



Health All Round

Directors' Report and Accounts

31 March 2023

Company Number: SC 406209

Charity Number: SCO 06065

Health All Round - Company Information - Year Ended 31 March 2023

Charity Number: SCO 06065
Company Number: SC 406209

Address

24 Westfield Avenue
Edinburgh
EH11 2QH

Tel No: 0131 337 1376

Directors

James Dow Aitken (Chair until December 2022, resigned 11/01/23); Jolanta Siewiec (resigned 09/06/2023); Graeme Russell (Chair from December 2022); Carlene McAvoy (resigned 11/01/2023); Jillian Manner; Keshav Bhatnager; Victor Chlebowski; Catherine Heggie (appointed 7/12/2022); Colin Kerr (appointed 11/01/2023); Hilary Rebecca Pearce (appointed 13/07/2022).

Treasurer

Hilary Rebecca Pearce (and Director)

Chief Executive Officer

Catriona Windle (and Secretary)

Bankers

CAF Bank Ltd	and	The Charity Bank Limited
25 Kings Hill Avenue		Fosse House
Kings Hill		182 High Street
West Malling		Tonbridge
Kent		ME19 4JQ
TN9 1BE		

Independent Examiner

Stuart Harley FCCA
Scotia Finance Ltd

Health All Round Directors' Report for the year ended 31 March 2023

Form and Purpose of the Charitable Company

Health All Round (the Company) was formed on 26 August 2011, is limited by guarantee and has no share capital. The liability of Members in the event of the Company being wound up is limited to £1.00 each. The Company is also registered as a Scottish Charity by OSCR.

The Members elect Directors at the annual General Meeting each year. The Directors are unpaid, part-time and administer the Company. They delegate the day to day running of the Company to the Project Manager.

The chief object of the Company is, using a Community Development approach, to improve the health and well-being of local people and contribute to the reduction of health inequalities within the City of Edinburgh.

Activities and Accounts

The accounts cover the year ended 31 March 2023. The comparative figures covered the year ended 31 March 2022.

In furtherance of the objects of the company, the company ran a wide range of services focusing on the health and well-being of people living in and around Gorgie/ Dalry and Saughton /Stenhouse. The services are largely funded by grants from the City of Edinburgh Council, NHS Lothian (these funding bodies have joined to form The Edinburgh Integrated Joint Board) and EVOC (for Community Link Workers). The company has also received grants from the Big Lottery and the Robertson Trust to fund their older people's services. The project has also received income from counselling, complementary therapies, donations and other grants. The balance of these funds is held in unrestricted funds.

The results for the period year 31 March 2023 show a deficit in the year of £26,991 (2022 surplus £65,725). The deficit for the year was covered by funds brought forward. Funds held at 31 March 2023 amounted to £162,416 for unrestricted funds and £2,550 for restricted funds. The project aims to keep a balance of 3 months' expenditure in unrestricted funds in order to ensure an orderly rundown in activities should there be a gap in funding. This aim was achieved at 31 March 2023.

Statement on Risk

The Directors have identified the major risks to which the Company could be exposed and are taking steps to mitigate their possible effects.

Directors

Directors during the period are detailed on Page 2. They are unpaid and receive no expenses. No Director has any contract with the company.

Statement of Directors' Responsibilities

Company law requires the Directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the Company and all of its results for that period. In preparing these accounts the Directors are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the accounts as an on-going concern basis unless it is inappropriate to presume that the company will continue.

The Directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Company and to enable it to ensure that the accounts comply with the statutory regulations. It is also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part V11 of the Companies Act 2006 relating to small companies.

Independent Examiner

Mr Stuart Harley FCCA from Scotia Finance Ltd has been appointed independent examiner for the Company. A resolution to propose his reappointment will be made at the Annual General Meeting

BY ORDER OF THE DIRECTORS.



Date 1/11/2023

Treasurer

Hilary Rebecca Pearce

Independent Examiners Report to Health All Round on the accounts of the company for the year ended 31 March 2023 set out in pages 6 to 10.

Respective Responsibilities of the Directors and Examiner

The Company's Directors are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The Directors consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiners Statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the Directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

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 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Account Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have 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.

Stuart Harley Date 11/01/2023

Stuart Harley FCCA

Scotia Finance Ltd

20 Forth Street, Edinburgh EH1 3LH

**Health All Round
Statement of Financial Activities
For year ended 31st March 2023**

	2023 Restricted £	2023 Unrestricted £	2023 Total £	2022 Total £
Income				
Donations		3,660	3,660	79,356
Charitable activities	443,623	3,180	446,803	380,803
Other trading activities		13,105	13,105	10,239
Interest Received		2,677	2,677	4
Total	443,623	22,623	466,246	470,402
Expenditure				
Charitable activities	466,929	3,730	470,659	385,098
Other		22,578	22,578	19,579
Total	466,929	26,308	493,237	404,677
Net income/(expenditure)	(23,306)	(3,685)	(26,991)	65,725
Reconciliation of funds				
Total funds brought forward	25,856	166,101	191,957	126,232
Total funds carried forward	2,550	162,416	164,966	191,957

**Health All Round
Balance Sheet
As at 31st March 2023**

	2023 £	2022 £
Current Assets		
Bank	237,536	251,969
Debtors	2,001	-
Total Current Assets	<u>239,537</u>	<u>251,969</u>
Liabilities		
Creditors due within one year	<u>74,571</u>	<u>60,012</u>
Net Assets	<u>164,966</u>	<u>191,957</u>
The funds of the charity		
Unrestricted funds	162,416	166,101
Restricted funds	2,550	25,856
Total Charity Funds	<u>164,966</u>	<u>191,957</u>

Directors' Responsibilities

The Members have not requested the Company to obtain an audit for the period in accordance with section 476.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies requirements.

The notes at pages 8 to 10 form part of these accounts.

The accounts were approved by the Directors at its meeting on 1st November 2023 and signed on their behalf by



Chair

Graeme Russell

Notes to the Accounts

Accounting Policies

Accounting Convention - the Accounts are prepared under the historical cost convention.

Basis of Accounting

The financial statements accounts 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), Charities SOPR (FRS 102) and the Companies Act 2006.

The currency used in the accounts is GBP.

Income from grants, other income and interest received are credited on receipt. Grants received on or before 31 March 2023, but are intended for the following or other future periods are carried forward in the balance sheet as deferred income under liabilities.

Expenditure is charged as it is incurred. Capital expenditure is also charged in the period it is incurred as grants are intended to cover capital as well as revenue expenditure. VAT is irrecoverable and is included in the appropriate item of expenditure.

Period of Accounts

The accounts cover the year ended 31 March 2023. The previous year's figures cover the year ended 31 March 2022.

Funds

The main activities are: Heads Up Mental Health Service; Active Steps (support to maintain a healthy weight/ increase physical activity levels); Action for Pain. These are funded by the Edinburgh Integrated Joint Board and are dealt with in restricted funds which was fully spent during the year. Other grants were received from The Big Lottery, The Robertson Trust and The Health & Social Care Alliance to fund the Good Morning Gorgie and Go for Green projects.

Income and Expenditure relating to Restricted Funds

	2023	2023	2023	2022	2023
	Income	Expenditure	Surplus / (Deficit)	B/Fwd	C/Fwd
	£	£	£	£	£
EIJB* ¹ Core Funding	206,164	206,164	-	-	-
EIJB* ¹ Innovation Funding Action for Pain	41,846	41,846	-	-	-
The Big Lottery	-	12,928	(12,928)	12,928	-
TOR Christian Foundation	8,600	8,600	-	-	-
The Robertson Trust	2,550	12,928	(10,378)	12,928	2,550
University of Edinburgh	4,900	4,900	-	-	-
Alliance Funding	29,444	29,444	-	-	-
EVOC CLW* ²	146,209	146,209	0	-	-
ELTF* ³	3,910	3,910	-	-	-
Totals	443,623	466,929	(23,306)	25,856	2,550

- *¹EIJB Edinburgh Integrated Joint Board
 *²EVOC Edinburgh Voluntary Organisations Council – Community Link
 Workers
 *³ELTF Edinburgh Lothian Trust Funds

Expenditure by cost

	2023	2023	2023	2022
	Restricted	Unrestricted	Total	Total
Expenditure	£	£	£	£
Salaries	382,853	-	382,853	340,778
Property Costs	16,500	1,171	17,671	16,254
Counselling expenses and supervision	2,100	7,751	9,851	6,855
Groups and activities	26,238	12,721	38,959	20,294
Training and travel	3,722	90	3,812	1,501
Telephone and photocopier	6,721	-	6,721	6,389
General Office	1,414	-	1,414	4,752
IT	6,990	486	7,476	2,102
HR and Governance	14,308	2,243	16,551	5,052
Insurance	2,174	-	2,174	700
Crisis grants including ELTF	3,910	1,846	5,756	-
Total Expenditure	466,929	26,308	493,237	404,677

Employees

The average number of employees for the period of activity was 12.

	2023	2022
	£	£
Salaries	340,691	289,164
Social security costs	32,631	25,611
Pension costs	9,531	11,915
HR and accountancy fees	11,822	14,089
Totals	394,675	340,779

The company made contributions to defined contribution pension schemes on behalf of employees. No contributions were outstanding at the period end.

Debtors

Debtors relate to funds held in the Equals expense system.

	2023	2022
	£	£
Debtors	2,001	-
Totals	2,001	-

Creditors

	2023	2022
	£	£
Accruals	3,950	1,200
Deferred Income	70,621	58,812
Totals	<u>74,571</u>	<u>60,012</u>

Directors

The Directors received no remuneration or expenses during the period for their services as Trustees.