

Charity number: SC030350

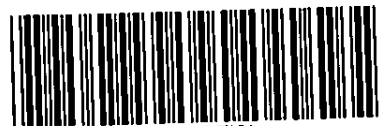
Company number: 208883

ASSYNT LEISURE
(A company limited by guarantee)

Trustees' report and financial statements

for the year ended 31 March 2011

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ASSYNT LEISURE
(A company limited by guarantee)

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1. *Chlorophyll a* (Chl *a*) and *Chlorophyll b* (Chl *b*) were determined by the method of Lichtenthal and Whistler (1973). The total chlorophyll content was determined by the method of Arar and Cook (1980). The carotenoid content was determined by the method of Lichtenthal and Whistler (1973). The total carotenoid content was determined by the method of Arar and Cook (1980). The total protein content was determined by the method of Lowry et al. (1951). The total lipid content was determined by the method of Bligh and Dyer (1959). The total carbohydrate content was determined by the method of Dubois and Gilles (1950). The total nucleic acid content was determined by the method of Burton (1956). The total ash content was determined by the method of AOAC (1990). The total moisture content was determined by the method of AOAC (1990). The total dry weight was determined by the method of AOAC (1990). The total organic matter content was determined by the method of AOAC (1990). The total inorganic matter content was determined by the method of AOAC (1990). The total mineral content was determined by the method of AOAC (1990). The total nutrient content was determined by the method of AOAC (1990). The total quality index was determined by the method of AOAC (1990).

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9. *Chlorophyll a* and *Chlorophyll b* (mg/g)

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1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu UV-160U ultraviolet-visible spectrophotometer.

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ASSYNT LEISURE
(A company limited by guarantee)

Legal and administrative information

| | | |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Charity number | SC030350 | |
| Company registration number | 208883 | |
| Business address | Sport, Youth and Learning Centre
Culag Harbour
Lochinver
Lairg
IV27 4QL | |
| Registered office | Culag Harbour
Lochinver
Lairg
IV27 4QL | |
| Trustees | Rhona MacAskill
Jackie Templeton
Mark Lazzeri
Donald MacDonald
Roderick Kerr
Ian MacLeod
Susan MacLeod
Vanessa Ling
Marianne Hutchison
Derek Spencer | (appointed 24/05/11)

(appointed 26/04/10)
(appointed 26/04/10)

(resigned 02/08/11)
(resigned 26/04/10)

(appointed 24/05/11)
(appointed 23/01/11) |
| Secretary | Kelly Standick
Vanessa Ling | (appointed 30/08/11)
(appointed 26/04/11,
resigned 30/08/11) |
| Accountants | Frame Kennedy & Forrest
Albyn House
Union Street
Inverness
IV1 1QA | |

1. The first part of the report
 2. The second part of the report
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33. The thirty-third part of the report

ASSYNT LEISURE

(A company limited by guarantee)

Legal and administrative information

Bankers

Royal Bank of Scotland
Lochinver Branch
Lochinver
IV27 4LF

ASSYNT LEISURE

(A company limited by guarantee)

Report of the trustees (incorporating the directors' report) for the year ended 31 March 2011

The trustees present their report and the financial statements for the year ended 31 March 2011. The trustees, who are also directors of ASSYNT LEISURE for the purposes of company law and who served during the year and up to the date of this report are set out on page 1.

Structure, governance and management

Governing document

Assynt Leisure is a company limited by guarantee governed by its Memorandum and Articles of Association dated 7 July 2000, company number 208883, a copy of this document "certificate of incorporation of a private limited company" and signatories is held on file at Assynt Leisure Sport, Youth and Learning Centre and is available on request.

Appointment of trustees

An Annual General Meeting is called every year in the month of May, trustees who have been on the board for 3 years are required to stand down but can be re-elected by members. Individuals in the community with expertise which would help in the successful running of the company, and therefore Assynt Leisure Centre, can be approached prior to the Annual General Meetings to see if they would be willing to stand for election to the Board of trustees. If agreeable a proposal would be made in writing by a member and this would be seconded at the Annual General Meeting. At the first board meeting after the Annual General Meeting a chairman would be elected from the new board of trustees.

Trustee Induction and Training

At the first meeting after an Annual General Meeting, new trustees are asked to complete registration forms for Companies House. Information regarding the day to day running of Assynt Leisure is made available via the Centre Manager. Designated responsibilities are given to individual trustees eg. health & safety, human resources, fund raising, child protection, Treasurer and Company Secretary. Previous position holders pass on any relevant information.

Risk Management

Assynt Leisure is very conscious of the need to adhere to government policies regarding risk assessment. Before any new activity is undertaken a risk assessment is done. New equipment used in the Centre is also written up with risk assessment recommendations.

Objectives and activities

The objective of Assynt Leisure is to run a multi-purpose facility which includes a sports hall and gym, a youth area for socialising and educational support, and a learning centre with IT equipment and Internet access to promote lifelong learning. The Charity endeavors to promote physical, psychological and social well-being by providing opportunity to:

- engage in healthy pursuits,
- access training,

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ASSYNT LEISURE

(A company limited by guarantee)

Report of the trustees (incorporating the directors' report) for the year ended 31 March 2011

- improve educational attainments,
- enhance self esteem,
- build self confidence,
- develop individual potential,
- interact with other communities through participation in country and regional events, and
- foster social cohesion and community spirit.

Achievements and performance

Assynt Leisure has sustained the level of Hi-life membership and continues to provide affordable access to sports and social facilities, including physical recreation for local primary schools. The centre has provided a venue for Sutherland and Highland-wide bowls, badminton and football tournaments and has run a range of new activities and events, such as the Assynt Triathlon.

Financial review

Reserves policy

Assynt Leisure aims to maintain at least a minimum reserve equivalent to average monthly expenditure (currently approximately £7,500).

The actual free reserves at 31 March 2011 were £25,439.

Plans for future periods

Assynt Leisure will undertake to expand the range of recreational and educational opportunities available to the community at the Centre. The directors will endeavor to improve the financial security of the Charity and further develop community involvement in its operation.

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ASSYNT LEISURE

(A company limited by guarantee)

Report of the trustees (incorporating the directors' report) for the year ended 31 March 2011

Statement of trustees' responsibilities

The trustees (who are also directors of ASSYNT LEISURE for the purpose of company 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 trustees to prepare financial statements for each financial year 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 trustees are required to:

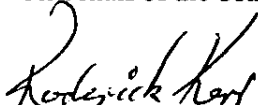
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures 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 trustees 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. 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.

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.

On behalf of the board


Roderick Kerr
Trustee

12 December 2011

1. The first part of the report is a general introduction to the subject of the study.

2. The second part of the report is a detailed description of the methods used in the study.

3. The third part of the report is a discussion of the results of the study and their implications for the field of research.

4. The fourth part of the report is a conclusion and a list of references.

5. The fifth part of the report is a list of appendices.

6. The sixth part of the report is a list of figures and tables.

7. The seventh part of the report is a list of footnotes.

8. The eighth part of the report is a list of acknowledgments.

9. The ninth part of the report is a list of references.

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ASSYNT LEISURE

(A company limited by guarantee)

Independent examiner's report to the trustees on the unaudited financial statements of ASSYNT LEISURE.

I report on the accounts for the year ended 31 March 2011 set out on pages 7 to 16.

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. The charity's trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to state, on the basis of my examination as required under section 44(1) (c) of the Act, whether particular matters have come to my attention.

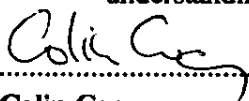
Basis of Independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 whether the accounts present a 'true and fair view'.

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 trustees have not met the requirements to ensure that:
 - proper accounting records are kept in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Colin Gray

BCom CA

Independent examiner

Frame Kennedy & Forrest

Albyn House

Union Street

Inverness

IV1 1QA

12 December 2011

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ASSYNT LEISURE**(A company limited by guarantee)****Statement of financial activities (incorporating the income and expenditure account)****For the year ended 31 March 2011**

| | Notes | Unrestricted funds
£ | Restricted funds
£ | 2011
Total
£ | 2010
Total
£ |
|---------------------------------------------------------|-------|-------------------------|-----------------------|--------------------|--------------------|
| Incoming resources | | | | | |
| Incoming resources from generating funds: | | | | | |
| Voluntary income | 2 | 1,770 | - | 1,770 | 2,572 |
| Activities for generating funds | 3 | 10,004 | - | 10,004 | 11,949 |
| Investment income | 4 | - | - | - | 30 |
| Incoming resources from charitable activities | 5 | 69,713 | 53,342 | 123,055 | 93,131 |
| Other incoming resources | 6 | 772 | - | 772 | 4,215 |
| Total incoming resources | | <u>82,259</u> | <u>53,342</u> | <u>135,601</u> | <u>111,897</u> |
| Resources expended | | | | | |
| Costs of generating funds: | | | | | |
| Cost of generating funds | 7 | 5,072 | - | 5,072 | 7,444 |
| Charitable activities | 8 | 74,874 | 65,265 | 140,139 | 109,994 |
| Governance costs | 9 | 2,279 | - | 2,279 | 1,505 |
| Total resources expended | | <u>82,225</u> | <u>65,265</u> | <u>147,490</u> | <u>118,943</u> |
| Net incoming/(outgoing) resources for the year / | | | | | |
| Net income/(expenditure) for the year | | 34 | (11,923) | (11,889) | (7,046) |
| Total funds brought forward | | <u>25,405</u> | <u>883,387</u> | <u>908,792</u> | <u>915,838</u> |
| Total funds carried forward | | <u>25,439</u> | <u>871,464</u> | <u>896,903</u> | <u>908,792</u> |

The notes on pages 10 to 16 form an integral part of these financial statements.

1. *Pharmaceuticals* (1997) 10, 11.

19. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Lichtenthal and Whistler (1973). The total carotenoid content was determined by the method of Arar and Johnson (1977).

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 200 million to 400 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

the 1990s, the number of people in the world who are illiterate has increased from 400 million to 500 million. The number of illiterate people in the world is expected to reach 600 million by the year 2015. The number of illiterate people in the world is expected to reach 600 million by the year 2015.

1. *Phragmites australis* (Cav.) Trin. ex Steud.

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 250 million to 450 million. The number of people aged 15-64 years is expected to increase from 2.5 billion to 3.5 billion. The number of people aged 65 and over is expected to increase from 250 million to 450 million. The number of people aged 15-64 years is expected to increase from 2.5 billion to 3.5 billion.

1. *Pharmaceutical industry* – The pharmaceutical industry is the largest of the three industries, with sales of \$10.5 billion in 1997. It is the only industry that has not experienced a decline in sales since 1990. The industry is characterized by high R&D expenditures, high barriers to entry, and high profit margins.

1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 26

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1010 spectrophotometer. The concentration of chlorophylls was expressed as $\mu\text{g mL}^{-1}$ of the sample.

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[illegible]

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1601 UV-Visible Spectrophotometer. The concentration of chlorophyll was expressed in $\mu\text{g mL}^{-1}$.

...and the fact that the *Journal* is a journal of the American Psychological Association, the largest and most influential organization in the field of psychology, adds to the journal's prestige and makes it a must-read for all psychologists.

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ASSYNT LEISURE
(A company limited by guarantee)

Balance sheet
as at 31 March 2011

| | Notes | 2011
£ | 2010
£ |
|-------------------------------------------------------|-------|----------------|----------------|
| Fixed assets | | | |
| Tangible assets | 13 | 861,952 | 877,758 |
| Current assets | | | |
| Stocks | | 575 | 416 |
| Debtors | 14 | 8,408 | 4,685 |
| Cash at bank and in hand | | 27,568 | 27,308 |
| | | <u>36,551</u> | <u>32,409</u> |
| Creditors: amounts falling due within one year | 15 | <u>(1,600)</u> | <u>(1,375)</u> |
| Net current assets | | <u>34,951</u> | <u>31,034</u> |
| Net assets | | <u>896,903</u> | <u>908,792</u> |
| Funds | 16 | | |
| Restricted funds | | 871,464 | 883,387 |
| Unrestricted funds | | <u>25,439</u> | <u>25,405</u> |
| Total funds | | <u>896,903</u> | <u>908,792</u> |

The Balance Sheet continues on the following page.

The notes on pages 10 to 16 form an integral part of these financial statements.

[illegible]

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1601 UV-Visible Spectrophotometer. The concentration of chlorophyll was expressed in $\mu\text{g mL}^{-1}$.

1. *Journal of the American Medical Association*, 1997; 277: 1033-1036.

the 1990s, the number of people in the world who are undernourished has declined from 1.1 billion to 800 million, and the number of people who are malnourished has declined from 1.5 billion to 1 billion. The number of people who are obese has increased from 100 million to 300 million, and the number of people who are overweight has increased from 200 million to 500 million. The number of people who are overweight and obese has increased from 300 million to 800 million. The number of people who are overweight and obese has increased from 300 million to 800 million. The number of people who are overweight and obese has increased from 300 million to 800 million.

ASSYNT LEISURE

(A company limited by guarantee)

Balance sheet (continued)

**Trustees statements required by the Companies Act 2006
for the year ended 31 March 2011**

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

(a) that for the year 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 year ended 31 March 2011.

(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 year and of its profit or loss for the year 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the board on 12 December 2011 and signed on its behalf by



Roderick Kerr
Trustee

The notes on pages 10 to 16 form an integral part of these financial statements.

[illegible][illegible][illegible][illegible]

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion. The number of illiterate people in the world is projected to reach 1.7 billion by the year 2015. The number of illiterate people in the world is projected to reach 1.7 billion by the year 2015.

[illegible]

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Lichtenthaler and Whistler (1973). The total chlorophyll content was determined by the method of Arar and Cook (1980). The carotenoid content was determined by the method of Lichtenthaler and Whistler (1973). The total carotenoid content was determined by the method of Arar and Cook (1980). The total protein content was determined by the method of Lowry et al. (1951). The total lipid content was determined by the method of Bligh and Dyer (1959). The total carbohydrate content was determined by the method of Dubois and Gilles (1950). The total nucleic acid content was determined by the method of Burton (1956). The total ash content was determined by the method of AOAC (1990). The total moisture content was determined by the method of AOAC (1990). The total dry matter content was determined by the method of AOAC (1990). The total organic acid content was determined by the method of AOAC (1990). The total alkaloid content was determined by the method of AOAC (1990). The total saponin content was determined by the method of AOAC (1990). The total tannin content was determined by the method of AOAC (1990). The total flavonoid content was determined by the method of AOAC (1990). The total phenol content was determined by the method of AOAC (1990). The total terpenoid content was determined by the method of AOAC (1990). The total steroid content was determined by the method of AOAC (1990). The total glycoside content was determined by the method of AOAC (1990). The total alkaloid content was determined by the method of AOAC (1990). The total saponin content was determined by the method of AOAC (1990). The total tannin content was determined by the method of AOAC (1990). The total flavonoid content was determined by the method of AOAC (1990). The total phenol content was determined by the method of AOAC (1990). The total terpenoid content was determined by the method of AOAC (1990). The total steroid content was determined by the method of AOAC (1990). The total glycoside content was determined by the method of AOAC (1990).

[illegible]

Figure 1. The effect of the concentration of the Ca^{2+} solution on the Ca^{2+} concentration in the Ca^{2+} solution. The concentration of the Ca^{2+} solution was 0.1, 0.2, 0.3, 0.4, 0.5, 0.6, 0.7, 0.8, 0.9, 1.0, 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.0, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 3.0, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 4.0, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 5.0, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8, 5.9, 6.0, 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7, 6.8, 6.9, 7.0, 7.1, 7.2, 7.3, 7.4, 7.5, 7.6, 7.7, 7.8, 7.9, 8.0, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6, 8.7, 8.8, 8.9, 9.0, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6, 9.7, 9.8, 9.9, 10.0, 10.1, 10.2, 10.3, 10.4, 10.5, 10.6, 10.7, 10.8, 10.9, 11.0, 11.1, 11.2, 11.3, 11.4, 11.5, 11.6, 11.7, 11.8, 11.9, 12.0, 12.1, 12.2, 12.3, 12.4, 12.5, 12.6, 12.7, 12.8, 12.9, 13.0, 13.1, 13.2, 13.3, 13.4, 13.5, 13.6, 13.7, 13.8, 13.9, 14.0, 14.1, 14.2, 14.3, 14.4, 14.5, 14.6, 14.7, 14.8, 14.9, 15.0, 15.1, 15.2, 15.3, 15.4, 15.5, 15.6, 15.7, 15.8, 15.9, 16.0, 16.1, 16.2, 16.3, 16.4, 16.5, 16.6, 16.7, 16.8, 16.9, 17.0, 17.1, 17.2, 17.3, 17.4, 17.5, 17.6, 17.7, 17.8, 17.9, 18.0, 18.1, 18.2, 18.3, 18.4, 18.5, 18.6, 18.7, 18.8, 18.9, 19.0, 19.1, 19.2, 19.3, 19.4, 19.5, 19.6, 19.7, 19.8, 19.9, 20.0, 20.1, 20.2, 20.3, 20.4, 20.5, 20.6, 20.7, 20.8, 20.9, 21.0, 21.1, 21.2, 21.3, 21.4, 21.5, 21.6, 21.7, 21.8, 21.9, 22.0, 22.1, 22.2, 22.3, 22.4, 22.5, 22.6, 22.7, 22.8, 22.9, 23.0, 23.1, 23.2, 23.3, 23.4, 23.5, 23.6, 23.7, 23.8, 23.9, 24.0, 24.1, 24.2, 24.3, 24.4, 24.5, 24.6, 24.7, 24.8, 24.9, 25.0, 25.1, 25.2, 25.3, 25.4, 25.5, 25.6, 25.7, 25.8, 25.9, 26.0, 26.1, 26.2, 26.3, 26.4, 26.5, 26.6, 26.7, 26.8, 26.9, 27.0, 27.1, 27.2, 27.3, 27.4, 27.5, 27.6, 27.7, 27.8, 27.9, 28.0, 28.1, 28.2, 28.3, 28.4, 28.5, 28.6, 28.7, 28.8, 28.9, 29.0, 29.1, 29.2, 29.3, 29.4, 29.5, 29.6, 29.7, 29.8, 29.9, 30.0, 30.1, 30.2, 30.3, 30.4, 30.5, 30.6, 30.7, 30.8, 30.9, 31.0, 31.1, 31.2, 31.3, 31.4, 31.5, 31.6, 31.7, 31.8, 31.9, 32.0, 32.1, 32.2, 32.3, 32.4, 32.5, 32.6, 32.7, 32.8, 32.9, 33.0, 33.1, 33.2, 33.3, 33.4, 33.5, 33.6, 33.7, 33.8, 33.9, 34.0, 34.1, 34.2, 34.3, 34.4, 34.5, 34.6, 34.7, 34.8, 34.9, 35.0, 35.1, 35.2, 35.3, 35.4, 35.5, 35.6, 35.7, 35.8, 35.9, 36.0, 36.1, 36.2, 36.3, 36.4, 36.5, 36.6, 36.7, 36.8, 36.9, 37.0, 37.1, 37.2, 37.3, 37.4, 37.5, 37.6, 37.7, 37.8, 37.9, 38.0, 38.1, 38.2, 38.3, 38.4, 38.5, 38.6, 38.7, 38.8, 38.9, 39.0, 39.1, 39.2, 39.3, 39.4, 39.5, 39.6, 39.7, 39.8, 39.9, 40.0, 40.1, 40.2, 40.3, 40.4, 40.5, 40.6, 40.7, 40.8, 40.9, 41.0, 41.1, 41.2, 41.3, 41.4, 41.5, 41.6, 41.7, 41.8, 41.9, 42.0, 42.1, 42.2, 42.3, 42.4, 42.5, 42.6, 42.7, 42.8, 42.9, 43.0, 43.1, 43.2, 43.3, 43.4, 43.5, 43.6, 43.7, 43.8, 43.9, 44.0, 44.1, 44.2, 44.3, 44.4, 44.5, 44.6, 44.7, 44.8, 44.9, 45.0, 45.1, 45.2, 45.3, 45.4, 45.5, 45.6, 45.7, 45.8, 45.9, 46.0, 46.1, 46.2, 46.3, 46.4, 46.5, 46.6, 46.7, 46.8, 46.9, 47.0, 47.1, 47.2, 47.3, 47.4, 47.5, 47.6, 47.7, 47.8, 47.9, 48.0, 48.1, 48.2, 48.3, 48.4, 48.5, 48.6, 48.7, 48.8, 48.9, 49.0, 49.1, 49.2, 49.3, 49.4, 49.5, 49.6, 49.7, 49.8, 49.9, 50.0, 50.1, 50.2, 50.3, 50.4, 50.5, 50.6, 50.7, 50.8, 50.9, 51.0, 51.1, 51.2, 51.3, 51.4, 51.5, 51.6, 51.7, 51.8, 51.9, 52.0, 52.1, 52.2, 52.3, 52.4, 52.5, 52.6, 52.7, 52.8, 52.9, 53.0, 53.1, 53.2, 53.3, 53.4, 53.5, 53.6, 53.7, 53.8, 53.9, 54.0, 54.1, 54.2, 54.3, 54.4, 54.5, 54.6, 54.7, 54.8, 54.9, 55.0, 55.1, 55.2, 55.3, 55.4, 55.5, 55.6, 55.7, 55.8, 55.9, 56.0, 56.1, 56.2, 56.3, 56.4, 56.5, 56.6, 56.7, 56.8, 56.9, 57.0, 57.1, 57.2, 57.3, 57.4, 57.5, 57.6, 57.7, 57.8, 57.9, 58.0, 58.1, 58.2, 58.3, 58.4, 58.5, 58.6, 58.7, 58.8, 58.9, 59.0, 59.1, 59.2, 59.3, 59.4, 59.5, 59.6, 59.7, 59.8, 59.9, 60.0, 60.1, 60.2, 60.3, 60.4, 60.5, 60.6, 60.7, 60.8, 60.9, 61.0, 61.1, 61.2, 61.3, 61.4, 61.5, 61.6, 61.7, 61.8, 61.9, 62.0, 62.1, 62.2, 62.3, 62.4, 62.5, 62.6, 62.7, 62.8, 62.9, 63.0, 63.1, 63.2, 63.3, 63.4, 63.5, 63.6, 63.7, 63.8, 63.9, 64.0, 64.1, 64.2, 64.3, 64.4, 64.5, 64.6, 64.7, 64.8, 64.9, 65.0, 65.1, 65.2, 65.3, 65.4, 65.5, 65.6, 65.7, 65.8, 65.9, 66.0, 66.1, 66.2, 66.3, 66.4, 66.5, 66.6, 66.7, 66.8, 66.9, 67.0, 67.1, 67.2, 67.3, 67.4, 67.5, 67.6, 67.7, 67.8, 67.9, 68.0, 68.1, 68.2, 68.3, 68.4, 68.5, 68.6,

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1601 UV-Visible Spectrophotometer. The concentration of chlorophyll was expressed in mg g⁻¹ of dry weight.

1. *Pharmaceutical industry*—United States—History—20th century—Congresses. I. Title. II. Series.

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ASSYNT LEISURE

(A company limited by guarantee)

Notes to financial statements for the year ended 31 March 2011

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

1.1. Basis of accounting

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005) and the Companies Act 2006.

1.2. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. 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 the charity shop is included in the year in which it is receivable.

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

1. The first part of the report
describes the general situation
of the country and the
main problems.

2. The second part of the report
describes the results of the
survey and the main findings.

3. The third part of the report
describes the results of the
survey and the main findings.
The fourth part of the report
describes the results of the
survey and the main findings.

4. The fifth part of the report
describes the results of the
survey and the main findings.
The sixth part of the report
describes the results of the
survey and the main findings.

5. The seventh part of the report
describes the results of the
survey and the main findings.
The eighth part of the report
describes the results of the
survey and the main findings.

6. The ninth part of the report
describes the results of the
survey and the main findings.
The tenth part of the report
describes the results of the
survey and the main findings.

7. The eleventh part of the report
describes the results of the
survey and the main findings.

8. The twelfth part of the report
describes the results of the
survey and the main findings.

9. The thirteenth part of the report
describes the results of the
survey and the main findings.

10. The fourteenth part of the report
describes the results of the
survey and the main findings.

ASSYNT LEISURE

(A company limited by guarantee)

Notes to financial statements for the year ended 31 March 2011

1.3. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Costs of generating funds comprise the costs associated with attracting voluntary income.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

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:

| | | |
|----------------------------------|---|-----------------------------|
| Land and buildings | - | Straight line over 50 years |
| Fixtures, fittings and equipment | - | 15% reducing balance |

1.5. Stock

Stock is valued at the lower of cost and net realisable value.

2. Voluntary income

| | Unrestricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|-----------|-------------------------------------|-----------------------------|-----------------------------|
| Donations | 1,770 | 1,770 | 2,572 |
| | <u>1,770</u> | <u>1,770</u> | <u>2,572</u> |

1941-1942

1943-1944

1945-1946

1947-1948

1949-1950

1951-1952

1953-1954

1955-1956

1957-1958

1959-1960

1961-1962

1963-1964

1965-1966

1967-1968

1969-1970

1971-1972

ASSYNT LEISURE**(A company limited by guarantee)****Notes to financial statements
for the year ended 31 March 2011****3. Activities for generating funds**

| | Unrestricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|---------------------------|-------------------------------------|-----------------------------|-----------------------------|
| Vending machines and cafe | 5,959 | 5,959 | 7,692 |
| Fundraising events | 4,045 | 4,045 | 4,257 |
| | <u>10,004</u> | <u>10,004</u> | <u>11,949</u> |

4. Investment income

| | 2011
Total
£ | 2010
Total
£ |
|--------------------------|-----------------------------|-----------------------------|
| Bank interest receivable | - | 30 |
| | <u>-</u> | <u>30</u> |

5. Incoming resources from charitable activities

| | Unrestricted
funds
£ | Restricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|------------------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Club useage and memberships | 44,723 | - | 44,723 | 41,748 |
| Grants - Highland Council | 24,990 | 2,225 | 27,215 | 29,773 |
| Grants - Scottish Executive | - | 80 | 80 | - |
| Grants - H & I Enterprise | - | 24,175 | 24,175 | - |
| Grants - LB2E | - | 1,386 | 1,386 | - |
| Grants - Learndirect | - | - | - | 622 |
| Grants - The Robertson Trust | - | 8,000 | 8,000 | 8,000 |
| Grants - HAL | - | 4,463 | 4,463 | 4,988 |
| Grants - Lloyds TSB | - | 8,000 | 8,000 | 8,000 |
| Grants - SIACS | - | 5,013 | 5,013 | - |
| | <u>69,713</u> | <u>53,342</u> | <u>123,055</u> | <u>93,131</u> |

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1. *Journal of Management Studies*, 1990, 27, 1, 1-14.

ASSYNT LEISURE**(A company limited by guarantee)****Notes to financial statements
for the year ended 31 March 2011****6. Other incoming resources**

| | Unrestricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|--------------|-------------------------------------|-----------------------------|-----------------------------|
| Other income | 772 | 772 | 4,215 |
| | <u>772</u> | <u>772</u> | <u>4,215</u> |

7. Cost of generating funds

| | Unrestricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|------------------------------------|-------------------------------------|-----------------------------|-----------------------------|
| Cafe and vending machine purchases | 5,072 | 5,072 | 7,444 |
| | <u>5,072</u> | <u>5,072</u> | <u>7,444</u> |

8. Costs of charitable activities - by fund type

| | Unrestricted
funds
£ | Restricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|----------------------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Wages & Salaries | 38,062 | 42,974 | 81,036 | 56,378 |
| Travel and subsistence | 2,396 | - | 2,396 | 1,740 |
| Rent, rates and insurance | 6,618 | - | 6,618 | 7,492 |
| Light & heat | 7,954 | - | 7,954 | 8,419 |
| Repairs & maintenance | 5,691 | - | 5,691 | 4,044 |
| Course costs | 2,766 | - | 2,766 | - |
| Printing, postage and stationery | 1,504 | - | 1,504 | 1,093 |
| Advertising | 877 | - | 877 | 1,370 |
| Hall hire and licences | 965 | - | 965 | 1,500 |
| Equipment and high life cards | 972 | - | 972 | 312 |
| Professional - Legal fees | 1,349 | - | 1,349 | 2,438 |
| Telephone | 679 | - | 679 | 571 |
| General expenses | 3,995 | - | 3,995 | 933 |
| Depreciation & impairment | 1,046 | 22,291 | 23,337 | 23,704 |
| | <u>74,874</u> | <u>65,265</u> | <u>140,139</u> | <u>109,994</u> |

1. The first part of the report is a general introduction to the subject of the study. It discusses the importance of the study and the objectives of the research.

2. The second part of the report is a detailed description of the methodology used in the study. It includes information about the sample size, the data collection methods, and the statistical analysis techniques.

3. The third part of the report is a discussion of the results of the study. It presents the findings of the research and discusses their implications for the field of study.

4. The fourth part of the report is a conclusion and a list of references. The conclusion summarizes the main findings of the study and provides recommendations for future research. The references list the sources of information used in the study.

5. The fifth part of the report is a list of appendices. These appendices contain additional information that is relevant to the study but is not included in the main body of the report. They may include raw data, detailed calculations, or other supporting materials.

6. The sixth part of the report is a list of footnotes. These footnotes provide additional information about the sources of information used in the study and about the methods used in the research.

7. The seventh part of the report is a list of tables. These tables present the data collected during the study in a clear and concise manner.

8. The eighth part of the report is a list of figures. These figures provide a visual representation of the data collected during the study.

9. The ninth part of the report is a list of abbreviations. These abbreviations are used throughout the report to simplify the language and to make it easier to read.

10. The tenth part of the report is a list of symbols. These symbols are used throughout the report to represent mathematical concepts and to make the language more precise.

ASSYNT LEISURE**(A company limited by guarantee)****Notes to financial statements****for the year ended 31 March 2011****9. Governance costs**

| | Unrestricted
funds
£ | 2011
Total
£ | 2010
Total
£ |
|---------------------------------|-------------------------------------|-----------------------------|-----------------------------|
| Professional - Accountancy fees | 2,279 | 2,279 | 1,505 |
| | <u>2,279</u> | <u>2,279</u> | <u>1,505</u> |

10. Net outgoing resources for the year

| | 2011
£ | 2010
£ |
|------------------------------------------------------------------|-------------------|-------------------|
| Net outgoing resources is stated after charging: | | |
| Depreciation and other amounts written off tangible fixed assets | <u>23,337</u> | <u>23,704</u> |

11. Employees

| Employment costs | 2011
£ | 2010
£ |
|-------------------------|-------------------|-------------------|
| Wages and salaries | <u>81,036</u> | <u>56,378</u> |

No employee received emoluments of more than £60,000 (2010 : None).

Number of employees

The average monthly numbers of employees (including the trustees) during the year, calculated on the basis of full time equivalents, was as follows:

| 2011
Number | 2010
Number |
|------------------------|------------------------|
| <u>4.5</u> | <u>4</u> |

12. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge in these accounts.

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1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1987).

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1601 UV-Visible Spectrophotometer. The concentration of chlorophylls was expressed in $\mu\text{g mL}^{-1}$.

1. *Journal of the American Medical Association*, 1990; 263: 1025-1028.

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1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 84

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ASSYNT LEISURE
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2011

| 13. Tangible fixed assets | Land and
buildings
freehold
£ | Fixtures,
fittings and
equipment
£ | Total
£ |
|----------------------------------|--------------------------------------------------|-------------------------------------------------------|--------------------|
| Cost | | | |
| At 1 April 2010 | 989,248 | 47,863 | 1,037,111 |
| Additions | 6,990 | 541 | 7,531 |
| At 31 March 2011 | <u>996,238</u> | <u>48,404</u> | <u>1,044,642</u> |
| Depreciation | | | |
| At 1 April 2010 | 133,697 | 25,656 | 159,353 |
| Charge for the year | 19,925 | 3,412 | 23,337 |
| At 31 March 2011 | <u>153,622</u> | <u>29,068</u> | <u>182,690</u> |
| Net book values | | | |
| At 31 March 2011 | <u>842,616</u> | <u>19,336</u> | <u>861,952</u> |
| At 31 March 2010 | <u>855,551</u> | <u>22,207</u> | <u>877,758</u> |

| | | |
|--------------------|-------------------|-------------------|
| 14. Debtors | 2011
£ | 2010
£ |
| Trade debtors | <u>8,408</u> | <u>4,685</u> |

| | | |
|---------------------------------------------------------------|-------------------|-------------------|
| 15. Creditors: amounts falling due
within one year | 2011
£ | 2010
£ |
| Trade creditors | - | 175 |
| Accruals and deferred income | <u>1,600</u> | <u>1,200</u> |
| | <u>1,600</u> | <u>1,375</u> |

ASSYNT LEISURE**(A company limited by guarantee)****Notes to financial statements****for the year ended 31 March 2011****16. Analysis of net assets between funds**

| | Unrestricted funds | Restricted funds | Total funds |
|---------------------------------------------------|---------------------------|-------------------------|--------------------|
| | £ | £ | £ |
| Fund balances at 31 March 2011 as represented by: | | | |
| Tangible fixed assets | 10,083 | 851,870 | 861,953 |
| Current assets | 16,956 | 19,594 | 36,550 |
| Current liabilities | (1,600) | - | (1,600) |
| | <u>25,439</u> | <u>871,464</u> | <u>896,903</u> |

17. Unrestricted funds

| | At 1 April 2010 | Incoming resources | Outgoing resources | At 31 March 2011 |
|--------------|------------------------|---------------------------|---------------------------|-------------------------|
| | £ | £ | £ | £ |
| General Fund | <u>25,405</u> | <u>82,259</u> | <u>(82,225)</u> | <u>25,439</u> |

18. Restricted funds

| | At 1 April 2010 | Incoming resources | Outgoing resources | At 31 March 2011 |
|-----------------------------|------------------------|---------------------------|---------------------------|-------------------------|
| | £ | £ | £ | £ |
| Assynt Leisure Building | 871,391 | - | (18,325) | 853,066 |
| Training and equipment fund | <u>11,996</u> | <u>53,342</u> | <u>(46,940)</u> | <u>18,398</u> |
| | <u>883,387</u> | <u>53,342</u> | <u>(65,265)</u> | <u>871,464</u> |

19. Company limited by guarantee

ASSYNT LEISURE 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.

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion. The number of illiterate people in the world is projected to reach 1.7 billion by the year 2015. The number of illiterate people in the world is projected to reach 1.7 billion by the year 2015.

1. *Journal of the American Medical Association*, 1990; 263: 1025-1028.

[illegible]

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 84

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1. *Journal of the American Medical Association*, 1990; 263: 1099-1103.

1. *Journal of the American Medical Association*, 1997; 277: 1033-1038.