



HealthyLiving

Healthy Choices for Healthy Communities



Annual Report of the Trustees of Blackburn with Darwen Healthy Living

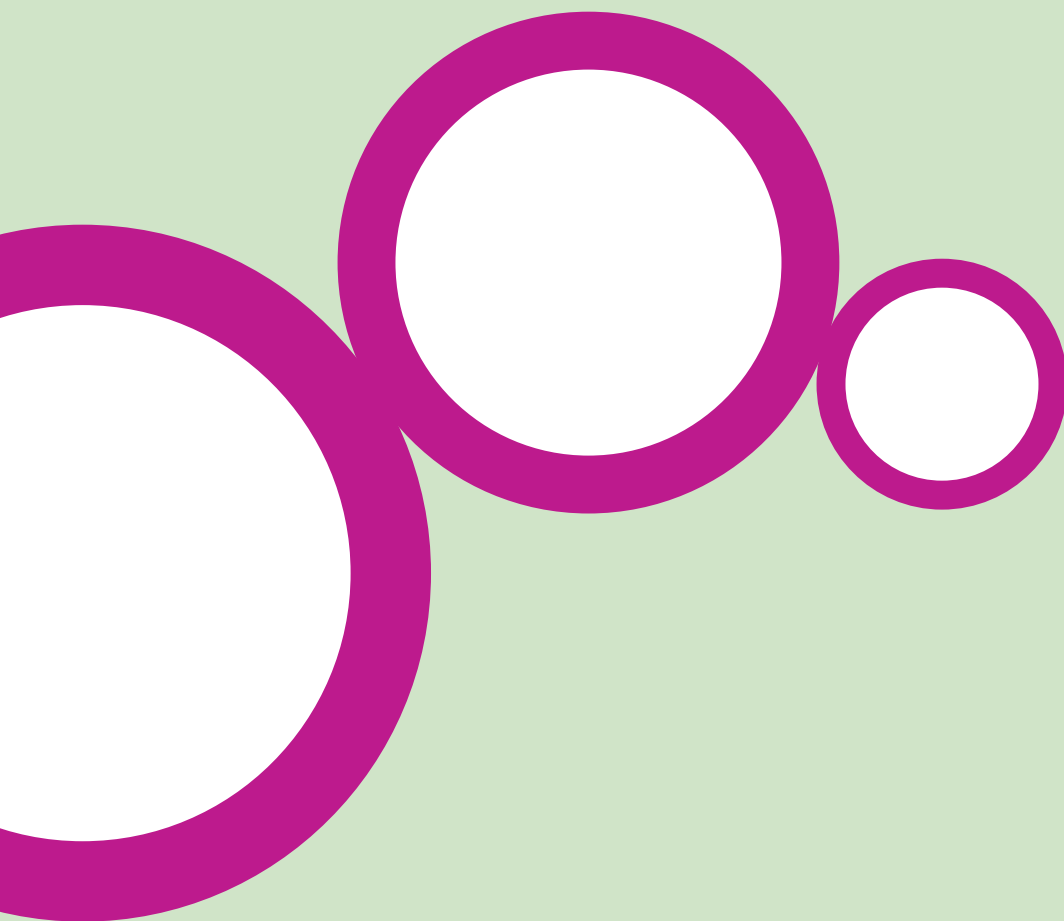
for the year ended 31st March 2010

Registered Charity No. 1122978

Company No. 06073648

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Trustees' Report For the year ended 31st March 2010

The Trustees who are also directors of the charity for the purposes of the Companies Act present their report and accounts for the year ended 31st March 2010.



Reference and Administrative Information

Charity Name:	Blackburn with Darwen Healthy Living	
Charity Number:	1122978	
Company Number:	06073648	
Charity Offices:	Bangor St Community Centre Norwich St Blackburn Lancashire BB1 6NZ	
Trustees:	Pauline A. Walsh Julie Wareing David A. Foster Robert A. Nash Jeremy G. Hodgkinson Clare Todd Kathleen Nuttall Glen Finch Bob Snape Denise Hayhurst	(Chair) (Appointed 16/06/2009) (Appointed 16/06/2009) (Appointed 16/06/2009) (Appointed 09/09/2009) (Appointed 11/11/2009)
Secretary:	Abdul Mulla	
Treasurer:	Mark Hilton	
Senior Management Team:	Healthy Living Manager Finance & Administration Manager Community Development Manager Stop Smoking Nurse Specialist	Abdul Mulla Shelagh Westbrook Sharon Lucas Afsana Desai
Auditors:	Beever and Struthers Central Buildings Richmond Terrace Blackburn BB1 7AP	
Bankers:	The Royal Bank of Scotland 58-62 King William St Blackburn BB1 7HU	



Structure, Governance and Management

Governing Document

The organisation is a company limited by guarantee and governed by its Articles of Association. A Special Resolution was passed by the requisite majority at a General Meeting in March 2010 to amend the memorandum and articles. The amendments extended the geographical area of operation to cover people residing in all boroughs in England and Wales and incorporated all legal changes to comply with the final implementation of the Companies Act 2006. The directors of the company are also Charity Trustees for the purposes of charity law.

Recruitment and Appointment of Trustees

The Board of Trustees is the body responsible for the government and management of the organisation.

The current Board consists of original members appointed (up to six which work in the voluntary and community sector and up to six appointed from statutory organisations), members re-elected in line with the Governing Document and new members elected onto the Board.

The Board seeks to appoint new Trustees to maintain a broad skill mix appropriate to the work of the Charity; nominations are sought through relevant voluntary, community and statutory organisations and are appointed at Board meetings.

One third of all trustees must retire at the Annual General Meeting; retiring members are eligible for re-appointment.

Induction and Training of Trustees

All new Trustees receive induction training which is tailored to the specific needs of the individual and includes meetings and discussions with the Healthy Living Manager, a copy of the organisation's Business plan and any relevant past Board papers.

Risk Management

The Board of Trustees have responsibility for implementing a managed approach to risk management. Measures have been put in place by the introduction and review of policies, procedures and systems to mitigate the risks that the charity faces. Internal control risks are minimised by the implementation of procedures for the authorisation of all financial transactions. A key element in the management of financial risk is the setting of a reserves policy. The external risks to funding have led to development of strategic plans to address the need for diversification of funding and activities.

Organisational Structure

Blackburn with Darwen Healthy Living has a Management Board of up to twelve trustees who meet bi-monthly; they are responsible for the strategic direction and policy of the charity.

Their key objectives are: -

- To promote, through partnership, the work of Blackburn with Darwen Healthy Living, with particular reference to the promotion of Health Improvement and Social Inclusion.
- To lead in the development of strategies for delivery of the scheme and to pursue the programme to ensure effective delivery of services.
- To ensure effective policies and procedures are in effect in accordance with quality assured services, and those required when using volunteers to undertake activities.
- To monitor the projects to ensure that primary and secondary objectives are achieved.
- To monitor the financial outputs on a regular basis.

The day-to-day running of the charity is delegated to the Healthy Living Manager.





Objectives, Aims and Activities for the Public Benefit

As trustees of the charity, our 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 and have referred to the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities.

As a not for profit organisation, Blackburn with Darwen Healthy Living focuses on serving the local communities in which we work. All our charitable activities are aimed at addressing health inequalities, breaking down social isolation and bringing communities together primarily within socially and economically deprived areas of Blackburn with Darwen.

Our vision is

“To ensure that local people have access to, and are involved in the design and delivery of services that improve their health and well-being.”

Blackburn with Darwen Healthy Living has three strategic charitable objectives:

- To promote Health and Wellbeing opportunities for people in the Blackburn with Darwen area.
- To ensure that local people have access to, and are involved in the design and delivery of services that improve their health and well-being.
- To provide Community based Health Interventions.

To fulfil these objectives in 2009/10 we had 8 main aims:

- To increase provision of healthy eating initiatives and projects to improve people's awareness of a healthy diet and nutrition.
- To raise the awareness of, and to provide opportunities for, community members to get involved in physical activities.
- To raise the awareness of smoking related diseases and to promote smoking cessation services.

- To raise cancer awareness using a community development approach.
- To increase awareness of sexual health and contraception amongst young people.
- To promote community involvement and leadership in the planning of services / projects to encourage community ownership.
- To organise and participate in health promotion and health education activities to raise awareness of health issues.
- To promote partnership working with community, voluntary and statutory agencies to ensure a co-ordinated approach to service delivery and efficient and effective use of resources.





Promotion of Health and Wellbeing

We work to educate and support people of all ages in the local community to improve their health and well-being.

In order to achieve this we provide a range of services which are aimed at encouraging people to lead healthier lifestyles.

Launch of new "Health Buzz"

Our new "Health Buzz" was launched on 10th March 2010 in Darwen town centre. This exciting and innovative project attracted local, regional and national interest as it is the first of its kind anywhere in the country. It was developed as a result of extensive research that highlighted a lack of accessible gym provision especially for children and young people in Blackburn with Darwen, particularly those living in hard to reach and rural communities.

In November 2008 Blackburn with Darwen Healthy Living bought a G registered double decker Volvo Citybus and conversion work began in 2009. The top deck was converted into a cookery and food demonstration area with a separate small interview room for one to one consultations. The bottom deck was converted into a modern cardio vascular gym.

The launch event was a great success with attendees from across the statutory, voluntary and private sectors; pupils from Holy Trinity School in Darwen did a

fantastic job helping to demonstrate the facilities available.

The Health Buzz is available for hire across the Country whether you are a School, Community Group, Business, Local Authority or Housing Association. It can be accommodated at numerous venues and offers a range of services including Healthy Eating and Healthy Cooking, Weight Management and both individual and group physical activities.

Sponsorship packages are also available for companies who wish to become part of the future of the success of the Country's first Health Bus, leading the way in changing the lifestyles and habits of this and future generations.

Please contact our team on 01254 292686 if you require information on hiring or sponsoring our Health Bus.

Cancer Awareness Measure

The Cancer Awareness Measure (CAM) is part of a nationally run programme aimed at raising cancer awareness within the general public using a variety of means and approaches. Blackburn with Darwen Healthy Living completed baseline cancer awareness questionnaires with target groups in the Brookhouse & Shearbrown wards of Blackburn from September to November 2009.

A key outcome of this Project was the development of social capital in the locality where these communities reside through the recruitment and development of Blackburn with Darwen Healthy Living Cancer Awareness Trainers (CAT).

A recruitment campaign was launched in September 2009 to find volunteers willing to work on this project. All the recruited CAT volunteers were CRB checked and fully inducted onto the project. They were trained in community engagement, interpreting, basic counselling and various other techniques. This was done so that they would be able to go out into the community and confidently deliver awareness raising events.

An analysis of the baseline measure was completed in December 2009 which indicated what the communities' level of understanding was around cancers and highlighted areas requiring work. An awareness raising campaign was planned to run from May through to July 2010 in an effort to increase the awareness levels of those residing in the target wards.

A second round of 200 questionnaires will be completed in July/August 2010 in the same wards but with different people, to see if the awareness raising programme has had any impact on how much people know about signs & symptoms of cancer, causes and prevention.

The volunteers have taken an active role in evaluating existing cancer resources, looking into developing new resources, facilitating focus groups and hosting stands and events.

20 Blackburn with Darwen Healthy Living Volunteer Cancer Awareness Trainers recruited & trained.

200 baseline cancer awareness questionnaires completed.





Outcomes & Sustainability

This Project will provide support for CAT volunteers to become a registered Cancer Supporter Group including evaluating the possibility of affiliation to organisations such as NHS Blackburn with Darwen Teaching Care Plus Trust and Lancashire and South Cumbria Cancer Network. Training provision includes counselling techniques for CAT volunteers to become support workers for cancer patients and families and Blackburn with Darwen Healthy Living will continue to support the CAT volunteers with a view to formalising as a constituted group.

Health Inequalities

Blackburn with Darwen Healthy Living has been commissioned by NHS Blackburn with Darwen Teaching Care Trust Plus as a provider of a service with many distinct projects that together will contribute to the following health and social strategic objectives:

- to promote healthier lifestyle choices
- to promote self management of chronic conditions

Black & Minority Ethnic (BME) Stroke Awareness

Research has highlighted that minority groups such as South Asian communities have a 70% increased risk of stroke compared to the general population and are more likely to die from a stroke at a younger age. A purpose-made stroke information DVD was evaluated in a local setting by The University of Central Lancashire (UCLAN) and shown to be effective in raising stroke awareness and associated with changing health related behaviour. Blackburn with Darwen Healthy Living have identified 7 target wards which house the majority of South Asian families in Blackburn; the aim of this project is to recruit and work with local groups to conduct a pilot study evaluating the most effective awareness model.

“Don't forget your toothbrush”

The 'Don't Forget Your Toothbrush and Eat 5 a Day' campaign aimed to raise the awareness of the importance of good dental health and eating five portions of fruit and vegetables every day. School children aged 7-11 years took part in an hour long interactive session where they were shown how to brush their teeth correctly and learnt about the food groups and portion sizes of fruit and vegetables.

The schools that were targeted were: St Cuthbert's, Lower Darwen, St James, Darwen, St Edward's, Darwen, St Peter's, Sudell, Meadowhead Juniors, St Aidan's and St Luke and St Philip's, Blackburn.

Bowel Cancer Promotion

The aim of this health promotion campaign was to raise awareness of the National Bowel Screening programme, specifically targeting the Wensley Fold Ward in Blackburn.

The “Your Bowel Needs You” event was held in December 2009, not only to promote the screening programme but also to promote general health & well being for older people. Attendees were given a range of information and listened

to presentations from health professionals and survivors of bowel cancer. Prior to the main event, information stands were displayed in local venues such as the Carers Centre and Montague Health Centre.

Alcohol Awareness

This project was established to raise awareness of the risks associated with alcohol with the main aim being to reduce the risks linked to alcohol consumption. The project targeted young people aged 13-19 years old living in the Highercroft Ward of Blackburn. Twelve young people attended the weekly workshops and took part in a range of activities; the programme ran over a six week period. An additional 15 young people took part in a number of activities during the weekly youth group sessions run by local volunteers.

The programme is to be extended in April 2010 to provide training for staff and volunteers working with young people in the Highercroft area; resource packs will be developed and distributed to local groups.

Diet and Nutrition

We deal with a wide range of dietary issues, from people living off fast food to the needs of those on limited budgets, providing training and information on how to buy and cook healthy foods, weight management and general diet. We work with all age groups and learning takes place in a variety of locations, for example in schools and local supermarkets.



1,078 children received a free toothbrush, toothpaste and stickers chart.





Cook & Eat Courses

We ran free 'Cook and Eat' courses at Bangor Street Community Centre. Each course ran for 5 sessions and each session lasted for 2 hours. There was particular focus on practical cooking skills and participants chose the dishes that were made, allowing them to adapt everyday meals to make them healthier. A main aim of Cook & Eat is to let people choose meals that they eat regularly to help ensure that these courses have the maximum beneficial impact on both their own and their family's health.

We ran a Cook and Eat course with a group of ladies from Age Concern. This is what they said:

"We got involved in the cooking course because we wanted to know what to eat to keep us healthy and to learn new recipes. We knew that too much salt and fat was bad for us but didn't know how to change it in our cooking."

Over the 5 sessions we made smoothies, stir fry, kebabs, salads and shepherd's pie. Cooking in a healthy way helped us to rethink the way we eat and cook our meals, we didn't realise that we could use less salt by using more spices and flavourings like lemon and the food still tastes good! We also found that some of the foods we made tasted better with less spices and chilli because you could taste the flavour of all the ingredients better."

One of the best things about the course was getting together, cooking together and tasting the food together, it was like a family gathering and we looked forward to it every week."

We are glad we came to the course because it has helped us to cook more healthily, but also some of our families are using the recipes and healthy tips too!"

Comments from other attendees at Cook and Eat Courses:

"I was surprised it tasted so good without any salt." "I was very happy because I liked everyone in the group, and they gave me lots of support." "Never thought healthy food could be so tasty." "It was fun and enjoyable because you get to socialise with others and get to know them better." "I learned simple things to make,

even the ones I only thought I could buy." "I learned a lot about making my food healthy, without the fat and salt."

"Making the fish pie was quite easy, I have never tried this recipe because I thought it would be difficult to make." "It's surprising that not too many ingredients are used to make a delicious dish." "I never followed any recipes before so I learned how to follow simple recipes by reading."

"I now have the confidence to make a healthy meal for me and my kids knowing it will taste good without all the unhealthy ingredients which I used to use." "I have enjoyed making the different dishes and sharing the recipes with my family." "The children have eaten some of the dishes I made here and liked them."

Weight Management Courses

We ran weight management courses and drop-in sessions for men and women at Bangor Street Community Centre.

The weight management courses ran for 12 weeks, each session was 2 hours; one hour nutrition advice and one hour of exercise. Clients were offered weekly weigh-in's and body fat monitoring along with practical tips on how to lose weight. They were also able to use our Bangor Street Community gym and exercise classes free of charge.

The weight management drop-in sessions were attached to women's exercise classes and the men's gym; clients were offered twice monthly weigh-in's and body fat monitoring and could discuss weight loss strategies on a one to one basis. The most weight a single person lost was 4 stone (24kg) in 12 months.

Case Study from Ruksana:

"I joined the weight management course because I felt unhealthy and my kids were calling me 'Big Mama'."

It was good to have advice on diet and exercise because to lose weight you need to do both. One of the most important things I learned was to know how much is right for me to eat. I used to compare what I ate with everyone else and think that I was doing OK because my portions were smaller than theirs, but I always ended a meal feeling very full and bloated. During the course I changed my portion sizes until I found the amounts that worked for me, I'm much better at telling when I'm full and don't eat more than I need."

My whole family have got healthier as well. We all have porridge for breakfast in the morning which keeps us going until lunch time without snacking on biscuits and things in between. The kids eat a lot less junk now too, if they ask for chocolate I give them a piece of fruit first, once they've eaten it they have usually forgotten about the chocolate or don't feel hungry anymore!"

I feel like I'm a good role model for my kids now and I'm helping them get into healthy habits now so they don't have to change their lifestyle later on like I did. Doing the course has made a huge difference to me and my family, so far I've lost nearly 10lb and over 4% of my body fat, my daughter calls me 'Little Mama' now!"

Over
130 women
& 50 men
attended a weight
management
course or drop in
session.



Blackburn with Darwen Healthy Living

Trustees' Report for the year ended 31st March 2010

Community Gyms

Our highly successful Community Gyms go from strength to strength!

Blackburn with Darwen Healthy Living run community gyms in Bangor St and Roman Road Community Centres; being part of a Charity makes our gyms unique in health and fitness provision.

Over 200 members at Roman Road Community Gym

Our gyms are located in the heart of the communities and are fully equipped with state of the art cardiovascular and resistance equipment. The gyms are aimed at a broad range of age and ability levels and we aim to keep our membership fees as low as is reasonably possible so that as many people as possible can benefit from our facilities.

Bangor St Community Gym has separate facilities for males and females.

Case Study from Shahida Hussain (Gym Member)



"So why do I want to write about fitness? I'm not a personal trainer, exercise is important to me -it's therapeutic. Exercise in my life has helped towards a healthier lifestyle, I'm looking better and I feel positive about myself as I get older. My fitness level has increased and my diet has improved, I do watch what I eat and I try to go to the gym 3-4 times a week and do a wide range of exercises and aerobic classes. As an Asian woman I do encourage the community to get involved in healthy living and join a gym, the benefits are endless. It's boosted my confidence, my energy levels are higher with a major increase in my strength meaning I do more things for myself. I also find myself searching for new ways to be active and the results follow through, I know I've found something that's made a positive difference in my life and I hope I can inspire others to do the same".

Please contact our team on 01254 292652 if you require information on how to join our Community Gyms.

Physical Activity Instructor Training Programme

Following on from our successful Physical Activity Instructor Training Programme in 2008/2009, we have now recruited 3 instructors who gained a Central YMCA Qualification Level 2 Certificate in Fitness Instructing (Exercise to Music) to deliver our exercise sessions and gym inductions.



Case Study from Samim Akuji (Physical Activity Instructor)

"At first I was very nervous as I had been out of studying for a while and I have a young family too. Whilst carrying out the course the support from Blackburn with Darwen Healthy Living, the colleagues on the course and of course, my family was great. It gave me the confidence to enjoy my course and successfully complete it.

Over a year on now and I'm employed by Blackburn with Darwen Healthy Living and teaching twice a week. I thoroughly enjoy teaching and making my sessions fun. I am confident in delivering my classes to different abilities and look forward to developing year by year".

Gym Instructor Training Programme

We secured funding to support 7 people through Focus Gym Instructor Training. The qualification is a recognised Level 2 Gym Instructor which will enable them to induct gym members in our community gyms. As a Gym Instructor they will be able to cater for a wide range of clients and provide a positive environment in the community gyms that are run by staff and volunteers.

Case Study from Anne Marie Carlin (attending Gym Instructor Training)

"I am really enjoying the training that has been provided by Blackburn with Darwen Healthy Living, I would have not been able to afford this course other wise and I will be able to help in the community gym at Highercroft, the course is quite intense but I am working through my pack and I hope to do my exams in August 2010".



Blackburn with Darwen Healthy Living Trustees' Report for the year ended 31st March 2010



Community Engagement

We facilitate community ownership and involvement in projects in order to design local solutions to meet local health needs.

In order to achieve this we aim to promote and develop creative partnerships to tackle health, social and economic inequalities.

Citizens' Juries best deliver the ethos of our Charity's vision; as they enable local people to identify the needs of their community and to take positive action to address those needs. Community ownership helps achieve sustainable projects that local residents want and the benefits help create stable, vibrant communities where people want to live.

Highercroft Citizens' Jury Food Co-operative first began in February 2009 and continued to grow and flourish throughout the spring and summer. The food co-op sells fresh fruit, salad and vegetables at around wholesale prices. The produce is locally sourced where possible and promotes seasonal fruit and vegetables. Registered families have become regular customers of the food co-op enjoying fresh reasonably priced produce. The food co-op is run by a team of dedicated volunteers and during 2009 opened all day Monday and Thursday morning. In summer 2009 work began with the volunteers to produce a Community Recipe Book, promoting 5 a day and produce sold at the food co-op. Recipes were tested in the community kitchen at Bangor Street Community Centre and the recipe book was finished and printed by December 2009.

Unfortunately the food co-op closed for several months while Highercroft Community Centre was completely refurbished. In March 2010 the food co-op was able to rent a "fit for purpose" room and plans were made to reopen the food co-op in April 2010 with a large launch day.

At the end of March 2010, 170 families had become members of the Highercroft Food Co-op.

Meadowhead Citizens' Jury

Following on from the success of Highercroft Citizens' Jury, we were successful in securing funding from the Big Lottery "Awards for All" funding to establish a Citizens' Jury in the Meadowhead ward of Blackburn to identify how Blackburn with Darwen Borough Council's Health and Wellbeing priorities for the South West area can be best implemented. Plans were made to set up and work with residents to look at what needs to be done, where it needs to be done and who needs to do it. Sessions were booked to work with residents in the community in early summer 2010.

Re-Shape

Work began in the Audley and Queens Park areas of Blackburn to engage and involve South Asian women in the setting up of a Community Action Team or Citizens' Jury that promotes physical activity and healthy lifestyles.

You're Welcome

Commissioned by NHS Blackburn with Darwen, "You're Welcome" is a Department of Health initiative aimed at making health services more young people friendly. Blackburn with Darwen Healthy Living is the first 3rd sector organisation in the North West commissioned to deliver all aspects of the scheme. We have worked very closely with the Department of Health, Government Office North West, National Brook and National Youth Agency to develop You're Welcome into a working model. We have worked with a group of young people from the Brookhouse Community Action Team to train and support them in verifying services. August 2009 saw the start of local services being supported and verified by Healthy Living in achieving the You're Welcome Standard.

Fun and interactive sexual health board games are now available for purchase as an educational resource: Please contact our team on 01254 292650 for a quotation (discounts are available on large orders).

Health Intervention

We work to assist health services with provision of community based health interventions.

In order to achieve this we aim to provide quality, evidence based treatments for the local community which are both equitable and accessible.

Smoking Cessation

Blackburn with Darwen Healthy Living has been commissioned by NHS Blackburn with Darwen Teaching Care Trust Plus to deliver a third sector Stop Smoking service in Blackburn, focusing on the "hard to reach" areas. We held weekly "drop in" sessions in nine venues across the Borough including setting up new town centre clinics including Blackburn Market, Boots Pharmacy and Blackburn Town Hall.



As well as running our Stop Smoking sessions, we have had excellent opportunities to get involved with local, health and community initiatives including; National No Smoking Day promotions at Montague and Larkhill Health Centres, Blackburn Town Hall, Shopping Mall and Bangor St Community Centre, Quit in Time for Ramadhan launched via Troy St Mosque and promotional stands in partnership with Blackburn with Darwen Borough Council's Re-Fresh health

Blackburn with Darwen Healthy Living

Trustees' Report for the year ended 31st March 2010



initiative at various venues including King Georges' Hall, Ewood Park and Jan's Conference Centre.

We also had the opportunity to take part in a televised Health event on the Sky "Ummah Channel", and interview at Radio Lancashire resulting in Blackburn College and St Thomas's school requesting us to provide Workshops for their pupils.

Other initiatives included promotions

with Smokefree North West, Lifeline at A&E Royal Blackburn Hospital and Daisyfield Fun Day with the North East Neighbourhood Team.

Our service offers advice, guidance and support to find the best way for people to stop smoking, as well as prescribing the aids to assist giving up. A practice nurse and advisors are on hand to support people every step of the way and this service is free of charge.

"I quit smoking last year and it's the best thing I've done. This is for my children, especially my daughter, she is ever so proud of me"

Faizel Adam (Successfully Quit Stop smoking Client)

Sundry Income amounted to £2,588 compared to £1,374 in 2008/9; income from bank interest reduced owing to a drop in interest rates; £286 compared to £937 in 2008/9.

Due to funding uncertainties, the organisation maintained a prudent approach to investment, investing in a "no risk" short term deposit account.

Expenditure increased by £200,083 compared to 2008/9 representing the increased activity levels.

Blackburn with Darwen Healthy Living continues to provide a varied range of community based services including delivering these services in innovative and often ground-breaking approaches.

In the Statement of Financial Activities, our services have been grouped together under the heading of Charitable Activities and then under sub headings to reflect our charitable objectives. A full list of incoming resources from Charitable Activities can be found in the notes to the accounts (notes 5 – 7). Note 8 shows corresponding resources expended. Resources expended on charitable activities represent 92% of the Charity's total resources expended.

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

Financial Review

2009/10 has been an extremely exciting and eventful year for the Charity including the launch of the new "Health Buzz"; unfortunately we have discontinued some of our activities such as School Drama and Walking Groups due to a lack of funding but we have also launched some new, innovative pilot projects such as "Woman to Woman" and Cancer Awareness Measure.

A key driver in the year has been the need to achieve financial sustainability in the short to medium term. The current and future climate for achieving this is extremely challenging and competitive and we are evaluating and implementing a number of strategies to help achieve success with current and future funding opportunities.

During the year, significant effort was focused on increasing income and reducing expenditure wherever possible. In addition, financial focus was placed on completing the refurbishment of the "Health Buzz", a converted double decker bus with both cardio vascular gym facilities and cookery demonstration facilities. This resulted in a surplus on unrestricted funds of £38,160 at 31st March 2010.

Income for the year amounted to £571,834 compared to £423,347 in 2008/9. Grant Income decreased by £40,358 but was offset by additional contract/service level agreement income of £164,932; however this additional income was for one year projects. Activities for generating funds (Community Gyms and Food Co-operatives) increased by £15,007. The organisation benefited from donated equipment from Star Trac UK Ltd shown in the accounts at a total value of £8,343. A corresponding entry is made under the appropriate expenditure heading.

Policy on Reserves

The organisation aims to maintain unrestricted reserves equivalent to three months unrestricted expenditure. The level of unrestricted, undesignated reserves held at 31st March 2010 was £19,960 which represents less than one month's unrestricted expenditure. The Trustees consider that this level of reserves is an acceptable level after this second year of operation to meet any obligations.

Blackburn with Darwen Healthy Living aims to generate funds to enable us to continue and develop services which benefit our community. Financial sustainability is key in achieving this, and the focus of the organisation will remain on grant and funding applications.

Plans for the future

Building on previous years successes, in 2010/11 the organisation will aim to further expand the range of services we offer in the community. These will include:

- marketing and developing the services of the Health Buzz mobile gym and food technology training suite.
- expanding on the highly successful Community Gym model.
- delivering a wider variety of health awareness campaigns using community development approaches.
- establishing Citizen Juries in other areas of Blackburn with Darwen Borough.





Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the the Companies Act 2006.

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

In so far as the Trustees are aware

- there is no relevant information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the

United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditors

The auditors, Waterworths, merged with Beever and Struthers with effect from 1st October 2009. The combined firm operates under the name of Beever and Struthers.

A resolution proposing that Beever and Struthers be appointed as auditors will be put forward at the Annual General Meeting .

The financial statements have been prepared in accordance the Statement of Recommended Practice "Accounting and Reporting by Charities" and in accordance with the

Companies Act 2006.

Approved by the Trustees on 28th October 2010 and signed on their behalf by:

Pauline A Walsh Chair, Board of Trustees



Blackburn with Darwen Healthy Living

Independent Auditors' report for the year ended
31st March 2010



Independent Auditors' report to the Members of Blackburn with Darwen Healthy Living

We have audited the financial statements of Blackburn with Darwen Healthy Living for the year ended 31st March 2010 on pages 15 to 23. The financial statements have been prepared under the accounting policies set out therein.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members 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 charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

The Trustees' (who are also the directors of the company for the purposes of company law) responsibilities for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and for being satisfied that the financial statements give a true and fair view are set out in the Statement of Trustees' Responsibilities.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and have been prepared in accordance with the Companies Act 2006. We also report to you whether, in our opinion, the information given in the Trustees' Annual Report is consistent with those financial statements.

In addition we report to you if, in our opinion, the charity has not kept adequate accounting records, if the charity's financial statements are not in agreement with the accounting records and returns, if we have not received all the information and explanations we require for our audit, or if certain disclosures of trustees' remuneration specified by law are not made.

We read the Trustees' Annual Report and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the financial statements, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion:

- the financial statements give a true and fair view of the state of the charity's affairs as at 31st March 2010 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- the financial statements have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- the financial statements have been prepared in accordance

with the Companies Act 2006; and

- the information given in the Trustees' Annual Report is consistent with the financial statements.

Leslie Bury (Senior Statutory Auditor)

for and on behalf of Beever and Struthers Chartered Accountants and Statutory Auditors

Central Buildings
Richmond Terrace
Blackburn, Lancashire
BB1 7AP

28th October 2010

Blackburn with Darwen Healthy Living

Statement of financial activities for the year ended 31st March 2010



Statement of financial activities (including income & Expenditure account) for the year ended 31st March 2010

	Note	Unrestricted Funds	Restricted Funds	2010 Total	2009 Total
		£	£	£	£
INCOMING RESOURCES					
<i>Incoming resources from generated funds</i>					
Donations & legacies	2	8,343	-	8,343	-
<i>Activities for generating funds</i>					
Fundraising & membership/classes	3	40,550	-	40,550	25,543
<i>Investment income</i>	4	286	-	286	937
<i>Incoming resources from charitable activities</i>					
Promotion of Health & Wellbeing	5	291,594	53,663	345,257	266,926
Community Engagement	6	29,955	1,804	31,759	33,218
Health Intervention	7	145,639	-	145,639	96,723
Total incoming resources		516,367	55,467	571,834	423,347
RESOURCES EXPENDED					
8					
<i>Costs of generating funds</i>					
Gym/other operating costs		34,088	-	34,088	20,475
<i>Charitable activities</i>					
Promotion of Health & Wellbeing		266,609	53,416	320,025	216,868
Community Engagement		38,977	1,804	40,781	21,021
Health Intervention		131,033	-	131,033	69,230
<i>Governance costs</i>		7,500	-	7,500	5,750
Total resources expended		478,207	55,220	533,427	333,344
Net movement in funds		38,160	247	38,407	90,003
<i>Reconciliation of funds</i>					
Total funds brought forward		59,905	30,098	90,003	-
Total funds carried forward	13, 14	98,065	30,345	128,410	90,003

There are no recognised gains or losses in 2010 or 2009 other than the net movements in funds for the year. All incoming resources and resources expended derive from continuing activities.

The notes on pages 17 to 23 form part of these accounts

Blackburn with Darwen Healthy Living

Balance sheet for the year ended 31st March 2010



Balance sheet as at 31st March 2010

	Note	2010 £	2009 £
Fixed Assets			
Tangible fixed assets	10	<u>97,917</u>	<u>66,622</u>
Current Assets			
Debtors	11	210,459	2,654
Cash at bank and in hand		<u>107,957</u>	<u>216,651</u>
		318,416	219,305
Creditors			
Amounts falling due within one year	12	<u>287,923</u>	<u>195,924</u>
Net Current Assets		<u>30,493</u>	<u>23,381</u>
Net Assets		<u><u>128,410</u></u>	<u><u>90,003</u></u>
Funds			
Unrestricted funds:			
Designated funds	13	78,105	39,924
General fund	13	19,960	19,981
Restricted funds	14	<u>30,345</u>	<u>30,098</u>
		<u><u>128,410</u></u>	<u><u>90,003</u></u>

Approved by the Trustees and authorised for issue on: 28th October 2010

Signed on behalf of the Trustees by:

Pauline A Walsh

Chair, Board of Trustees

Company Registration No. 06073648

The notes on pages 17 to 23 form part of these accounts

Blackburn with Darwen Healthy Living

Notes to the Financial Statements for the year ended 31st March 2010



Principal Accounting policies

Basis of accounting

The accounts have been prepared under the historical cost convention, and in compliance with applicable Accounting Standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" issued in March 2005 by the Charity Commission.

Gifts in kind and intangible income

Equipment is included in the financial statements at estimated market value of the item or service donated at the time of receipt. The value of services from volunteers has not been included in the financial statements.

Gym Membership

Gym fees are recognised in the financial statements for the year ended 31st March 2010. Fees paid up at the year end that relate to future periods are included in deferred income.

Grants & Service Level Agreements

Grants & SLA's, including grants for the purchase of fixed assets, are apportioned to the Statement of Financial Activities in the year to which they relate.

Donations and legacies, and other forms of voluntary income

Donations and legacies and other forms of voluntary income are recognised in full in the Statement of Financial Activities when notification of entitlement is received and the amount receivable can be measured with sufficient reliability.

Other income

All other income is recognised in the Statement of Financial Activities in the year to which it relates.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of any VAT which cannot be recovered and are recognised in the period in which they are incurred.

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes including the charity's gym.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Support costs are apportioned on an appropriate basis, e.g. percentage of income or usage.

Restricted funds

Restricted funds are to be used for specified purposes as laid down by the provider of the funds. Expenditure which meets these criteria is allocated to the fund, together with a fair allocation of support costs.

Unrestricted funds

Unrestricted funds are donations and other income received or generated for the objects of the Charity without further specified purpose and are available as general funds.

Notes to the financial statements

For the year ended 31st March 2010

1 Principal accounting policies (cont'd)

Designated funds

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Staff costs

Staff costs are allocated to activities on the basis of staff time spent on those activities.

Depreciation

Fixed assets are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £500 are not capitalised. Depreciation of fixed assets is charged by annual instalments commencing with the year of acquisition at rates estimated to write off their cost less any residual value over the expected useful lives, which are as follows:

Computer, Gym & Office equipment	20-33% Straight-line method
Fixtures & Fittings	20% Straight-line method
Motor Vehicles	20% Straight-line method

Cashflow statement

No cashflow statement is prepared for the current year as the Charity qualifies for the small entity exemption.

Leases

Rentals paid under operating leases are charged to expenditure as incurred.

Pensions

The company operates a defined contribution pension scheme. Contributions payable for the year are charged in the Statement of Financial Activities.

2	Donations & legacies	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Gifts in kind - use of equipment	8,343	-	8,343	-
3	Fundraising & membership/classes	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Community Gym fees	28,165	-	28,165	17,744
	Physical Activity Fees	1,762	-	1,762	6,086
	Food Co-operative	10,623	-	10,623	1,713
		40,550	-	40,550	25,543
4	Investment income	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Interest on short term deposits at UK banks and building societies	286	-	286	937

Blackburn with Darwen Healthy Living

Notes to the Financial Statements for the year ended 31st March 2010



Notes to the financial statements For the year ended 31st March 2010

5	Promotion of Health & Wellbeing	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Grants:				
	Big Lottery Fund	-	51,427	51,427	55,363
	Twin Valley Homes	5,000	-	5,000	10,000
	NHS Blackburn with Darwen Teaching				
	Care Trust Plus	938	-	938	15,000
	Lancashire County Council	-	2,236	2,236	-
	The Stroke Association	1,500	-	1,500	-
	Great Places Housing Association	1,500	-	1,500	-
	Blackburn with Darwen Borough Council	9,007	-	9,007	1,000
	Service Level Agreements:				
	NHS Blackburn with Darwen Teaching				
	Care Trust Plus	171,353	-	171,353	185,000
	Blackburn with Darwen Borough Council	60,000	-	60,000	-
	Lancashire & South Cumbria Cancer Network	40,000	-	40,000	-
	Sundry income	2,296	-	2,296	563
		291,594	53,663	345,257	266,926
		291,594	53,663	345,257	266,926
6	Community Engagement	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Grants:				
	Department of Health	-	-	-	2,839
	Government Office North West	-	-	-	7,068
	Lancashire & South Cumbria Cancer Network	-	-	-	20,000
	Twin Valley Homes	-	-	-	2,500
	Blackburn with Darwen Borough Council	-	1,804	1,804	-
	Service Level Agreements:				
	NHS Blackburn with Darwen Teaching				
	Care Trust Plus	29,663	-	29,663	-
	Sundry income	292	-	292	811
		29,955	1,804	31,759	33,218
		29,955	1,804	31,759	33,218
7	Health Intervention	Unrestricted Funds £	Restricted Funds £	2010 Total £	2009 Total £
	Service Level Agreements:				
	NHS Blackburn with Darwen Teaching				
	Care Trust Plus	127,807	-	127,807	96,723
	Lancashire & South Cumbria Cancer Network	17,832	-	17,832	-
		145,639	-	145,639	96,723
		145,639	-	145,639	96,723

Blackburn with Darwen Healthy Living

Notes to the Financial Statements for the year ended 31st March 2010



Notes to the financial statements For the year ended 31st March 2010

8 Resources Expended

	Gym/Class Operating Costs	Promotion of Health & Wellbeing	Community Engagement	Health Intervention	Governance	2010 Total	2009 Total
	£	£	£	£	£	£	£
Direct Costs							
Staff costs	2,121	84,912	24,832	100,636	-	212,501	85,823
Awards & Grants	-	200	-	-	-	200	3,000
Contracted Services	-	148,827	-	-	-	148,827	151,568
Volunteer expenses	-	381	-	-	-	381	-
Office expenses	958	2,203	22	1,461	-	4,644	1,045
Printing & Reproduction	477	7,836	10,309	1,351	-	19,973	7,945
Depreciation & disposals	1,450	6,538	-	-	-	7,988	1,457
Dues & Subscriptions	-	308	-	-	-	308	189
Equipment & Furniture	1,339	6,885	1,000	803	-	10,027	4,952
Gift in kind - use of equipment	-	8,343	-	-	-	8,343	-
Equipment Lease/Hire	9,123	1,318	-	180	-	10,621	9,386
Food	8,344	1,765	70	-	-	10,179	2,907
Insurances	88	1,463	-	-	-	1,551	-
Marketing	-	414	-	496	-	910	360
Meals & Entertainment	12	706	-	240	-	958	1,083
Recruitment	-	1,303	-	3,435	-	4,738	-
Repairs & Maintenance	3,506	-	-	-	-	3,506	-
Travel & meetings	3	845	23	415	-	1,286	941
Training	339	1,570	-	-	-	1,909	1,995
Sundry expenses	202	151	-	12	-	365	413
Bank charges							
	<u>27,962</u>	<u>275,968</u>	<u>36,256</u>	<u>109,029</u>	<u>-</u>	<u>449,215</u>	<u>273,064</u>
Support Costs							
Staff costs	2,637	18,961	1,948	9,470	-	33,016	26,885
Contracted Services	158	1,133	116	566	-	1,973	1,370
Volunteer expenses	4	30	3	15	-	52	41
Office expenses	1,128	8,109	833	4,050	-	14,120	13,534
Printing & Reproduction	403	2,898	298	1,446	-	5,045	261
Depreciation & disposals	590	4,245	436	2,121	-	7,392	3,939
Vehicle expenses	-	-	-	-	-	-	5
Dues & Subscriptions	3	23	2	11	-	39	-
Equipment & Furniture	117	839	86	419	-	1,461	718
Equipment Lease/Hire	77	552	57	276	-	962	926
Food	43	312	32	156	-	543	40
Insurances	344	2,477	254	1,237	-	4,312	316
Legal & Professional Expenses	70	503	52	251	7,500	8,376	5,765
Meals & Entertainment	38	276	28	138	-	480	599
Rent & Rates	439	3,159	324	1,578	-	5,500	5,500
Travel & meetings	5	34	4	17	-	60	153
Training	32	230	24	115	-	401	-
Sundry expenses	-	-	-	-	-	-	20
Bank charges	38	276	28	138	-	480	208
	<u>6,126</u>	<u>44,057</u>	<u>4,525</u>	<u>22,004</u>	<u>7,500</u>	<u>84,212</u>	<u>60,280</u>
Total Costs for Charity	<u>34,088</u>	<u>320,025</u>	<u>40,781</u>	<u>131,033</u>	<u>7,500</u>	<u>533,427</u>	<u>333,344</u>

Basis for allocation

% income	26,637
% income	1,133
% income	30
% income	8,109
% income	2,898
% income	4,245
% income	-
% income	23
% income	839
% income	552
% income	312
% income	2,477
% income	503
% income	276
% income	3,159
% income	34
% income	230
% income	-
% income	276

Some of the organisation's services operate from the main offices at Bangor St Community Centre, which is also the base for support staff. The costs relating to these offices are allocated as direct costs where they can be identified to a specific service area. Shared costs e.g. telephone, hear & light; insurance are presented as Support Costs.

Blackburn with Darwen Healthy Living

Notes to the Financial Statements for the year ended 31st March 2010



Notes to the financial statements For the year ended 31st March 2010

9	Net Incoming Resources for the year	2010	2009
		£	£
	This is stated after charging:		
	Depreciation	15,380	5,396
	Operating lease charges	9,639	8,711
	Independent Examiners fees	-	5,750
	Audit fees	7,500	-

10 Tangible fixed assets

	Office & Computer Equipment	Gym Equipment	Motor Vehicles	Total
	£	£	£	£
Cost				
Balance at 1st April 2009	25,903	32,315	13,800	72,018
Additions	-	2,821	43,854	46,675
Balance at 31st March 2010	<u>25,903</u>	<u>35,136</u>	<u>57,654</u>	<u>118,693</u>
Depreciation				
Balance at 1st April 2009	3,939	1,457	-	5,396
Charge for the year	7,392	7,027	961	15,380
Balance at 31st March 2010	<u>11,331</u>	<u>8,484</u>	<u>961</u>	<u>20,776</u>
Net book value				
31st March 2010	<u>14,572</u>	<u>26,652</u>	<u>56,693</u>	<u>97,917</u>
31st March 2009	<u>21,964</u>	<u>30,858</u>	<u>13,800</u>	<u>66,622</u>

11	Debtors	2010	2009
		£	£
	Trade debtors	204,357	1,374
	Prepayments and accrued income	6,102	1,280
		<u>210,459</u>	<u>2,654</u>

12	Creditors: Amounts falling due within one year	2010	2009
		£	£
	Trade creditors	105,184	152,679
	Other creditors	6,527	15,131
	Accruals	26,767	15,015
	Deferred income	149,445	13,099
		<u>287,923</u>	<u>195,924</u>

Deferred income set out above comprises annual Community Gym fees to be spread over a 12 month period, together with Grants and Service Level Agreement income received in advance for expenditure to take place in the following accounting period.

	£
Balance at 1 April 2009	13,099
Amount released to incoming resources	(13,099)
Amount deferred in year	149,445
Balance at 31 March 2010	<u>149,445</u>

Notes to the financial statements

For the year ended 31st March 2010

13 Unrestricted funds

	1st April 2009 £	Incoming Resources £	Resources expended £	Transfers £	31st March 2010 £
Designated Funds: Fixed Assets	39,924	-	(9,803)	46,675	76,796
Designated Funds: HC Food Co-op	-	9,297	(8,170)	182	1,309
Sub Total	39,924	9,297	(17,973)	46,857	78,105
General Funds	19,981	507,070	(460,234)	(46,857)	19,960
Total Unrestricted Funds	59,905	516,367	(478,207)	-	98,065

The Fixed Asset designated fund was established to represent the Charity's resources which are tied up in fixed assets at the year end. In accordance with accounting legislation for Charities, the fixed assets of a Charity cannot usually be realised easily and therefore should not be represented by general funds.

14 Restricted funds

	1st April 2009 £	Incoming Resources £	Resources expended £	Transfers £	31st March 2010 £
Big Lottery Wellbeing	30,098	51,427	(51,180)	-	30,345
Future Jobs	-	2,236	(2,236)	-	-
Highercroft Food Co-op	-	1,804	(1,804)	-	-
Total Restricted Funds	30,098	55,467	(55,220)	-	30,345

Lottery Wellbeing

Development of a range of healthy eating programmes & increasing the availability and access to physical activity provision to adults and children living in the most deprived areas of Blackburn with Darwen.

Future Jobs Fund

Funding to support the creation of jobs and the employment of long-term unemployed young people on Jobseeker's Allowance (and long term claimants of out-of-work-benefits in Areas of High Unemployment).

Highercroft Food Co-op

Funding to purchase jute bags and production of recipe books.

15 Information regarding employees and trustees

	2010 £	2009 £
Staff costs comprise:		
- Wages and salaries	205,787	94,106
- Social security costs	19,603	9,337
- Stakeholder pension contributions	20,127	9,265
	<u>245,517</u>	<u>112,708</u>

No employees earned over £60,000.

There was no remuneration or expenses paid to any of the Trustees during this year.

The Charity purchased insurance to protect the Charity from loss arising from neglect or default of its Trustees and to indemnify the Trustees against the consequence of neglect or default on their part.

Blackburn with Darwen Healthy Living

Notes to the Financial Statements for the year ended 31st March 2010



Notes to the financial statements For the year ended 31st March 2010

15 Information regarding employees and trustees (cont'd)

The average number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	2010	2009
Promotion of Health & Wellbeing	2	2
Community Engagement	1	1
Health Intervention	4	1
Administration and support	1	1
	8	5

16 Pension Costs

The charity operates a stakeholder defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents the contributions payable by the charity to the fund. The charge for the year is £20,127 (2009: £9,265). At the year end £2,604 (2009: £9,265) of contributions were included in creditors.

17 Analysis of assets and liabilities between funds

	General Funds £	Designated Funds £	Restricted Funds £	Total £
Tangible fixed assets	-	76,796	21,121	97,917
Current assets:				
- Debtors	209,480	-	979	210,459
- Cash at bank and in hand	98,215	1,309	8,433	107,957
Creditors	(287,735)	-	(188)	(287,923)
Net assets at 31st March 2010	19,960	78,105	30,345	128,410

18 Financial commitments and operating leases

At 31st March 2010 there were annual commitments under non-cancellable operating leases as set out below

	Land & Buildings		Other Assets	
	2010 £	2009 £	2010 £	2009 £
Operating leases which expire:				
Within one year	-	-	-	-
Within two to five years	-	-	9,606	9,505
	-	-	9,606	9,505

The charity occupies premises within Bangor St Community Centre, which is owned by Blackburn with Darwen Borough Council. The rent paid in the year by the Charity to Blackburn with Darwen Borough Council for the use of the premises was £5,500 (2009: £5,500).



Blackburn with Darwen Healthy Living is always in need of funds; your support and donations will help us to continue and further develop our work promoting and facilitating community involvement to help tackle health, social and economic inequalities in our communities.



Blackburn with Darwen Healthy Living
Bangor Street Community Centre
Norwich Street, Blackburn
Lancashire BB1 6NZ

Telephone: 01254 292650
Facsimile: 01254 292651
Email: info@bwdhealthyliving.co.uk
Website: www.bwdhealthyliving.co.uk

Registered Charity No: 1122978
Company Registration No: 06073648