

Report of the Trustees and

Financial Statements for the Year Ended 31 December 2019

for

The Health and Wellness Hub



Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

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for the Year Ended 31 December 2019**

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The Health and Wellness Hub

Reference and Administrative Details for the Year Ended 31 December 2019

TRUSTEES	L Samuel Chairperson M Docherty Treasurer C Smith A Donald (appointed 16.5.19) H Simmons (resigned 28.11.19) J Jeffrey (resigned 16.5.19) A Murray (resigned 16.5.19) C Tobin (resigned 16.5.19) L Kane (appointed 16.5.19) (resigned 27.8.19) T Tague (appointed 16.5.19) (resigned 27.8.19)
PRINCIPAL ADDRESS	Unit 3, 58-60 Albert Street Motherwell Lanarkshire ML1 1PR
REGISTERED CHARITY NUMBER	SC047372
INDEPENDENT EXAMINER	Brett Nicholls Associates 63 Ruthven Lane Glasgow G12 9BG
BANKERS	TSB 120 George Street Edinburgh EH2 4LH

The Health and Wellness Hub

Report of the Trustees for the Year Ended 31 December 2019

The trustees present their report with the financial statements of the charity for the year ended 31 December 2019. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Why we Exist

The charity was established in 2012 to benefit residents in North Lanarkshire and was set up based on a belief that everyone is of equal importance and that individuals living in North Lanarkshire who feel marginalised in some way, deserve the right to a fair and equal chance to reach their full human potential.

So to address this, we provide intensive support and services, by providing:-

- Weekly health and wellbeing activities in a number of community based centres that are based in areas of North Lanarkshire where multiple deprivation exists.
- Run an intensive Volunteer Development and support programme aimed at individuals who have a number of support needs and are marginalised and disadvantaged in some way (e.g. learning, physical disability, long term health condition, mental health issue etc).

The work we do whilst improving peoples physical and emotional health and improving their life chances, also creates opportunities for individuals to connect and share with each other so that we can create healthy, strong, resilient and empowered communities in which everyone is of equal importance.

Background

The Health and Wellness Hub prides itself on its innovation of engaging service users effectively through providing weekly community-based services within areas of North Lanarkshire that are in the top 10-15% data zones for multiple deprivation (SIMD 2020) Currently operating in 6 areas of North Lanarkshire that are within the top 10-15% data zones for multiple deprivation, we have operated in 15 other areas of North Lanarkshire over the last 8 years.

Our aim is to improve the emotional and physical health and wellbeing of local people who are marginalised and disadvantaged by reason of age, ill-health, disability, financial hardship or other disadvantage in North Lanarkshire and by delivering a non-clinical approach to health and wellbeing, we provide a service which is grassroots led and each community based service is led by local people who are part of the organisations award winning volunteer programme.

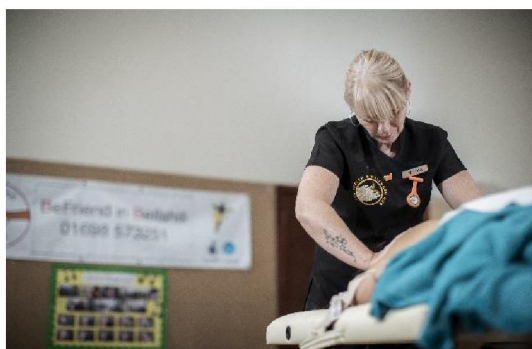
An accredited Living Wage Provider, we have 15 staff, 80% of whom were on the volunteer programme. In the last year, we have supported approx. 40 volunteers. We operate 6 days per week

Our Vision Statement

To create a relaxing, welcoming, non-clinical and therapeutic space that works for everyone.

In this safe space, we guide and support people through a holistic process that is healing for body, mind and soul.

We support people to experience a sense of belonging, which helps them to connect and re-connect with their best self"



**Report of the Trustees
for the Year Ended 31 December 2019**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

This year has been a challenging but rewarding year for the charity. I would like to share some of the Key Challenges, Successes and Highlights.

North Lanarkshire Council Scottish Attainment Challenge and Pupil Equity Fund - In November 2018, The Health and Wellness Hub were successful in being awarded and added to the framework to provide pupil workshops for a period of 4 years, however during 2019, being on this framework hasn't had the impact we thought it would have, as schools have not been engaging with us. We were able to access funding through Motherwell Locality Activity Programme where we provided 3 free sessions to 5 North Lanarkshire schools with the feedback being really positive. This means we now have evidence that we can promote widely to all schools, so the hope is that schools will engage with us now over the coming months.

Opening of our Community Café -The Community Café has been a challenge due to it being under resourced (staff and volunteer time and funding) so the decision was made to operate only 1 day a week. There is still a bit of work to be done in promoting the café to increase usage however we do feel we have the right staff and volunteers leading on it now.

Our Founder, Ayeshah Khan made the top 100 Wise list (Women in social Enterprise) in the category for "Social business leader of the year" at the UK NatWest annual awards ceremony held in London in November 2019.

NLC Health and Social Care Partnership -Community Solutions Programmes - the North Lanarkshire wide test of change project working with High Resource Users with the aim of a reducing presentations to Health & Social Care services which started in July 2019 has been partly a success. The project finishes April 2020 and it is uncertain if we will receive investment to develop the project further. North Lanarkshire Shopmobility service in July 2019, we took over the North Lanarkshire Shopmobility service from Town Centre Activities (An ALEO of North Lanarkshire Council) Initially this service had some operational challenges but has now proven how vital a service it is to its users, so 2020 will be spent developing a service which is sustainable beyond the end of the grant funding which runs out in March 2021.

Charitable activities

In the last year, the organisation has grown from employing 10 to 15 employees. 80% of these employees were participants on our award winning "Transforming Lives" volunteer programme. We are proud of our volunteer programme and also that we can identify ourselves as a Supported Business, who employ people who are furthest removed from the labour market.

In the last year, we now have trained staff who can design and deliver accredited holistic therapies and other training courses and we are working towards becoming an SQA centre.

We continue to have great Partnerships - these include the 4 local consortia; Coatbridge, Motherwell, Bellshill and Airdrie (delivery of a variety of different projects funded by the consortia includes a mental health schools project, weekly holistic therapies etc) and have excellent working relationships with the consortia hosts. The Bellshill consortia based in Orbiston Neighbourhood Centre, is where one of our "hubs" run weekly from and service users access the Centre's other services too, thus highlighting how partnership working is working and will continue to work effectively. We anticipate extending our partnership to include the other 2 consortia in order to ensure co-production and to complement our existing work.

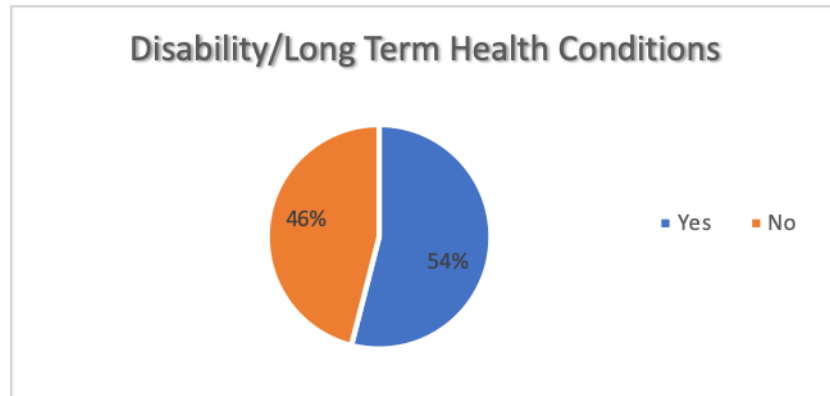
In January 2020, we took a key lead role in setting up a North Lanarkshire Social Enterprise Network. This network will ensure social enterprises can support one another in making an impact socially and economically in North Lanarkshire. This has been supported by SENSCOT, NLC SE framework members and VANL. A steering group consisting of NLC reps and third sector reps are finalising the terms of reference of the network, with a view that our first network meeting will take place late spring 2020.

ACHIEVEMENT AND PERFORMANCE

Our Services

In the last year there have been 5914 attendances across our Community Health Hubs and our Social Enterprise work (breakdown below)

From the 5,914 attendances, 54% of participants stated that they have a disability and/or long-term health condition.



Some Service User feedback:

Tai Chi has let me move more easier, it helps keep me agile and my joints always feel good after it. I look forward to my weekly Tai Chi classes as they help me.

"Shopmobility helps me to get out and about and to get away from my four walls. It helps me to take my mind off things and gets me out of my own head. It breaks the monotony of my day and stops me from getting too depressed, as I can get so down and fed up in the house. Shopmobility Staff are always there to talk to and give advice. I can get a scooter and go out and talk to people & shop which helps me share and care with other people who know how I feel. Shopmobility keeps me alive"

"I started getting weekly back massages for my pain and my anxiety and have felt such a difference. I was getting back pain nearly every day and taking pain killers regularly but now I hardly get any pain and I am not taking any pain killers now and my anxiety is a lot better too. I feel so relaxed after my massage. Claire makes me feel so comfortable and relaxed"

**Report of the Trustees
for the Year Ended 31 December 2019**

ACHIEVEMENT AND PERFORMANCE

Closing Comments

As highlighted, the last year has been a challenging but rewarding year for the charity and during the period of growth, we have found as a charity there have been lots of lessons learned.

The start of 2020 has been a period of reflection, which has given us the space and time needed to consider what direction the charity heads in for the next 3- 5 years. The business plan continues to be developed to bring that vision to reality.

We pride ourselves on being able to continue to provide a service to those who need it whilst still facing the ongoing financial challenges. We don't see those financial challenges improving much during 2020 however what we do see and recognise is the power of people who come together for a common purpose and together we know our voices will be heard by those who need to hear the impact our services are making to people's lives.

It is not all doom and gloom as we continue to build up our partnerships, our reputation as a key health and wellbeing service provider continues to grow and we are continuing to provide an invaluable service to local people who need it most.

The development of our new services throughout 2020, will help us reach more local people and address effectively some of the issues that are prevalent in North Lanarkshire.

I want to close by saying a thank you to all staff, volunteers, Trustees, service users and partners and supporters of The Health and Wellness Hub. Without these people, the charity would not exist, and we would be unable to continue making a much needed impact on helping people build a better future for themselves.

So, thank you to all of those who continue to support our work.

FINANCIAL REVIEW

Financial position

The charity generated a net surplus of £26,263 for the year ended 31 December 2019 (2018: deficit of - £52,782).

At balance date reserves stood at £48,991 (2018: £22,728) with £16,097 of these being unrestricted, free reserves (2018: £12,802). This includes £12,401 profit generated by the Shopmobility service in the year.

Reserves policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level equivalent to three month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the organisations current activities while consideration is given to ways in which additional funds may be raised.

Based on the accounts for the year ended 31 December 2019, ordinary expenditure for 3 months amounts to At £55,204 balance date, the charity held unrestricted reserves of £16,096. The trustees are aware that this policy is not being met, and they intend to build unrestricted reserves in future through income generation from the Hub.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 4th May 2017. The charity was previously an unincorporated charity but changed its legal form to a SCIO. The assets of the unincorporated charity were transferred to the SCIO on incorporation.

Key management remuneration

In the opinion of the trustees there is one member of key management, the Manager. The total employer costs for this post in 2019 were £30,426.

The Health and Wellness Hub

**Report of the Trustees
for the Year Ended 31 December 2019**

Approved by order of the board of trustees on 4 March 2020 and signed on its behalf by:



.....
L Samuel - Trustee

**Independent Examiner's Report to the Trustees of
The Health and Wellness Hub**

I report on the accounts for the year ended 31 December 2019 set out on pages eight to sixteen.

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

Basis of the independent examiner's report

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

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Nicholls ACCA
Association of Chartered Certified Accountants
Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

Date: 4 March 2020

The Health and Wellness Hub

Statement of Financial Activities
for the Year Ended 31 December 2019

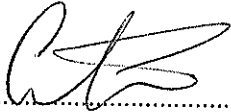
	Notes	Unrestricted funds £	Restricted funds £	2019 Total funds £	2018 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	18,265	152,834	171,099	85,545
Charitable activities					
Provision of Support Services	4	2,000	-	2,000	-
Other trading activities	3	<u>73,980</u>	<u>-</u>	<u>73,980</u>	<u>25,085</u>
Total		94,245	152,834	247,079	110,630
EXPENDITURE ON					
Raising funds	5	36,800	1,000	37,800	-
Charitable activities					
Provision of Support Services	6	54,150	128,866	183,016	163,412
Total		<u>90,950</u>	<u>129,866</u>	<u>220,816</u>	<u>163,412</u>
NET INCOME/(EXPENDITURE)		3,295	22,968	26,263	(52,782)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>12,802</u>	<u>9,926</u>	<u>22,728</u>	<u>75,510</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>16,097</u></u>	<u><u>32,894</u></u>	<u><u>48,991</u></u>	<u><u>22,728</u></u>

The Health and Wellness Hub

Balance Sheet
31 December 2019

	Notes	2019 £	2018 £
CURRENT ASSETS			
Cash at bank and in hand		49,831	23,568
CREDITORS			
Amounts falling due within one year	11	(840)	(840)
NET CURRENT ASSETS		<u>48,991</u>	<u>22,728</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		48,991	22,728
NET ASSETS		<u>48,991</u>	<u>22,728</u>
FUNDS	13		
Unrestricted funds		16,097	12,802
Restricted funds		<u>32,894</u>	<u>9,926</u>
TOTAL FUNDS		<u>48,991</u>	<u>22,728</u>

The financial statements were approved by the Board of Trustees on 4 March 2020 and were signed on its behalf by:


.....
C Smith - Trustee

Notes to the Financial Statements
for the Year Ended 31 December 2019

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2019	2018
	£	£
Donations	265	598
Grants	<u>170,834</u>	<u>84,947</u>
	<u>171,099</u>	<u>85,545</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2019 £	2018 £
Big Lottery	74,201	40,635
Impact Funders	11,100	-
Community Solutions (managed by VANL)	6,020	14,495
Robertson Trust	6,500	6,500
North Lanarkshire Council	2,335	6,235
Scottish Council for Voluntary Organisations	26,678	14,452
Culture NL	-	2,630
Garfield Weston	10,000	-
HRU (managed by VANL)	32,000	-
Wesleyan Foundation	2,000	-
	<u>170,834</u>	<u>84,947</u>

3. OTHER TRADING ACTIVITIES

	2019 £	2018 £
Fundraising events	-	462
Wellness Centre Income	-	6,925
Hub Earned Income	18,150	17,698
Contracts	50,000	-
New Registrations	708	-
Renewals	1,008	-
Portable Hires	1,314	-
Rental Income	2,800	-
	<u>73,980</u>	<u>25,085</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2019 £	2018 £
Newmains Community Trust		
Provision of Support Services	1,000	-
School for Social		
Provision of Support Services	1,000	-
	<u>2,000</u>	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

5. RAISING FUNDS

Other trading activities

	2019	2018
	£	£
Cafe Expenses	1,610	-
Cafe Equipment	622	-
Staff costs	31,730	-
Rent	<u>3,838</u>	<u>-</u>
	<u>37,800</u>	<u>-</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £
Provision of Support Services	<u>183,016</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2019	2018
	£	£
Staff costs	115,728	86,069
Accountancy	840	840
Bank Charges	8	-
Insurance	1,366	1,317
Payroll Fees	828	1,015
Equipment	-	673
Hall Lets	1,894	1,242
Heat & Light	8,072	2,819
Professional Fees	330	360
Rent	27,720	30,930
Repairs & Maintenance	631	4,130
Staff Training	879	1,134
Office Costs	2,719	1,934
Time for Us	-	4,861
Telephone	1,960	3,719
Training Events	-	3,281
Travel Costs	510	149
Tutor & Activity Costs	6,105	7,383
Volunteer/Staff Expenses	3,113	4,164
Wellness Centre Expenses	99	7,392
Printing	2,262	-
Gifts	1,304	-
Shop Mobility Set up costs	5,076	-
Software	<u>1,572</u>	<u>-</u>
	<u>183,016</u>	<u>163,412</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2019 nor for the year ended 31 December 2018.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2019 nor for the year ended 31 December 2018.

9. STAFF COSTS

	2019 £	2018 £
Wages and salaries	137,008	80,346
Social security costs	6,956	3,689
Other pension costs	<u>3,494</u>	<u>2,034</u>
	<u>147,458</u>	<u>86,069</u>

The average monthly number of employees during the year was as follows:

	2019	2018
Administration	<u>14</u>	<u>9</u>

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	5,717	79,828	85,545
Other trading activities	<u>25,085</u>	<u>-</u>	<u>25,085</u>
Total	30,802	79,828	110,630
EXPENDITURE ON			
Charitable activities			
Provision of Support Services	43,388	120,024	163,412
	<u> </u>	<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)	(12,586)	(40,196)	(52,782)
Transfers between funds	<u>3,787</u>	<u>(3,787)</u>	<u>-</u>
Net movement in funds	(8,799)	(43,983)	(52,782)
RECONCILIATION OF FUNDS			
Total funds brought forward	21,601	53,909	75,510
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>12,802</u>	<u>9,926</u>	<u>22,728</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Other creditors	<u>840</u>	<u>840</u>

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Current assets	16,937	32,894	49,831	23,568
Current liabilities	<u>(840)</u>	<u>-</u>	<u>(840)</u>	<u>(840)</u>
	<u>16,097</u>	<u>32,894</u>	<u>48,991</u>	<u>22,728</u>

13. MOVEMENT IN FUNDS

	At 1/1/19 £	Net movement in funds £	At 31/12/19 £
Unrestricted funds			
General fund	12,802	(9,106)	3,696
Shop Mobility	<u>-</u>	<u>12,401</u>	<u>12,401</u>
	12,802	3,295	16,097
Restricted funds			
Robertson Trust	-	2,132	2,132
Impact Funders	2,452	-	2,452
Community Solutions (managed by VANL)	1,534	(1,400)	134
Big Lottery	5,940	(1,405)	4,535
Motherwell Consortium	-	1,520	1,520
CB Consortium	-	4,500	4,500
HRU (managed by VANL)	-	16,875	16,875
Wesleyan Foundation	<u>-</u>	<u>746</u>	<u>746</u>
	<u>9,926</u>	<u>22,968</u>	<u>32,894</u>
TOTAL FUNDS	<u>22,728</u>	<u>26,263</u>	<u>48,991</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	40,710	(49,816)	(9,106)
Shop Mobility	<u>53,535</u>	<u>(41,134)</u>	<u>12,401</u>
	94,245	(90,950)	3,295
Restricted funds			
Robertson Trust	6,500	(4,368)	2,132
North Lanarkshire Council	2,335	(2,335)	-
Impact Funders	9,900	(9,900)	-
Community Solutions (managed by VANL)	-	(1,400)	(1,400)
Scottish Council for Voluntary Organisations	26,678	(26,678)	-
Big Lottery	74,201	(75,606)	(1,405)
Motherwell Consortium	2,720	(1,200)	1,520
CB Consortium	4,500	-	4,500
HRU (managed by VANL)	24,000	(7,125)	16,875
Wesleyan Foundation	<u>2,000</u>	<u>(1,254)</u>	<u>746</u>
	<u>152,834</u>	<u>(129,866)</u>	<u>22,968</u>
TOTAL FUNDS	<u>247,079</u>	<u>(220,816)</u>	<u>26,263</u>

Comparatives for movement in funds

	At 1/1/18 £	Net movement in funds £	Transfers between funds £	At 31/12/18 £
Unrestricted funds				
General fund	21,601	(12,586)	3,787	12,802
Restricted funds				
Bellshill TimeOut	133	(129)	(4)	-
Motherwell TimeOut	960	(40)	(920)	-
Foundation Scotland	240	(175)	(65)	-
Awards for All	2,970	(2,970)	-	-
Impact Funders	-	2,452	-	2,452
Community Solutions (managed by VANL)	-	1,534	-	1,534
Big Lottery	<u>49,606</u>	<u>(40,868)</u>	<u>(2,798)</u>	<u>5,940</u>
	<u>53,909</u>	<u>(40,196)</u>	<u>(3,787)</u>	<u>9,926</u>
TOTAL FUNDS	<u>75,510</u>	<u>(52,782)</u>	<u>-</u>	<u>22,728</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	30,802	(43,388)	(12,586)
Restricted funds			
Bellshill TimeOut	-	(129)	(129)
Motherwell TimeOut	-	(40)	(40)
Foundation Scotland	-	(175)	(175)
Awards for All	-	(2,970)	(2,970)
Robertson Trust	6,500	(6,500)	-
North Lanarkshire Council	3,746	(3,746)	-
Impact Funders	7,500	(5,048)	2,452
Community Solutions(managed by VANL)	6,995	(5,461)	1,534
Scottish Council for Voluntary Organisations	14,452	(14,452)	-
Big Lottery	<u>40,635</u>	<u>(81,503)</u>	<u>(40,868)</u>
	<u>79,828</u>	<u>(120,024)</u>	<u>(40,196)</u>
TOTAL FUNDS	<u>110,630</u>	<u>(163,412)</u>	<u>(52,782)</u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2019.

15. PURPOSE OF FUNDS

General Fund - The unrestricted, general reserves of the charity.

Big Lottery - Funding towards various salary costs and a portion of the Hub lease.

TimeOut - Funding for carer and cared for social prescription Project.

Foundation Scotland - Funding towards activities and volunteer expenses.

Awards for All - Funding for the Project Coordinator post.

Robertson Trust - Funding volunteer training & expenses and direct delivery costs.

North Lanarkshire Council - Funding for direct activity costs.

Impact Funders - Funding for Volunteer Coordinator costs

Motherwell Consortium - Funding towards specific activities e.g. Thai Chi, facilitator training & the Café and for the mental health for young people project

Scottish Council for Voluntary Organisations - Funding for various posts.

HRU (managed by Voluntary Action North Lanarkshire) - Funding for the High Resource User project

Coatbridge Consortium - Funding for the Shopmobility weekly therapies programme.