



Healthy Abingdon

## Trustees' Annual Report for 1 April 2021 to 31 March 2022

### **Governance**

Healthy Abingdon is a Charitable Incorporated Organisation (Foundation model) registered in England and Wales on 24 March 2017. We are governed by our constitution which came into force on our registration date, along with our policies and procedures adopted by the trustees after formation. Our charity number is 1172245.

Our purpose is to bring together community groups, statutory groups and individuals to find ways to improve health and wellbeing in the town of Abingdon including neighbouring small communities for which Abingdon is the centre. Our beneficiaries are people in this area.

Our trustees during the year were

Ros Alstead OBE (resigned 24 January 2022)  
David Butterworth FREng (chair) (re-elected 12 April 2021)  
Olga Kozłowska PhD  
Catherine McNeill  
Cllr Helen Pighills

We have a procedure for appointing trustees which includes an application form, references from two referees and a meeting of the potential trustee with the existing trustees.

In order to facilitate good interaction between community groups and other service providers, we invite these groups to become Health Abingdon Associates. Associate are invited to our public meetings and events in order to discuss ideas with us and to network with other groups. Each Associate also has an information page on our web site in order to tell the public what it does.

The registered address for the charity is

29 Clevelands  
Abingdon  
Oxfordshire, OX14 2EQ

### **Progress during the year**

Our main event for the year was an event we called Abingdon Healthfest 2021. We set up 14 gazebos in Abingdon Market Place in Saturday 4 September to enable groups which encouraged health and well-being to engage with the public. A fire engine parked up on the square for part of the time to attract children and interest them in cycling training. The event was opened by the Town Crier and the Mayor attended to talk to the stallholders and public

The groups attending found it a useful way of telling people about what they do including recontacting those they lost contact with during the pandemic.

We held a Zoom event on the importance of sleep attended by members of the public. A sleep researcher talked about the many aspects of sleep and how important it was to have good sleep habits. This was followed by questions and discussion.

We commissioned the media students at Oxford Brookes University to make two videos showing how much fun it is in Abingdon for people to join in with healthy activities. Despite the problems caused by the pandemic, they produced two lively videos which are now available on YouTube.

As we approached the end of our 5 years of operation, we held a Zoom meeting with Healthy Abingdon Associates and others to discuss what we have done in the past and what changes we might make in the

future. Some useful suggestions were made which we are taking on board but no major changes were proposed.

Healthy Abingdon teamed up with Good Food Oxford during June 2021 half term to put together a food-based cooking activity for a local primary school. This project was the first time the “*Play:Full*” approach to combining play and food has been used in Abingdon.

One area of Abingdon is amongst 20 per cent of the most deprived areas in England. We have continued to interact with community groups that provide support in this location. In addition, we have been advising Oxfordshire County Council on a special review that they are doing on the needs in area.

### ***Our future plans***

In view of the success of Abingdon Healthfest 2021, we have decided to run the event again in September 2022.

We will hold a Zoom meeting, open to the public, on the support available for carers in the Abingdon.

We are finding the popularity of Zoom meetings is reducing with time and will be considering how to organise live meeting with the public.

### ***Finances***

As a charity with turnover below £25k, trustees have agreed that we keep receipts/payments accounts and that we do not need an independent assessment. These accounts are shown in the Appendix.

As we have no paid staff or other ongoing financial commitments, trustees have agreed that we only need to hold a small reserve of £200 to cover basic expenses in the event that we lose our current funding. This will give us about a year to find new funding or close the charity without any debts.

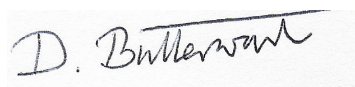
Most of our income comes from charitable trusts although we did receive a major donation from the medical ventilator manufacture, Penlon, to cover the costs of Healthfest.

Additional relevant financial information not recorded in the accounts is that Vale and South District Councils provide a van to us for free to transport gazebos, tables and chairs to and from Healthfest. This saved us around £200. We estimate that trustees for the charity gave about 740 hours of their time during the year to the charity which at the National Living Wage would equate to over £6000

### ***Declaration***

The trustees declare that they have approved the above report and the following accounts.

Signed on behalf of the trustees Signature by the Chair David Butterworth



12 October 2022


 CHARITY COMMISSION  
FOR ENGLAND AND WALES

Healthy Abingdon

1172245

CC16a

**Receipts and payments accounts**

For the period from	1st April 2021	To	31st March 2022
---------------------	----------------	----	-----------------

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Oxford Health Charity	25	-	-	25	648
Cumber Family Trust	540	-	-	540	-
Good food Oxford	100	698	-	798	-
Abingdon Town Council	-	145	-	145	-
Penlon	-	500	-	500	-
Minor donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>665</b>	<b>1,343</b>	<b>-</b>	<b>2,008</b>	<b>648</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>665</b>	<b>1,343</b>	<b>-</b>	<b>2,008</b>	<b>648</b>
<b>A3 Payments</b>					
Public meetings and events	-	225	-	225	-
Insurance	63	-	-	63	63
Consumables	-	755	-	755	-
Web site	137	-	-	137	108
Publicity	-	-	-	-	-
Training	-	-	-	-	-
Other	-	-	-	-	10
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>200</b>	<b>980</b>	<b>-</b>	<b>1,180</b>	<b>181</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>200</b>	<b>980</b>	<b>-</b>	<b>1,180</b>	<b>181</b>
<b>Net of receipts/(payments)</b>	<b>465</b>	<b>363</b>	<b>-</b>	<b>828</b>	<b>467</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>679</b>	<b>-</b>	<b>-</b>	<b>679</b>	<b>212</b>
<b>Cash funds this year end</b>	<b>1,144</b>	<b>363</b>	<b>-</b>	<b>1,507</b>	<b>679</b>

Signed on behalf of the trustees by the Chair David Butterworth

12 October 2022