

Charity number: SC041998
Company number: SC383167

Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

Directors' report and financial statements
for the period ended 31 March 2019

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Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

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Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

Legal and administrative information

Charity number SC041998
Company registration number SC383167

Business address Upper Floor, St Moluag Centre
Croft Avenue
Oban
Argyll
PA34 5JJ

Registered office Abacus Services
Abacus Building
8 High Street
Oban
PA34 4BG

Directors Roy Miller Clunie
Pauline Jespersen
Hugh McLean
Veronica Kennedy
Philip Wilson
Rosemary Lindsay Young
Jacqualin Barron
Robert Waddington

Secretary R A Clement Associates

Accountants R A Clement Associates
5 Argyll Square
Oban
Argyll
PA34 4AZ

Bankers Clydesdale Bank plc
6 Argyll Square
Oban

Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

The directors present their report and the financial statements for the period ended 31 March 2019. The directors, who are also trustees of Lorn and Oban Healthy Options Limited for the purposes of charity law and who served during the period and up to the date of this report are set out on page 1.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006 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 published on 16 July 2014 (FRS 102) (effective January 2015).

Structure, governance and management

Control

The charity is under the direction of the Board of Directors who control its activities and its plans and strategic objectives, as well as pursue funding to enable it to achieve its aims.

Risk policy

The directors have assessed the major risks to which the charity is exposed, and in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to mitigate any exposure to these risks.

Reserves policy

The policy of the Trust is to aim to retain sufficient reserves to meet the cost of any regular commitments, as well as a contingency to enable it to continue to develop further projects.

Objectives and activities

The Charitable Purposes of the Company are:

To improve the health of the community of Oban and Lorn by providing opportunities and support to participate in physical activity; promoting healthy living activities and lifestyle options; to improve knowledge, skills and understanding of health; enable local people to make a positive impact on their own and their community's physical, mental and emotional well-being by developing activities which address health inequalities.

Healthy Options has a collaborative and innovative approach to community health. It brings together health professionals, fitness professionals, business expertise and community animators to form an independent community organisation which has the in-built support of the largest medical practice and the best sport facilities in the West Highlands.

From the start it has been the practice that the client is in control of their programme and it is tailored to meet their needs through a flexible and adaptable approach. Healthy Options' staff provide the support needed to take them along their chosen path and help them over the hurdles which naturally occur leading to increased participation and adherence to their programme. Healthy Options utilises the community and community organisations in this process so that the client is part of the community and not as a patient. They are not going to hospital for treatment, they are joining in activities enjoyed by many out in the community.

Healthy Options meets the criteria of the Scottish Government's '20:20' Vision as well as the strategic aims of Argyll & Bute Health and Social Care Partnership by being community driven, providing a flexible service which responds to the changing needs of our clients. By being out in the community, clients have a better mind-set rather than thinking of themselves as patients, they are just like everyone else trying to improve their lives. This focus is a strong psychological difference which Healthy Options holds at the core of the enterprise.

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Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

Healthy Options has encapsulated their work in 4 key statements:-

- * There are a growing number of people with chronic conditions or those heading towards having chronic conditions as well as people recovering from the effects of chronic conditions.
- * A high percentage of these people's condition could be managed or improved by a change to a healthier lifestyle.
- * People need to be motivated to make that change.
- * Motivation itself is not enough; people need to be supported through the process of making the changes permanent in their lives and their programme needs to be tailored for their situation, aims and needs.

Achievements and performance

This years highlights and achievements

We continue to have partnerships with local health professionals and work in cooperation with the Atlantis Leisure Centre and other 3rd sector organisations.

Over the last 8+ years HO has supported over 800 members of the Lorn and Oban communities to improve their health and well-being through a personalised programme of social prescriptions. These programmes have been life-changing for many; indeed life-saving has been quoted by some of our clients.

The programmes of work initiated and developed by LOHO has been integrated along with an NHS initiative to create a new model of care - Oban Living Well Support Services that is a collaboration between NHS, 3rd Sector and the community. This provide a different approach in dealing with the moderately frail living in the community through to preventing deterioration of health and improving wellbeing.

Staffing

At the beginning of this period the organization started to see the benefits of our bold decision to recruit a professional development manager and an additional highly qualified exercise specialist. We now have well trained exercise professionals working with a manager who collectively are determination to ensure all areas of operation work to the highest possible standards.

Funding

Funding through local H Management was for the first two years on Integrated Care Funds but this has transferred to be from Mainstream H funds. Whilst this is no guarantee of continuity of funding communications with H management has been positive regards the significance and potential in our activities.

We know that there will always be the need for grant based support from outside funding agencies and this represents a considerable challenge to this small organisation.

This period has seen positive progress in funding. The contracting out of our preparation of funding applications has proved beneficial. Funding has been secured for a few years from our partnership in a Big Lottery bid by Scottish Communities for Health and Wellbeing, The Robertson Trust, Leader and a few other smaller commitments. This has gave us the confidence to take the next step forward by appointing at the very end of this financial year, a Development Manager to manage existing operations and to develop all aspects of the operations including securing ongoing funding.

Lorn and Oban Healthy Options Limited
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Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

Operations

As a result of the above appointments the operations have been restructured to create a more effective operational presence. All the aspects have been mainstreamed with staff involved having greater opportunity to impact the organisation's work more effectively.

There remains the Oban Living Well Support Services model.

There are 4 different parts to the model

A) *Supporting frail patients to live well at home - the moderately frail*

A Multi-disciplinary approach by a wide range of health professionals with some 3rd sector input provide holistic care to those with complex conditions. LOHO has only a marginal involvement in this part of the overall model.

B) *Re-ablement programme*

Clients are identified by Physiotherapy Department and if interested are assessed by them at start and following a programme of exercise and activity carried out by a LOHO Exercise Professional. We work with people initially in their home who have recently received a care package, then moving on to social prescriptions in the community as they improve and gain confidence, helping them to regain 'independence' and to reduce their care packages. Partnership working with the Physiotherapy Dept, initially part-funded by the Integrated Care Fund and now part of our H & SC support funding.

C) *Mainstream*

As a result of the restructuring following the aforementioned appointments our mainstream work will support, on average, on a yearly basis, 400 clients in the community. These patients continue to be referred to us on medical grounds by health professionals:

In GP practices

- * Lorn Medical Centre
- * Taynuilt, Dalmally Medical Practice
- * Seil Medical Practice
- * Appin Medical Practice

Hospital Depts. - Physiotherapy, Cardiac, Pulmonary, Dietitian, AHP, etc.

This is an excellent network and partnership with GP surgeries and Health Professionals and LOHO and other community organisations input.

Once a referral is received our full-time exercise professionals and our referred 'clients' co-produce an individual activity programme appropriate to their medical condition and in accordance with their hopes, aspirations and interests. Initially we support clients on a 1-to-1 basis but as confidence and improvements take place our clients will join group activities, sessions and classes all leading towards our clients taking responsibility for their own health journey and self-managing their programmes and their health conditions.

Our social prescriptions include programmes based in the local community owned & run sport and leisure centre: gym, aerobics and swimming. We also have the capability to use other existing community organisations and facilities that provide social prescribing opportunities for our clients: bowling club, walking group, country dancing, line dancing, walking football, tennis club etc.

D) *Prevention Activities - Creating health in our communities*

This area of work which has been ongoing on a limit scale is now deeply ingrained as part of our portfolio of activities and is seen as an area for growth in the future where we assist people to maintain good health thereby preventing the need for the other parts of our work as described above.

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Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

Other Activities:

Villages

The initiation of classes in the villages has always had the intent of having the ownership of the activities transfer to the communities themselves and this transition has been started in this period and will continue to develop at different speed in each of the villages. Thus if required LOHO will be a supplier of services rather than having the responsibility of decisions, organising etc. Thus the people themselves decide what they need and seek our advice on who and how they satisfy that need. This ownership can lead to the villages becoming Healthy Living Villages.

Vulnerable Social Housing tenants

The end of the third year approaches without any sign of new funding emerging. This 3rd year continues in partnership with West Highland Housing Association to support vulnerable, at risk social housing tenants. We provide a twice weekly activity programme for this traditionally hard to reach group, those whose circumstances preclude them from accessing or having the confidence and even the inclination to adopt an active healthy lifestyle. For this programme we employ a part-time Health Liaison Officer whose responsibility is to engage with other third sector organisations and their clients, linking them to health professionals and to social prescriptions delivered directly by Healthy Options and other existing providers - activities include co-steering, kayaking, tennis, gardening, 10-pin bowling, forest walks, Gym, archery, the list goes on. Funding for this important area of work is not secure beyond March 2019 and we are actively seeking other potential funding sources. The intent for these clients and others who find themselves in similar situations is to integrate them into our mainstream work.

Additional Activities - Oban Healthy Living Town

In September 2017 we started a 3-month scoping study into how Oban can develop into a healthy living town. This will provide a road map for bringing together statutory and third sector organisations linked to health. Social Prescribing will be key to the success of Oban becoming a Healthy Living Town.

From this LOHO initiative a separate project has evolved with some of the principals within LOHO involved augmented by other organisation and people. LOHO expects to play a key part in this development without, as an organisation, being the driving force.

Advocacy

One area of constant improvement is the benefit of Healthy Options programmes to our clients and this continues to amaze us. Over the year there has been several events where we have asked clients to 'tell their story' to various stakeholders. These include meeting with local Councillors, MSP's and parties visiting from other part of Scotland coming to see what we do and it's impact. The feedback has always been the same -

- * surprise at the complexity and the variety of conditions our clients have
- * their lack of mobility, their reduced quality of life, and their isolation.
- * the huge improvements our clients make to their health and wellbeing, their ability to return to work, and to take an active part in family and community again.
- * the lack of NHS provision for any aftercare for long term conditions once their patient has left the hospital or medical setting.
- * the real challenges our clients would face without a service such as Healthy Options

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Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

Conclusion

As in the past this year has presented many challenges and this will continue to be the case. The directors and staff see, on a daily basis, the benefits to clients in what and how we help them and it is this success with clients that is the constant that continues to drive us forward. We look forward with confidence in the organisation, our people and the benefits to clients we can now, more than ever, go forward in good heart.

The Directors made the decision in September 2018 to change the financial year end from 31 August to 31 March. The change of year end is in line with the majority of our funding partners. This change will aid budgetary planning and provide more transparency on our reporting requirements. Thus, this set of financial statements is a seven month period to 31 March 2019.

Trustees' responsibilities in relation to the financial statements

The directors (who are also trustees of Lorn and Oban Healthy Options Limited under charity law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the directors are required to:

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

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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Report of the directors (incorporating the trustees' report)
for the period ended 31 March 2019

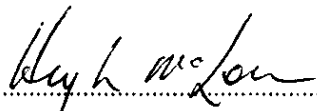
The directors are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Angus MacGillivray of R A Clement Associates was deemed to be reappointed as independent examiner and the directors recommend that Angus MacGillivray remains in office until further notice.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 11/10/2019 and signed on its behalf by


.....
Hugh McLean
Director

Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

Independent examiner's report to the directors on the unaudited financial statements of Lorn and Oban Healthy Options Limited.

I report on the accounts for the period ended 31 March 2019 set out on pages 2 to 18.

This report is made to the charity's Trustees in accordance with the terms of my engagement. My work has been undertaken to enable me to prepare the financial statements on behalf of the charity's Trustees and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees, as a body, for my work or this report.

Respective responsibilities of trustees and independent examiner

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

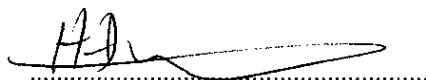
Basis of Independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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
 - to prepare accounts which agree 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.



Angus MacGillivray
ACCA
Independent examiner

12/10/2019

Date

Of R A Clement Associates
5 Argyll Square
Oban
Argyll
PA34 4AZ

Lorn and Oban Healthy Options Limited**(A company limited by guarantee)****Statement of financial activities (incorporating the income and expenditure account)****For the period ended 31 March 2019**

		Unrestricted funds	Restricted funds	Period ended 31/03/19 Total	Year ended 31/08/18 Total
	Notes	£	£	£	£
Income from					
Grants and donations	2	55,317	61,125	116,442	193,193
Investments	3	42	-	42	30
Total income		<u>55,359</u>	<u>61,125</u>	<u>116,484</u>	<u>193,223</u>
Expenditure on					
Staff costs	5	21,521	50,592	72,113	73,284
Establishment & Programme costs		9,514	13,556	23,070	52,665
Motor and travelling expenses		2,984	682	3,666	6,167
Accountancy fees		1,000	-	1,000	1,020
Legal and professional fees		6,729	-	6,729	20,957
Communications and IT		1,124	-	1,124	1,319
Other office expenses		1,529	-	1,529	2,269
Interest payable and similar charges		110	-	110	185
Depreciation and impairment		671	-	671	296
Publicity & Advertising		1,342	-	1,342	1,489
Sundry Expenses		1,376	-	1,376	1,734
Total expenditure		<u>47,900</u>	<u>64,830</u>	<u>112,730</u>	<u>161,385</u>
Net income/(expenditure) for the period		7,459	(3,705)	3,754	31,838
Reconciliation of funds:					
Total funds brought forward		42,575	37,350	79,925	48,087
Total funds carried forward		<u>50,034</u>	<u>33,645</u>	<u>83,679</u>	<u>79,925</u>

The notes on pages 12 to 18 form an integral part of these financial statements.

Lorn and Oban Healthy Options Limited
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Balance sheet
as at 31 March 2019

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	Notes	£	31/03/19 £	£	31/08/18 £
Fixed assets					
Tangible assets	8		2,015		887
Current assets					
Debtors	9	-		81	
Cash at bank and in hand		83,701		81,256	
		<u>83,701</u>		<u>81,337</u>	
Creditors: amounts falling due within one year	10	(2,037)		(2,299)	
Net current assets			81,664		79,038
Net assets			<u>83,679</u>		<u>79,925</u>
Funds	11				
Restricted income funds			33,645		37,350
Unrestricted income funds			50,034		42,575
Total funds			<u>83,679</u>		<u>79,925</u>

The financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The directors' statements required by s475(2) and s475(3) are shown on the following page which forms part of the Balance Sheet.

The notes on pages 12 to 18 form an integral part of these financial statements.

Lorn and Oban Healthy Options Limited
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Balance sheet (continued)

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Directors statements required by the Companies Act 2006
for the period ended 31 March 2019

In approving these financial statements as directors of the company we hereby confirm:

(a) that for the period stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the period ended 31 March 2019.

(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

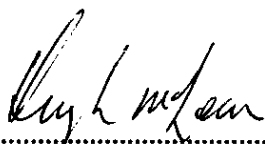
(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the period then ended in accordance with the requirements of sections 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the board on

11th November 2019

and signed on its behalf by



.....
Hugh McLean
Director

The notes on pages 12 to 18 form an integral part of these financial statements.

Lorn and Oban Healthy Options Limited
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Notes to financial statements
for the period ended 31 March 2019

Legal Status of the charity

The charity is registered as a Scottish Charity with the Office of the Scottish Charity Regulator and is governed by its Memorandum and Articles of Association.

1. Accounting policies

The principal accounting policies adopted are summarised below.

1.1. Basis of preparation and assessment of going concern.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended) as well as the Companies Act 2006, and the Statement of Recommended Practice (SORP)- Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued on 16 July 2014 and effective January 2015).

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

The directors, who are the trustees of the charity under charity law, consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

1.2. Income

Income is recognised in the statement of financial activities when the charity is entitled to the income, any performance conditions attached have been met, it is probable that the income will be received and the amount can be quantified with reasonable accuracy. Such income is only deferred when the donor specifies performance conditions which must be met before the charity has unconditional entitlement. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included.

Gifts donated for resale are included as incoming resources within activities for generating funds when they are sold.

Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.

Income from investments is included in the year in which it is receivable.

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Notes to financial statements
for the period ended 31 March 2019

1.3. Expenditure

Expenditure is recognised when there is a legal or constructive obligation committing the charity to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be reliably measured.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated on an appropriate basis to the various activities of the charity. Where costs cannot be allocated directly, they are apportioned to categories on the basis of a reasonable estimate of the costs.

Fundraising costs are those incurred in generating income from various activities and do not include the costs of disseminating information in support of the charitable activities.

Governance costs include those costs necessary for the board to fulfil its constitutional and statutory obligations and are now included as support costs included in charitable activities.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management.

The charity is not registered for VAT and accordingly expenditure includes all vat which is irrecoverable.

1.4. Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment - 25% Reducing Balance

1.5. Defined contribution pension schemes

Employees of the charity are entitled to join a defined contribution "money purchase" scheme. The charity contribution is restricted to the contributions disclosed in note 6. There were no outstanding contributions at the year end. The costs of the defined contribution scheme are included in the appropriate cost centres and charged to the relevant fund.

1.6. Financial Instruments

The charity has only financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value with the exception of bank loans which are measured at amortised cost using the effective interest rate method.

Lorn and Oban Healthy Options Limited
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Notes to financial statements
for the period ended 31 March 2019

2. Grants and donations

	Unrestricted £	Restricted £	Period ended 31/03/19 £	Year ended 31/08/18 £
Donations	743	-	743	2,786
MS Donations	-	-	-	882
WHHA	-	29,533	29,533	39,553
Robertson Trust	-	-	-	25,000
Other Grants	17,224	15,930	33,154	23,600
NHS	37,350	-	37,350	91,247
Self management	-	15,662	15,662	2,625
Garfield Weston	-	-	-	7,500
	<u>55,317</u>	<u>61,125</u>	<u>116,442</u>	<u>193,193</u>

Income in 2018 was £66,923 unrestricted and £126,300 restricted

3. Investments

	Unrestricted funds £	Period ended 31/03/19 Total £	Year ended 31/08/18 Total £
Bank interest receivable	42	42	30
	<u>42</u>	<u>42</u>	<u>30</u>

Income in 2018 was all unrestricted.

4. Net incoming resources for the period

	Period ended 31/03/19 £	Year ended 31/08/18 £
Net incoming resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	671	296
Examiner's/Auditors' remuneration	<u>1,000</u>	<u>1,020</u>

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Notes to financial statements
for the period ended 31 March 2019

5. Employees

Employment costs	Period ended 31/03/19 £	Year ended 31/08/18 £
Wages and salaries	70,028	71,669
Pension costs	714	544
Other costs	1,371	1,071
	<u>72,113</u>	<u>73,284</u>

No employee received emoluments of more than £60,000 (2018 : None).

Number of employees

The average monthly numbers of employees (excluding the directors) during the period, was as follows:

Period ended 31/03/19 Number	Year ended 31/08/18 Number
<u>6</u>	<u>6</u>

Key Management Personnel

The key management personnel is comprised of the Board of Trustees who are not remunerated. Total remuneration consists of gross salaries, employers national insurance, and employers pension contributions.

Trustees' expenses and remuneration

The charity trustees, who are the directors of the company, were not paid and did not receive any remuneration or benefits in kind as a trustee during the year. Expenses were paid to Trustees totalling £325.45 for reimbursement of travel expenses. The expenses relate to travel outwith the local area and were agreed at board meetings.

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Notes to financial statements
for the period ended 31 March 2019

6. Pension costs

The company operates a defined contribution pension scheme in respect of the employees of Lorn & Oban Healthy Options Limited. The scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and was as follows:

	Period ended 31/03/19	Year ended 31/08/18
	£	£
Pension charge	714	544

7. Taxation

The charity is a charitable company within the meaning of the Finance Act 2010. Accordingly the charity's activities fall within the exemptions from taxation in respect of income or capital gains afforded by the provisions of the Corporation Taxes Act 2010 and the Taxation of Chargeable Gains Act 1992 to the extent that such income or gains are applied for charitable purposes. As a result, there is no taxation charge in these accounts.

8. Tangible fixed assets

	Fixtures, fittings and equipment £	Total £
Cost		
At 1 September 2018	3,547	3,547
Additions	1,799	1,799
At 31 March 2019	5,346	5,346
Depreciation		
At 1 September 2018	2,660	2,660
Charge for the period	671	671
At 31 March 2019	3,331	3,331
Net book values		
At 31 March 2019	2,015	2,015
At 31 August 2018	887	887

9. Debtors

	31/03/19 £	31/08/18 £
Other debtors	-	81
	-	81

Lorn and Oban Healthy Options Limited
(A company limited by guarantee)

Notes to financial statements
for the period ended 31 March 2019

10. Creditors: amounts falling due within one year

	31/03/19	31/08/18
	£	£
Other creditors	-	1,262
Accruals and deferred income	2,037	1,037
	<u>2,037</u>	<u>2,299</u>

11. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 March 2019 as represented by:			
Tangible fixed assets	2,015	-	2,015
Current assets	50,056	33,645	83,701
Current liabilities	(2,037)	-	(2,037)
	<u>50,034</u>	<u>33,645</u>	<u>83,679</u>

Analysis of net assets between funds (prior year)

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 August 2018 as represented by:			
Tangible fixed assets	887	-	887
Current assets	43,987	37,350	81,337
Current liabilities	(2,299)	-	(2,299)
	<u>42,575</u>	<u>37,350</u>	<u>79,925</u>

12. Unrestricted funds

	At 1 September 2018	Incoming resources	Outgoing resources	At 31 March 2019
	£	£	£	£
Unrestricted Fund	<u>42,575</u>	<u>55,359</u>	<u>(47,900)</u>	<u>50,034</u>

Lorn and Oban Healthy Options Limited
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13. Restricted funds	At 1 September 2018 £	Incoming resources £	Outgoing resources £	At 31 March 2019 £
NHS A & B Public Health Income	37,350	-	(37,350)	-
Link worker	-	9,999	(9,999)	-
West Highland Housing Association	-	29,533	(12,705)	16,828
Leader	-	2,431	(2,431)	-
OLHI Network	-	3,500	(1,385)	2,115
Alliance	-	15,662	(960)	14,702
	<u>37,350</u>	<u>61,125</u>	<u>(64,830)</u>	<u>33,645</u>

Purposes of restricted funds

NHS A & B Public Health Income

The NHS A & B Public Health Income was received in advance last year and has been fully spent as at 31 March 2019.

West Highland Housing Association

Grants were received from the West Highland Housing Association for designing and delivering activity programmes for vulnerable social housing tenants and other disadvantaged individuals.

Leader

Grants were received to match fund the project workers remuneration during the year.

OLHI Network

This is part of the Oban Health town project. The charity is acting as budget holder at present and administering the income and expenditure. The Oban Health Town project management will assume control in the next financial year.

Alliance

The charity along with Verses Arthritis successfully applied for funding to organise and manage a self management project across Argyll and Bute. The charity is the budget holder for this project and it will finish on 31st of March 2019.

14. Company limited by guarantee

Lorn and Oban Healthy Options Limited is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.