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# **CHINESE NATIONAL HEALTHY LIVING CENTRE**

(Private Company Limited by Guarantee)

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## **REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

**COMPANY REG NO. 02366781**

**CHARITY NO. 1002158**

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**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
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Please note Page 15 does not form part of the Statutory Accounts

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Legal and Administrative Information**

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**Trustees and directors**

Dr P L Li  
Dr B T Goh  
R M Grimes  
Dr S H Liu (resigned 19th February 2019)  
A C S Yap (resigned 17 April 2019)

**Company Secretary**

Dr S H Liu

**Key management & personnel**

Eddie Chan-Executive Officer (resigned 7th February 2019)  
Ben Mason - Executive Officer (appointed 10th April 2018, resigned 24th July 2019)  
H Cord - Executive Officer (appointed 9th July 2019)

**Administration office address**

29-30 Soho Square  
London  
W1D 3QS

**Registered office address**

3 Gateway Mews  
Ringway, Bounds Green  
London N11 2UT

**Charity registration no.:**

1002158

**Company registration no.:**

02366781 (England & Wales)

**Auditors:**

Christopher Michael  
Chartered Certified Accountants & Statutory Auditors  
26 Station Road  
New Barnet  
Herts  
EN5 1QW

**Bankers:**

HSBC Plc

## **CHINESE NATIONAL HEALTHY LIVING CENTRE**

### **(Private Company Limited by Guarantee)**

### **Directors' & Trustees' Report for the Year Ended 31 March 2019**

The trustees are pleased to present their annual trustees' report for the year ended 31 March 2019 which is also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102).

#### **Structure, Governance and Management**

##### **Governing Document**

Chinese National Healthy Living Centre Limited is a company limited by guarantee and is a registered charity. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

##### **Recruitment & Appointment of Trustees**

The trustees and directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

New Trustees undergo training on their legal obligations as under Charity Law, the decision making process, the business plan and recent performance of the charity.

##### **Organisational Structure**

The charity is organized so that the trustees meet regularly to manage its affairs. The Chief Executive Officer E Chan manages the day to day administration of the charity and reports to the Trustees at monthly Trustee meetings.

##### **Risk Management**

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions.

The trustees also review non-financial risks and these risks are managed by ensuring compliance with all health and safety regulations for clients, staff and volunteers.

##### **Related parties**

None of the trustees receive remuneration or other benefit in their capacity as trustees of the charity. Any connection between a trustee of the charity and organisations providing services to the charity must be disclosed to the full board of trustees in the same way as any contractual relationship with a related party. In the current year no such related party transactions were reported.

##### **Pay policy for senior staff**

The directors consider that the board of directors, Charity's trustees, and senior management team comprise the key management personnel of the charity in charge of directing, controlling, running and operating the charity on a day to day basis.

The pay of senior staff, including E Chan is reviewed annually.

#### **Purpose and objectives**

The charity's objects and its principal activities are the provision of educational, social and welfare services for the benefit of the Chinese speaking community living in the United Kingdom.

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Directors' & Trustees' Report for the Year Ended 31 March 2019**  
**(Continued)**

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**Financial review**

Total income for the year amounted to £145,119 with total expenditure amounting to £174,513 leaving a deficit in the year of £29,394.

Accumulated reserves at the balance sheet date amounted to £58,845, of which £57,499 represent income reserves.

**Investment powers and policy**

The trustees, having regard to the liquidity requirements of operating the charity's activities, have kept a proportion of available liquid funds in an interest bearing account to maximise the rate of return, although given current rates of interest the rate of return is minimal. The trustees will review the position and consider alternative investments to maximise returns but will continue with a risk averse policy.

**Reserves policy and going concern**

The Trustees have undertaken a review of the charity's requirements for reserves in light of the main risks to the organisation. As part of this review the charity has set up a designated funds, namely 'running costs' and 'staff & maternity fund' reserve, in line with Charity Commission recommendations. The 'staff & maternity fund' is to cover future potential statutory liabilities (redundancy, unpaid holiday & monies in lieu of notice) should the charity cease activities and as at 31 March 2019 stands at £17,600. The running costs reserve is equivalent to 3 months of running costs to ensure that the organisation is able to continue its activities in the short term should existing funding cease, thus enabling the organisation to secure alternative funding.

**Plans for future periods**

The Charity is actively seeking to secure new funding from external sources and looking to raise additional funds through the introduction of various funding activities.

**Trustees responsibilities in relation to the financial statements**

The charity trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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 financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Directors and trustees**

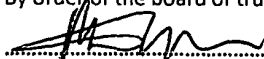
The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

**Statement as to disclosure to our auditors**

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information, being information needed by the auditor in connection with preparing their report, of which the company's auditor is unaware; and
- the trustees, having made enquiries of fellow directors and the company auditor that they ought to have individually taken, have each taken all steps that he/she is obliged to take as a director in order to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the board of trustees



Date: 21st November 2019

**Matthew Grimes**  
**Trustee & Company Director**

## **CHINESE NATIONAL HEALTHY LIVING CENTRE**

(Private Company Limited by Guarantee)

### **Independent Auditor's Report to the Members of Chinese National Healthy Living centre Ltd**

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#### **Opinion on financial statements**

We have audited the financial statements of Chinese National Healthy Living centre Ltd for the year ended 31 March 2019 on pages 6 to 14. The financial reporting framework that has been applied in their preparation is applicable law, and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2019, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with the United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

#### **Basis of opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Material uncertainty related to going concern**

We draw your attention to note 20 in the financial statements, which indicates that the charitable company incurred a loss of £29,394 during the year ended 31 March 2019 and as of that date, the charitable company's reserves are at £58,845. As stated in note 20, these events or conditions, along with other matters as set forth in note 20, indicate that material uncertainty exists that may cast significant doubt on the charitable company's ability to continue as a going concern. Our opinion is not modified in respect of this matter.

#### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinion on other matter prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
(Private Company Limited by Guarantee)  
**Independent Auditor's Report to the Members of Chinese National Healthy Living centre Ltd**

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the Trustees report has been prepared in accordance with applicable legal requirements.

**Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

**Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

*Michael*

Michalis Michael, Senior Statutory Auditor  
for and on behalf of Christopher Michael Ltd, Chartered Certified Accountants & Statutory Auditors  
26 Station Road, New Barnet, Herts EN5 1QW

Date: 28th November 2019

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Statement of financial activities**  
**for the year ended 31 March 2019**

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted/ Designated Funds</u> £	<u>Total 2018/19</u> £	<u>Total 2017/18</u> £
<b>Income:</b>					
Donations and restricted grants	3	81,831		81,831	65,000
<i>Income from other charitable activities</i>					
Fundraising & other income	4	-	63,288	63,288	34,039
<b>Total income</b>		<u>81,831</u>	<u>63,288</u>	<u>145,119</u>	<u>99,039</u>
<b>Expenditure</b>					
<i>Expenditure on charitable activities:</i>					
Direct Charitable expenditure	5	81,831	63,827	145,658	169,623
Management and administration	6		28,855	28,855	29,147
<b>Total expenditure</b>		<u>81,831</u>	<u>92,682</u>	<u>174,513</u>	<u>198,770</u>
<b>Net income/(expenditure) and net movements in funds before gains and losses on investments</b>	7	-	(29,394)	(29,394)	(99,731)
<b>Total funds brought forward</b>		-	88,239	88,239	187,970
<b>Total funds carried forward</b>		<u>-</u>	<u>58,845</u>	<u>58,845</u>	<u>88,239</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.



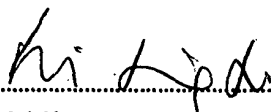
**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2018**

	<u>Notes</u>	<u>2018/19</u>	<u>2017/18</u>
		£	£
<b>Fixed Assets</b>			
Tangible fixed assets	<b>13</b>	1,346	2,147
<b>Total fixed assets</b>		<u>1,346</u>	<u>2,147</u>
<b>Current Assets</b>			
Debtors	<b>14</b>	851	26,970
Cash at bank and in hand		<u>93,459</u>	<u>114,519</u>
<b>Total current assets</b>		94,310	141,489
<b>Creditors: amounts falling due within one year</b>	<b>15</b>	<u>(36,811)</u>	<u>(55,397)</u>
<b>Net current assets</b>		<u>57,499</u>	<u>86,092</u>
<b>NET ASSETS</b>		<u><u>58,845</u></u>	<u><u>88,239</u></u>
<b>The funds of the Charity:</b>			
Unrestricted & Restricted income funds:	<b>17</b>	<u>58,845</u>	<u>88,239</u>
<b>TOTAL CHARITY FUNDS</b>		<u><u>58,845</u></u>	<u><u>88,239</u></u>

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes at pages 9 to 14 form part of these accounts

Approved by the trustees on 21st November 2019

  
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**Dr P L Li**  
**Trustee & Company Director**

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**Statement of cash flows**  
**For the year ended 31 March 2019**

	<b>2018/19</b>	<b>2017/18</b>
	<b>Total Funds £</b>	<b>Prior year Funds £</b>
<b>Cash flows from operating activities:</b>		
<b>Net cash provided by (used in) operating activities</b>	<b>(20,652)</b>	<b>(111,637)</b>
<b>Cash flows from investing activities</b>		
Dividends, interest and rents from investments	115	381
Purchase of property, plant and equipment	(523)	(209)
<b>Net cash provided by / (used in) investing activities</b>	<b>(21,060)</b>	<b>(111,465)</b>
 Change in cash and cash equivalents in the reporting period	 (21,060)	 (111,465)
Cash and cash equivalents at the beginning of the reporting period	114,519	225,984
<b>Cash and cash equivalents at the end of the reporting period</b>	<b>93,459</b>	<b>114,519</b>
 <b>Reconciliation of net movement in funds to net cash flow from operating activities</b>		
 Net movement in funds for the reporting period (as per the SOFA)	 (29,394)	 (99,731)
Adjustments for :		
Depreciation charges	1,324	1,222
Dividends, interest and rents from investments	(115)	(381)
(increase)/decrease in debtors	26,119	(23,495)
increase(decrease) in creditors	(18,586)	10,748
<b>Net cash provided by (used in) operating activities</b>	<b>(20,652)</b>	<b>(111,637)</b>
 <b>Analysis of cash and cash equivalents</b>		
 Cash in hand	 93,459	 114,519
<b>Total cash and cash equivalents</b>	<b>93,459</b>	<b>114,519</b>

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 March 2019**

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**Accounting policies**

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

**Basis of Preparation**

The Financial statements have been prepared in accordance with Accounting and Reporting of charities : SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective date 1 January 2015) - Charities SORP (FRS 102), the financial reporting standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The ChineseNational Healthy Living Centre meet the definition of Charity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy (notes).

**Reconciliation with previous GAAP**

In preparing the accounts the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102, the reinstatement of comparative item was required.

At the date of transition no other restatements were required.

**Incoming resources**

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

**Interest and investment income receivable**

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliable by the charity.

**Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

**Expenditure and irrecoverable VAT**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the advice centre and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

**Taxation**

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

**Operating leases**

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

**Tangible fixed assets**

Tangible fixed assets for use by the charity are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

- office equipment - 25% straight line basis
- computer equipment - 25% straight line basis

**Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of less than three months from the date of acquisition or opening of the deposit or similar account.

**Creditors and provisions**

Creditors and provisions 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

**Financial instruments**

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments and does not therefore face any financial risk.

**Pensions**

The Trust operates a defined contribution pension scheme.

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Notes to the financial statements**  
**for the year ended 31 March 2019**

**1 Legal status of the Trust**

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

**2 Financial performance of the charity**

	<b>2018/19</b>	<b>2017/18</b>
	<b>£</b>	<b>£</b>
Income	145,119	99,039
Expenditure on charitable activities	144,334	168,401
Expenditure on management and administration	28,855	29,147
Depreciation	1,324	1,222
	<u>174,513</u>	<u>198,770</u>
Net income	(29,394)	(99,731)
Total funds brought forward	88,239	187,970
Total funds carried forward	<u>58,845</u>	<u>88,239</u>
<b>Represented by:</b>		
Unrestricted funds - designated	56,946	80,957
Unrestricted funds - general	1,899	7,282
	<u>58,845</u>	<u>88,239</u>

**3 Income from Grants & Income Generation**

**Grants receivable**

City of London (Dementia project)	20,000	40,000
Hep B Clinic	-	40,000
Westminster City Council (one step)	10,000	
Westminster City Council (active mind/body)	5,460	
Nextev	10,000	
Gamcare	6,471	
Royal Greenwich	3,000	
Health Frum	3,900	
Miscellaneous	-	8,000
	<u>58,831</u>	<u>88,000</u>
Add: Deferred income brought forward (Note 17)	23,000	-
	<u>81,831</u>	<u>88,000</u>
Less: Deferred income carried forward (Note 17)	-	(23,000)
	<u>81,831</u>	<u>65,000</u>

**4 Income from other charitable activities**

Donations and fundraising	53,092	9,159
Membership fees	727	2,402
Interest Receivable	115	
Sales and services	9,354	22,478
	<u>63,288</u>	<u>34,039</u>

**5 Analysis of expenditure on charitable activities**

Staff costs	97,957	99,210
Other running costs	46,377	69,191
Depreciation	1,324	1,222
	<u>145,658</u>	<u>169,623</u>

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Notes to the financial statements**  
**for the year ended 31 March 2019**

	2018/19 £	2017/18 £
<b>6 Analysis of governance and support cost</b>		
Staff costs	24,489	24,802
Audit and accountancy	4,091	3,888
Other	275	457
	<u>28,855</u>	<u>29,147</u>
<b>7 Net income /(expenditure) for the year</b>		
This is stated after charging:		
Depreciation -owned assets	1,324	1,222
Auditors remuneration for audit services	2,250	2,250
Auditors remuneration for other services	-	-
	<u>-</u>	<u>-</u>
<b>8 Analyses of staff costs, trustee remuneration and expenses, and the cost of key management personnel</b>		
Wages and salaries	109,341	112,215
Employers national insurance	9,296	6,303
Pension Costs	3,809	5,494
	<u>122,446</u>	<u>124,012</u>

The average number of staff employed during the year were as follows:

Direct charitable	5	5
Administrative staff	2	2
	<u>7</u>	<u>7</u>

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year were as follows:

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**9 Trustees' remuneration**

The trustees were not paid or received any other benefits from the Charity during the year in their capacity as trustees.

**10 Related party transactions**

There were no related party transactions to be disclosed during the year under review.

**11 Government Grants**

Income from grants comprises of grant funding made available by funding authorities and private entities to fund specific projects undertaken by the Charity. See note 4 for more information and to the amount and sources of these grants.

**12 Corporation Tax**

The Charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Notes to the financial statements**  
**for the year ended 31 March 2019**

	<b>Computer equipment</b>	<b>Office Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>13 Tangible fixed assets</b>			
<b>Cost:</b>			
At 1 April 2018	83,206	18,564	101,770
Additions	-	523	523
At 31 March 2019	<u>83,206</u>	<u>19,087</u>	<u>102,293</u>
<b>Depreciation</b>			
At 1 April 2018	81,059	18,564	99,623
Charge in year	1,219	105	1,324
At 31 March 2019	<u>82,278</u>	<u>18,669</u>	<u>100,947</u>
<b>Net book value</b>			
At 31 March 2019	<u>928</u>	<u>418</u>	<u>1,346</u>
At 31 March 2018	<u>2,147</u>	<u>-</u>	<u>2,147</u>
<b>14 Debtors</b>		<b>2018/2019</b>	<b>2017/2018</b>
<b>Amounts due within one year:</b>			
Prepayments and accrued income			
Accrued income		-	990
Other debtors & prepayments		851	25,980
		<u>851</u>	<u>26,970</u>
<b>15 Creditors</b>			
<b>Amounts falling due within one year:</b>			
Other taxation & social security		781	3,691
Other creditors & accruals		36,030	51,706
		<u>36,811</u>	<u>55,397</u>
<b>16 Deferred income (included in other creditors &amp; accruals)</b>			
Deferred income comprise advance receipt of grant funding for 2017/18			
Balance as at 1 April 2018		25,500	-
Amount released to income earned from charitable activities		(25,500)	-
Amount deferred in the year		-	25,500
Balance as at 31 March 2019		<u>-</u>	<u>25,500</u>
<b>17 Analysis of charitable funds</b>			
<b>Analysis of movement in designated funds</b>			
<b>Functional fixed assets reserve</b>			
Balance as at 1 April 2018		2,147	3,160
Movement in year		(1,324)	(1,222)
Inter Fund transfer		523	209
Balance as at 31 March 2019		<u>1,346</u>	<u>2,147</u>
<b>Staff &amp; maternity fund:</b>			
Balance as at 1 April 2018		17,600	42,600
Inter-fund transfers		(12,000)	(25,000)
Balance as at 31 March 2019		<u>5,600</u>	<u>17,600</u>

**CHINESE NATIONAL HEALTHY LIVING CENTRE**  
**(Private Company Limited by Guarantee)**  
**Notes to the financial statements**  
**for the year ended 31 March 2019**

	2018/19	2017/18
	£	£
<b>17 Analysis of charitable funds (continued)</b>		
<b>Analysis of movement in designated funds (continued)</b>		
<u>CNHLC Development fund</u>		
Balance at 1 April 2018	11,210	11,210
Movement in year	-	-
Inter-fund transfers	(11,210)	-
Balance at 31 March 2019	-	11,210
<u>Running costs fund</u>		
Balance at 1 April 2018	50,000	115,000
Movement in year	-	-
Inter-fund transfers	-	(65,000)
Balance at 31 March 2019	50,000	50,000
<b>Analysis of movement in unrestricted funds</b>		
<u>Unrestricted - General reserve:</u>		
Balance at 1 April 2018	7,282	16,000
Movement in year	(28,070)	(98,509)
Inter-fund transfers	22,687	89,791
Balance at 31 March 2019	1,899	7,282

**18 Analysis between fund balances**

	Restricted	Unrestricted	Total
	£	£	£
Tangible fixed assets	-	1,346	1,346
Cash at bank and in hand	-	93,459	93,459
Other net current assets/ (liabilities)	-	(35,960)	(35,960)
	-	58,845	58,845

**19 Analysis of Restricted Funds**

Funders name	Balance 1/4/18	Incoming Resources	Resources Expended	Balance at 31/3/19
City Of London - Dementia	-	20,000	(20,000)	-
Westminster City Council (one step)	-	10,000	(10,000)	-
Westminster City Council (active mind/body)	-	5,460	(5,460)	-
Nextev	-	10,000	(10,000)	-
Gamcare	-	6,471	(6,471)	-
Shaftesbury	-	3,000	(3,000)	-
Health Forum	-	3,900	(3,900)	-
Chelsea & Westminster - Hep B (deferred from 17/18)	-	20,000	(20,000)	-
Royal Greenwich (deferred from 17/18)	-	3,000	(3,000)	-
	-	81,831	(81,831)	-

**20 Material Uncertainty related to going concern**

During the financial year ended 31 March 2019 year the charity has made losses of £29,394 and reserves stand as at £58,845. The losses and funding cuts in the grants received in the period post year end indicate that a material uncertainty exists that may cast significant doubt on the charity's ability to continue as a going concern for a period at least twelve months from the date the financial statements are authorised for issue.