

THE BRAVEHEART ASSOCIATION (SCIO)

Annual Report & Financial Statements

For the year ended

31 March 2022



ANNUAL REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

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TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees are pleased to present their report and financial statements together with the independent examiner's report for the year ended 31 March 2022.

OBJECTS & ACTIVITIES

To advance the health of adults and their families with any long term health condition and those at risk of developing a long term condition by providing a framework of active support and encouragement to promote their current and future wellbeing.

The Braveheart Association (SCIO) aims to do this through its provision of a variety of free activities including but not limited to walking groups, healthy living groups, the promotion of good footcare and the provision of a safe and welcoming space to provide information to other facilities to assist in health promotion.

ACHIEVEMENTS & PERFORMANCE

Key achievements for 2022

1. Walk with Braveheart
 - ✚ 643 regular Walkers joined our weekly and monthly walks
 - ✚ Our Clackmannanshire group was awarded the Active Travel Group of the Year by and well-being events by Paths for All
 - ✚ Through our new partnership with Sauchie Active8, we delivered a range of health activities to meet the needs of the local community.
2. Healthy Way Weight Management and Lifestyle Programme
 - ✚ Over 490 people engaged with the Braveheart Healthy Living service
 - ✚ a total of 5,392 attendances
 - ✚ 156 group sessions were held
 - ✚ 414 one-to-one healthy living support sessions delivered

Quote

“The programme taught me that ‘one step at a time’ is the best approach for long lasting results. Thank you.” Healthy Living Participant Nick

3. Key health outcomes
 - ✚ 93% of participants reported being better able to manage symptoms of their long-term health condition
 - ✚ 85.5% of participants reported improvement in their social relationships and a decreased sense of isolation as a result of participating
 - ✚ 73% of participants increased their physical activity level
 - ✚ 61% of weight management programme participants achieved a minimum of 5% weight loss

Quote

“My Health for Life group showed me how to carry on managing my condition and improve my health.” Healthy Living Participant Saminah

4. Key Initiatives
 - ✚ Top Toes - Around 1,000 people now regularly take advantage of this important footcare service across Forth Valley
 - ✚ My Health For Life Self-Management Initiative – Helping those from an ethnic minority background take control of their long-term health conditions
 - ✚ Resilient Communities, New Scots Integration Project – Helping refugees integrate into the community
 - ✚ Health Plus Project - Supporting positive mental health and well-being
 - ✚ Living Well: Emotional Support Matters - A new initiative supporting the mental health and emotional well-being of people living with long term health conditions Connecting Scotland

– Supporting this Scottish Government initiative to ensure digital access for all

Quote

“The feeling that I am making a difference and helping others in my community overcome their barriers and challenges, fills me with satisfaction and happiness.” Braveheart Health Mentor”

5. Developing Volunteers

Over last year, our band of wonderful and dedicated Volunteers grew by a staggering 46% and we continued to support them and develop their skills.

- ✚ 23 New Walk Leaders trained
- ✚ 18 Walk Leaders attended Outdoors First Aid Training
- ✚ 8 Health Mentor Volunteers received further training and support

Quote

“Today, over 1,000 people regularly take advantage of Top Toes. Without this service, many would struggle to get footcare which would have much wider impact on health and mobility.”

This was a year of tremendous growth and consolidation.

Braveheart grew more than at any other time in its history. We almost doubled the number of staff we employ, we doubled the funding that we received and we are now operating across more sites in Forth Valley than ever before.

The Covid pandemic increased the need for the service we provide and it is only due to the resilience and hard work of our staff were we able to take advantage of the opportunities created. Consistent with our ambitions outlined in last years report, we were successful in securing new and significant funding to support people with diabetes, mental ill-health, dementia and the growing numbers of refugees coming to live in Forth Valley.

We continue to grow the walking programme across Forth Valley and are now leading more people than ever on health walks. The walking programme is well recognised in supporting physical and mental health, providing essential opportunities for chatting, socialisation and drinking coffee. All the more important in our post-COVID world.

Top Toes continues to provide a toenail clipping service and has expanded from the four sites in Falkirk which we worked in last year to ten sites across the whole of Forth Valley. The number of people who regularly take advantage of this service has grown to around 1,000. It is great to see that some people who have used Top Toes are now taking advantage of our walking programme too.

As well as providing a valuable service, Top Toes has been generating some unrestricted donated income which supports what we do elsewhere across Braveheart.

As outlined in last year's report, we promised to review organisational systems, policies and procedures. We cannot expand as we have done, without some fundamental changes being required to how we organise ourselves. We employed a new member of staff to lead on this and many changes have been made. Change is always a difficult thing for individuals and organisations and we are eternally grateful for the positive way in which staff and volunteers have embraced those changes.

The most important priority is to keep on doing what we are doing. This will take continued hard work from staff, volunteers and Board members. Everyone in Braveheart plays an important role in providing

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FOR THE YEAR ENDED 31 MARCH 2022

support for people across Forth Valley.

Strategic priorities for 2021/22

- Expanding our walking programme in Clackmannanshire for people with dementia
- Developing wellbeing activities in the Connections Hub including health testing, exercise options, healthy lifestyle sessions and conversation cafes
- Expanding Braveheart's Top Toes footcare service into Clackmannanshire and Stirlingshire
- Expanding Braveheart's well-being work with refugees, organising events across Forth Valley
- Providing self management support for people living with long term health conditions
- Promoting Active Travel through our walking programme and Connections Hub

To continue to develop and maintain strong partnership working by:

- Conducting a stakeholder analysis to identify current and desired stakeholders
- Producing a partnership development action plan to focus our resources appropriately
- Building Braveheart's brand identity to ensure the right message and image is communicated to all stakeholders and partners

To further develop our capacity to deliver our services by:

- Building organisational capacity to support people with mental health and wellbeing by providing training for staff, Board and volunteers
- Recruiting, training and supporting volunteer teams including delivering Walk Leader training, Footcare and Health Mentor volunteer training
- Building the Braveheart Board of Trustees to better support and develop the organisation
- Changing our accounting system to one that is fit for purpose for our new more complex organisation
- Continue to update organisational policies and procedures in line with the changing needs of Braveheart

FINANCIAL REVIEW

The total income for the year was £309,288 (2021:£166,911 Re-stated) with the main funding being received through grants received through various funders, including NHS Forth Valley, Clackmannanshire Council and Stirling and Clacks Community Mental Health and Wellbeing Fund. A full list of funders can be found in Note The charity also received a large increase of income through its promotion of good footcare and the Top Toes service which has expanded into the three forth valley local authority areas.

The total expenditure for the year was £214,559 (2021: £147,933 Re-stated) with the main expenditure being on staff salaries and the investment in IT.

Donated facilities and services

Everyone in Braveheart plays an important role in providing support for people across Forth Valley and the Trustees would like to take the opportunity to thank the staff, and volunteers for their continued hard work throughout the year.

Principal risks

The Trustees continually review the risks and issues that the organisation may be subject to and in particular in respect of the beneficiaries within its care, A number of policies are in place to minimise this risk and the charity has both employers' liability and professional indemnity insurance in place

Reserves policy

To ascertain, the reserves level required for the charity the Trustees consider a variety of areas to assist in judging the level required, these include

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

- 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;
- requirements for a reasonable level of working capital.

Within this financial year, the trustees believe that around six months of annual expenditure is an appropriate level of reserves to hold in order to meet timing differences between receipts and payments and to allow for any exceptional or unforeseen expenditure. Reserves at the year-end were £36,037 (2021: £27,390 Re-stated) which is lower than the intended target and the trustees will continue to endeavour to source new income streams and facilitate fundraising to increase these funds.

FUTURE PLANS

The trustees, taking into consideration external influences on the organisation, including the cost of living are hoping to continue with its current provision for the foreseeable future, where, every member of staff, the volunteers and the trustees themselves are able to maintain capacity within the organisation and to work together to continue to provide our much-needed services.

Review the recruitment policies and recruit more staff

Review health and wellbeing of volunteers and provide a listening ear so that they feel supported as a vital stakeholder within the organisation.

Recruit a Volunteer Co-ordinator.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The Braveheart Association (SCIO) is a Scottish Charitable Incorporated Organisation, registered within the Office of the Scottish Charity Register (OSCR) and governed by its constitution. Membership is open to any individual who is aged sixteen or over and who supports the objects of the charity.

Appointment of trustees

Trustees are elected by the members of the charity each year at the Annual General Meeting (AGM). Trustees may co-opt additional trustees between AGMs are required. The governing document allows for a minimum of three and a maximum of 14 trustees.

Organisational structure

The trustees, who meet regularly, are responsible for overseeing the running of the organisation and for the employment of staff. In order to facilitate effective and efficient operations, day to day management of the charity is delegated to the Manager, Anne Black.

Induction and training of trustees

When trustees are elected, they are provided with a copy of the governing document, the latest accounts and information on trustees training.

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name The Braveheart Association (SCIO)
Charity No SC034617
Principal Office Falkirk Community Hospital Majors Loan Falkirk FK1 5QE
Website Address braveheart.uk.net

Current Trustees

Gordon Thomson	Chair
Charlie Colliar	Treasurer
Nina Saunders	Secretary

Other Trustees who served during the period

Blair Alston	Retired November 2021
Jamie Bomber	Retired August 2021

Bankers Unity Trust Bank Four Brindleyplace Birmingham B1 2JB
Independent Examiner Anne Knox FCIE Cameron House Forthside Way Stirling FK8 1QZ

APPROVAL

This report was approved by the trustees on 27 December 2022 and signed on their behalf by:



Gordon Thomson
Chair

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Independent examiner's report to the trustees of The Braveheart Association (SCIO)

I report on the accounts of the charity for the year ended 31 March 2022, which are set out on pages 9 to 22.

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 trustees consider that the audit requirement of Regulation (10)(1)(a)-(c) of the 2006 Regulations does not apply.

It is my responsibility to examine the accounts 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 connection with my examination, no matter came 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 8 of the 2006 Regulationshave 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.



Anne Knox, FCIE

Cameron House

Forthside Way

Stirling

FK8 1QZ

27 December 2022

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds	Fixed Asset Funds	Restricted Funds	Total 2022	Total 2021
Income from:		£	£	£	£	£
Donations		620	-	-	620	30
Grants	6	41,094	-	218,036	259,130	152,773
Top Toes Project		48,125	-	-	48,125	15,047
Fundraising Activities		516	-	570	1,086	40
Bank interest		9	-	-	9	6
Other		318	-	-	318	15
		90,682	-	218,606	309,288	167,911
Expenditure on:						
Raising funds		149	-	68	217	216
Charitable activities	7	89,774	476	121,732	211,982	146,251
Governance costs	8	1,600	-	760	2,360	1,466
		91,523	476	122,560	214,559	147,933
Net income/(expenditure)		(841)	(476)	96,046	94,729	19,978
Transfers between funds		9,488	2,382	(11,870)	-	-
Net movement in funds		8,647	1,906	84,176	94,729	19,978
Reconciliation of funds						
Total funds as at 01 April 2021		27,390	-	5,751	33,141	13,163
Total funds as at 31 March 2022		36,037	1,906	89,927	127,870	33,141

All income and expenditure derive from continuing activities.

The above statement includes all gains and losses recognised during the year.

Comparative figures for the previous year by fund type are shown in Note 17

The Notes on pages 11 to 22 form an integral part of these accounts.

STATEMENT OF FINANCIAL POSITION (BALANCE SHEET)

AS AT 31 MARCH 2022

	Note	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2022	Total 2021
Fixed assets:		£	£	£	£	£
Tangible assets	10	-	1,906	-	1,906	-
		-	1,906	-	1,906	-
Current assets:						
Debtors	11	-	-	8,052	8,052	8,621
Cash at bank and in hand	12	39,724	-	87,092	126,816	31,501
		39,724	-	95,144	134,868	40,122
Liabilities:						
Creditors (due within one year)	13	3,687	-	5,217	8,904	6,981
Net current assets		36,037	-	89,927	125,964	33,141
Net Assets		36,037	1,906	89,927	127,870	33,141
Funds of the charity:	14					
Unrestricted funds		36,037	-	-	36,037	27,390
Fixed Assets Designated Funds		-	1,906	-	1,906	-
Restricted funds		-	-	89,927	89,927	5,751
		36,037	1,906	89,927	127,870	33,141

The Notes on pages 11 to 22 form an integral part of these accounts.

These accounts were approved by the trustees on 27 December 2022 and signed on their behalf by:



Gordon Thomson

Chair

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1. Basis of preparation

1.1. These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:

- (a) The Charities and Trustee Investment (Scotland) Act 2005
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended)
- (c) The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)
- (d) 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 01 January 2015)

1.2. The charity has prepared its accounts in sterling which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

1.3. Changes to the basis of preparation

As required by the regulations, the accounts are prepared to comply with the Statement of Recommended Practice on Accounting and Reporting by Charities (FRS102) effective from 2015 (SORP 2015 FRS102) including requirements of the general-purpose accounting standard FRS102. This is a change of accounting policy as compared to the previous period

1.4. The year 2021/22 is the first year in which The Braveheart Association (SCIO) has presented its accounts on the accruals basis in accordance with the SORP – the previous financial statements were prepared on the receipts and payments (R&P) basis as permitted by the 2006 Regulations for a charity of this size.

1.5. Adjustments have been made to allow for the more significant debtors and creditors at 31st March 2022– however, this may not be sufficient to make the prior period year income and expenditure figures fully comparable with those for the current year. So, for these reasons, the figures shown in these accounts in the prior year columns are not directly comparable with the current year.

1.6. As The Braveheart Association (SCIO) is a “small charity” within the SORP definition (under £500,000 income) the Trustees have opted to make use of the simplifications permitted by SORP 2015 FRS102 for smaller charities. In particular, the allocation of income and expenditure on the Statement of Financial Activities has been adapted to the Charity’s circumstances, rather than following the functional classification specified in the current SORP. The trustees have also chosen to separate the governance costs on the SoFA.

1.7. The charity meets the definition of a public benefit entity as defined by FRS 102.

1.8. Going concern. The trustees have reviewed the financial position of the Charity and are satisfied that it has sufficient resources to continue for at least 12 months beyond the date of approval of these accounts. The accounts are thus prepared on a going concern basis.

2. Accounting policies

2.1. Fund accounting

- (a) Unrestricted funds are those that can be expended at the discretion of the trustees in the furtherance of the objects of the charity.
- (b) Designated funds are unrestricted funds that the trustees have set aside for particular purposes. The designation is administrative only and does not restrict the trustees’ ability to apply the funds.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

- (c) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for specific purposes.
- (d) Endowment funds (expendable) are endowment funds where the trustees have the power to convert the capital into income, but are not required to do so.
- (e) The purposes of the funds are shown in Note **Error! Reference source not found.**

2.2. Income

Income is recognised and included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the income; receipt is probable; and the monetary value can be measured with sufficient reliability. The specific bases used are as follows:

- (a) Donations are recognised on receipt.
- (b) Grants - - Income from annual grants is recognised in the period to which the grant relates. Any part of an annual grant relating to a future accounting period is included as deferred income in creditors.

Income from other grants and donations is recognised on receipt, provided all conditions for use of the grant have been fulfilled.

- (c) Bank interest is recognised when credited to the account.
- (d) Where income has related expenditure (e.g. fundraising), the income and related expenditure are reported gross in the SoFA.
- (e) Income, which is subject to conditions that the charity has yet to fulfil, or which is specifically for use in a future accounting period, is treated as deferred income.
- (f) The value of voluntary help is not included in the accounts but is described in the trustees' annual report.

2.3. Expenditure and liabilities

Liabilities are recognised when it is probable that there is a legal or constructive obligation committing the charity to pay out resources and the monetary value can be measured with sufficient reliability. The specific bases used are as follows:

- (a) Expenditure is recognised on the accruals basis.
- (b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.
- (c) Governance costs include the costs of preparation and examination of the statutory accounts, the cost of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

2.4. Tangible assets

- (a) Tangible assets are capitalised if they can be used for more than one year, and cost at least £1,000. They are valued at cost or, if gifted, at their value on receipt.
- (b) Depreciation is calculated to write off the cost of tangible fixed assets over their useful economic lives. The rates used are as follows:
 - (i) Fixtures and fittings 20% Straight line
 - (ii) Computer equipment 33.3% Straight line

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

2.5. Debtors

- (a) Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
- (b) Prepayments are valued at the amount prepaid.

2.6. Cash

- (a) Cash includes cash in hand and bank deposits repayable on demand.

2.7. Creditors

- (a) Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount, usually the invoice amount.
- (b) Accrued charges are normally valued at their settlement amount.

2.8. Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9. Taxation

The charity is not liable to corporation tax or capital gains tax on its charitable activities.

3. **Trustee remuneration and benefits**

None of the trustees were paid any remuneration or received any other benefits during the year or in the previous year.

4. **Trustee expenses**

No expenses were reimbursed to the trustees during the year or in the previous year

5. **Transactions with related parties**

There were no transactions with related parties during the year or in the previous year

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

6. Income from grants

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Paths for All	50	8,583	8,633	18,837
The Alliance	-	4,140	4,140	16,905
Scottish Refuge Council	-	500	500	15,830
SCSP	1,333	18,267	19,600	25,719
Clackmannanshire Council	1,333	24,003	25,336	14,330
NHS FV IJB	640	32,383	33,023	10,502
NHS Forth Valley	37,738	-	37,738	37,180
Volunteering Support Fund	-	3,995	3,995	-
Life Changes Trust	-	15,000	15,000	-
Adapt and Thrive	-	52,986	52,986	-
NSRIDP - New Scots	-	15,338	15,338	-
Living Well	-	9,960	9,960	-
Falkirk Council - Digital Project	-	5,000	5,000	-
Falkirk Community MHWF	-	19,044	19,044	-
Stirling & Clacks Community MHWF	-	8,837	8,837	-
NHS Connections	-	-	-	996
Smarter choices smarter places	-	-	-	5,974
Corra Foundation Fund	-	-	-	4,000
NHS FV CHW Fund	-	-	-	2,500
	41,094	218,036	259,130	152,773

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

7. Expenditure on charitable activities

	Designated			Total 2022	Total 2021
	Unrestricted	Fixed Asset	Restricted		
	Funds	Funds	Funds		
	£	£	£	£	£
Accountancy	1,692	-	-	1,692	240
Advert	227	-	1,067	1,294	25
Bank charges	549	-	64	613	186
Consumables	1,127	-	4,988	6,115	482
Depreciation	-	476	-	476	-
Equipment	314	-	2,244	2,558	-
Hall hire	421	-	389	810	-
Information Technology	130	-	4,483	4,613	-
Insurance	-	-	834	834	814
Printing Postage & stationery	1,114	-	1,781	2,895	186
Resources	24	-	490	514	-
Maintenance & Repair	-	-	251	251	-
Room Hire	-	-	560	560	-
Staff costs (See Note 9)	79,008	-	99,103	178,111	108,996
Staff expenses	198	-	599	797	2,405
Pubs and subs	225	-	-	225	-
Telephone	592	-	513	1,105	-
Training	253	-	1,706	1,959	65
Travel	205	-	1,540	1,745	-
Utilities	790	-	836	1,626	-
Volunteer Expenses	2,905	-	284	3,189	74
Connections costs	-	-	-	-	5,370
Lifestyle costs	-	-	-	-	16,568
Top Toes Costs	-	-	-	-	9,945
WB activity costs	-	-	-	-	895
	89,774	476	121,732	211,982	146,251

8. Governance costs

Annual Report	-	300	300	1,066
Preparation of accounts	1,050	460	1,510	-
Independent Examination	550	-	550	400
	1,600	760	2,360	1,466

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9. Staff costs

	2022	2021
	£	£
Salaries and wages	165,376	98,243
Employer's national insurance	6,931	6,840
Employer's pension contributions	5,803	3,913
	178,110	108,996

No employee received remuneration in excess of £60,000

<u>Average number of employees</u>	2022	2021
Core staff	3	2
Walking projects	2	2
Lifestyle projects	1	1
Top Toes Project	3	1
	9	6

10. Tangible assets

	Fixtures & Fittings	Total 2022
Cost	£	£
As at 01 April 2021	-	-
Additions	2,382	2,382
As at 31 March 2022	2,382	2,382

Depreciation

As at 01 April 2021	-	-
Charge for year	476	476
As at 31 March 2022	476	476

Net Book Value

As at 01 April 2021	-	-
As at 31 March 2022	1,906	1,906

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

11. Debtors

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Trade debtors	-	8,052	8,052	8,621
	-	8,052	8,052	8,621

12. Bank and Cash in Hand

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Unity Bank - Main	32,949	87,092	120,041	-
Unity Bank - Saving	6,630	-	6,630	-
RBS - Main	-	-	-	10,449
RBS - Savings	-	-	-	20,387
Cash in hand	145	-	145	665
	39,724	87,092	126,816	31,501

13. Creditors

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
HMRC	1,082	2,788	3,870	-
Accountancy	1,950	-	1,950	-
Independent Examination	550	-	550	-
Other creditors and accruals	105	2,429	2,534	6,981
	3,687	5,217	8,904	6,981

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

14. Movements in funds (this year)

	As at 31/03/2021	Incoming Resources	Outgoing Resources	Transfers	As at 31/03/2022
	£	£	£	£	£
<u>Unrestricted funds</u>					
General fund	27,390	90,682	(91,523)	9,488	36,037
<u>Designated funds</u>					
Fixed Assets	-	-	(476)	2,382	1,906
	-	-	(476)	2,382	1,906
Total Unrestricted	27,390	90,682	(91,999)	11,870	37,943
<u>Restricted funds</u>					
Adapt and Thrive	-	52,986	(18,810)	(3,600)	30,576
Clackmannanshire Council	-	24,003	(21,079)	368	3,292
Falkirk Council Digital Project	-	5,000	-	(2,382)	2,618
Falkirk Mental Health & Wellbeing	-	19,044	(353)	-	18,691
Life Changes Trust	-	15,000	(123)	-	14,877
Living Well	-	9,960	(5,763)	(2,000)	2,197
NHS IJB	-	32,383	(32,735)	352	-
NSRIDP - New Scots Fund	-	15,338	(15,804)	466	-
Paths for All	920	8,583	(3,926)	-	5,577
Scottish Refugee Council	4,831	500	(5,358)	27	-
SCSP	-	18,267	(8,641)	(3,338)	6,288
Stirling & Clacks Mental Health Func	-	8,837	(5,029)	(1,118)	2,690
The Alliance	-	4,140	(4,140)	-	-
Volunteering Support Fund	-	3,995	(799)	(645)	2,551
Fundraising	-	570	-	-	570
	5,751	218,606	(122,560)	(11,870)	89,927
<u>Total funds</u>	33,141	309,288	(214,559)	-	127,870

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

15. Movements in funds (prior year)

	As at 01/04/2020	Incoming Resources	Outgoing Resources	Transfers	As at 31/03/2021
	£	£	£	£	£
<u>Unrestricted funds</u>					
General fund	7,927	12,887	(9,794)	16,369	27,389
<u>Restricted funds</u>					
Clackmannanshire Council	-	14,871	(10,327)	(4,544)	-
Corra Award	-	4,000	(3,000)	(1,000)	-
Falkirk Council SCSP	-	26,127	(23,745)	(2,382)	-
NHS Connections	-	996	(996)	-	-
NHS FV CHW	-	39,680	(35,640)	(4,040)	-
NHS FV IJB	-	11,522	(10,236)	(1,286)	-
Paths for All	2,375	18,737	(20,191)	-	921
Scottish Refugee Council	2,861	15,724	(13,754)	-	4,831
Smarter Choices Smarter Places	-	5,974	(5,974)	-	-
The Alliance	-	17,393	(14,276)	(3,117)	-
	5,236	155,024	(138,139)	(16,369)	5,752
<u>Total funds</u>	13,163	167,911	(147,933)	-	33,141

16. Purpose of funds

General fund	Unrestricted funds that can be expended at the discretion of the trustees in furtherance of the objects of the charity.
Adapt & Thrive	To update and improve policies and procedures across the organisation, integrating and implementing these across all departments.
Clackmannanshire Council	To develop walks in Clackmannanshire.
Falkirk Council Digital Project	To train and support people from the target groups to access and use equipment to get online.
Falkirk Mental Health & Wellbeing	To work with women, older people and ethnic minorities to support mental health and wellbeing
Life Changes Trust	To work with partners in Clackmannanshire to support people with dementia to take part in walking programme
Living Well	To develop organisational capacity to support people with mental health issues, providing training for staff and volunteers.
NHS Integrated Joint Board	To develop the Top Toes footcare service in Falkirk.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

NSRIDP - New Scots Fund	To connect refugees across Forth Valley with healthcare services and enable refugees to have a voice in healthcare improvement
Paths for All	To increase numbers of walkers and to develop new walks
Scottish Refugee Council	To support refugees to get online and to provide conversation cafes
Smarter Choices Smarter Places	To promote active travel through our walking programme.
Stirling/Clacks Mental Health Fund	To expand the Top toes service and enable people living in the Stirling area to access footcare services.
The Alliance	To provide support services to people living with long term health conditions.
Volunteering Support Fund	To increase the diversity of our volunteer team, update policies and enhance volunteer involvement and training
Fundraising	Monies raised by fundraising activities to be used for particular purposes.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

17. Comparative income and expenditure by fund type

	Unrestricted Funds		Fixed Asset Designated Funds		Restricted Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Income from:						
Donations	620	-	-	-	30	30
Grants	41,094	-	-	-	218,036	152,773
Top Toes Project	48,125	12,881	-	-	-	2,166
Fundraising activities	516	-	-	-	570	40
Bank Interest	9	6	-	-	-	-
Other	318	-	-	-	-	15
	90,682	12,887	-	-	218,636	155,024
Expenditure on:						
Raising funds	149	215	-	-	68	-
Charitable Activities	89,774	9,278	476	-	121,732	136,973
Governance costs	1,600	300	-	-	760	1,167
	91,523	9,793	476	-	122,560	138,140
Net income/(expenditure)	(841)	3,094	(476)	-	96,076	16,884
Transfers between funds	9,488	16,369	2,382	-	(11,870)	(16,369)
Net movement in funds	8,647	19,463	1,906	-	84,206	515
Reconciliation of funds						
Total Funds B/Fwd	27,390	7,927	-	-	5,751	5,236
Total Funds C/Fwd	36,037	27,390	1,906	-	89,957	5,751

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

18. Analysis of net assets between funds

	Fixed Assets			All funds 2022
	Unrestricted Funds	Designated Funds	Restricted Funds	
Net assets on 31st March 2022	£	£	£	£
Fixed Assets	-	1,906	-	1,906
Debtors	-	-	8,052	8,052
Cash at bank and in hand	39,724	-	87,092	126,816
Creditors	(3,687)	-	(5,217)	(8,904)
	-	-	-	-
	36,037	1,906	89,927	127,870