>

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Volunteering fund	This amount has been put aside to support volunteers
Fire station	This amount has been put aside to support the business plan in respect of the proposed move to Gipton Fire Station.
Recipe Book	This fund will be used for a reprint of the recipe book "Cooking on a Shoestring"

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Net current assets/(liabilities)	113,067	13,530	32,914	159,511
Total	<u>113,067</u>	<u>13,530</u>	<u>32,914</u>	<u>159,511</u>

20 Contingent assets

There were no contingent assets.

21 Contingent liability

There were no contingent liabilities.

22 Post balance sheet events

There were no post balance sheet events affecting these accounts.

Zest - Health for Life Limited

Notes to the accounts for the year ended 31 March 2016 (continued)

23 Reconciliation of net movement in funds to net cash flow from operating activities

	2016 £	2015 £
Net income/(expenditure) for the year	(41,696)	54,356
Adjustments for:		
Depreciation charge	-	-
Loss/(profit) on sale of fixed assets	-	-
(Gains)/losses on investments	-	-
Dividends, interest and rents from investments	(338)	(326)
Decrease/(increase) in stock	-	-
Decrease/(increase) in debtors	(5,570)	8,100
Increase/(decrease) in creditors	6,685	15,357
	<hr/>	<hr/>
Net cash provided by/(used in) operating	(40,919)	77,487
	<hr/> <hr/>	<hr/> <hr/>