

THE CENTRE FOR BETTER HEALTH LIMITED

FINANCIAL STATEMENTS

31ST MARCH 2013

Company Registration Number 1949363

Registered Charity Number 292944

EDMUND CARR LLP

Chartered Accountants & Registered Auditors
146 New London Road
Chelmsford
Essex
CM2 0AW

FRIDAY



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COMPANIES HOUSE

THE CENTRE FOR BETTER HEALTH LIMITED

YEAR ENDED 31st MARCH 2013

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THE CENTRE FOR BETTER HEALTH LIMITED

YEAR ENDED 31st MARCH 2013

CHARITY INFORMATION

Directors	P A Sheils, LLB (Chairman) K Grossfield, MSc M de M A Stewart, FCA John P C Wilder, OBE
Legal Advisors	Moon Beaver & Co 24 Bloomsbury Square London WC1A 2PL
Auditors	Edmund Carr LLP 146 New London Road Chelmsford Essex CM2 0AW
Bankers	National Westminster Bank plc PO Box 8030 20 Amhurst Road London E8 1JJ
Company Number	1949363
Charity Number	292944
Principal Address	1A Darnley Road Hackney London E9 6QH

THE CENTRE FOR BETTER HEALTH LIMITED

THE DIRECTORS' REPORT

YEAR ENDED 31st MARCH 2013

The directors present their report and accounts for the year ended 31st March 2013

CONSTITUTION

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association

DIRECTORS AND TRUSTEES

The directors of the company as listed on page 1 are its trustees for the purpose of charity law

The Board has the power to appoint additional directors, as it considers fit

As no new trustees have been recruited during the financial year, the charity has not yet needed to adopt any policies or procedures for the induction and training of new trustees. The intention of the charity is to address this as new trustees need to be recruited. Existing trustees are kept up to date by referring to charity commission updates and relevant publications

All trustees give their time voluntarily, no trustee received any benefits. Details of reimbursed expenses are disclosed in note 17

ORGANISATION, OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

The Centre for Better Health Limited (CBH) is a community mental health charity based in the London Borough of Hackney. CBH works to support the journey of personal recovery and wellbeing for individuals who have suffered mental health difficulties. These difficulties, range from a severe and enduring level of need through to those with lesser or preventative needs. The work aims to facilitate a meaning of experience, develop new skills, build confidence and grow ambition

The charity is administered by a board of Trustees who meet quarterly and administer the charity. A director of operations is appointed by the trustees to manage the day to day running of the charity

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities

REVIEW OF DEVELOPMENTS

The Centre for Better Health (CBH) (www.centreforbetterhealth.org.uk) is an independent community mental health charity. Its mission is to promote wellbeing and to support recovery from mental distress. CBH has three specific aims for each of its services

- To develop skills, build confidence, self-belief and ambition
- To encourage participation in the community
- To facilitate personal adaptation and to make meaning of experience

THE CENTRE FOR BETTER HEALTH LIMITED

THE DIRECTORS' REPORT (continued)

YEAR ENDED 31st MARCH 2013

REVIEW OF DEVELOPMENTS (CONTINUED)

The model of work is primarily delivered through a social enterprise, a community hub and a counselling psychotherapy service

The organisation delivers services in the boroughs of Hackney and Haringey

The organisation employs 14 full time staff and 6 part time staff

The delivery of services also relies on the valuable contribution in time and commitment from volunteers. Over the course of the last year this has amounted to approximately 7,500 hours

DARNLEY ROAD CENTRE

The Darnley Road centre functions as a multipurpose building and a hub for the services offered to the community in mental and physical wellbeing. It hosts the Centre for Better Health counselling service, creative classes/workshops and physical health activities, an art gallery and the head office

The aim of the centre is to be a valuable community resource to support individuals in their journey of recovery from mental health difficulties as well as offering preventative and support services to those that may not be accessing statutory mental health services. The centre facilitates social inclusion by opening its courses and workshops, gallery and counselling service to all who want to access it from the community

SOCIAL ENTERPRISE – Better Health Products Ltd

The purpose of the social enterprise is to create an environment which encourages the development of work related skills in people who have been affected by mental health and to stimulate them to go on to open employment. Depending on ability and interests, individuals are trained in particular job roles

COUNSELLING PSYCHOTHERAPY SERVICE

The Counselling Service is delivered at the Darnley Road Centre. It is an integrated and low-cost service which makes it accessible for people who might not otherwise have access to talking therapies. The offering is for up to one year with individuals self-referring to the service. The reputation of the service continues to grow and clients are signposted to it by a variety of statutory services including social workers, GPs, psychiatrists and local hospitals

COURSES AND WORKSHOPS

The courses and workshops programme includes creative activities that not only aim to develop life skills but also offer an opportunity to rediscover old interests or develop new ones

Courses include ceramics, creative writing, yoga, IT, jewellery making and discussion groups

Most creative based programmes are open to members of the community and start at £2 per session. Some courses run over set periods, between 6 to 10 weeks, and require sign up. Others run on a drop-in basis

THE CENTRE FOR BETTER HEALTH LIMITED

THE DIRECTORS' REPORT (continued)

YEAR ENDED 31st MARCH 2013

REGISTERED CARE HOME – CHESTERFIELD GARDENS

Based in the London Borough of Haringey, the project comprises two terraced Edwardian houses with the capacity for seven residents. The maintenance of the property is undertaken by the Social Residential Landlords Sanctuary Carr-Gomm.

The residents are referred to the project by the London Borough of Haringey and come under the support of community rehabilitation teams.

DIRECTOR OF OPERATIONS REPORT

The CBH strategic plan is developed around the following three aims:

- 1 To be a centre of quality work in the support of people recovering from mental ill health
- 2 To develop the revenue streams of the organisation in order to sustain the work
- 3 To develop the reputation and relationship with purchasers of the service

In each of these aims we continue to progress.

The CBH counselling service, responding to need, has now opened on three evenings a week and has developed a very strong offering. Over the last year the service has worked with 245 clients. Statistics from the service continue to show that the three most common presenting issues are depression, stress and anxiety.

The social enterprise arm of CBH has been rebranded this year to Better Health Products. The polyurethane production side of the enterprise has maintained sales over the last year. A new business – Better Health Bakery has been started. The bakery produces artisan sourdough products that it sells to local wholesale customers and retail trade. Trainee placements in the bakery are offered to individuals who are recovering from poor mental health and who wish to return to employment.

The community hub offering has been continuing to develop over the last year and we are now starting to see ourselves as a facilitator of social inclusion with a real mixing of individuals and classes at Darnley Road.

Ashwin Mathews, BA (hons), MBA

THE CENTRE FOR BETTER HEALTH LIMITED

THE DIRECTORS' REPORT (continued)

YEAR ENDED 31st MARCH 2013

INVESTMENT POLICY

The directors have power under the trust deed to invest in such assets as they see fit

RESERVES POLICY AND RISK MANAGEMENT

The company carries out a variety of long-term projects. The trustees have examined the requirement for free reserves which are those unrestricted funds not invested in fixed assets, designated for specific purposes or otherwise committed.

The free reserves at 31st March 2013 amount to £8,473. The trustees consider that to enable its existing projects to continue for the coming year donations of £216,500 will be needed. Since the balance sheet date donations have been sought and obtained to cover the current shortfall which will enable the charity to continue with the projects on hand.

The trustees actively review the major risks that the charity faces on a regular basis and believe that maintaining the free reserves at the level stated above, combined with an annual review of the controls over key financial systems carried out through an internal audit programme, will provide sufficient resources in the event of adverse conditions. The trustees have also established other operational and business risks that CBH faces and confirm they have established systems to mitigate the significant risks.

FINANCIAL POSITION

The Financial Statements and Notes which follow this report have been prepared in accordance with the Statement of Recommended Practice "Accounting by Charities" (SORP 2005), which was issued in March 2005, and in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime.

The SOFA shows a surplus for the year of £13,113.

The year end financial position, reflected by the balance sheet, is considered satisfactory.

At 31st March 2013, the company had total net assets of £36,093 of which £26,427 related to restricted funds (which can only be used for the specific purpose for which they were created), £1,193 related to designated funds (amounts set aside by the trustees to meet future strategic commitments), and £8,473 represented undesignated unrestricted funds.

The details of the restricted funds carried forward are currently being reviewed as the trustees believe that the funds may have been expended in earlier accounting periods and that the balances left are in fact unrestricted funds.

The trustees have made appropriate enquiries to enable them to consider the financial implications for the company for the withdrawal of the grant funding referred to in the Director of Operations Report. They are satisfied that no immediate material additional costs will arise to the company whilst it is determining its plans for the future and accordingly no adjusting entries have been made to the accounts to reflect this.

Budgeting will continue on a prudent basis to ensure that The Centre for Better Health maintains a strong financial position to meet the challenges, which lie in the years ahead.

THE CENTRE FOR BETTER HEALTH LIMITED

THE DIRECTORS' REPORT (continued)

YEAR ENDED 31st MARCH 2013

STATEMENT OF DIRECTORS' RESPONSIBILITIES

The trustees (who are also directors of The Centre for Better Health Ltd for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

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

- select suitable accounting policies and apply them consistently,
- observe the methods and principles in the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on a going concern basis unless it is inappropriate to assume that the charitable company will continue in operation

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware

- there is no relevant audit information of which the charitable company's auditors are unaware, and
- the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of the information

AUDITORS

Edmund Carr LLP are deemed to be re-appointed under section 487(2) of the Companies Act 2006

BY ORDER OF THE BOARD


JPC WILDER

Director

2 September 2013

THE CENTRE FOR BETTER HEALTH LIMITED

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS

YEAR ENDED 31st MARCH 2013

We have audited the financial statements on pages 9 to 20 which have been prepared under the historical cost convention and the accounting policies set out on pages 11 and 12. The financial reporting framework that has been applied in their preparation is applicable law and Financial Reporting Standard for Small Entities (effective 2008) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

This report is made solely to the charity's trustees, as a body, in accordance with regulations made under section 154 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

RESPECTIVE RESPONSIBILITIES OF THE DIRECTORS/TRUSTEES AND THE AUDITORS

As explained more fully in the Directors Report, set out on page 6, the trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

The trustees have elected for the financial statements to be audited in accordance with the Charities Act 2011 rather than the Companies Act 2006. Accordingly we have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

SCOPE OF THE AUDIT OF THE FINANCIAL STATEMENTS

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatements, whether caused by fraud or error. This includes an assessment of whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed, the reasonableness of significant accounting estimates made by trustees, and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

THE CENTRE FOR BETTER HEALTH LIMITED

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS

YEAR ENDED 31st MARCH 2013

OPINION

In our opinion the financial statements

- give a true and fair view of the state of the charitable company's affairs at 31 March 2013, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended,
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities, and
- have been properly prepared in accordance with the Companies Act 2006

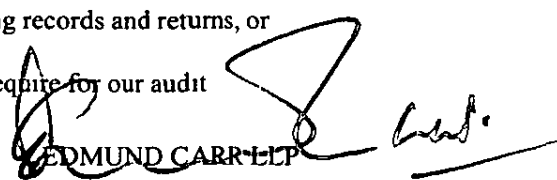
MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion

- the information given in the Directors Report is inconsistent in any material respect with the financial statements, or
- the charitable company has not kept adequate accounting records and returns, or
- the financial statements are not in agreement with the accounting records and returns, or
- we have not received all the information and explanations we require for our audit

146 New London Road
Chelmsford
Essex
CM2 0AW

5 SEPTEMBER 2013
2013


EDMUND CARR LLP
Chartered Accountants
& Registered Auditors
Statutory Auditors

Edmund Carr LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

THE CENTRE FOR BETTER HEALTH LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31st MARCH 2013

	Notes	Unrestricted Funds 2013 £	Restricted Funds 2013 £	Total Funds 2013 £	Total Funds 2012 £
Incoming Resources					
Incoming resources from generated funds					
Voluntary income	2	227,650	23,357	251,007	335,188
Investment income Deposit interest received		13	-	13	14
Incoming resources from charitable activities					
Rents receivable re residential projects		176,702	-	176,702	169,096
Other income from charitable activities	3	51,636	-	51,636	37,165
Total Incoming Resources		<u>456,001</u>	<u>23,357</u>	<u>479,358</u>	<u>541,463</u>
Resources Expended					
Charitable activities					
Charitable activities	4	444,358	14,554	458,912	535,535
Governance costs	6	7,333	-	7,333	6,640
Total Resources Expended	7	<u>451,691</u>	<u>14,554</u>	<u>466,245</u>	<u>542,175</u>
Net Income/(Expenditure) for the Year before Transfers					
		4,310	8,803	13,113	(712)
Transfer between funds		<u>1,678</u>	<u>(1,678)</u>	<u>-</u>	<u>-</u>
Net Outgoing Resources for the Year and Net Movement in Funds					
		5,988	7,125	13,113	(712)
Total funds brought forward at 1st April 2012		<u>3,678</u>	<u>19,302</u>	<u>22,980</u>	<u>23,692</u>
Total funds carried forward at 31st March 2013		<u>£9,666</u>	<u>£26,427</u>	<u>£36,093</u>	<u>£22,980</u>

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

THE CENTRE FOR BETTER HEALTH LIMITED

BALANCE SHEET

At 31st March 2013

	Notes	2013		2012	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		1,193		2,358
CURRENT ASSETS					
Debtors	9	38,589		39,432	
Cash at bank and in hand		<u>28,951</u>		<u>17,494</u>	
		<u>67,540</u>		<u>56,926</u>	
CREDITORS : Amounts falling due within one year					
Other creditors	10	<u>32,640</u>		<u>36,304</u>	
NET CURRENT ASSETS					
			<u>34,900</u>		<u>20,622</u>
			<u>£36,093</u>		<u>£22,980</u>
CAPITAL AND RESERVES					
Unrestricted funds					
General		8,473		1,320	
Designated funds	12	<u>1,193</u>		<u>2,358</u>	
			9,666		3,678
Restricted funds	13		<u>26,427</u>		<u>19,302</u>
TOTAL FUNDS					
			<u>£36,093</u>		<u>£22,980</u>

For the year ending 31 March 2013 the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies but as this company is a charity, it is subject to audit under the Charities Act 2011

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 financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and the Financial Reporting Standard for Smaller Entities (April 2008)

Approved by the Board on 2 September 2013

K. Grossfield

K GROSSFIELD

John Wilder

J P C WILDER

Company Registration Number 1949363

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st MARCH 2013

1) Accounting policies

a) Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and with the Statement of Recommended Practice (SORP 2005), Accounting and Reporting by Charities issued in March 2005

b) Stock

The basis of valuation, which is consistent with previous years, is the lower of cost and net realisable value

c) Depreciation

The cost of fixed assets is written off over their estimated useful lives at the following annual rates -

Equipment	25% straight line
Motor Vehicles	20% straight line

d) Future commitments under operating lease agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against income on a straight line basis over the period of the lease

e) Incoming Resources

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable

Interest receivable is included when received by the charity

Rents receivable are credited to the Statement of Financial Activities as they fall due Other income is credited as it is received

Legacies are accounted for when receivable as long as they are capable of financial measurement

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

f) Resources Expended

Resources expended are included in the Statement of Financial Activities on an accruals basis including irrecoverable VAT

Support costs are allocated on the basis of hours spent by management and administrative staff on each individual project

g) Fund Accounting

Funds held by the charity are either

Unrestricted general funds – these are funds that can be used in accordance with the charitable objectives at the discretion of the trustees

Designated funds – these are funds that are set aside by the trustees out of unrestricted general funds for specific future purposes or projects

Restricted funds – these are funds that 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

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

2) Voluntary Income

	Group work centre £	Residential homes £	Day care projects £	Total 2013 £	Total 2012 £
Grant Aid - Private donation	-	-	7,581	7,581	9,613
Grant Aid - Other	227,650	-	15,776	243,426	315,575
Legacy	-	-	-	-	10,000
	<u>£227,650</u>	<u>-</u>	<u>£23,357</u>	<u>£251,007</u>	<u>£335,188</u>

3) Other Income From Charitable Activities

	Group work centre £	Residential homes £	Day care projects £	Total 2013 £	Total 2012 £
Attendance allowances	-	-	-	-	922
Personalised budget	-	-	1,850	1,850	180
Sundry income	3,466	200	46,120	49,786	36,063
	<u>£3,466</u>	<u>£200</u>	<u>£47,970</u>	<u>£51,636</u>	<u>£37,165</u>

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

4) Charitable Activities

	Activities undertaken directly	Support costs	Total 2013	Total 2012
	£	£	£	£
Provision of residential homes	148,934	29,952	178,886	185,435
Provision of day care projects	124,556	69,615	194,171	243,740
Group work centre	-	85,855	85,855	106,360
	<u>£273,490</u>	<u>£185,422</u>	<u>£458,912</u>	<u>£535,535</u>

5) Support Costs

	Group work centre	Residential homes	Day care projects	Total 2013	Total 2012
	£	£	£	£	£
Staff costs	71,157	24,825	57,697	153,679	162,056
Premises other	2,359	823	1,913	5,095	4,370
Other office costs	8,348	2,912	6,769	18,029	32,051
Food and provisions	112	39	91	242	280
Cleaning and maintenance	2,893	1,009	2,346	6,248	5,153
Depreciation and profit on disposal	540	188	437	1,165	1,164
Bank charges	446	156	362	964	853
	<u>£85,855</u>	<u>£29,952</u>	<u>£69,615</u>	<u>£185,422</u>	<u>£205,927</u>

Support costs are allocated on the basis of hours spent by management and administrative staff on each individual project

6) Governance Costs

	Total 2013	Total 2012
	£	£
Accountancy fees	2,773	-
Audit fees	4,560	6,640
	<u>£7,333</u>	<u>£6,640</u>

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

7) Total Resources Expended

	Staff Costs £	Depreciation £	Other Costs £	Total 2013 £	Total 2012 £
Provision of residential homes	110,504	-	38,430	148,934	155,483
Provision of day care projects	97,189	-	27,367	124,556	174,125
Support costs	153,679	1,165	30,578	185,422	205,927
Governance costs	-	-	7,333	7,333	6,640
	<u>£361,372</u>	<u>£1,165</u>	<u>£103,708</u>	<u>£466,245</u>	<u>£542,175</u>

**2013
£** **2012
£**

Staff Costs:

Wages and salaries	334,511	381,170
Employers national insurance	26,861	30,992
	<u>£361,372</u>	<u>£412,162</u>

Other costs:

Premises rent	10,516	20,826
Premises other	15,059	16,797
Other office costs	41,310	53,879
Food and provisions	10,730	9,799
Cleaning and maintenance	17,796	20,055
Accounting and Audit Fees	7,333	6,640
Bank charges	964	853
	<u>£103,708</u>	<u>£128,849</u>

No employees remuneration was in excess of £60,000 No trustees received any remuneration

The average number of employees, analysed by function, was

Residential and day care	11	15
Management and administration of the charity	9	7
	<u>20</u>	<u>22</u>

Net Outgoing Resources

This is stated after charging

Operating leases	10,516	20,826
Depreciation	1,165	1,164
Auditors' remuneration	7,333	6,640

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

8) Tangible Fixed Assets

	Furniture and Equipment £	Motor Vehicles £	Total £
Cost			
1st April 2012 and 31 March 2013	<u>4,610</u>	<u>8,609</u>	<u>13,219</u>
Depreciation			
1st April 2012	2,252	8,609	10,861
Charge for year	1,165	-	1,165
On disposals	<u>-</u>	<u>-</u>	<u>-</u>
31st March 2013	<u>3,417</u>	<u>8,609</u>	<u>12,026</u>
Net book values			
At 31st March 2013	<u>£1,193</u>	<u>-</u>	<u>£1,193</u>
At 31st March 2012	<u>£2,358</u>	<u>-</u>	<u>£2,358</u>

9) Debtors

	2013 £	2012 £
Related undertakings	34,765	29,323
Prepayments	<u>3,824</u>	<u>10,109</u>
	<u>£38,589</u>	<u>£39,432</u>

10) Creditors: Amounts falling due within one year

Accruals	25,796	27,685
Other taxes and social security	<u>6,844</u>	<u>8,619</u>
	<u>£32,640</u>	<u>£36,304</u>

11) Called up share capital

The company is limited by guarantee and does not have a share capital. The subscribers to the company's Memorandum and Articles of Association have undertaken to pay £1 each in the event of the liquidation of the company.

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

12) Designated Funds

	Balance	Movement in Resources			Balance
	1st April 2012	Incoming	Outgoing	Transfers	31st March 2013
	£	£	£	£	£
Fixed assets	2,358	-	1,165	-	1,193
	<u>£2,358</u>	<u>-</u>	<u>£1,165</u>	<u>-</u>	<u>£1,193</u>

The designated fund relates to the net book value of equipment in the fixed assets

13) Restricted Funds

a) European Union	1,916	-	-	-	1,916
a) Islington slippage fund	380	-	-	-	380
b) Tower Hamlets evening group	7,050	-	-	-	7,050
c) Green Lanes	1,165	-	-	-	1,165
d) London Borough of Islington	5,155	-	-	-	5,155
e) London Borough of Islington grant activities and equipment	683	-	-	-	683
f) City and Hackney NHS Primary Care Trust	850	-	-	-	850
g) Tana Trust	-	4,750	-	-	4,750
h) Camden & Islington NHS Found	164	-	-	-	164
i) Learning Trust	1,939	8,607	8,868	(1,678)	-
j) Big Lottery Grant	-	10,000	5,686	-	4,314
	<u>£19,302</u>	<u>£23,357</u>	<u>£14,554</u>	<u>(£1,678)</u>	<u>£26,427</u>

- a) The restricted funds in respect of the European Union and Islington slippage fund relate to grants received to cover specific capital and revenue costs
- b) The Tower Hamlets evening group fund receives grants specifically to provide an evening group in that borough
- c) The Green Lanes fund relates to a day care project in the London Borough of Haringey
- d) Received from London Borough of Islington for equipment and other specific items for Southwood Smith Centre
- e) Received from London Borough of Islington towards activities and equipment
- f) Received from City and Hackney NHS Primary Care Trust towards practical resources for groupwork and development
- g) The £4,750 received from The Tana Trust is to enable ceramics and jewellery courses to be held, and will be utilised for this purpose after 31 March 2013

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

14) Restricted Funds (continued)

- h) Received from Camden & Islington NHS Foundation for the provision of transport costs for Southwood Smith Day Centre
- i) The £8,607 received from The Learning Trust was for ceramic and other workshops. The transfer from the fund is to unrestricted funds and relates to course fees received in the year to 31 March 2012 that were incorrectly classified
- j) The amount received from Big Lottery Grant was a donation towards a specific training project in the London Borough of Hackney

15) Analysis of Net Assets Between Funds

	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Restricted Funds			
European Union	-	1,916	1,916
Islington slippage fund	-	380	380
Tower Hamlets evening group	-	7,050	7,050
Green Lanes	-	1,165	1,165
London Borough of Islington	-	5,155	5,155
London Borough of Islington grant activities and equipment	-	683	683
City and Hackney NHS Primary Care Trust	-	850	850
Tana Trust	-	4,750	4,750
Camden & Islington NHS Found Learning Trust	-	164	164
Big Lottery Grant	-	4,314	4,314
	-	<u>26,427</u>	<u>26,427</u>
Unrestricted Funds	<u>1,193</u>	<u>8,473</u>	<u>9,666</u>
	<u>£1,193</u>	<u>£34,900</u>	<u>£36,093</u>

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

16) Volunteers Expenses

The charity has approximately forty five unpaid volunteers, this year they contributed 7,500 hours of voluntary service

17) Trustees Expenses

One trustee was reimbursed expenses amounting to £1,063

No trustees or connected persons received any remuneration either directly or indirectly

18) Taxation

The company is a registered charity and is entitled to those reliefs from taxation which are available to charities

19) Related Party Transactions

There is no ultimate controlling party

The directors of the company are also the trustees of the Psychiatric Rehabilitation Association and directors of Better Health Products Limited (formerly PRA Plastics (and Developments) Limited), with the exception of P A Sheils who is chairman of the trustees but is not a trustee

During the year donations of £189,500 (2012 £270,000) was received from The Psychiatric Rehabilitation Association and £32,500 (2012 £42,500) was received from Better Health Products Limited

The amounts due from related undertakings as detailed in note 9 are as follows -

	2013	2012
	£	£
Psychiatric Rehabilitation Association	14,640	29,323
Better Health Products Limited	20,125	-
	<u>£34,765</u>	<u>£29,323</u>

During the year a grant of £4,750 (2012 £1,725) was received from The Tana Trust, a charity in which K Grossfield is a trustee

THE CENTRE FOR BETTER HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31st MARCH 2013

20) Future Financial Commitments

Commitments under leases

The company had the following commitments under operating leases for land and buildings, terminating -

	2013	2012
	£	£
Within 1 year	£14,176	£11,812
2 to 5 years	-	-
	<u> </u>	<u> </u>

21) Post Balance Sheet Events

Since the balance sheet date donations have been sought and obtained which will enable the charity to continue with the projects on hand