

THE BRAVEHEART ASSOCIATION (SCIO)

**TRUSTEE'S ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016**

Charity no: SC034617

Table of Contents

TRUSTEES' ANNUAL REPORT 2

INDEPENDENT EXAMINER'S REPORT 10

STATEMENT OF RECEIPTS AND PAYMENTS 11

STATEMENT OF BALANCES 12

NOTES TO THE ACCOUNTS 13

**TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2016**

The Trustees submit their report together with the financial statements for the period ended 31 March 2016.

Reference and Administrative Information

Charity name:	The Braveheart Association (SCIO)
Charity number:	SC034617
Operational address:	Falkirk Community Hospital Majors Loan Falkirk FK1 5QE
Trustees	Gordon Thomson - Chairman David Bremner – Treasurer Fiona Wray – resigned June 2015 Clare Tucker – secretary John Halloran - appointed February 2016 Vicky Junik – appointed February 2016 Lorna MacIntyre – appointed February 2016
Independent Examiner	Elisha Kimani 35 Garry Place Grangemouth FK3 0HU
Solicitors	Katherine Irvine Assistant Solicitor Harper MacLeod LLP The Ca'd'oro 45 Gordon Street Glasgow G1 3PE
Bankers	The Royal Bank of Scotland Falkirk Newmarket Street Branch 2 Newmarket Centre Falkirk FK1 1JX

Structure, Governance and Management

Governing document

The charity is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution and controlled by its Trustees.

Our trustees

The constitution states a maximum number of 14 trustees.

Trustees receive induction and information on the activities, policies and procedures of the Braveheart Association.

Risk management

A comprehensive risk assessment has been carried out and examined the major risks that the charity faces and a risk management strategy has been developed comprising:

- an annual review of the risks
- the establishment of systems and procedures to mitigate those risks identified in the plan, and
- the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

Braveheart Vision

Our vision is to see the burden of long terms conditions reduced, to the individuals who might develop them, to those who are already living with them, and to wider society as a whole.

The Objects of the Association are:

To provide a framework of active support and encouragement for adults with a long term health condition and those at risk of developing chronic health conditions, and to promote their current and future wellbeing.

Our main objectives and activities continue to focus upon providing support for adults living with or are at risk of developing a long term condition. This is in two main areas:

- Self-management programmes, where people come together to learn and support one another
- Encouraging people to regular exercise by offering a variety of supported walking groups and activities across Forth Valley.

Braveheart promotes healthy lifestyles with a focus on preventing the development of long term conditions and has developed a number of different self-management programmes and an extensive network of weekly and monthly walks. We can also offer longer term support through our Braveheart Plus groups. All those programmes also address a significant and emerging health need relating to social isolation. Poor health can contribute to a decreasing interaction between individuals and the society in which they live.

All our services are friendly, welcoming and run with the help of community volunteers, who we train as Health Mentors and Walk Leaders. We rely on our volunteers to deliver much of what we do, and we aim to train and support our volunteers to the highest of standards.

Achievements and performance

Braveheart is working hard to support people to improve their health and wellbeing and lessen the risk of heart disease, diabetes and other long term conditions through our health mentoring and walking programmes.

The walking programme goes from strength to strength with a well trained and highly motivated team of volunteers delivering an increasing number of walks in local communities. The increasingly popular Monthly Walks programme also expanded in 2016, offering local people the opportunity to walk in areas of outstanding natural heritage within central Scotland. This has been possible due to financial support from Scottish Natural Heritage, The Robertson trust and NHS Forth Valley.

During the year, new self-management options were also introduced including a range of shorter walks for the less active and a weight management pilot programme. The weight management pilot was developed as a response to the most recent Scottish Health Survey, conducted in 2014, and recent research which shows that:

- 65% of the adult population in Scotland aged 16 and over are overweight including 28% who are obese.
- Overweight and obesity are significantly associated with age; with 77- 78% of those aged 55-74 are overweight or obese.
- Overweight and obesity is a major preventable cause of morbidity and premature mortality in Scotland.
- 87.9% of people diagnosed with Type 2 Diabetes in the Forth Valley area are overweight or obese.
- Losing 5-10% of body weight is associated with substantial improvements in obesity – related illnesses.

Braveheart acknowledges obesity as a serious health concern that requires a collaborative approach across public and voluntary sectors in order to achieve a long term positive impact on individuals, families and communities and is working in close partnership with the NHS Forth Valley Weight Management team, Dietetic and Health Promotion teams, Community Food Development and Healthy Working Lives to contribute to the aims of the “Preventing Obesity Route Map”. Our pilot programme has also been implemented and promoted in line with the obesity Guidelines from The National Institute for Health and Clinical Excellence (NICE):

With the help of financial support from the Falkirk Integrated Care Fund, Braveheart was able to pilot the weight management project, aiming to support people to maintain a healthy weight and reverse the rising trend of overweight and obesity. Results have been very promising and we plan to continue to develop and expand this work in the coming year.

2015/16 has been a very successful year for Braveheart and we are looking forward to continuing to develop and expand our vital services in 2017.

Key achievements included:

- 35% increase in attendances on walks
- 421 walks led across Forth Valley with 5,678 attendances
- 24 new volunteers recruited and trained
- New weight management programme piloted

- 10 health mentoring sessions delivered to 132 people
- Engaged with groups such as carers, homeless and unemployed
- New Braveheart Newsletter initiated
- Funding secured from the Integrated Care Fund and Lloyds TSB
- Stakeholder Consultation report distributed
- Braveheart 3 Year Strategic Plan developed
- 3 New Board Members recruited

Financial review

The trustees raised £86,428 through donations, grants and fundraising activities and expended £87,430 in the year 2015/16.

Most income received by Braveheart is restricted to be expended on activities and projects specified by the donor. The balance of funds for carry forward to next year is £8,021 and the Association is working on fundraising projects to build the organisation's unrestricted reserves.

Unrestricted income is mainly derived from fund raising activities, donations and bank interest. During 2015/16 the unrestricted income was £1,731.

Principal funding sources

The charity's principal sources of funds are received from NHS Forth Valley, Partnership Innovation Fund, Scottish National Heritage, The Robertson Trust and Lloyds TSB Foundation.

It is hoped over the next few years to build partnerships with various bodies with the aim of securing longer term funding which, when added to the fundraising resources, will provide the Charity with the means to maintain existing initiatives in addition to introducing new projects.

Investment policy

The Trustees have considered the most appropriate policy for investing funds and has found that short to medium funds should be held in a mixture of current and term bank accounts to optimise interest earned.

Reserves policy

The charity aims to build upon the reserves policy and contingency fund, covering the costs of general expenditure for all programmes for up to 6 months.

The Treasurer, Chairman and Manager, on behalf of the Management Committee, conduct an annual review of the level of unrestricted reserves in the general fund by considering risks associated with the various income streams, expenditure strategies and balance sheet items. This enables an estimate to be made of the level of reserves that are sufficient:

- to allow time for reorganisation in the event of a downturn in income;
- to protect ongoing work programmes; and
- to allow the Charity to meet its objectives.

Risks and issues considered by the Treasurer, Chairman and Manager in making this judgement on the level of unrestricted reserves consist of:

- over-dependence on any single source of income;
- possibility of a downturn in income streams;
- period of time required to re-establish income streams;
- period of time required to downsize the Charity operations;
- whether there is adequate control over budgets;
- potential decrease in the value of the investment portfolio; and
- requirements for a reasonable level of working capital.

Plans for Future Periods

In the light of the pressures facing the third sector in the current economic climate, there are challenges for charitable organisations such as Braveheart. However, government policy is leaning towards a larger role for charities to deliver public services and there are real and valuable opportunities for Braveheart to shape local priorities and contribute to address local needs.

In this regard, Braveheart is highlighted in 'Shaping The Future: A New Healthcare Strategy for 2016-2021' which outlines NHS Forth Valley's vision for the future. The new Healthcare Strategy has a strong focus on prevention and helping people to take more responsibility for managing and improving their own health with the right information and support.

Braveheart continues to work closely with the Director of Public Health and his team to raise awareness of the benefits of working with the charity sector and to consider future joint working proposals. There is acknowledgement that addressing the existing health challenges requires a collaborative approach across public and voluntary sectors in order to achieve a long term positive impact on individuals, families and communities. To this end, we are also working in close partnership with the NHS Forth Valley Weight Management team, Dietetic and Health Promotion teams, Community Food Development and Healthy Working Lives teams. We also work closely with local community health organisations through the CVS Forum, participate in the Forth Valley Walking Forum and work closely with local community groups and organisations in the planning and delivery of services.

Four main funding streams will continue to support our activities in the year ahead. The Robertson Trust and Scottish Natural Heritage will support us to deliver on our walking programme. The Integrated Care Fund has also provided some resource to help us develop our Optimise and health mentoring programme. NHS Forth Valley also continues to provide us with funding to support core staff and to enable us to continue to deliver our vital services.

The Big Lottery has funding available that supports communities and people most in need. Those needs align with what Braveheart is able to deliver and we intend to seek longer term funding such as this, where appropriate.

Braveheart's Board Strategy:

The Braveheart strategy is informed by three major factors:

- An internal evaluation of what we have done well in the past
- An extensive review of the local and national environment affecting health and wellbeing.
- Consultation involving staff, volunteers, service users, community groups and other stakeholders, including the NHS and other partnership agencies

The key elements of the strategy include:

Development of Services, Braveheart will develop new services which respond to need and are creative in the way in which they are delivered

Communication; we will share all the good things that we do with all those that might be interested

Evaluation; we will evaluate what we do to ensure we are delivering what we promise and what we are being asked to by our funders

Funding; is a key strategy for all charities

Partnership; much of what we deliver is done in partnership with different stakeholders and these relationships require nurturing

Braveheart Plans For The Coming Year:

Development of Services

- Increase the number of new walkers by 10%
- Develop the range of walks to meet the needs identified by service users
- Continue to develop and deliver Braveheart's new Weight Management programme
- Offer Optimise sessions to key target groups
- Continue to support Braveheart Plus groups
- Research unmet need particularly in Clackmannanshire

Funding

- Secure funding to deliver our strategic plan for 2016/17
- Involve our stakeholders in discussions on funding priorities
- Focus where possible on longer term funding support
- Develop a number of fund raising initiatives to increase unrestricted funds
- Develop and test social enterprise ideas

Partnership Working

- Hold regular partnership meetings with NHS Public Health team
- Work with NHS staff to develop new initiatives that support our strategic objectives and enable us to access funding
- Continue to work with community organisations to develop services integrated within the health and social care agenda

Communication

- Increase the circulation of the Braveheart Newsletter and develop new publicity to support what we do

- Look at innovative ways of using the website and social media as platforms for communication
- Increase the profile of Braveheart through regular press releases to the local media
- Promote Braveheart programmes direct to the public through a series of events and marketing initiatives

Evaluation

- Continue to evaluate all that we do
- Engage with our volunteers and service users to evaluate the quality of the services we offer
- Build a library of case studies to demonstrate the quality of the services that we offer

Volunteers

- Organise an annual event to celebrate our volunteers
- Continue to seek feedback from our volunteers in what we do and how we do it
- Make sure our volunteers have access to all appropriate training for the new programmes being developed
- Increase the number of active, trained volunteers
- Involve volunteers more in marketing and outreach events

Organisational

- Further strengthen our Board through increasing numbers and accessing appropriate training support
- Hold a Joint Board/Staff Planning Day
- Review staff contracts and pension
- Develop Braveheart organisational values with key stakeholders

Statement of Trustees' Responsibilities

Law applicable to charities in Scotland requires the Trustees to prepare financial statements each financial year, which give a true and fair view of the state of affairs of the charity at the end of its financial activities during the year then ended. In preparing those financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards and statements of recommended practice 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 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 which enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They have general responsibility for taking such steps as is reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities.

Independent Examiner

Elisha Kimani of Grangemouth has been retained as the independent examiner for 2016/17

By order of the board dated _____ 22nd December 2016



Gordon Thomson
Braveheart Chairman

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF THE BRAVEHEART ASSOCIATION CHARITY NO SC034617.**

I report on the financial statements of the charity for the period 1st April 2015 to 31st March 2016, which are set out on pages 10 to 13.

Respective Responsibilities of Trustees and Examiner

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 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 (as amended) ("the 2006 Regulations"). The Charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Regulations does not apply. It is my responsibility to examine the accounts as required under section (44)(1) (c) of the 2005 Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. 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 seeks explanations from the 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

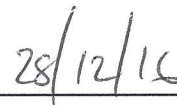
In the course of my examination, no matter has come to my attention:-

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 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.

Signed



Date



Elisha Kimani
35 Garry Place
Grangemouth, FK3 0HU

**STATEMENT OF RECEIPTS AND PAYMENTS
FOR YEAR ENDED 31 MARCH 2016**

	Note	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Receipts					
Donations	4	1,369	0	1,369	3,683
Grants	5	-	84,697	84,697	111,860
Fundraising		362	-	362	781
Bank Interest		-	-	-	10
Total Receipts		1,731	84,697	86,428	116,334
Payments					
Cost of charitable activities	6	175	86,855	87,030	109,072
Governance costs	7	-	400	400	300
Total Payment		175	87,255	87,430	109,372
Surplus/(Deficit) for the year		1,588	(2,558)	(970)	6,962

Notes to the accounts on pages 13 to 14 form an integral part of this statement.

STATEMENT OF BALANCES AS AT 31 MARCH 2016

Funds Reconciliation	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Balance at 1.04.2015	(1,287)	10,378	9,091	2,129
Surplus/(Deficit) for the period	1,588	(2,558)	(970)	6,962
Balance as at 31.03.2016	301	7,820	8,121	9,091
Bank balance 31.03.2016	301	7,820	8,121	9,091
Other Assets				
Computers	676	-	676	676
Office Equipment	182	-	182	182
Total	858	-	858	858
Liabilities				
Creditors	-	2,447	2,447	1,765
PAYE & NI	-	3,892	3,892	2,574
Total	-	6,339	6,339	4,339

Approved by the trustees on 22nd December 2016 and signed on their behalf by:-

Sign Gordon Thomson

Name Gordon C Thomson

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016

1. Basis of Accounting

These accounts have been prepared on the Receipts & Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3. Related Party Transactions

No remuneration was paid to the trustees or to any connected persons during the year.

4. Donations	Unrestricted Funds	Restricted Funds	Total 2016	Total 2015
Other General donations	1,369	-	1,369	683
Hospital Saturday Fund	-	-	-	3,000
Total	1,369	0	1,369	3,683

5. Grants	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Forth Valley CHD Strategy Fund	-	36,631	36,631	36,631
Partnership Innovation Fund	-	20,067	20,067	45,130
Scottish Natural Heritage	-	17,199	17,199	12,155
The Robertson Trust	-	7 500	7,500	7,500
Volunteer Action Fund	-	-	-	9,900
Henry Duncan Awards	-	3,300	3,300	-
Sons of the Rock	-	-	-	544
Total	-	84,697	84,697	111,860

6. Cost of Charitable Activities	Unrestricted Funds	Restricted Funds	Total 2016	Total 2015
Information, promotion & marketing	-	958	958	4,397
Staff training	-	710	710	1,331
Volunteer expenses & Training	-	3,027	3,027	3,616
Insurance	-	651	651	643
Admin costs/office equip	-	1,983	1,983	5,586
Activity costs	-	232	232	3,461
Fundraising Expenses	-	216	216	-
Equipment	-	794	794	-
Transport Costs	-	1,183	1,183	-
Professional fees	-	798	798	631
Consultancy	-	-	-	427
Evaluation	-	880	880	1,400
Staff costs	-	73,598	73,598	77,442
Recruitment costs	-	300	300	-
Staff expenses/travel	-	1,400	1,400	-
Expenses - VAF	-	-	-	9,741
Subscription	-	125	125	218
Bank & interest charges	175	-	175	179
Total	175	86,855	87,030	109,072

7. Governance Costs,

Independent Examination	-	400	400	300
Total	-	400	400	300

8. Members Donations

Braveheart members and volunteers claimed expenses of £2,108 which was then donated back to funds.