

REGISTERED COMPANY NUMBER: 08476077 (England and Wales)
REGISTERED CHARITY NUMBER: 1156738

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st December 2024
for
INSTITUTE OF HEALTH PROMOTION & EDUCATION

DJH Wirral & Chester Limited
1 Abbots Quay
Monks Ferry
Birkenhead
CH41 5LH

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for the year ended 31st December 2024**

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INSTITUTE OF HEALTH PROMOTION & EDUCATION

Report of the Trustees for the year ended 31st December 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's objectives are as defined by the Board of Trustees and are for the public benefit. They are:

To contribute to the development of knowledge, attitudes and behaviours that maintain and promote health and well-being.'

To promote the development of environments conducive to the maintenance and promotion of health and well-being.

To support the promotion and use of services designed to promote health and prevent disease.

To act as a voice, as and when required, in support of actions designed to promote individual and population health.

Activities are those most effective to achieve the objectives and which are deemed ethical.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

STRATEGIC REPORT

Achievements and performance

The International Journal of Health Promotion and Education had another successful year with increased downloads worldwide. The Trustees continued to meet online with one face to face meeting.

A key focus of the year was building on the Reception at the House of Commons, celebrating sixty years since the founding of IHPE and where the draft Five Year Strategy to focus and prioritise the work of IHPE was launched. In 2024, Trustees developed a Strategic Action Plan to guide and implement the core objectives of the Strategy. Planning for a series of masterclasses to be held in 2025 was started.

Social media continued to be used extensively with LinkedIn being used to effectively to connect with health promotion professionals. Overall, membership increased; the free membership for students on appropriate and recognised courses showing the greatest increase.

The contract for the International Journal of Health Promotion and Education (IJHPE) with Taylor and Francis was renegotiated and renewed with effect from 1st January 2025. The main changes were an increase in allocated support for the editorial team and a higher percentage for the overall sales royalty.

IHPE continues to be a voice and advocate for the importance of health promotion:

" British Medical Journal - twelve rapid responses and five letters published

" Position Statements - five produced

" Presidents Letters - six published

" Newsletters - six produced

" Webinar - 'Reducing Inequalities through our Healthcare Practice' jointly with the British Society for Lifestyle Medicine.

" Trustees and members published or contributed to a range of health promotion publications.

INSTITUTE OF HEALTH PROMOTION & EDUCATION

Report of the Trustees for the year ended 31st December 2024

STRATEGIC REPORT

Financial review

The financial performance of the charity showed slight improvement to the previous year with an overall profit of £668.

The Trustees continue to assess the major risks to which the charity is exposed, and are satisfied that the systems are in place to mitigate and manage exposure to the major risks.

Financial Risk

The level of membership rose in 2024 with increased interest in the Course Recognition Scheme and Corporate Membership. The Board will continue to address the risk of a fall in membership by continued efforts to increase membership, including use of social media, and networks with other health focused organisations.

The new publishing contract for the IJHPE is for three years from 1st January 2025. This continues to provide financial security for IHPE. Trustees will focus on increasing paid membership subscriptions to reduce reliance on income from the IJHPE.

Non Financial Risks

The Board of Trustees meets at least 4 times per annum, with at least one meeting being face to face. Decisions between Board meetings are made by officers and sub committees in accordance with the Articles of Association. The governance of the four sub-committees focuses on responsibility and accountability as well as activities. The subcommittees are:

Governance

Finance

Communications and Membership

International Journal Editorial

Future plans

The Board of Trustees aims to:

1. Continue to expand the membership base with a particular focus on those practising health promotion and education in public health roles, health professional roles and educational roles in statutory education and charitable bodies both at home and overseas. The offer of free membership to qualifying students will be evaluated in 2025-2026 and extended if financially appropriate.
2. Support the continued growth and development of the International Journal of Health Promotion and Education as a key journal in the field and move toward the achievement of an Impact Factor.
3. Deliver the Strategic Priorities for 2025-2026
4. Deliver a series of masterclasses, online, throughout the year, free for attendees. If well supported and evaluation shows they have been valued for continuing professional development, a further series in 2026 will be delivered with a cost attached for attendees.
4. Respond to, and influence policy issues in health promotion and public health through rapid responses in the BMJ journal, forwarding such responses to key people, responding to Government health and education consultation documents, making direct contact with ministers and ministerial bodies and generally advocating for health promotion.
5. Continue to review administrative process and procedure, including costs, to ensure that risks are identified and reduced through mitigation and that 'best value' is achieved

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee, incorporated on 5 April 2013 and registered as a charity on 17 April 2014.

The company was established under a Memorandum of Association and Articles of Association which established the objects and powers of the charitable company. In the event of the company being wound up the members are required to contribute an amount not exceeding £1.

INSTITUTE OF HEALTH PROMOTION & EDUCATION

Report of the Trustees for the year ended 31st December 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Board when complete consists of at least five members and not more than fifteen persons who being individuals are over the age of 18, all of whom must support the objects.

The Board shall consist of the President, Past President (during the year immediately after ceasing to hold office as President), President Elect, Honorary Secretary, Honorary Treasurer, Honorary Editor and Honorary Communications Officer. In addition, eight members of the Institute who are Fellows, Honorary Fellows, Full Members or Associate Members shall be appointed. Vacancies will be filled by election carried out at the Annual General Meeting.

If any member is a corporate body it must act through a named representative whose contact details are notified to the council. An ordinary member of the council shall be appointed to serve a period of three years at the Annual General Meeting and if remains eligible maybe reappointed to serve for a further term of three years. An ordinary member of the council may not serve for more than two consecutive terms but may be reappointed under the Articles if eligible, after a period of not less than two years has elapsed after ceasing to hold office

Induction and training of new trustees

Following a focussed recruitment campaign four new Trustees joined the Board in 2024 and information concerning the Institute and its operations was shared with them.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08476077 (England and Wales)

Registered Charity number

1156738

Registered office

1 Abbots Quay
Monks Ferry
Bikenhead
Merseyside
CH41 5LH

Trustees

Professor M Baybutt
Ms S J Cheater MBE
R J Lansman (resigned 17.10.2024)
Dr K Neil (resigned 24.5.2024)
Professor P Owen (resigned 17.10.2024)
Professor S J Palmer
Ms D Penny
E Tarkang
T Theaker
Ms A Towers
Dr M C Watson
Ms A Whitecombe
Dr K Whittingham
Ms H F Burrage Trustee (appointed 17.10.2024)
Ms C Cotter Trustee (appointed 17.10.2024)
J P Wright Trustee (appointed 17.10.2024)
Professor H Blake Trustee (appointed 17.10.2024)

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 18th September 2025 and signed on the board's behalf by:

INSTITUTE OF HEALTH PROMOTION & EDUCATION

**Report of the Trustees
for the year ended 31st December 2024**

Ms S J Cheater MBE - Trustee

INSTITUTE OF HEALTH PROMOTION & EDUCATION

Statement of Financial Activities
for the year ended 31st December 2024

	Notes	2024 Unrestricted funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		204	70
Charitable activities			
general		14,709	16,779
Investment income	2	<u>22</u>	<u>112</u>
Total		<u>14,935</u>	<u>16,961</u>
EXPENDITURE ON			
Charitable activities			
general		<u>14,267</u>	<u>21,708</u>
NET INCOME/(EXPENDITURE)		668	(4,747)
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>10,676</u>	<u>15,423</u>
TOTAL FUNDS CARRIED FORWARD		<u>11,344</u>	<u>10,676</u>

The notes form part of these financial statements

INSTITUTE OF HEALTH PROMOTON & EDUCATION

**Balance Sheet
31st December 2024**

	Notes	2024 Unrestricted funds £	2023 Total funds £
CURRENT ASSETS			
Debtors	5	3,183	2,590
Cash at bank		<u>10,056</u>	<u>10,323</u>
		13,239	12,913
CREDITORS			
Amounts falling due within one year	6	(1,895)	(2,237)
		<u>11,344</u>	<u>10,676</u>
NET CURRENT ASSETS			
		11,344	10,676
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>11,344</u>	<u>10,676</u>
NET ASSETS			
		<u>11,344</u>	<u>10,676</u>
FUNDS			
Unrestricted funds	7	<u>11,344</u>	<u>10,676</u>
TOTAL FUNDS			
		<u>11,344</u>	<u>10,676</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18th September 2025 and were signed on its behalf by:

S J Cheater MBE - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the year ended 31st December 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>22</u>	<u>112</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2024 nor for the year ended 31st December 2023.

INSTITUTE OF HEALTH PROMOTION & EDUCATION

**Notes to the Financial Statements - continued
for the year ended 31st December 2024**

3. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Trustees expenses totalling £325 (2023 - £315) were paid in the year to 31st December 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	70
Charitable activities	
general	16,779
Investment income	<u>112</u>
Total	<u>16,961</u>
EXPENDITURE ON	
Charitable activities	
general	<u>21,708</u>
NET INCOME/(EXPENDITURE)	(4,747)
RECONCILIATION OF FUNDS	
Total funds brought forward	15,423
	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>10,676</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	-	99
Prepayments and accrued income	<u>3,183</u>	<u>2,491</u>
	<u>3,183</u>	<u>2,590</u>

INSTITUTE OF HEALTH PROMOTION & EDUCATION

**Notes to the Financial Statements - continued
for the year ended 31st December 2024**

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	796	632
Other creditors	-	71
Accrued expenses	<u>1,099</u>	<u>1,534</u>
	<u>1,895</u>	<u>2,237</u>

7. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	<u>10,676</u>	<u>668</u>	<u>11,344</u>
TOTAL FUNDS	<u>10,676</u>	<u>668</u>	<u>11,344</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	<u>14,935</u>	<u>(14,267)</u>	<u>668</u>
TOTAL FUNDS	<u>14,935</u>	<u>(14,267)</u>	<u>668</u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	<u>15,423</u>	<u>(4,747)</u>	<u>10,676</u>
TOTAL FUNDS	<u>15,423</u>	<u>(4,747)</u>	<u>10,676</u>

INSTITUTE OF HEALTH PROMOTON & EDUCATION

**Notes to the Financial Statements - continued
for the year ended 31st December 2024**

7. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	16,961	(21,708)	(4,747)
	_____	_____	_____
TOTAL FUNDS	<u>16,961</u>	<u>(21,708)</u>	<u>(4,747)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	15,423	(4,079)	11,344
	_____	_____	_____
TOTAL FUNDS	<u>15,423</u>	<u>(4,079)</u>	<u>11,344</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,896	(35,975)	(4,079)
	_____	_____	_____
TOTAL FUNDS	<u>31,896</u>	<u>(35,975)</u>	<u>(4,079)</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2024.

INSTITUTE OF HEALTH PROMOTION & EDUCATION

**Detailed Statement of Financial Activities
for the year ended 31st December 2024**

	2024	2023
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	1
Donations	<u>204</u>	<u>69</u>
	204	70
Investment income		
Deposit account interest	22	112
Charitable activities		
Subscriptions and loyalties	14,709	13,789
House of Commons event	<u>-</u>	<u>2,990</u>
	14,709	16,779
Total incoming resources	14,935	16,961
EXPENDITURE		
Charitable activities		
Insurance	730	693
Postage and stationery	123	5
Sundries	1,851	1,800
Website costs	938	1,125
Bank charges	121	107
House of Commons event	<u>-</u>	<u>9,141</u>
	3,763	12,871
Support costs		
Management		
Accountancy	1,037	924
Legal and professional fees	7,946	7,290
Book keeping costs	353	308
Cost of trustee meetings	<u>1,168</u>	<u>315</u>
	10,504	8,837
Total resources expended	<u>14,267</u>	<u>21,708</u>
Net income/(expenditure)	<u><u>668</u></u>	<u><u>(4,747)</u></u>

This page does not form part of the statutory financial statements