

FOUNDATION FOR PAEDIATRIC OSTEOPATHY

England & Wales · Charity number 1003934

Details

Other names	FPO, O C C, OSTEOPATHIC CENTRE FOR CHILDREN
Status	Registered
Legal form	Charitable company
Company number	02545759
Registered	1991-08-23
Register	View on the Charity Commission register

Contact

Address	Unit 1 Knot House 1 Brewery Square London SE1 2LF
Phone	02088755294
Email	sherlene.pusey@occ-fpo.org.uk
Website	www.occ-fpo.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AMONGST CHILDREN AND YOUNG PERSONS BY THE PROVISION OF OSTEOPATHIC TREATMENT. FOR FURTHER DETAILS SEE ARTICLES OF ASSOCIATION

Activities: The Osteopathic treatment of all children everywhere, regardless of their families' ability to pay. The training of graduate osteopaths in Paediatric. The raising of public awareness that osteopathy is for children first. Research into the effectiveness of paediatric osteopathy.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities

Geography

- Southwark

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£493,045	£488,637	-	-
2024-10-31	£512,972	£505,207	£241,710	13
2023-10-31	£477,405	£463,566	-	-
2022-10-31	£382,593	£369,812	-	-
2021-10-31	£351,829	£350,288	-	-

Trustees

Name	Role	Appointed
CLARE FOINETTE		
Diana Barber		1994-11-08
Dr Martin Collins		2025-03-28
JOHN LYRAS		
Nicholas Woodhead		2023-03-15
STUART KORTH		

Accounts



Foundation for Paediatric Osteopathy

Trading as The Osteopathic Centre for Children (Registered Charity No: 1003934)

Report of Trustees and Annual Accounts 2024/25

About the Foundation for Paediatric Osteopathy

The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

Our mission is to:

- Provide excellent osteopathic care for children and perinatal women
- Train skilled and knowledgeable paediatric osteopaths
- Research osteopathy for children
- Use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children and paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

The Foundation for Paediatric Osteopathy is a specialist osteopathy charity that makes osteopathy an option for all children and families. The Osteopathic Centre for Children is the name of our dedicated paediatric clinic.

Contents

1	Message from the Director of Osteopathy
2	What our Patients Say
3	Trustees' Report
3	Structure and Governance
3	Objects of the Foundation for Paediatric Osteopathy
3	Objectives and Activities for 2024-25
4	Our Key Workstreams
5	Clinical Achievements
9	Educational Achievements
10	Fundraising & Marketing Achievements
11	Finance
12	Looking Ahead: Plans for 2025-2026
13	Reference and Administrative Details
14	Structure, Governance, and Management
15	Statement of Public Benefit
16	Independent Examiner's Report to the Trustees of Foundation of Paediatric Osteopathy
17	Statement of Financial Activities
20	Notes to the Financial Statements
28	Thank you

Message from the Director of Osteopathy



This year has marked an important milestone for our charity. We have successfully relocated to our new Tower Bridge premises, creating a space that is not only more welcoming and practical, but also inspiring for the children, families, osteopaths and administrative staff who use it every day.

I am also pleased to share that we are now on a sound financial footing. This stability is thanks to the unwavering dedication of our staff and the incredible generosity of our supporters, whose continued commitment allows us to make a meaningful difference in the lives of so many children.

We are deeply grateful to everyone who plays a part in the Foundation's work — our donors and supporters whose generosity sustain us, our trustees for their guidance and stewardship, our staff and practitioners for their dedication and expertise, and the children and families who place their trust in us. We would also like to thank the patients and families who contributed to this report by sharing their experiences; their voices remind us why our work matters.

Stuart Korth (DO DPO FICO)

Trustee/Director of Osteopathy

What our Patients Say



"I first heard about the OCC from my local lactation consultant. My baby had a bit of a difficult start to life and had to spend 8 days in NICU, while I also was being treated for pre-eclampsia. As a result, my son had some tightness, trauma in his body and a slight tongue tie. The lovely folks at the OCC have been wonderful at helping him with his trauma and tightness. I immediately saw a massive difference in my son's bowel movements and digestion after treatment. I also love that they are also treating me!"

Patient's parent



"We were referred by a tongue tie clinic. Raisa had issues with torticollis, left turn preference, muscle tension from c-sec and forceps. I also had breastfeeding issues including painful latch, but from 3rd appointment, no more pain from latch and can really see the improvement! Osteopathy is very beneficial, I just wish I had known about it earlier. My advice is don't wait – just come!"

Patient's parent



"All great! Can already see an improvement."

Patient's parent



"A friend recommended the service after we had some concerns about ASD/ADHD. We have been waiting on the NHS for 3 years for an assessment and so the treatment our son has received at the Osteopathic Centre for Children has been invaluable in managing his symptoms. The OCC makes treatment affordable and accessible; we would not have been able to afford such frequent visits without it."

Patient's parent

* The stories featured in this report reflect the real experiences of our patients. However, some names and images have been changed to protect the identities of individuals.

Trustees' Report

Structure and Governance

The Foundation for Paediatric Osteopathy is an independent charitable company limited by guarantee. The Osteopathic Centre for Children is the name of the organisation's paediatric clinic.

The Foundation for Paediatric Osteopathy is governed by a Board of seven Trustees. The Board meets quarterly and Trustees have responsibility for the overall strategy and direction of The Foundation for Paediatric Osteopathy, and for financial and risk management.

The Managing Director and The Director of Osteopathy (co-founder Stuart Korth) are responsible for the day-to-day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees. The Director of Osteopathy is also responsible for the care and safety of patients.

Objects of the Foundation for Paediatric Osteopathy

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research

Objectives and Activities for 2024/25

The following objectives were set for the Foundation for Paediatric Osteopathy in 2024/25:

1. To offer specialist osteopathic treatment regardless of the family's ability to donate
2. To run & develop education training courses
3. To promote public awareness of osteopathy
4. To find a new centralised home for the charity
5. To maintain breakeven financial position

 Osteopathic consultation



Our Key Workstreams

Osteopathic Centre for Children

Operates a
dedicated
paediatric clinic



Offers
specialised
skills and
experience
(particularly for
complex cases)
and subsidised
appointments
for
disadvantaged
families



Allows families
to have a
specialist facility
available that
they can
consult at an
affordable cost

Education

Trains excellent
osteopaths and
provides
Continuous
Professional
Development
(CPD)
opportunities



Establishes
specialist skills
for paediatric
osteopaths



Allows families
to have a
reputable,
trained and
reliable local
osteopath who
will refer them
to the OCC if
needed

Research

Conducts and
reviews
research



Establishes best
practice and
evidences
effectiveness



Allows
osteopaths and
others to have a
reputable
authority to
refer to and
work with

Fundraising & Marketing

Identifies
funding
opportunities
and nurtures
relationships
with new &
existing donors



Increases
visibility and
promotes the
charity's vision
and paediatric
osteopathy



Securing
funding and
increasing
patient footfall

1. Clinical Achievements

1.1 Clinic Reach

The charity continued its vital work this year, providing much-needed osteopathic care to families across London. In September 2025, we reached a significant milestone with the successful move into our new, centralised home in Southwark - part of our plan to bring the organisation under one roof and strengthen the way we deliver care.

Throughout the year, we ran clinics two days a week in Camden and Hackney, supported by a dedicated team of 17 osteopaths. Together, we treated 1,852 patients and delivered 7,614 treatment sessions, that were carried out to help disadvantaged babies, children, and perinatal women in need of care in London. With clinics operating at 88% capacity, we welcomed 1,417 new patients and 435 returning for follow-up care.

 *Osteopaths training in our clinic*



1,852

babies, children and perinatal women received treatment, regardless of their ability to donate

7,614

treatment sessions were carried out to help disadvantaged babies, children and perinatal women in need of care in London

88%

the clinic operated at 88% capacity

1,417

new patients welcomed to our clinic

6%

increase in patient footfall

1.2 Clinic Donations

We are proud to offer our osteopathy services free at the point of need, ensuring families from lower-income backgrounds can access the care they require. To help sustain this vital work, we ask patients to make a donation where possible.

This year, the average clinic donation rose by 22% to £22.97 (up from £18.80 in 2024). This increase has helped us continue offering the same number of treatment sessions to the public. Although the cost-of-living crisis and other financial pressures have affected how much some families can give, we remain committed to keeping our services accessible and encourage everyone to attend their appointments.

In 6% of our treatment sessions (492 sessions), patients were unable to contribute financially toward their care. We are monitoring this and applying to charitable trusts for additional funding to help cover the cost of providing treatment to those unable to donate.

Level of Donations

- 6% of patients donated (£0) (prev. 9%)
- 19% of patients donated from £1 - £10 (prev. 26%)
- 26% of patients donated from £11-£20 (prev. 25%)
- 18% of patients donated from £21-£30 (prev. 13%)
- 5% of patients donated from £31-£39 (prev. 1%)
- 18% of patients donated £45 (prev. 8%)
- 7% of patients donated from £46 or more (prev. 10%).

It costs the organisation over £100 to provide a one-hour new patient assessment, treatment and evaluation, and more than £50 for a 30 minute follow-up appointment. This year, 25% of patients were unable to donate more than £10, and 75% of our patients were unable to donate £45 per session.

25%

of patients were unable to donate more than £10

6%

of our treatment sessions (492 sessions), patients were unable to contribute financially toward their care

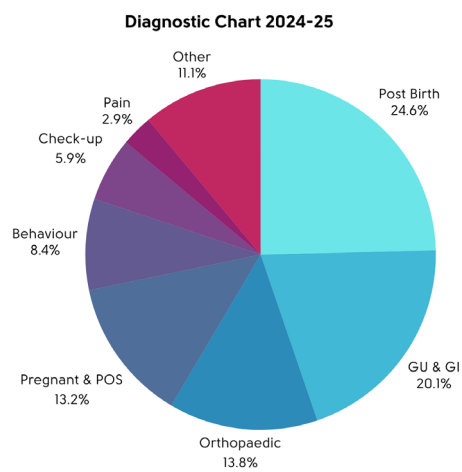
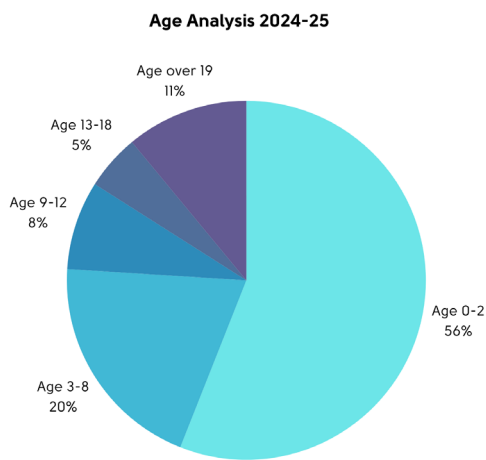
75%

of our patients were unable to donate £45 per session.

1.3 Patient Analysis

In the past year, our clinic delivered vital osteopathic treatment to 1,852 patients, the vast majority of whom were children in critical early-life stages. Children aged 18 or under accounted for 89% of all consultations; notably, 56% of all patients were aged 2 or under. In addition to paediatric services, 11% of consultations supported pregnant and postnatal patients, ensuring continuity of care from pregnancy to post-birth. This integrated approach allows us to address health needs at the most impactful moments improving outcomes for both mothers and children.

The most common concerns presented in clinic were Post Birth conditions (24.6%), Gastrointestinal and Genitourinary concerns (20.1%), and Orthopaedic issues (13.8%), reflecting the significant need for timely, specialised clinical support for infants, children, and postnatal patients.



1.4 Clinic Referrals

During the year, 31% of our patients reported being referred to our clinic by a member of NHS staff and other health professionals, including midwives, breastfeeding clinics, lactation consultants, health visitors and GPs. This reflects the trust and confidence the medical community places in our ability to improve the daily lives of young patients.

Word of mouth continues to be the primary way families learn about our clinic, demonstrating the high regard and appreciation for our work within the communities we serve. This year, our referrals are as follows:

- 53% friends and family
- 31% healthcare
- 16% media & other means

 Zara receiving osteopathic treatment



Patient Stories



Marcel

Marcel first came to the OCC after experiencing persistent eye irritation, after 2 treatments Marcel's mother, Kim, noted the irritation was 'completely resolved and the treatment 'very effective'.

Returning some time later with trauma in his mouth, Kim remains certain that the OCC will see him 'recover comfortably and quickly'.

Though Marcel is somewhat new to the OCC, Kim and her 7 children are no strangers to the 'personalised, child-centred care' provided by the charity. Noting that 'it's a big part of our lifestyle. I feel really involved with the treatment plans for my children.'

📷 Marcel receiving treatment



Zack

Zack was born with talipes (clubfoot) on his left side and experienced head asymmetry following a forceps delivery. His mum, Sandy, recounts why she brought Zack to the OCC,

'His head was a bit wonky at the back, and he couldn't do much tummy time. At six weeks old, we started weekly casting of his foot and leg, for around 8 weeks. Then he had the tendon cut, followed by wearing boots and bars for 23 hours a day for three months

Though essential, this treatment affected Zack's early mobility and development. Sandy notes, 'he had to work so much harder to explore the world like other children his age.'

Turning to the OCC to support his recovery and development, the specialist care enable Zack to begin the process of regaining mobility, improving alignment and continuing to thrive.

📷 Zack receiving osteopathic treatment

2. Educational Achievements

2.1 Post-Graduate Training

This year, our educational programs continued to draw registered osteopaths seeking specialist training and continuing professional development in paediatrics.

- 10 osteopaths completed the Diploma in Paediatric Osteopathy (DPO) at the end of 2025
- 8 osteopaths completed the Certificate in Paediatric Osteopathy (CPO) course at the end of 2025
- 16 osteopaths have enrolled on the Certificate in Paediatric Osteopathy (CPO) course for 2025-26

2.2 Continuous Professional Development

Our Education team worked tirelessly this year to expand our Continuing Professional Development (CPD) offering for osteopaths. The number of CPD days increased by 136%, with 26 days of course successfully delivered.

We remain committed to advancing our educational programmes and are continuing the validation process for our course with the Fondazione Osteopatia Pediatrica in San Marino. Looking ahead, we plan to further grow and strengthen this area of our work.

Trainee Stories

“Widens Knowledge and skills surrounding paediatric treatment improves safety and DD skills.” - Jane

“I learnt a lot from observation so watching them put their hands on and telling me about their thinking or what they feel in the patient helps me develop my own thinking and treatment approaches.” - Kelvin

300

Diplomas in Paediatric Osteopathy/MSc awarded to-date (1991-2025)

31

Awards in Paediatric Osteopathy awarded to date

35

Certificates in Paediatric Osteopathy awarded to date

136%

increase in CPD days held this year

33%

increase in applicant numbers for 2025-26

“Do it! It’s made me want to do future training”
- Carl

“I chose to come here as I was treated here as a baby and I knew it was an incredible place for paediatric training. It is an incredible course for lots of reasons. The clinical element is crucial, and the tutors are incredible. Training and working alongside of them is invaluable.” - Rebecca

3. Fundraising & Marketing Achievements

We ended the year in a strong financial position, raising £190,000 for 2025 and securing an additional £116,000 to support babies, children, and perinatal women in 2026. These funds will help us continue delivering vital osteopathic care to families who need it most.

This year also marked the first instalment of our BBC Children in Need grant - a multi-year award from a previously cold funder. We are proud to have begun this new partnership and are optimistic about building further long-term relationships with new supporters.

Looking ahead, our Fundraising team will focus on diversifying income streams to create more opportunities for sustainable growth and strengthen the charity's long-term resilience.

Our efforts to increase visibility and promote paediatric osteopathy have continued throughout the year. A key milestone was the rebuild of our website, which now offers improved accessibility, a more engaging user experience, and easier access to our services and resources.

A major highlight of the year was our move to a new clinic in Southwark. Our Marketing team worked hard to ensure all patients were well informed about the relocation, and we marked the occasion with a successful launch event attended by the Mayor of Southwark and beautifully captured by a professional photographer. The event brought together our neighbours, patients, and osteopaths helping to strengthen our connections within the local community.

This year, we partnered with the European School of Osteopathy to celebrate World Osteopathic Healthcare Week. Together, we raised awareness of the lifelong benefits of osteopathy and showcased how osteopathic treatment can complement existing medical care for people of all ages.



📷 Celebrating the opening of our Southwark clinic



📷 The Mayor of Southwark cutting the ribbon at our new clinic opening

4. Finance

4.1 How we Raised our Money

The charity has three main sources of income - Clinic donations, Fundraising and Education.

A large proportion of our income (44%) comes from clinic donations. Although our patients are not charged for their appointments, as this is our main charitable activity, we ask for donations to help the charity continue to provide osteopathy to families from lower-income backgrounds.

Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions as well as the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate.

4.2 Objectives Achieved

The charity's focus for 2024-25 was to maintain a breakeven financial position, sustain patient numbers, and expand our educational offerings.

Our annual income for the year was £493k, with expenditure of £488k, leaving a surplus of £4k. Clinic donations continued to provide a steady and vital source of income, enabling us to carry out clinic activities and provide osteopathic care to families who might otherwise be unable to afford treatment.

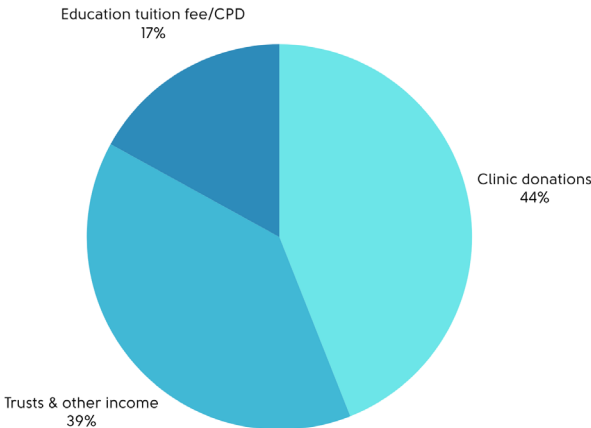
Fundraising made a significant contribution to our work this year, with total income rising 113% to £190k. This growth was supported by a major gift from one of our long-standing funders, helping us to continue providing care and expand our services. Our Marketing and Fundraising team has worked strategically to secure both immediate and long-term opportunities, raise the charity's profile, and build connections within the Southwark community.

The Education team also made significant strides, increasing our Continuing Professional Development (CPD) offering by 136%, delivering 26 CPD days compared to 11 the previous year. This reflects our ongoing commitment to providing high-quality training and professional development for osteopaths.

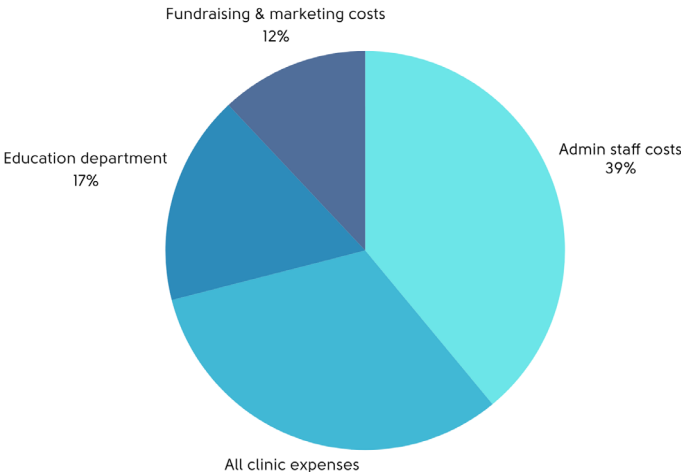
4.3 Reserves

At the end of October 2025, the overall cash reserve stood at £246k unrestricted and is available to finance the charitable objective. This is within the Charity Commission's guideline of six months of expenditure.

Income Chart 2024-25



Expenditure Chart 2024-25



Looking Ahead: Plans for 2025-2026

Organisational Growth

In 2025/26, we will build on our expanded clinical team and new central London clinic to drive renewed growth and impact. With a 55% increase in trainees and volunteer osteopaths, we will operate four clinic days per week - a major milestone in the OCC's continued expansion and service delivery.

Our move to a central London location presents exciting opportunities to enhance the charity's visibility, reputation, and leadership in paediatric osteopathy.

Operational Goals

- Operate four clinic days per week with a team of 26.25 osteopaths, delivering 11,812 treatment sessions (representing a 54% increase)
- Reach 2,953 patients through targeted outreach and advertising campaigns (representing an increase of 59.5%)
- Diversify income streams through enhanced CPD programmes and strengthened fundraising initiatives with targets of £210k (representing a 10% increase on last year).
- Launch clinical research in partnership with the National Council for Osteopathic Research (NCOR). This initiative will begin in May 2026 and includes participation in research using Patient Reported Outcome Measures (PROMs), which capture patients' perspectives on changes in symptoms, function and quality of life following treatment. The analysis of this data will support the evaluation of clinical outcomes and contribute to a stronger evidence base for osteopathic care

Risk Management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable,

not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources.

As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning, documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years.

Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Remuneration

All salaries were benchmarked against similar charities and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolment pension scheme, currently held by NEST and Friends.



📷 OCC staff photographed at new clinic launch event

Reference and Administrative Details

Registered Company Number:	02545759 (England and Wales)
Registered Charity Number:	1003934
Registered office:	Unit 1, Knot House Brewery Square London, SE1 2LF
Board of Trustees:	D E Barber MBE E C Foinette S B P Korth J M Lyras N D Woodhead C Rahman M Collins
Company Secretary	S S Pusey
Independent Examiner:	Ebenezer Okai Leroy Reid & Co Chartered Certified Accountants & Statutory Auditors 299 Northborough Road Norbury London SW16 4TR
Solicitors:	Lee, Bolton & Lee 1 The Sanctuary London SW1P 3JT
Bankers:	Co-operative Bank Plc 80 Cornhill London EC3V 3NJ Clydesdale Bank 55 Regents Street London, SW1Y 4ND

Structure, Governance and Management

Organisational Structure

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development, and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Governing Document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and Appointment of New Trustees

The Directors of the company are also charity Trustees for the purpose of charity law and under the company's articles are known as members of the Board of Directors.

Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members.

The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". 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 those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, which enables 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. In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Statement of Public Benefit

The Trustees have reflected upon the charitable objectives of the Osteopathic Centre for Children and reviewed the activities of the charity over the past year, as described in detail in this report. The Trustees are satisfied they have had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research into the effectiveness of osteopathy in the paediatric population.

The work undertaken by the charity plays an important role in helping children's bodies work to the best of their ability, whatever their starting point and regardless of their family's financial situation, to help them achieve their optimum function later in life. The Osteopathic Centre for Children believes that paediatric osteopathy should be available to all children, and is committed to making our clinics accessible to disabled and disadvantaged children, making osteopathy a trusted holistic health care option for all families.

Independent Examiner

The independent examiner, Leroy Reid & Co, will be considered for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees, incorporating a strategic report, approved by order of the board of Trustees, as the company directors, on

19/3/2026

and signed on the board's behalf by:



J M Lyras

Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2025.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

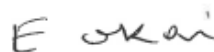
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other

than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Ebenezer Okai (BSc) FCCA

The Association of Chartered Certified Accountants

Leroy Reid & Co

Chartered Certified

Accountants

299 Northborough Road

Norbury

London

SW16 4TR

Date: 23/03/2026

Statement of Financial Activities for the Year Ended 31 October 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	371,436	36,420	407,856	387,680
Charitable activities	3				
Education		<u>85,189</u>	<u>-</u>	<u>85,189</u>	<u>125,292</u>
Total		<u>456,625</u>	<u>36,420</u>	<u>493,045</u>	<u>512,972</u>
EXPENDITURE ON					
Charitable activities	4				
Clinic		312,705	36,420	349,125	335,346
Education		81,432	-	81,432	117,417
Marketing & Fundraising		<u>58,080</u>	<u>-</u>	<u>58,080</u>	<u>52,444</u>
Total		<u>452,217</u>	<u>36,420</u>	<u>488,637</u>	<u>505,207</u>
NET INCOME		4,408	-	4,408	7,765
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>241,710</u>	-	<u>241,710</u>	<u>233,945</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>246,118</u></u>	<u><u>-</u></u>	<u><u>246,118</u></u>	<u><u>241,710</u></u>

Statement of Financial Position
31 October 2025

	Notes	2025 £	2024 £
FIXED ASSETS	9	19,259	-
Debtors			
CURRENT ASSETS			
Debtors	10	16,444	8,120
Cash at bank and in hand		<u>406,356</u>	<u>474,191</u>
		422,800	482,311
CREDITORS			
Amounts falling due within one year	11	(195,941)	(240,601)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>246,118</u>	<u>241,710</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		246,118	241,710
		<u> </u>	<u> </u>
NET ASSETS		<u>246,118</u>	<u>241,710</u>
FUNDS	13		
Unrestricted funds:			
General fund		<u>246,118</u>	<u>241,710</u>
TOTAL FUNDS		<u>246,118</u>	<u>241,710</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2025 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.

The financial statements were approved by the Board of Trustees and authorised for issue on

19/3/2026

and were signed on its behalf by:


S B P Korth - Trustee

Statement of Cash Flows
31 October 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	15	<u>(46,407)</u>	<u>107,405</u>
Net cash provided by/(used in) operating activities		<u>(46,407)</u>	<u>107,405</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		<u>21,428</u>	<u>-</u>
Net cash (used in)/ provided by investing activities		<u>21,428</u>	<u>-</u>
		<u> </u>	<u> </u>
 Change in cash and cash equivalents in the reporting period		<u>(67,835)</u>	<u>107,405</u>
Cash and cash equivalents at the beginning of the reporting period		<u>474,191</u>	<u>366,786</u>
Cash and cash equivalents at the end of the reporting period		<u><u>406,356</u></u>	<u><u>474,191</u></u>

Notes to the Financial Statements for the Year Ended 31st October 2025

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	-	33% on cost
Computer equipment	-	33% on cost

Taxation

The charitable company 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.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future.

2. Donations and Legacies

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Donations	174,870	-	174,870	244,367
Gift aid	30,814	-	30,814	48,416
Trust income	148,550	36,420	184,970	83,829
Sundry income	11,979	-	11,979	5,095
Individual giving	<u>5,223</u>	<u>-</u>	<u>5,223</u>	<u>5,973</u>
	<u>371,436</u>	<u>36,420</u>	<u>407,856</u>	<u>387,680</u>

3. Income from Charitable Activities

	2025 Education £	2024 Total activities £
Education	<u>85,189</u>	<u>125,292</u>

4. Charitable Activities Costs

	Direct Costs (see note 5) £
Clinic	349,125
Education	81,432
Marketing & Fundraising	<u>58,080</u>
	<u>488,637</u>

5. Direct Costs of Charitable Activities

	2025 £	2024 £
Staff costs	273,704	268,428
Rent and rates	52,710	57,154
Insurance	5,794	5,453
Telephone expenses	6,150	5,122
Postage and stationary	6,781	5,395
Sundries	1,337	2,223
Cleaning and sanitation	997	-
Computer maintenance	20,826	19,717
HR outsource expenses	3,595	3,039
Clinic consultants	24,497	37,522
Bank charges and interest	4,885	5,356
Recruitment cost	1,139	1,199
Event cost	2,641	-
Volunteer & staff travel	1,833	1,387
Examiner's fees	4,200	4,200
Staff training and subscription	315	697
Education clinic tutor	44,383	69,989
Education general expenses	-	2,231
London clinic expenses	1,065	1,672
Marketing and publicity costs	3,790	14,414
Agency staff	5,000	-
Relocation costs	20,826	-
Depreciation	2,169	-
	<u>488,637</u>	<u>505,207</u>

6. Net Income / Expenditure

Net income/(expenditure) is stated after charging/(crediting):

	2025 £	2024 £
Depreciation - owned assets	2,169	-

7. Trustees' Remuneration and Benefits

Mr Nicholas Woodhead received fees for CPD lecture of £300 during the year.

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st October 2025 nor for the year ended 31st October 2024.

8. Staff Costs

	2025 £	2024 £
Wages and salaries	208,887	208,752
Social security costs	10,554	12,242
Other pension costs	54,263	47,434
	273,701	268,428

The average monthly number of employees during the year was as follows:

	2025	2024
London clinic	10	9
Education	1	1
Marketing & Fundraising	3	3
	14	13

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£ 70,001 - £80,000	1	1

9. Tangible Fixed Assets

	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST	-	27,094	94,458	121,552
At 1st November 2024	14,920	4,279	2,229	21,428
Additions				
At 31st of October 2025	14,920	31,373	96,687	142,980
DEPRECIATION	-	27,094	94,458	121,552
At 1st November 2024	-	1,426	743	2,169
Charge for year				
At 31st October 2025	-	28,520	95,201	123,721
NET BOOK VALUE	14,920	2,853	1,486	19,259
At 31st October 2025				
	-	-	-	-
At 31st October 2024				

10. Debtors: Amounts Falling Due Within One Year

	2025 £	2024 £
Accrued Income	16,444	8,120

11. Creditors: Amounts Falling Due Within One Year

	2025 £	2024 £
Trade creditors	1,008	21,166
Student fees	44,676	35,711
Accruals	33,507	27,304
Deferred income	116,750	156,420
	195,941	240,601

12. Analysis of Net Assets Between Funds

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Fixed assets	19,259	-	19,259	-
Current assets	422,800	-	422,800	482,311
Current liabilities	(195,941)	-	(195,941)	(240,601)
	<u>246,118</u>	<u>-</u>	<u>246,118</u>	<u>241,710</u>

13. Movement Between Funds

	At 1.11.24 £	Net movement in funds £	At 31.10.25 £
Unrestricted funds	<u>241, 710</u>	<u>4,408</u>	<u>246,118</u>
General fund			
	<u>241, 710</u>	<u>4,408</u>	<u>246,118</u>
TOTAL FUNDS			

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	456,625	(452,217)	4,408
Restricted funds			
Restricted fund	<u>36,420</u>	<u>(36,420)</u>	<u>-</u>
TOTAL FUNDS	<u>493,045</u>	<u>(488,637)</u>	<u>4,408</u>

Comparatives for movement in funds

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	<u>233,945</u>	<u>7,765</u>	<u>241,710</u>
TOTAL FUNDS	<u>233,945</u>	<u>7,765</u>	<u>241,710</u>

13. 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	512,972	(505,207)	7,765
TOTAL FUNDS	<u>512,972</u>	<u>(505,207)</u>	<u>7,765</u>

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

Unrestricted funds			
General funds	233,945	12,173	246,118
TOTAL FUNDS	<u>233,945</u>	<u>12,173</u>	<u>246,118</u>

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

Unrestricted funds			
General funds	969,597	(957,424)	12,173
Restricted funds			
Restricted Fund	36,420	(36,420)	-
TOTAL FUNDS	<u>1,006,017</u>	<u>(993,844)</u>	<u>12,173</u>

14. Related Party Disclosures

Related party transactions for the year ended 31st October 2025 are as follows:

The MD of the charity was paid remuneration including (21% employer NI and Pension) totalling £89k (2024 - £82k).

15. Reconciliation of Net Income to Net Cash Flow From Operating Activities

	2025 £	2024 £
Net income for the reporting period (as per the Statement of financial activities)		
Adjustments for:	4,408	7,765
Depreciation charges	2,169	-
Increase in debtors	(8,324)	(1,840)
(Decrease)/increase in creditors	(44,660)	101,480
Net cash (used in)/provided by operations	(46,407)	107,405

16. Analysis of Changes in Net Funds

	At 1.11.24 £	Cash flow £	At 31.10.25 £
Net cash			
Cash at bank and in hand	474,191	(67,835)	406,356
	474,191	(67,835)	406,356

Thank you

The Foundation for Paediatric Osteopathy would like to thank the following trusts, foundations, and donors for their support:

Coutts Charitable Trust / The Crucible Foundation

BBC Children in Need

GeneSys Legacy Project

Sandra Charitable Trust

Gerald Micklem Charitable Trust

M&G Community Fund

PF Charitable Trust

St. James' Place Charitable Trust

The Lyras Family Charitable Trust

The Co-operative Bank

Leroy Reid and Co

Holt Charitable Trust

We would also like to thank our team of osteopaths, administrative team, and the many individuals who supported our clinics in London.



📷 Rudi receiving his treatment

📷 Our open plan clinics allow our osteopaths to work together as a team when treating patients



The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

The Foundation for Paediatric Osteopathy
Unit 1, Knot House
Brewery Square
London, SE1 2LF
020 8875 5290
www.occ-fpo.org.uk

The Osteopathic Centre for Children is the clinical arm of the Foundation for Paediatric Osteopathy
Company No: 2545759 Registered Charity No: 1003934

Accounts



Foundation for Paediatric Osteopathy

Publicly known as The Osteopathic Centre for Children (Registered Charity No: 1003934)

Report of trustees and annual accounts 2023/24

About the Foundation for Paediatric Osteopathy

The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

Our mission is to:

- Provide excellent osteopathic care for children and perinatal women
- Train skilled and knowledgeable paediatric osteopaths
- Research osteopathy for children
- Use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children and paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

The Foundation for Paediatric Osteopathy is a specialist osteopathy charity that makes osteopathy an option for all children and families. The Osteopathic Centre for Children is the name of our dedicated paediatric clinic.

Contents

1	Message from the Director of Osteopathy
2	What our patients say
3	Trustees' report
3	Structure and governance
3	Objects of the Foundation for Paediatric Osteopathy
3	Objectives and activities for 2023/24
4	Our key workstreams
5	Our achievements
7	Clinic - offering free specialist osteopathic treatment
10	Education - training graduate osteopaths to an excellent clinical standard
11	Fundraising & Marketing - raising critical income and awareness of the organisations work
11	Finance
13	Looking ahead
14	Reference and administrative details
15	Structure, governance and management
16	Statement of Trustees' Responsibilities
17	Independent examiner's report to the Trustees of Foundation of Paediatric Osteopathy
18	Statement of Financial Activities
21	Notes to the financial statements
28	Thank you

Message from the Director of Osteopathy



I am pleased to report that the organisation remains in a strong financial position, thanks to the unwavering support of a major funder and the hard work of our Fundraising & Marketing Department.

Over the past year, we have continued to deliver expert osteopathic care to babies, children, and pre- and post-partum women, maintaining our commitment to providing high-quality treatment to those who need it most.

Looking ahead, we face the important task of recruiting osteopaths to support next year's Paediatric Osteopathy course. At the same time, we are actively working on plans to expand the organisation's educational offerings. This strategic growth will not only enhance our impact but also increase both our income and the number of practitioners benefiting from our expertise.

I would like to extend heartfelt thanks to our small, dedicated, and highly efficient administrative team for their hard work throughout the year. Special appreciation is also due to our Senior Osteopaths, who have generously volunteered their time and expertise to further develop and deliver the education programme.

Stuart Korth (DO DPO FICO)
Trustee/Director of Osteopathy

What our patients say



“Dylan has been diagnosed with Rett’s syndrome since she was two years old, so we’ve been coming to the OCC since then. We’re real veterans and the treatment really helps her. We see a major difference in her well-being and how she performs her daily task after her treatments and that’s why we keep coming.”

Dylan, 14 years old



“We’ve been coming since Jude was born. Jude has Down syndrome. So, we’ve been coming for kind of overall health. He comes about once a month, sometimes more regularly if he’s poorly. We just find it amazing for general health to just keep him active and busy, I think the treatment keeps him more well. He’s prone to chest infections so if we come here they keep the fluids moving and give him a real energy boost and just support his overall health and well-being.”

Jude, 2 years old



“My daughter is 4 months old and we came in because she has issues with mobility and is not moving as she should be. The treating osteopath was excellent and very thorough. I was very happy with the attention and service we received. I feel great about bringing her here because there’s something about the OCC being a charity that makes me feel confident that people here want to do something good and care about the patients.”

Anonymous, 4 months old



“I have also received treatment at the OCC. I was so stressed during my pregnancy with Albert because my pregnancy before him ended up in a still birth at 36 weeks. I had a lot of anxiety and worry during my pregnancy. The OCC treated me for trauma from the stillbirth. I was holding everything in and you could feel it in my chest and my lower back. The treatment was amazing. I felt amazing. I didn’t want it to end!”

Kelly, 29 years old

*The stories featured in this report reflect the real experiences of our patients. However, some names and images have been changed to protect the identities of individuals.

Trustees' report

Structure and governance

The Foundation for Paediatric Osteopathy is an independent charitable company limited by guarantee. The Osteopathic Centre for Children is the name of the organisation's paediatric clinic.

The Foundation for Paediatric Osteopathy is governed by a Board of five Trustees. The board meets quarterly and Trustees have responsibility for the overall strategy and direction of The Foundation for Paediatric Osteopathy, and for financial and risk management.

The Managing Director (Sherlene Pusey) and The Director of Osteopathy (co-founder Stuart Korth) are responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees. The Director of Osteopathy is also responsible for the care and safety of patients.

Objects of the Foundation for Paediatric Osteopathy

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life among children and young people
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research

Objectives and activities for 2023/24

The following objectives were set for the Foundation for Paediatric Osteopathy in 2023/24:

1. To offer specialist osteopathic treatment regardless of the family's ability to donate
2. To run and develop education training courses
3. To promote public awareness of osteopathy
4. To maintain a breakeven financial position



 *Osteopathic consultation*



Our key workstreams

Foundation for Paediatric Osteopathy

Osteopathic Centre for Children

Operates
dedicated
paediatric clinics



Offers specialised
skills and
experience
(particularly for
complex cases)
and subsidised
appointments for
disadvantaged
families



Allows families to
have a specialist
facility available
that they can
consult at an
affordable cost.

Education

Trains excellent
osteopaths and
provides Continuous
Professional
Development (CPD)
opportunities



Establishes
specialist skills for
paediatric
osteopaths



Allows families to
have a reputable,
trained and reliable
local osteopath who
will refer them to
the OCC if needed

Research

Conducts and
reviews research



Establishes best
practice and
evidences
effectiveness



Allows osteopaths
and others to
have a reputable
authority to refer
to and work with

Fundraising & Marketing

Identifies funding
opportunities, and
nurtures
relationships with
new and existing
donors



Increases visibility
and promotes the
charity's vision
and paediatric
osteopathy



Securing funding
and increasing
patient footfall

Our achievements

The charity’s primary goal for 2023–2024 was to continue providing osteopathic care, delivering courses in paediatric osteopathy, and maintaining a breakeven financial position. Thanks to the incredible generosity and commitment of our stakeholders, we successfully achieved these objectives. To everyone who has contributed their time and support to keeping the charity’s doors open, we extend our heartfelt gratitude.

A special acknowledgment goes to our Director of Osteopathy, who selflessly dedicated over 300 hours of his time to administrative and teaching roles—tasks that would otherwise have required funding for a paid position.

We also owe immense thanks to our eight volunteer osteopaths, who collectively contributed over 1,800 hours to support families unable to access private care. Their efforts have made an invaluable difference to those in need.

The Managing Director’s tireless dedication deserves particular recognition. In addition to covering gaps in administrative staffing, her deep understanding of the charity’s financial needs has been instrumental in ensuring the organisation operates efficiently and effectively.

For the financial year, the charity raised a total income of £512k, with an expenditure of £504k, compared to £477k and £463k, respectively, in the previous year.

We’d like to thank the senior osteopaths and admin team for their role in this achievement.

12%

increase in patient footfall

14%

increase in treatment sessions carried out

17%

increase in course applications.

8

Continuous Professional Development Days

7.5%

growth in income raised



📷 *Alexa receiving treatment*



Alexa

"Becoming a mother for the first time is both joyful and stressful. Alexa was my first child, and having her diagnosed with hip dysplasia so soon after being born was heartbreaking. Little Alexa was only eight weeks old when she started wearing a pelvic harness.

I was devastated to see her in that condition at such an early age. After a few months it became clear the pelvic harness wasn't helping, and we were told surgery was our last option

We were visiting the NHS paediatrician regularly, and he raised serious concerns over her continued weight loss since the operation. It was at that moment I felt she needed extra attention. We visited the OCC and from the first moment we felt properly supported. Each time I was noticing an improvement in Alexa's range of movement. She's so much healthier now."

1. Clinic - offering free paediatric osteopathic treatment

1.1 Clinic reach

The charity has continued its vital work, providing much-needed osteopathic care to families. Over the past year, we ran clinics three days a week across Camden, Wandsworth, and Hackney, supported by a dedicated team of 29 osteopaths, including 20 full-time-equivalent (FTE) post-graduates and 5 FTE volunteer osteopaths.

We treated 2,736 patients and delivered 12,242 treatment sessions. Treatment sessions by borough were as follows:

- Camden – 4,649 treatment sessions
- Wandsworth– 4,108 treatment sessions
- Hackney – 3,485 treatment sessions

We have seen an increase of 12% in footfall and 14% in treatment sessions carried out. With our clinics operating at 90% capacity, we welcomed 2,143 new patients and 593 patients returning for follow up treatment.

2,736

babies, children and perinatal women received treatment, regardless of their ability to donate

2,143

new patients

12,242

treatment sessions were carried out to help disadvantaged babies, children and perinatal women in need of care in London



Schiv

“Schiv has been coming to the OCC for 5 years. We were initially recommended by a family friend who had brought his girls years before.

Schiv was diagnosed with Autism, has Global Development Delay, speech delays and had poor eyesight when we first started here some time ago.

Of course Schiv still experiences these but there has been such a change in his behaviour and his communication especially. He’s very verbal now which is 100% a step in the right direction.”

 Schiv receiving osteopathic treatment

1.2 Clinic donations

We are proud to offer our osteopathy services for free at the point of need, ensuring families from lower-income backgrounds can access the care they need. To help sustain this vital work, we invite our patients to make donations where possible.

However, the rising cost of living has affected the contributions we received. The average donation per clinic session decreased by 5%, to £19.85. Additionally, in 9% of our treatment sessions (923 sessions), patients were unable to contribute financially towards their care.

We are monitoring this and are applying to charitable trusts for additional funding to help support patients who are unable to donate.

Although the average clinic donation has decreased, our total donations and Gift Aid increased by 9% to £298k (up from £272k last year). This growth was made possible by the increased number of treatment sessions we delivered.

Level of donations

- 9% of patients donated (£0) (prev. 8%)
- 26% of patients donated from £1 - £10 (prev. 21%)
- 25% of patients donated from £11-£20 (prev. 26%)
- 13% of patients donated from £21-£30 (prev. 13%)
- 9% of patients donated from £31-£44 (prev. 20%)
- 8% of patients donated £45 (prev. 1%)
- 10% of patients donated from £46 or more (prev. 11%).

This year it cost the organisation £84 to provide a one-hour new patient assessment, treatment and evaluation, and £42 for a 30 minute follow-up appointment. This year, 35% of patients were unable to donate more than £10, and 82% of our patients were unable to donate £42 per session.

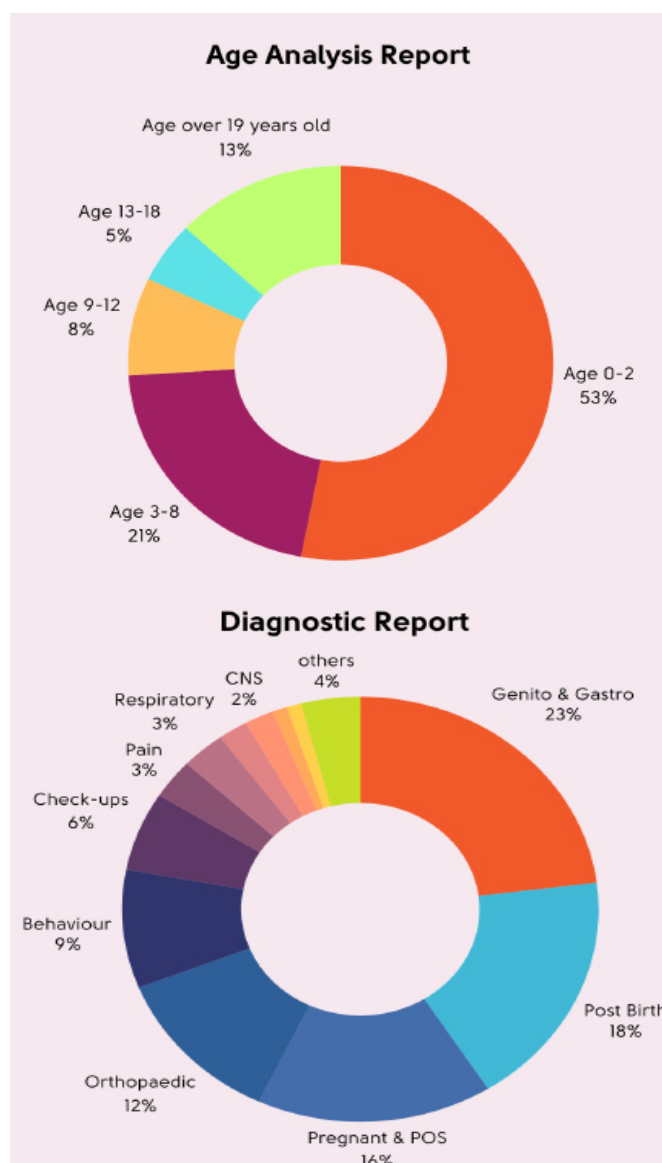
To bridge this gap and continue supporting families in need, we have applied to various Trusts and Foundations for funding.

1.3 Patient analysis

This year, the majority of our patients were young children, with 53% of our patients being under 2 years old. Our treatment sessions were predominantly filled with children in need of treatment. 87% of consultations and treatment sessions were made up of children and the remaining 13% treatment sessions were made up of pregnant and postnatal patients.

We saw patients with a wide range of conditions. Children coming in for treatment most frequently presented with gastrointestinal, genitourinary, orthopaedic or behavioural concerns.

- 23% of our patients presented cases in genitourinary and gastrointestinal condition
- 18% of patients were treated for a post-birth condition



Diagnosis	Percentage	Patient Count
Genito Urinary and Gastro Intestinal	23%	646
Post Birth	18%	522
Pregnant & POS	16%	466
Orthopaedic	12%	335
Behaviour	9%	242
Check-ups	6%	167
Pain	3%	90
Respiratory	3%	84
Miscellaneous	2%	49
CNS	2%	43
Colic /Distress	1.06%	30
Learning Diffi	1.02%	29
Ent	0.92%	26
Skin	0.78%	22
Syndromes	0.63%	18
Other	0.56%	16
Premature	0.53%	15
Congenital	0.35%	10
Infection	0.28%	8
Eye	0.18%	5
Cancer	0.11%	3
Immune	0.11%	3
Cardio-Vascular	0.11%	3
Neonatal	0.11%	3
		2835

1.4 Clinic referrals

During the year, 31% of our patients reported being referred to our clinic by a member of NHS staff and other health professionals, including midwives, breastfeeding clinics, lactation consultants, health visitors and GPs. This reflects the trust and confidence the medical community places in our ability to improve the daily lives of young patients.

Word of mouth continues to be the primary way families learn about our clinic, demonstrating the high regard and appreciation for our work within the communities we serve. This year, our referrals are as follows:

- 54% friends and family
- 31% healthcare
- 15% media & other means

Ethan

“We’ve been coming to the OCC since Ethan was born, so for 18 years, and we see amazing results, especially over the different stages of his life and the complications that arise with those crucial development years.

Ethan has Down’s Syndrome and coming here allows him to feel better in himself, work through emotions and generally any aches and pains he may have.

I couldn’t recommend the OCC enough, they’ve been with us from the beginning and we wouldn’t have it any other way.”

2. Education – training graduate osteopaths to an excellent clinical standard

2.1 Post-graduate training

This year, our educational programs continued to draw registered osteopaths seeking paediatrics training and continuing professional development in paediatrics.

- 3 osteopaths completed the Diploma in Paediatric Osteopathy (DPO) course at the end of 2024
- 11 have completed the Certificate in Paediatric Osteopathy (CPO) course for 2024
- 7 have enrolled on the Certificate in Paediatric Osteopathy (CPO) course for 2024
- 7 have enrolled on the Diploma in Paediatric Osteopathy (DPO) course for 2024

2.2 Continuous professional development

We successfully held 8 days of Continuing Professional Development (CPD) courses.

We remain committed to advancing our educational offerings and will continue the validation process for our course at Fondazione Osteopatia Pediatrica in San Marino, with plans to further expand this area in the future.

Trainee Stories

“Widens Knowledge and skills surrounding paediatric treatment improves safety and DD skills.” - Jane

“I learnt a lot from observation so watching them put their hands on and telling me about their thinking or what they feel in the patient helps me develop my own thinking and treatment approaches.” - Kelvin

290

Diplomas in Paediatric Osteopathy/MSc awarded to date (1991–2024)

28

Certificates in Paediatric Osteopathy awarded to date (October 2024)

31

Awards in Paediatric Osteopathy awarded to date (October 2024)

68

osteopaths attended 8 Continuous Professional Development (CPD) courses held in 2024

“Do it! It’s made me want to do future training.”- Carl

“I chose to come here as I was treated here as a baby and I knew it was an incredible place for paediatric training, it is an incredible course for lots of reasons and the clinical element is crucial, and the tutors are incredible. Training and working alongside of them is invaluable” - Rebecca

3. Fundraising & Marketing - raising critical income and awareness of the organisation's work

We ended the year in a strong financial position raising £89.8k for 2024 and securing an additional £135k to support babies, children and perinatal women in 2025. In addition, the team successfully secured a number of multi-year funding agreements, ensuring more financial stability for the organisation in the years ahead.

Several new funders were identified and relationships with current and previous funders strengthened. Going forward, the team will focus on diversifying income streams to create more opportunities for sustainable growth for the charity.

Our efforts to increase visibility and promote paediatric osteopathy continued throughout the year. As part of this initiative, we began the process of rebuilding our website, with completion expected in early 2025. The new platform will provide an enhanced user experience, better accessibility to resources, and increased engagement with our services and supporters.

£89.8k

We raised 89.9k to support disadvantages babies, children and perinatal women in London

£135k

We ended 2024 in a strong position with £135k secured for 2025 and a number of multi-year funding agreements in place.

12%

This year, patient footfall increased by 12%

4. Finance

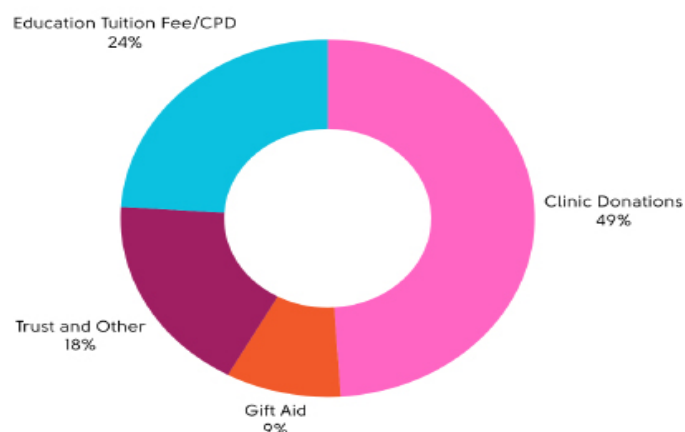
4.1 How we raised our money

The charity has four sources of income – Clinic donations, Gift Aid, Fundraising and Education.

A large proportion of our income (49%) comes from clinic donations. Although our patients are not charged for their appointments, as this is our main charitable activity, we ask for donations to help the charity continue to provide osteopathy to families from lower- income backgrounds.

Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions as well as the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate.

Income Report



4.2 How we spent our money

Objectives achieved

The charity’s focus for 2023-24 was to continue to breakeven financially, increase patient numbers and course offering. This was achieved through increasing clinic footfall and treatment sessions and increasing our annual income.

We have been able to breakeven this year with the extra fundraising income raised (£89.8k) and an increase of 14% in patient treatment sessions carried out. Our annual income increased by 7.5% to £512k. Our expenditure was £504k, leaving a surplus of £7,765 at the end of the year.

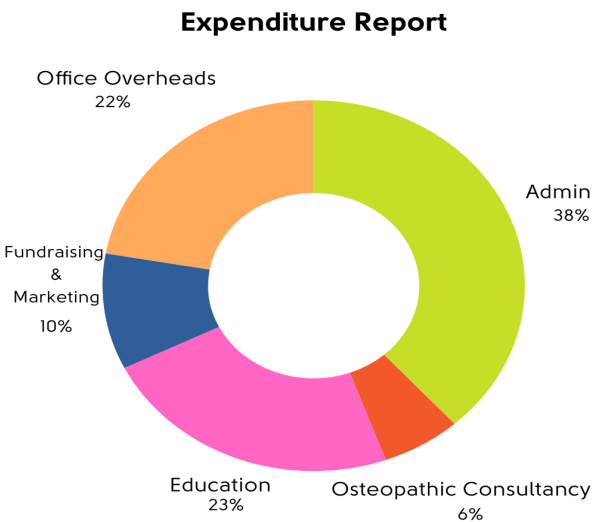
Through operating a pop-up clinic model, renting clinics in community centres, and moving to a more economical shared admin office space we have been able to keep costs low. Clinic donations have provided the charity with a steady flow of income. However, the increased cost of living has negatively affected our patient’s ability to donate resulting in a reduction in the average donation received in clinic. Despite this, we continue to encourage our patients to attend their appointments, and never turn away families requiring treatment who cannot afford to donate.

With the support of 29 osteopaths, we were able to carry on clinic activities and treat families who could not otherwise afford private osteopathic care.

Our Marketing and Fundraising team has secured new immediate and long-term funding opportunities for the

organisation and has increased the organisation’s visibility resulting in an increase in patient footfall in clinic.

Our education department was able to rewrite the post-graduate courses starting 2023-24 and continued to provide continuous professional development courses to train osteopaths to an excellent clinical standard in paediatrics.



📷 Ethan has been with the OCC since he a baby and is now 18 years old.



Looking ahead: plans for the year 2024-2025

Clinic

In 2023-24, staffing challenges and fewer applicants for training led to the difficult decision to close our Southfield clinic. Moving forward, in 2024-2025, we will concentrate on running two clinic days with osteopaths at our Warren Street and Shoreditch locations. The charity will focus on treating 2,160 patients through 8,640 treatment sessions.

Education

We will continue to develop and expand our education programs and remain committed to maintaining the quality of our training. We will expand our CPD offerings, with 24 CPD days planned for the year, representing a 300% increase. The Education Development Committee will oversee course content and look for new ways to meet market demand.

Awareness

We will continue to build on the charity's strengths, focusing on raising awareness of our clinic and the services we provide. Our marketing efforts will include a combination of digital campaigns and in-person outreach.

2,160

We aim to treat 2,160 patients next year

8,640

We aim to provide 8,640 treatment sessions next year

300%

We plan to expand our Continuous Professional Development offering by 300% and run 24 CPD days.

📷 *Our open-plan, warm and friendly clinics create a relaxed atmosphere that's reassuring for children*



Reference and administrative details

Registered Company Number:	02545759 (England and Wales)
Registered Charity Number:	1003934
Registered office:	Alpha House 100 Borough High Street London, SE1 4LB
Board of Trustees:	D E Barber MBE E C Foinette S B P Korth J M Lyras M Lyras N D Woodhead
Company Secretary	S S Pusey
Independent Examiner:	Ebenezer Okai Leroy Reid & Co Chartered Certified Accountants & Statutory Auditors 299 Northborough Road Norbury London SW16 4TR
Solicitors:	Lee, Bolton & Lee 1 The Sanctuary London SW1P 3JT
Bankers:	Co-operative Bank Plc 80 Cornhill London EC3V 3NJ Clydesdale Bank 55 Regents Street London SW1Y 4ND

Structure, Governance and Management

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Appointment of Board of Directors

The Directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Directors.

Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members.

The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, its aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Organisational structure

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Remuneration

The salaries of all staff are reviewed on an annual basis to ensure that where appropriate they take account of the rise in the cost of living. In October 2023-24 staff were given the standard pay rise of 3%. All salaries were benchmarked against similar charities in 2023-24 and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolled in an auto-enrolment pension scheme, currently held by Nest and Friends.

Risk management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable, not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources. As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning, documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years. Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are

reasonable and prudent;

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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 to 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.

Report of the trustees, incorporating a Strategic report, approved by order of the board of trustees, as the company directors, on25/2/2025..... and signed on the board's behalf by:



J M Lyras - Trustee

📷 *One of our osteopaths treating his patient*



Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent examiner's report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other

than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have called for no further matters in connection with the examination. My attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

E Okai

Ebenezer Okai (BSc) FCCA

On behalf of

Leroy Reid & Co

Chartered Certified Accountants

and Statutory Auditors

299 Northborough Road

Norbury

London SW16 4TR

Date: 4/3/2025

Statement of Financial Activities for the year ended 31 October 2024

		Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	387,680	-	387,680	370,189
Charitable activities	3				
Education		<u>125,292</u>	<u>-</u>	<u>125,292</u>	<u>107,216</u>
Total		<u>512,972</u>	<u>-</u>	<u>512,972</u>	<u>477,405</u>
EXPENDITURE ON					
Charitable activities	4				
Clinic		335,346	-	335,346	330,170
Education		<u>117,417</u>	<u>-</u>	<u>117,417</u>	<u>109,916</u>
Marketing & Fundraising		52,444		52,444	23,480
Total		<u>505,207</u>	<u>-</u>	<u>505,207</u>	<u>463,566</u>
NET INCOME		7,765	-	7,765	13,839
RECONCILIATION OF FUNDS					
Total funds brought forward		233,945	-	233,945	220,106
TOTAL FUNDS CARRIED FORWARD		<u>241,710</u>	<u>-</u>	<u>241,710</u>	<u>233,945</u>

Statement of Financial Position
31 October 2024

	Notes	2024 £	2023 £
CURRENT ASSETS			
Debtors	9	8,120	6,280
Cash at bank and in hand		<u>474,191</u>	<u>366,786</u>
		482,311	373,066
CREDITORS			
Amounts falling due within one year	10	(240,601)	(139,121)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>241,710</u>	<u>233,945</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		241,710	233,945
		<u> </u>	<u> </u>
NET ASSETS		<u>241,710</u>	<u>233,945</u>
FUNDS			
	12		
Unrestricted funds:			
General fund		<u>241,710</u>	<u>233,945</u>
TOTAL FUNDS		<u>241,710</u>	<u>233,945</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 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.

The financial statements were approved by the Board of Trustees and authorised for issue on

..... 25/2/2025.....

and were signed on its behalf by:


.....
S B P Korth - Trustee

Statement of Cash Flows
31 October 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	14	<u>107,405</u>	<u>28,968</u>
Net cash provided by/(used in) operating activities		<u>107,405</u>	<u>28,968</u>
Change in cash and cash equivalents in the reporting period		107,405	28,968
Cash and cash equivalents at the beginning of the reporting period		<u>366,786</u>	<u>337,818</u>
Cash and cash equivalents at the end of the reporting period		<u>474,191</u>	<u>366,786</u>

Notes to the financial statements for the year ended 31st October 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	-	10% on cost
Computer equipment	-	25% on cost

Taxation

The charitable company 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.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Donations	244,367	-	244,367	221,884
Gift aid	48,416	-	48,416	43,002
Trust income	83,829	-	83,829	92,322
Sundry income	5,095	-	5,095	8,691
Individual giving	<u>5,973</u>	<u>-</u>	<u>5,973</u>	<u>4,290</u>
	<u>387,680</u>	<u>-</u>	<u>387,680</u>	<u>370,189</u>

3. Income from charitable activities

	2024 Education £	2023 Total activities £
Education	<u>125,292</u>	<u>107,216</u>

4. Charitable activities costs

	Direct Costs (see note 5) £
Clinic	335,346
Education	<u>117,417</u>
Marketing & Fundraising	<u>52,444</u>
	<u>505,207</u>

5. Direct costs of charitable activities

	2024 £	2023 £
Staff costs	268,428	233,279
Rent and rates	57,154	58,259
Insurance	5,453	5,390
Telephone expenses	5,122	5,887
Postage, scanning & stationary	5,395	9,268
Sundries	2,223	1,622
Computer maintenance	19,717	20,373
HR outsource expenses	3,039	2,872
Clinic consultants	37,522	36,288
Bank charges and interest	5,365	4,714
Recruitment cost	1,199	5,920
Volunteer & staff travel	1,387	1,318
Examiner's fees	4,200	4,000
Staff training and subscription	697	801
Education clinic tutor	69,989	60,296
Education general expenses	2,231	5,140
London clinic expenses	1,672	3,139
Marketing and publicity cost	14,414	5,000
	<u>505,207</u>	<u>463,566</u>

6. Trustees' remuneration and benefits

Mr Nicholas Woodhead received fees for CPD lecture of £1,500 during the year.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st October 2024 nor for the year ended 31st October 2023.

7. Staff costs

	2024 £	2023 £
Wages and salaries	208,752	178,563
Social security costs	12,242	10,557
Other pension costs	47,434	44,159
	<u>268,428</u>	<u>233,279</u>

The average monthly number of employees during the year was as follows:

	2024	2023
London clinic	9	10
Education - FTE	1	1
Marketing and fundraising	<u>3</u>	<u>2</u>
	<u>13</u>	<u>13</u>

1 employee received emoluments in excess of £60,000.

8. Tangible fixed assets

	Fictures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2023 and 31st October 2024	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
DEPRECIATION			
At November 2023 and 31st October 2024	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
NET BOOK VALUE			
At 31st October 2023	<u>0</u>	<u>0</u>	<u>0</u>
At 31st October 2024	<u>0</u>	<u>0</u>	<u>0</u>

9. Debtors: amounts falling due within one year

	2024 £	2023 £
Accrued income	<u>8,120</u>	<u>6,280</u>

10 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	21,166	1,600
Student fees	35,711	72,577
Accruals	27,304	14,944
Accruals and deferred income	<u>156,420</u>	<u>50,000</u>
	<u>240,601</u>	<u>139,121</u>

11. Analysis of net assets between funds

	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
Current assets	482,311	-	482,311	373,066
Current liabilities	<u>(240,601)</u>	<u>-</u>	<u>(240,601)</u>	<u>(139,121)</u>
	<u>241,710</u>	<u>-</u>	<u>241,710</u>	<u>233,945</u>

12. Movement in funds

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	233,945	7,765	241,710
	<u>233,945</u>	<u>7,765</u>	<u>241,710</u>
TOTAL FUNDS	<u>233,945</u>	<u>7,765</u>	<u>241,710</u>

12. Movement in funds - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	512,972	(505,207)	7,765
TOTAL FUNDS	<u>512,972</u>	<u>(505,207)</u>	<u>7,765</u>

Comparatives for movement in funds

	At 1.11.22 £	Net Movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	220,106	13,839	233,945
TOTAL FUNDS	<u>220,106</u>	<u>13,839</u>	<u>233,945</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	477,405	(463,566)	13,839
TOTAL FUNDS	<u>477,405</u>	<u>(463,566)</u>	<u>13,839</u>

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

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	220,106	21,604	241,710
TOTAL FUNDS	<u>220,106</u>	<u>21,604</u>	<u>241,710</u>

12. Movement in funds - continued

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	<u>990,377</u>	<u>(968,773)</u>	<u>21,604</u>
TOTAL FUNDS	<u>990,377</u>	<u>(968,773)</u>	<u>21,604</u>

13. Related party disclosures

Related party transactions for the year ended 31st October 2024 are as follows:

The Managing Director of the charity was paid remuneration including employer pension, overtime and other expenses totalling £82k (2023 - £79k).

14. Reconciliation of net income to net cash flow from operating activities

	2024 £	2023 £
Net income for the reporting period (as per the Statement of financial activities)	7,765	13,839
Adjustments for:	-	
Decrease/(increase) in debtors	(1,840)	348
Increase in creditors	<u>101,480</u>	<u>14,781</u>
Net cash provided by/(used in) operations	<u>107,405</u>	<u>28,968</u>

15. Analysis of changes in net funds

	At 1.11.23 £	Cash flow £	At 31.10.24 £
Net cash			
Cash at bank and in hand	<u>366,786</u>	<u>107,405</u>	<u>474,191</u>
	<u>366,786</u>	<u>107,405</u>	<u>474,191</u>
Total	<u>366,786</u>	<u>107,405</u>	<u>474,191</u>

Thank you

We would like to thank our team of osteopaths, administrative team and those who supported our London clinics.

The Foundation for Paediatric Osteopathy would also like to thank the following trusts, foundations, and donors for their support:

Coutts Charitable Trust/ The Crucible Foundation

St. James' Place Charitable Trust

Sandra Charitable Trust

Gerald Micklem Charitable Trust

PF Charitable Trust

London HQ Community Fund

The William Allen Trust/Young Charitable Trust

Webb Family Charitable Trust

Southwark Council

The Lyras Family Charitable Trust

The Worshipful Company of Gold & Silver

Hospital Saturday Fund

Anton Jurgen Charitable Trust

M&G Community Fund



📷 Archie playing during his treatment

📷 Our open plan clinics allow our osteopaths to work together as a team when treating patients



**The Foundation for
Paediatric Osteopathy is a
charity dedicated to making
osteopathy an option for all
children and families.**

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

Alpha House

100 Borough High Street

London, SE1 1LB

020 8875 5290

WWW.OCC-FPO.ORG.UK

The Osteopathic Centre for Children is the clinical arm of the Foundation for Paediatric Osteopathy
Company No: 2545759 Registered Charity No: 1003934

Accounts



Foundation for Paediatric Osteopathy

Publicly known as The Osteopathic Centre for Children (Registered Charity No: 1003934)

Report of trustees and annual accounts 2022/23

About the Foundation for Paediatric Osteopathy

The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

Our mission is to:

- Provide excellent osteopathic care for children and perinatal women
- Train skilled and knowledgeable paediatric osteopaths
- Research osteopathy for children
- Use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children and paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

The Foundation for Paediatric Osteopathy is a specialist osteopathy charity that makes osteopathy an option for all children and families. The Osteopathic Centre for Children is the name of our dedicated paediatric clinic.

Contents

1	Message from the Director of Osteopathy
2	What our patients say
3	Trustees' report
3	Structure and governance
3	Objects of the Foundation for Paediatric Osteopathy
3	Objectives and activities for 2022/23
4	Our key workstreams
5	Our achievements
7	Clinic - offering free specialist osteopathic treatment
10	Education - training graduate osteopaths to an excellent clinical standard
11	Fundraising & Marketing
12	Finance
13	Strategic plan for 2023-24
16	Reference and administrative details
17	Organisation, structure and governance
18	Statement of public benefit
19	Independent examiner's report to the Trustees of Foundation of Paediatric Osteopathy
20	Statement of Financial Activities
23	Notes to the financial statements
30	Thank you

Message from the Director of Osteopathy



This year, 2022 - 2023, has seen overall progress in the working of the Osteopathic Centre for Children. The challenges of the previous two years, in particular the effect the Covid pandemic had on the organisation, are slowly being left behind.

Thanks to the commitment of the consultants and senior osteopaths, the education course is now back on track to deliver the full Diploma course which is seen as the international gold standard in post-graduate training in paediatric osteopathy. Great credit is also due to our loyal administrative staff whose work and dedication has enabled the organisation to continue to grow and flourish.

Our three clinics continue to provide excellent care for babies, children and postpartum mothers. Although much of our work is with newborn babies and their mothers, we are experiencing a welcome increase in the number of older children whose parents are seeking help with a wide variety of health problems.

Financially, we are secure and expect the organisation to continue operating successfully for the foreseeable future. In fact, signs suggest that we are at the beginning of a new period of growth as an organisation.

Stuart Korth (DO DPO FICO)
Trustee/Director of Osteopathy

What our patients say



‘Oliver was diagnosed with ADHD. After coming here for treatment, he is very calm. He listens more instead of getting upset. The treatment has improved his fidgeting at school. He’s much more focused. They’re very nice people here. They advise and support us a lot!’

Darius & Oliver, 7 years old



‘We came in because Lamin has growing pains. We have noticed a big difference since starting treatment. His aches and pains have stopped. The treatment is working. Lamin is the one who requested to come back and now they’re working on his lower body.’

Ola & Lamin, 16 years old



‘The treatment has been amazing. I really can’t fault them. I came in for back pain, lower back pain, and because my posture has been bad after birth.’

Chandra



‘We came here as Albert has tongue tie and tension in his face and body. I have definitely noticed a difference since starting the treatment. Before he was rigid, but now he can move his arms a lot more. He’s like a different baby now.’

Kelly & Albert, 5 months old

Trustees' report

Structure and governance

The Foundation for Paediatric Osteopathy is an independent charitable company limited by guarantee. The Osteopathic Centre for Children is the name of the organisation's paediatric clinic.

The Foundation for Paediatric Osteopathy is governed by a Board of 6 Trustees. The board meets quarterly and Trustees have responsibility for the overall strategy and direction of The Foundation for Paediatric Osteopathy, and for financial and risk management.

The Managing Director and The Director of Osteopathy (co-founder Stuart Korth) are responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees. The Director of Osteopathy is also responsible for the care and safety of patients.

Objects of the Foundation for Paediatric Osteopathy

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life among children and young people
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research

Objectives and activities for 2022/23

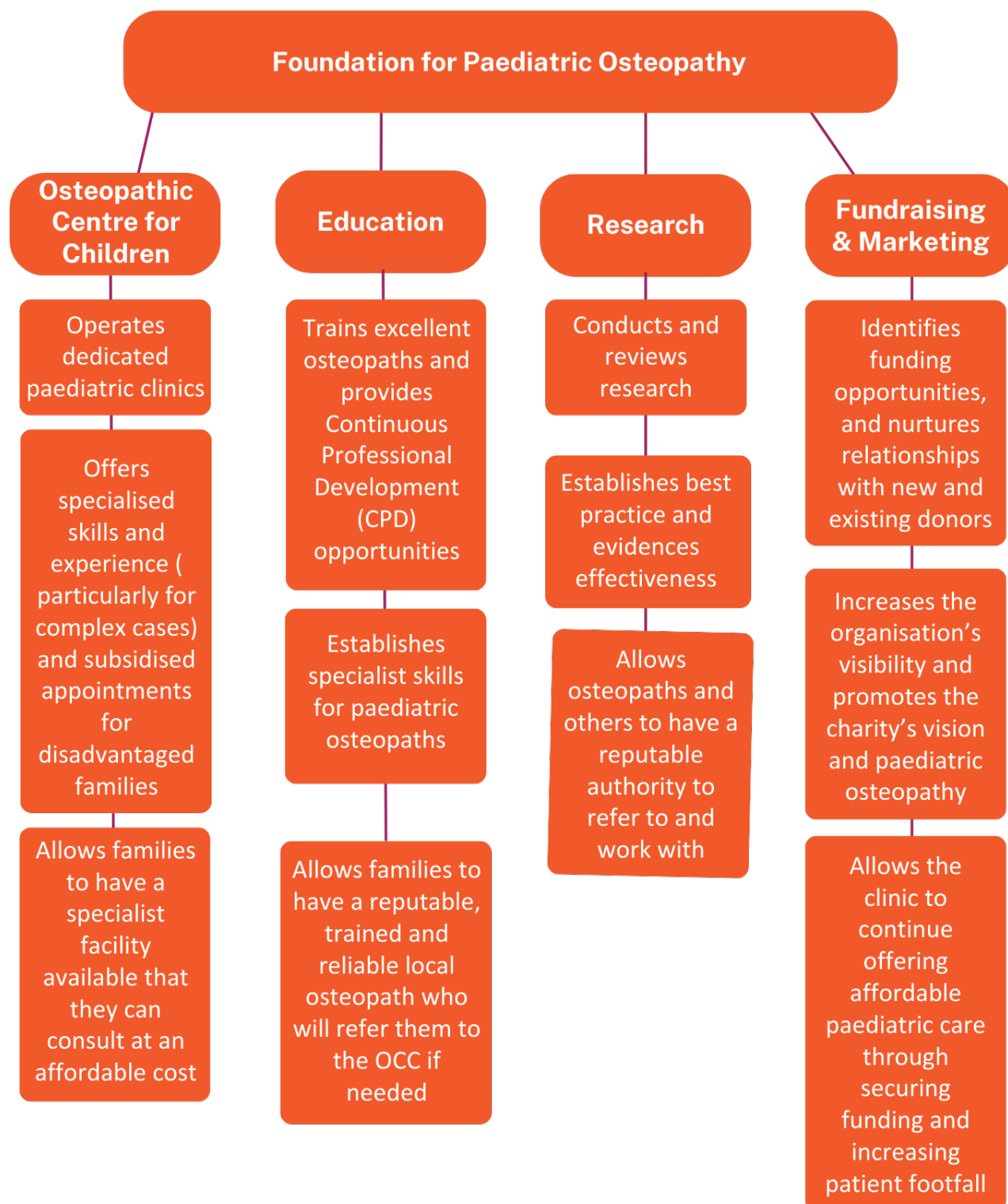
The following objectives were set for the Foundation for Paediatric Osteopathy in 2022/23:

1. To offer specialist osteopathic treatment regardless of the family's ability to donate
2. Continue operating a pop-up clinic model throughout London
3. Increase our footfall in the clinics
4. Review our growth model post pandemic
5. Running and developing the education training courses
6. Train graduate osteopaths to an excellent clinical standard in paediatrics
7. Continue to breakeven and rebuild our cash reserve
8. Promote public awareness of osteopathy

 *Osteopathic consultation*



Our key workstreams



Our achievements

The aim of the charity for 2022–2023 was to continue offering osteopathic care, courses in paediatric osteopathy and to break even financially. This was achieved with the support of all its stakeholders, who have donated their time and support to keep the charity's doors open. We thank you all.

The Director of Osteopathy has donated over 320 hours of his time to the charity in an admin/teaching capacity which would otherwise be a paid role.

The eight Volunteer Osteopaths have donated over 1,500 hours of their time to support families, that can't afford to otherwise go private.

The Managing Director, is the only senior manager role and has had to cover the shortfall in administrative staff tasks. Measures are in hand to reduce the burden of work, but the task will remain demanding. Without her tireless and dedicated commitment, underpinned by an in-depth understanding of the financial needs of the organisation, the charity would be unable to function in an effective manner.

We will continue to raise more funds and keep our costs low which should allow us to continue to be financially viable until a new business model is developed for the charity. The long term future of the charity is still uncertain due to market variations but we know the breakeven point of the charity and this will be reviewed each year.

Total income raised for the period is £477k and expenditure is £463k (previous year £382k and £370K respectively).

During the last year we have started to remodel the organisation. Our main focus has been on growth, increasing patient footfall, marketing, fundraising and paving the way to re-institute and redevelop the gold standard diploma course.

14%

increase in patient footfall

21%

increase in treatment sessions carried out

16.5%

increase in course applications. The re-launch of our Gold standard course - Diploma in Paediatric Osteopathy and the continuation of CPO course resulted in an increase in course applications.

11

Continuous Professional Development Days

20%

growth in income raised

10%

increase in Fundraising income

£233k

Cash Reserve balance



📷 *Shmuel receiving treatment*



Shmuel

Shmuel is 4-months old. He has many medical issues that medical professionals haven't been able to identify the cause of yet. 'He is a bit of a mystery... He has breathing and feeding difficulties. [Other professionals have] done lots of investigations but they still don't know what's wrong,' his mother, Malka, says.

In addition to his breathing and feeding difficulties, he carries tension in his body. 'He is stiff. He doesn't like turning his head. He's not growing as he should be.'

Malka sought out our help to relieve his pain. 'The osteopaths work on loosening his chest to help with his breathing. They help to loosen him up so his movement is better. After the treatment, he's calmer and happier.'

1. Clinic - offering free specialist osteopathic treatment

1.1 Clinic reach

The charity has continued to support families that needed osteopathic care. The charity ran 3 teaching days per week (previously 2.5 days) in Camden, Wandsworth and Hackney. The clinic was staffed with 24 osteopaths (20 FTE post-graduates and 4 FTE volunteer osteopaths) over 3 days per week.

We were able to provide treatment to 2,406 patients (prev. 2,077) and carried out 10,489 (pre. 8,284) treatment sessions. In each borough in which we operate, we carried out the following number of treatment sessions:

- Wandsworth – 3,810 treatment sessions
- Hackney – 3,220 treatment sessions
- Camden – 3,359 treatment sessions

We have seen an increase of 14% in footfall and 21% in treatment sessions carried out. The clinic operated at 84% of its capacity. We had 1,961 new patients and 445 follow up patients.

2,406

babies, children and perinatal women received treatment, regardless of their ability to donate

10,489

treatment sessions were carried out to help disadvantaged babies, children and perinatal women in need of care in London



Laura

Laura was born extremely prematurely at 25 weeks gestation, weighing just 618g. She had septicaemia, was intubated, and fitted with an arterial line. Laura spent 208 days in the neonatal unit and was oxygen dependent at discharge.

Laura was referred to our clinics where she received treatment for trauma, left head turn preference, feeding problems and underdeveloped lungs. 'I was holding her during the treatment, and I could feel the change in her. The tension left her body. After, she was instantly babbling, smiling and giggling,' her mother, Katrina, told us.

Laura has severe gastro-oesophageal reflux disease and is predominantly tube fed. 'After a treatment session about 7 weeks ago – when they started working on Laura's feeding – she has not heaved out a single feeding tube out her nose,' says Katrina.

 *Laura receiving osteopathic treatment*

1.2 Clinic donations

Our patients are not charged for their appointments as this is our main charitable activity. However, we ask our patients for donations to help the charity to provide osteopathy to families from lower-income backgrounds.

The increased cost of living and other factors have affected the donations raised. The average clinic donation has decreased by 9% to £21. In addition, in 9% (or 844) of our treatment sessions carried out, our patients were not able to donate anything toward their treatment cost.

We will continue to monitor this and are applying to charitable trusts for more funding to support patients who are unable to donate towards the cost of treatment.

Although the average clinic donation has decreased, our total donations and Gift Aid increased by 12% to £272k (prev. £239k) as we were able to carry out more treatment sessions than previously.

Level of donations

- 9% of patients donated (£0) (prev. 6%)
- 21% of patients donated from £1 - £10 (prev. 17%)
- 26% of patients donated from £11-£20 (prev. 28%)
- 12.5% of patients donated from £21-£30 (prev. 14%)
- 0.5% of patients donated from £31-£39 (prev. 1%)
- 20% of patients donated £40 (prev. 23%)
- 11% of patients donated from £41 or more (prev. 11%).

It costs the organisation £90 to provide a one-hour new patient assessment, treatment and evaluation, and £45 for a 30 minute follow-up appointment. This year, 69% of our patients were unable to donate £40 per session.

The organisation has applied to various Trusts and Foundations to make up the shortfall in treatment costs and will make fundraising its priority for 2024.

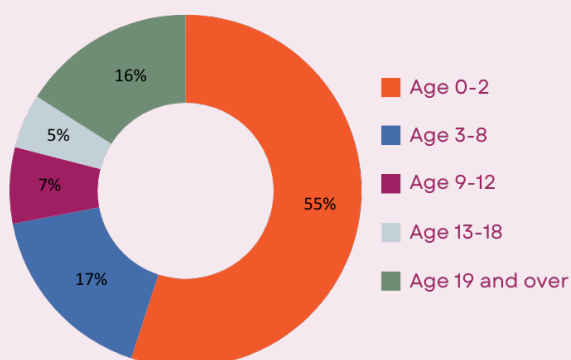
1.3 Patient analysis

This year, the majority of our patients were young children, with 55% of our patients being under 2 years old. Our treatment sessions were predominantly filled with children in need of treatment. 85% of consultations and treatment sessions were made up of children and the remaining 15% treatment sessions were made up of pregnant and postnatal patients.

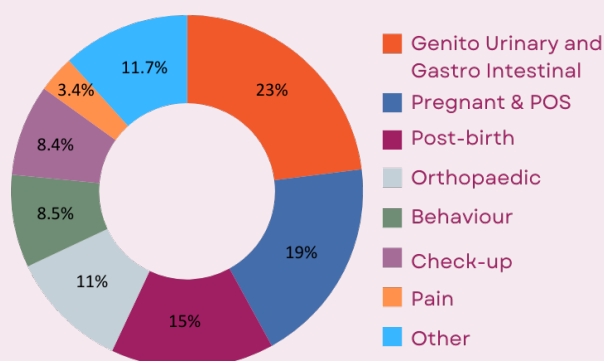
We saw patients with a wide range of conditions. Children coming in for treatment most frequently presented with gastrointestinal, genitourinary, orthopaedic or behavioural concerns.

- 23% of our patients presented cases in genitourinary and gastrointestinal condition
- 19% of patients were treated for a post-birth condition

AGE ANALYSIS FOR 2022 -2023



DIAGNOSIS ANALYSIS FOR 2022 -2023





📷 Greta regularly receives osteopathic treatment

1.4 Clinic referrals

During the year, over 26% of our patients told us they'd been advised to bring their children to our clinic by a member of NHS staff and other health professionals, most frequently midwives, breastfeeding clinics/lactation consultants, health visitors and GPs. This indicates a growing confidence from the established medical community in our ability to help improve the day-to-day lives of young patients.

Word of mouth remains the channel through which most of our patients hear about our clinic – another indication that our work is highly regarded by the families we work with. This year, our referrals are as follows:

- 48% friends and family
- 26% healthcare
- 6% media
- 20% by other means.

Greta

Greta, now age 9, has been coming to our clinic since she was 6 days old.

She last visited our clinic after her grandfather passed away. Her mother, Nicola, told us, 'we had a sudden bereavement in the family and Greta took it hard. She wasn't showing how she was feeling...There was a lot of rage. Greta holds her emotions deep inside her body. This is the only thing that helps.'

For patients like Greta, osteopathy can help with the physical effects of grief and anger on the body.

2. Education – training graduate osteopaths to an excellent clinical standard

2.1 Post-graduate training

This year our education activity continued to attract registered osteopaths for specialist training and continuing professional development in paediatrics.

- 17 osteopaths completed the Certificate in Paediatric Osteopathy (CPO) course at the end of 2023
- 12 have enrolled on the Diploma in Paediatric Osteopathy (DPO) course for 2023-24
- 12 have enrolled on the Certificate in Paediatric Osteopathy (CPO) course for 2023-24

2.2 Continuous professional development

We had 11 days of Continuous Professional Development (CPD) courses this year (previously 12). This 9% decrease in course offerings is being reviewed by the new Education Development Team.

We will continue validating the course at Fondazione Osteopatia Pediatrica in San Marino and hope to expand this area.

287

Diplomas in Paediatric Osteopathy/MSc awarded to date (1991–2022)

17

Certificates in Paediatric Osteopathy (CPO) have been awarded to date (October 2023)

31

Awards in Paediatric Osteopathy (APO) have been awarded to date (October 2022)

86

osteopaths attended 11 Continuous Professional Development (CPD) courses held in 2023

12

new osteopaths began their 1-year Certificate in Paediatric Osteopathy (CPO) course in November 2023–October 2024

3. Fundraising & Marketing

Despite the organisation not having a member of staff dedicated to fundraising for a large proportion of the year, we increased our fundraising income by 10%. We applied to funders who have supported the charity in the past and raised £97k.

As the organisation has lost contact with a lot of funders, our priority going forward will be to re-engage with previous funders and identify new funding opportunities, primarily through trusts and foundations. Through recruiting fundraising staff, we aim to explore more funding options going forward.

Our new Marketing and Communications Manager, who joined the organisation in the second half of the year, is working on increasing the organisation's visibility, promoting paediatric osteopathy and our charity's vision, and increasing patient footfall. Next year, through targeted marketing campaigns we aim to increase patient footfall by 20%.

10%

The organisation's Fundraising income increased by 10%

£97k

We raised £97k to support disadvantaged babies, children and perinatal women in London

14%

This year, patient footfall increased by 14%

📷 *One of our osteopaths treating her patient*



4. Finance

4.1 How we raised our money

The charity has four sources of income – Clinic donations, Gift Aid, Fundraising and Education.

A large proportion of our income (48%) comes from clinic donations. Although our patients are not charged for their appointments, as this is our main charitable activity, we ask for donations to help the charity continue to provide osteopathy to families from lower-income backgrounds.

In the absence of a fundraising staff, basic fundraising activity was carried out by the charity staff. The extra income raised through fundraising has helped the charity to remain open and to support families that need osteopathic treatment.

Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions as well as the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate.

4.2 Objectives achieved

After a few difficult years, the charity has started to grow and we are moving in a positive direction post-pandemic. The charity's main focus for 2022-23 was on organisational growth. This was achieved through increasing clinic footfall, increased treatment sessions, redeveloping the paediatric course which increased our intake for the year, and increasing our annual income.

We're pleased to say that the organisation broke even financially. Our annual income increased by 20% to £477k and our expenditure decreased to £463k. Our cash reserve is £233k which is within the charity commission's guideline of six months of expenditure.

Through operating a pop-up clinic model, renting clinics in community centres, shared admin office space and hybrid working we have been able to keep costs low. Clinic donations have provided the charity with a steady flow of income. However, the increased cost of living has negatively affected our patient's ability to donate resulting in a reduction in the average donation received in clinic. Despite this, we continue to encourage our patients to attend their appointments, and never turn away families requiring treatment who cannot afford to donate.

With the support of 4 FTE Volunteers and 20 CPO, we were able to carry on clinic activities and treat families who could not otherwise afford private osteopathic care. With a new experience senior staff member overseeing the marketing and fundraising department, we will be able to increase advertising, explore more funding options and receive more patient referrals to our clinic thus increase our patient footfall further next year.

Our education department was able to increase the intake on our paediatric course and continued to provide continuous professional development courses to train osteopaths to an excellent clinical standard in paediatrics.

The charity is in a transition period, and we continue to review our growth model post-pandemic. In this period, the organisation is focused on strategic planning and creating a new business plan. In the long term, we plan to set up a new working model which will generate alternative income for the charity.

 *Keeping our young patient entertained during her treatment*



Strategic Plan for 2023-2024

Charitable objectives

1. The relief of sickness amongst children and young people by the provision of osteopathic treatment & the improvement of quality of life among children and young people
2. To provide education and training for osteopaths
3. To promote the benefits of osteopathy for children
4. To monitor and carry out research.

Organisational growth

Based on the charity's objectives, for 2023-24 our main focus will continue to be on organisational growth. The aim and objective is to further increase the three of its four charitable objectives.

This will be achieved through:

1. Increasing clinic footfall through advertising
2. Increasing treatment sessions offering by having more osteopaths in clinic
3. Further developing our paediatric courses
4. Further increasing our Trust income stream
5. Creating more awareness of OCC and paediatric osteopathy

The clinics need a constant flow of new patients as, on average, a patient's course of treatment lasts for four sessions. With new staff members overseeing the marketing and fundraising department we will be able to explore more funding options. We aim to reach more patients through targeted advertising campaigns.

Targeted outcome for 2023-2024 is to further increase our offerings back to pre-pandemic levels. We are hoping to see a:

25%

increase in overall income raised

20%

increase in treatment session capacity to 13,000

20%

increase in patient's footfall to around 3,000

16%

increase in CPD,CPO and DPO paediatric course applicants

100%

increase in Fundraising income expected

Clinic

We will continue running three clinic days from three different London locations (SW19, N1 and W1T). We are aiming to make it easier for patients from various locations to reach our clinics.

With 29 treating osteopaths, we will be able to offer 13,000 treatment sessions (prev. used 10,489).

Barnet hospital

The charity will continue to maintain an osteopath in Barnet Hospital one day per week. The CPO/DPO osteopaths will be offered the opportunity to visit Barnet hospital.

Education

The course has 24 trainee osteopaths starting from November 2023. The Education Development group will continue to work on the course content for the CPO/DPO Diploma and reviewing the CPD offering as an extra source of income for the charity. Continued Professional Development courses (CPD). The charity will continue to expand its CPD courses.

Marketing 2023-2024

We will continue to build on the growth of the charity with hope of running more clinic days in 2024-25. A big push in marketing is planned to get the word out there about our clinics, our patients and what kind of conditions we treat. Due to ASA restrictions, we are unable to clearly say which conditions we treat via digital channels. We will therefore work within these restrictions to promote the organisation online and are planning on rebuilding our existing website in order to make it more accessible to patients and the general public. In addition to this, we will utilise offline channels to promote our work.

Budget proposal 2023-24

The total income to be raised is around £626k. The total annual expenditure is £602k, leaving a small surplus. Our income and expenditure will be 25% more than 2022-2023 but we should continue to breakeven and build up more cash reserve.

The charity's challenges

1. The clinic footfall is still 17% lower than in 2019 (pre-pandemic our treatment sessions totalled 12,196). The pandemic and the increase in cost of living has greatly affected our income and charity's objective.

2. Two-year Diploma in Paediatric Osteopathy (DPO) Course was suspended until November 2023. This is currently being reviewed.
3. The charity's cash reserve of £233k is at its six month point, it still needs to be increased further due to the nature of the charity.
4. Due to Advertising Standards Authority's restrictions (ASA), the charity is not able to clearly speak about the conditions treated. This is due to the lack of research in the profession.

Reserves

At the end of October 2023, the overall reserve stood at £233k unrestricted and is available to finance the charitable objective. This represents around 6 months of operating expenditure. This is slightly below the charity's reserves policy which requires a reserve of 6–12 months of expenditure. The reserves policy was reviewed by the Trustees at the end of 2023 and found it marginally sufficient.

The OCC is not an easy cause to fundraise for, so the Trustees feel the reserve required by the policy is justified for the charity to sustain its activities in the event of a significant drop in funding, in order to cover costs should the charity ever need to wind down, and to allow for a longer lead time for working capital.

Risk management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable, not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources.

As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning,

documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years.

Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Remuneration

The salaries of all staff are reviewed on an annual basis to ensure that where appropriate they take account of the rise in the cost of living. In October 2022–23 staff were given the standard pay rise of 3%. The Managing Director has foregone a salary increase. All salaries were benchmarked against similar charities in 2022–23 and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolment pension scheme, currently held by NEST and Friends.

📷 *Our open-plan, warm and friendly clinics create a relaxed atmosphere that's reassuring for children*



Reference and administrative details

Registered Company Number:	02545759 (England and Wales)
Registered Charity Number:	1003934
Registered office:	Canopi Building 7-14 Great Dover Street London, SE1 4YR
Board of Trustees:	D E Barber MBE E C Foinette S B P Korth J M Lyras M Lyras N D Woodhead (appointed 15.3.23)
Company Secretary	S S Pusey
Independent Examiner:	Ebenezer Okai Leroy Reid & Co Chartered Certified Accountants & Statutory Auditors 299 Northborough Road Norbury London SW16 4TR
Solicitors:	Lee, Bolton & Lee 1 The Sanctuary London SW1P 3JT
Bankers:	Co-operative Bank Plc 80 Cornhill London EC3V 3NJ Clydesdale Bank 55 Regents Street London SW1Y 4ND

Organisation Structure, Governance and Management

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper

accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, which enables 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.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Recruitment/appointment of Board of Directors

The Directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Directors. Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members. The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, its aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Statement of Public Benefit

The Trustees have reflected upon the charitable objectives of the Osteopathic Centre for Children and reviewed the activities of the charity over the past year, as described in detail in this report. The Trustees are satisfied they have had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research into the effectiveness of osteopathy in the paediatric population. The work undertaken by the charity plays an important role in helping children's bodies work to the best of their ability, whatever their starting point and regardless of their family's financial situation, to help them achieve their optimum function later in life. The Osteopathic Centre for Children believes that paediatric osteopathy should be available to all children, and is committed to making our clinics accessible to disabled and disadvantaged children, making osteopathy a trusted holistic health care option for all families.

Independent Examiner

The independent examiner, Leroy Reid & Co, will be considered for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees, incorporating a strategic report, approved by order of the board of Trustees, as the company directors, on

22-2-2024

and signed on the board's behalf by:



J M Lyras

 *Albert feeling relaxed and happy during his treatment*



Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent examiner's report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other

than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

E Okai

Ebenezer Okai (BSc) FCCA

On behalf of

Leroy Reid & Co

Chartered Certified Accountants

and Statutory Auditors

299 Northborough Road

Norbury

London SW16 4TR

Date: 26/02/2024

Statement of Financial Activities for the year ended 31 October 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	370,189	-	370,189	327,833
Charitable activities	3				
Education		<u>107,216</u>	<u>-</u>	<u>107,216</u>	<u>54,760</u>
Total		<u>477,405</u>	<u>-</u>	<u>477,405</u>	<u>382,593</u>
EXPENDITURE ON					
Charitable activities	4				
Clinic		353,650	-	353,650	321,608
Education		<u>109,916</u>	<u>-</u>	<u>109,916</u>	<u>48,204</u>
Total		<u>463,566</u>	<u>-</u>	<u>463,566</u>	<u>369,812</u>
NET INCOME		13,839	-	13,839	12,781
RECONCILIATION OF FUNDS					
Total funds brought forward		220,106	-	220,106	207,325
TOTAL FUNDS CARRIED FORWARD		<u>233,945</u>	<u>-</u>	<u>233,945</u>	<u>220,106</u>

Statement of Financial Position
31 October 2023

	Notes	2023 £	2022 £
CURRENT ASSETS			
Debtors	9	6,280	6,628
Cash at bank and in hand		<u>366,786</u>	<u>337,818</u>
		373,066	344,446
CREDITORS			
Amounts falling due within one year	10	(139,121)	(124,340)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>233,945</u>	<u>220,106</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		233,945	220,106
		<u> </u>	<u> </u>
NET ASSETS		<u>233,945</u>	<u>220,106</u>
FUNDS			
	12		
Unrestricted funds:			
General fund		<u>233,945</u>	<u>220,106</u>
TOTAL FUNDS		<u>233,945</u>	<u>220,106</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2023 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.

The financial statements were approved by the Board of Trustees and authorised for issue on

22-2-2024

and were signed on its behalf by:



.....
S B P Korth - Trustee

Statement of Cash Flows
31 October 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	14	<u>28,968</u>	<u>(84,976)</u>
Net cash provided by/(used in) operating activities		<u>28,968</u>	<u>(84,976)</u>
		373,066	344,446
Cash flows from investing activities			
Sale of tangible fixed assets		<u>-</u>	<u>126,209</u>
Net cash provided by investing activities		<u>-</u>	<u>126,209</u>
Change in cash and cash equivalents in the reporting period		28,968	41,233
Cash and cash equivalents at the beginning of the reporting period		<u>337,818</u>	<u>296,585</u>
Cash and cash equivalents at the end of the reporting period		<u><u>366,786</u></u>	<u><u>337,818</u></u>

Notes to the financial statements for the year ended 31st October 2023

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	-	10% on cost
Computer equipment	-	25% on cost

Taxation

The charitable company 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.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Donations	221,884	-	221,884	191,818
Gift aid	43,002	-	43,002	47,630
Trust income	92,322	-	92,322	65,000
Sundry income	8,691	-	8,691	1,805
Individual giving	<u>4,290</u>	<u>-</u>	<u>4,290</u>	<u>21,580</u>
	<u>370,189</u>	<u>-</u>	<u>370,189</u>	<u>327,833</u>

3. Income from charitable activities

	2023 Education £	2022 Total activities £
Education	<u>107,216</u>	<u>54,760</u>

4. Charitable activities costs

	Direct Costs (see note 5) £
Clinic	353,650
Education	<u>109,916</u>
	<u>463,566</u>

5. Direct costs of charitable activities

	2023 £	2022 £
Staff costs	233,279	190,661
Rent and rates	58,259	40,964
Insurance	5,390	5,216
Telephone expenses	5,887	4,151
Postage and stationary	9,268	6,311
Sundries	1,622	7,258
Travel expenses	-	2,145
Computer maintenance	20,373	21,936
HR outsource expenses	2,872	5,838
Clinic consultants	36,288	28,175
Bank charges and interest	4,714	4,429
Recruitment cost	5,920	9,369
Agency staff cost	1,318	1,681
Examiner's fees	4,000	4,000
Staff training and subscription	801	-
Education clinic tutor	60,296	33,393
Education general expenses	5,140	-
London clinic expenses	3,139	4,285
Marketing and publicity cost	<u>5,000</u>	<u>-</u>
	<u>463,566</u>	<u>369,812</u>

6. Trustees' remuneration and benefits

None of the trustees (or any connected person with them) received any remuneration during the year.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st October 2023 nor for the year ended 31st October 2022.

7. Staff costs

	2023 £	2022 £
Wages and salaries	178,563	139,191
Social security costs	10,557	7,653
Other pension costs	<u>44,159</u>	<u>43,817</u>
	<u>233,279</u>	<u>190,661</u>

The average monthly number of employees during the year was as follows:

	2023	2022
London clinic	10	8
Education - FTE	1	1
Marketing and fundraising	<u>2</u>	<u>-</u>
	<u>13</u>	<u>9</u>

No employees received emoluments in excess of £60,000.

8. Tangible fixed assets

	Fictures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2022 and 31st October 2023	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
DEPRECIATION			
At November 2022 and 31st October 2023	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
NET BOOK VALUE			
At 31st October 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31st October 2022	<u>-</u>	<u>-</u>	<u>-</u>

9. Debtors: amounts falling due within one year

	2023 £	2022 £
Accrued income	<u>6,280</u>	<u>6,628</u>

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	1,600	5,540
Student fees	72,577	49,400
Accruals	14,944	19,400
Accruals and deferred income	<u>50,000</u>	<u>50,000</u>
	<u>139,121</u>	<u>124,340</u>

11. Analysis of net assets between funds

	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
Current assets	373,066	-	373,066	344,446
Current liabilities	<u>(139,121)</u>	<u>-</u>	<u>(139,121)</u>	<u>(124,340)</u>
	<u>233,945</u>	<u>-</u>	<u>233,945</u>	<u>220,106</u>

12. Movement in funds

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	220,106	13,839	233,945
	<u>220,106</u>	<u>13,839</u>	<u>233,945</u>
TOTAL FUNDS	<u>220,106</u>	<u>13,839</u>	<u>233,945</u>

12. Movement in funds - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	477,405	(463,566)	13,839
TOTAL FUNDS	<u>477,405</u>	<u>(463,566)</u>	<u>13,839</u>

Comparatives for movement in funds

	At 1.11.21 £	Net Movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	207,325	12,781	220,106
TOTAL FUNDS	<u>207,325</u>	<u>12,781</u>	<u>220,106</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	382,593	(369,812)	12,781
TOTAL FUNDS	<u>382,593</u>	<u>(369,812)</u>	<u>12,781</u>

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

	At 1.11.21 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	207,325	26,620	233,945
TOTAL FUNDS	<u>207,325</u>	<u>26,620</u>	<u>233,945</u>

12. Movement in funds - continued

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	859,998	(833,378)	26,620
TOTAL FUNDS	<u>859,998</u>	<u>(833,378)</u>	<u>26,620</u>

13. Related party disclosures

Related party transactions for the year ended 31st October 2023 are as follows:

The MD of the charity was paid remuneration including employer NI, Pension and other overtime expenses totalling £79k (2022- £70k) and Nicholas D. Woodhead was paid £900 for teaching services rendered.

14. Reconciliation of net income to net cash flow from operating activities

	2023 £	2022 £
Net income for the reporting period (as per the Statement of financial activities)	13,839	12,781
Adjustments for:	-	(126,208)
Decrease/(increase) in debtors	348	(3,382)
Increase in creditors	<u>14,781</u>	<u>31,833</u>
Net cash provided by/(used in) operations	<u>28,968</u>	<u>(84,976)</u>

15. Analysis of changes in net funds

	At 1.11.22 £	Cash flow £	At 31.10.23 £
Net cash			
Cash at bank and in hand	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>
	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>
Total	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>

Thank you

The Foundation for Paediatric Osteopathy would like to thank the following trusts, foundations, and donors for their support:

Coutts Charitable Trust

Carmona Chaitable Trust

Sandra Charitable Trust

Gerald Micklem Charitable Trust

PF Charitable Trust

Unity Onlus - SK

The William Allen Trust/Young Charitable Trust

Squire Patton Bogg

We would also like to thank our team of osteopaths, administrative team, and the many individuals who supported our clinics in London.



📷 Archie playing during his treatment

📷 Our open plan clinics allow our osteopaths to work together as a team when treating patients

© Aneesa Dawoojee, Aneesa Photography



The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

The Foundation for Paediatric Osteopathy

Canopi Building
7-14 Great Dover Street
London SE1 4YR

020 8875 5290
www.occ.uk.com

The Osteopathic Centre for Children is the clinical arm of the Foundation for Paediatric Osteopathy
Company No: 2545759 Registered Charity No: 1003934

Accounts

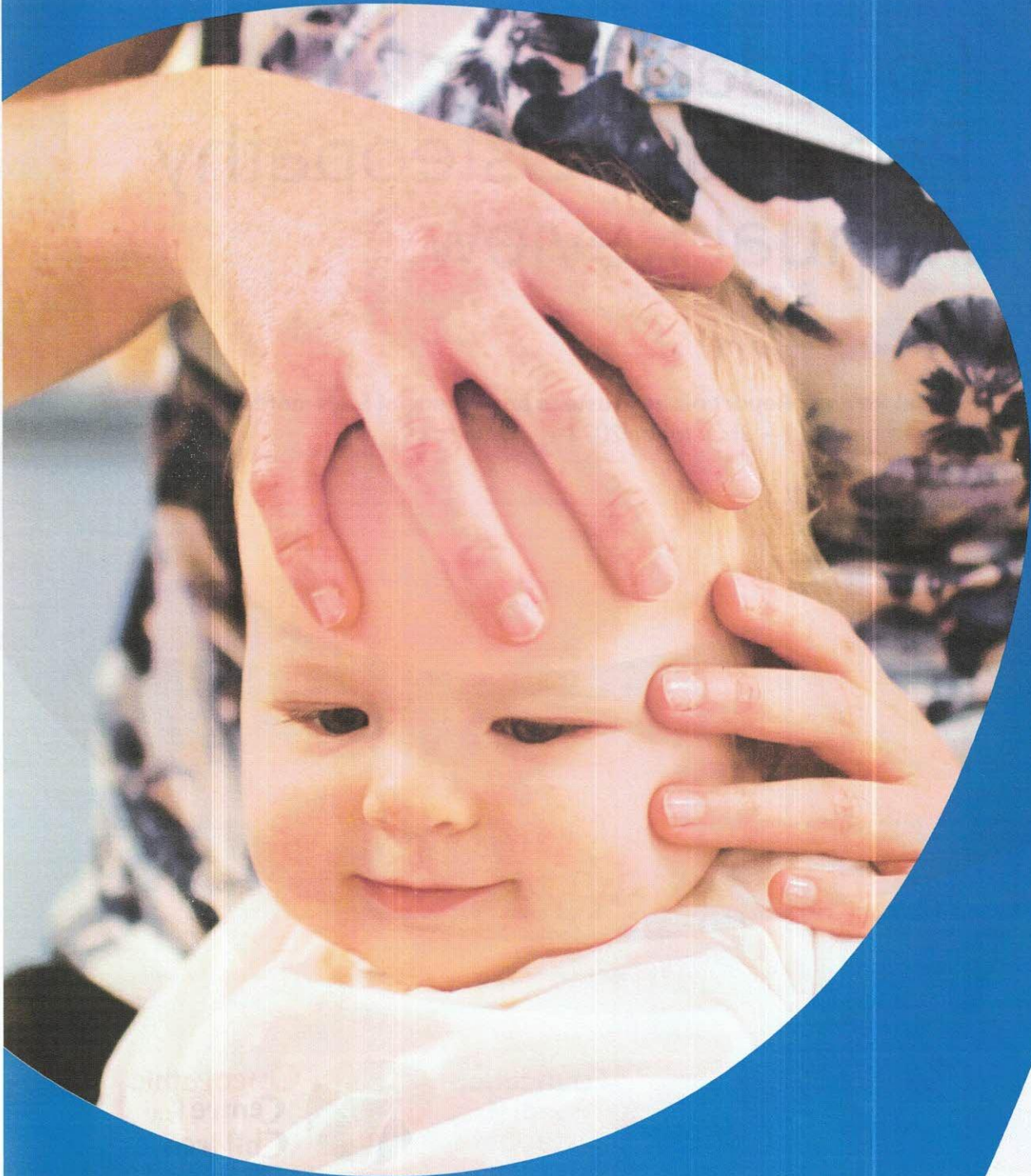
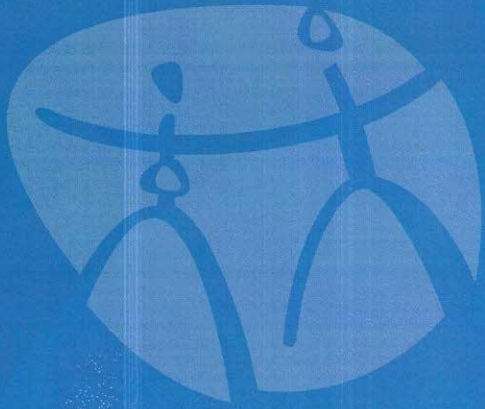
Foundation for Paediatric Osteopathy Annual Review

Annual Review, Report of the Trustees and Financial Statements
1 November 2021 – 31 October 2022

Foundation
for Paediatric
Osteopathy



**Osteopathic
Centre for
Children**



Letter from the Director of Osteopathy

The year 2022 to 2023 has seen significant changes within the Foundation.

It is with sadness that I have to record the death of our co-founder, Patricia Ferrall, without whom the Charity would not have come into being.



The Tuesday clinic has now moved to premises off Warren Street and is running weekly. The Shoreditch and Southfields clinics continue as before, namely weekly on Thursdays and Fridays respectively.

We have re-established the two year Diploma in Paediatric Osteopathy course, with the first year as a Certificate stage. A committee of senior osteopaths has redesigned the project and its members are ably managing matters.

A Director of Comms and Development has joined the exceptionally hard working administrative team. He combines the roles of Fundraising and Communications.

Overall, the Charity is performing well, advancing in its effectiveness and generates just sufficient income to be considered a going concern.

Stuart Korth
Trustee/Director of Osteopathy

Report of the Trustees for the Year Ended 31 October 2022

What we do

Charitable objectives:

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life among children and young people
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research.

Mission/Vision/Values

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children. Paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

Our mission is to train skilled and knowledgeable paediatric osteopaths, research osteopathy for children and provide excellent osteopathic care for children and perinatal women, at our dedicated paediatric clinics; to use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.

The OCC is such a great organisation, they helped my baby at 3 days old. He is now totally sorted thanks to the osteopathic care he received. I would encourage anyone with babies to try it!

OCC has been a lifeline for my two children. Whilst many children's services were closed during COVID, OCC kept its doors open, in a 'COVID-secure' way to help my children. The professionalism, passion and sincere concern of both the practitioners and the tutors is world-class. Thank you! – Manjit helped my leg feel better (my daughter).

I came to the OCC for my baby son – not really knowing what to expect. The care, professionalism, kindness and expertise were amazing from start to finish. They even recommended I was seen and reminded me that self-care is also very important! I couldn't recommend these guys more highly. It's such a happy, kind and caring place to be and the best at what they do.





Key workstreams

OSTEOPATHIC CENTRE FOR CHILDREN

Training excellent osteopaths, providing CPD opportunities

Establishing specialist skills for paediatric osteopaths

Families have a reputable, trained, reliable local osteopath who will refer to OCC if needed

Conducting and reviewing research

Establishing best practice, evidencing effectiveness

Osteopaths and others have a reputable authority to refer to and work with

Operating dedicated paediatric clinics

Offering specialised skills and experience, particularly for complex cases and subsidised appointments for disadvantaged families

Families have a specialist facility available that they can consult at affordable cost

Objectives 2021–22

- To offer specialist osteopathic treatment regardless of the family's ability to donate
- Train graduate osteopaths to an excellent clinical standard in paediatrics
- Continue operating a pop-up clinic model throughout London.

The OCC have provided our family with consistent support. They were informative and extremely professional throughout an otherwise stressful time.

I have been here for 5 years. Over the years, they have helped me.

Achievements and Performance

The aim of the charity for 2021–2022 was to continue offering osteopathic care, courses in paediatric osteopathy and to break even financially. This was achieved with the support of all its stakeholders, that have donated their time and support to keep the charity's door open. We thank you all.

The Director of Osteopathy has donated over 500 hours of his time to the charity in an admin/teaching capacity which would otherwise be a paid role.

The Volunteer Osteopaths have donated over 2,700 hours of their time to support families, that can't afford to otherwise go private.

The Managing Director, is the only senior manager role and has had to cover the shortfall in administrative staff tasks. Measures are in hand to reduce the burden of work, but the task will remain demanding. Without her tireless and dedicated commitment, underpinned by an in-depth understanding of the financial and needs of the organisation, the Charity would be unable to function in an effective manner.

We will continue to raise more funds and keep our costs low which should allow us to continue to be financially viable until a new business model is developed for the charity. The long term future of the charity is still uncertain due to market variations but we know the breakeven point of the charity and this will be reviewed each year.

Total income raised for the period is £382k and expenditure is £370k (previous year £351k and £350K respectively).



We have been able to achieve:

9%

growth in income raised

13%

increase in treatment sessions carried out

15%

increase in patient's footfall

Open a new clinic in central London area

38%

increase in Fundraising Income

100%

increase in Certificate in Paediatric Osteopathy course applicants (CPO) for 2022–23

50%

increase in Continuing Professional Development (CPD) course offerings

A new Education Development Group has been formed to develop the courses offered.

Clinic – offering free specialist osteopathic treatment

The charity has done well to continue to support families post pandemic that needed Osteopathic care and support. The charity had focused on three of its objectives – treating patients, running the education courses and awareness of Osteopathy.

The charity ran two teaching days per week, one bi-weekly volunteers only day (previously 3 days in 2020–21) in Wandsworth and Hackney, as well as a half day per week outreach clinic in the Barnet Hospital.

The clinic was staffed with 23 Osteopaths, 12 post-graduates and 11 volunteer osteopaths (previously 21).

During the last 12 months we have started to remodel the organisation. Our main focus has been on increasing patient footfall, fundraising and paving the way to re-institute and develop the erstwhile gold standard diploma course.

The goodwill and energetic support of the senior osteopaths is contributing to this vision and, together with the improved performance all round, has resulted in a very positive sense of progress throughout the organisation.

Clinics

We were able to provide treatment to 2,077 patients (previously 1,774) an increase of 15% in footfall.

Carried out 8,284 (previously 7,232) treatment sessions, an increase of 13%. The clinic operated at 82% of its overall capacity.

Donations and Gift Aid raised is £239k (previously £241k), which is 62% of our total income.

Cost of living increase has started to impact on the donations raised which has seen a 16% reduction in average donation but we are still encouraging patients to attend their appointment. We are applying to charitable trusts for more funding to support patients that are unable to donate.

The Warren Street clinic was opened on the 13th September 2022. We treated 33 patients on the first day.

Families experiencing financial hardship are never turned away from our clinics – we offer our treatments for free.

Around 6% of patients and families attending our 'open' clinics cannot make even a token donation towards the work of the charity.

Barnet Hospital

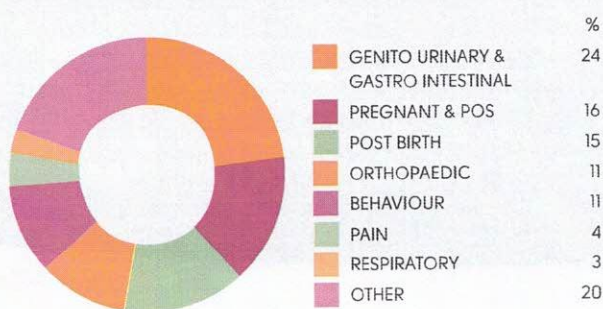
We continued to work in Barnet Hospital half a day per week with NHS staff in our outreach clinic.

This is a quiet and respectful project bringing a senior osteopath into the Starlight neonatal intensive care unit. In 2018–19, the Starlight unit held a public meeting where we were delighted to hear that the parents of former patients really valued our osteopaths' presence on the unit, as osteopathy is rarely offered in this kind of sensitive environment.

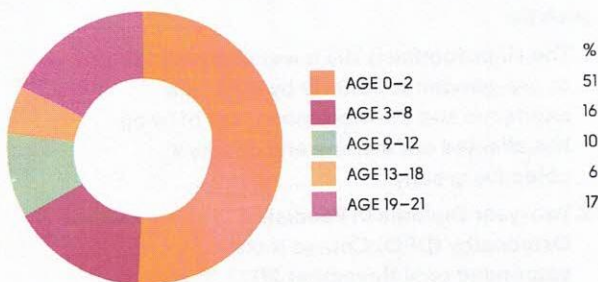
We do not approach parents of babies in a neonatal inpatient unit with fundraising requests, meaning that an additional 4.5% of our treatment sessions this year are provided to those who are unable to make a donation towards the charity.



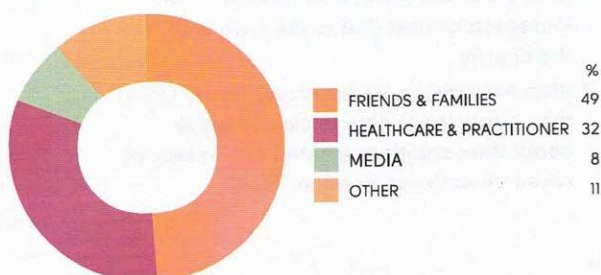
DIAGNOSIS ANALYSIS



AGE ANALYSIS



REFERRALS



Diagnosis Analysis

24% of our patients presented cases in Genito Urinary and Gastro Intestinal condition.

15% are treated for Post Birth condition.

Pregnant and postnatal treatment sessions made up 16% of our total sessions (previously 15%).

Consultations and treatments for children made up the remaining 84%, most frequently presenting conditions are gastro-intestinal, genito-urinary, orthopaedic or behavioural concerns.

We promoted our services to parents and via our health and wellbeing referrals.

Age Analysis

51% of our patients are under 2 years old. We are working hard to attract older children to the clinic.

Referrals

During the year more than 32% of our patients told us they'd been advised to bring their children to our clinic by a member of NHS staff and other Health professionals, most frequently midwives, breastfeeding clinics/lactation consultants, health visitors and GPs.

Word of mouth remains the channel through which most of our patients hear about our clinic – another indication that our work is highly thought of by the families we work with.

Most of our patients are still being referred to us by friends and family. The reception team will continue to engage more with patients to encourage more referrals. 49% Friends and Family, 34% Healthcare, 8% media and 11% by other means.

Achievements and Performance continued

Education Achievement – training graduate osteopaths to an excellent clinical standard

This year our Education activity continued to attract registered osteopaths for specialist training and continuing professional development in paediatrics.

Award in Paediatric Osteopathy (APO)

15 Osteopaths have successfully completed the APO course and they have enrolled on the CPO course. The APO course was discontinued October 31, 2022 and the new Certificate in Paediatric (CPO) was launched November 2022 with 24 FTE enrolled. All our course offerings are being reviewed and redeveloped in line with the needs of our stakeholders.

CPD 2021–2022

We had 12 days of CPD courses this year (previously eight). An increase of 50% in course offerings. This is being reviewed by the new Education Development Team.

We will continue validating the course at Fondazione Osteopatia Pediatrica in San Marino and hope to expand this area.

I have studied at the OCC for over a year and the experience has been quite remarkable. This is why I am going back to volunteer every month! The multitude of approaches and personalities present creates an effective environment for learning and healing to take place. Additionally, it provides the rare opportunity for several osteopathic hands to be working on the patient at the same time. The benefits are evident in the happy patients (and their relieved parents!) as well as the practitioners. Professionally it has been a very important step to my development in treating young humans as well as mothers and I am frequently recommending it to colleagues.

I thank you and wish you all very well!

Ilias Sachpazidis

Thank you for all the support and kind words over the past few years. It was quite a journey getting to that finish line – final exams, and now I'm thrilled to see those results. My initial thoughts were of gratitude for all the tutors and staff I engaged with along the way, especially the tutors and consultants for their patience and feedback. The wonderful course participants, I've met very passionate and skilled Osteopaths and made some great friends along the way. The course was a mammoth undertaking to complete travelling from Ireland, and has been the most rewarding experience too, so thanks a million.

Siobhan Quirke



287

DPO/MSc awarded to date (1991–2022)

31

APOs awarded to date (October 2022)

15

new Awards in Paediatric Osteopathy (APO) were awarded in October 2022

107

osteopaths attended 12 CPD courses held in 2022 and we have re-advertised these courses for 2023

28

new osteopaths began their 1-year CPO course in November 2022–October 2023 (Prev. we had 12 APO)

The charity encountered many challenges such as:

1. The clinic footfall is still lower compared to pre-pandemic 2018–19 by 40%. The pandemic and the increase in cost of living has affected our income and charity's objective greatly
2. Two-year Diploma in Paediatric Osteopathy (DPO) Course is still suspended until November 2023. This is currently being reviewed
3. The charity's cash reserve of £220k is at its five months point, it still needs to be increased further due to the nature of the charity
4. With Advertising Standards Authority (ASA) the charity is not able to clearly speak about the conditions treated due to lack of research in the profession.



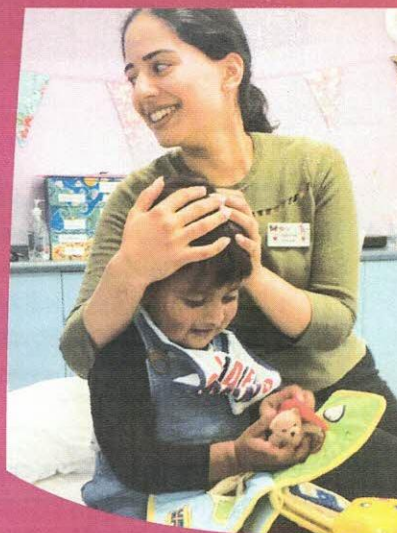
HENNA'S STORY

Eshaan was 4 months old when he first came for treatment to reduce muscular tension in his jaw. The osteopath took an interest in a slight rash and unusual skin pigmentation, as well as asking about reflux and feeding more generally – the GP was similarly concerned and so Eshaan was moved to goats' milk. His older sister Hakimah had a cough which the osteopath noticed while treating Eshaan – later she was given a series of inhalers and comprehensive allergy tests at the hospital. "That's one of the reassuring things about coming here" says Henna. "You come in with one thing and sometimes they'll pick up on something else that needs attention"

When Hakimah was being bullied at school, feeling tight in her chest, stressed out and upset, Henna brought her to OCC where the

osteopath talked to her about what was happening. "She'd been getting so stressed out and upset she'd started to rely on her blue pump. The osteopaths talk to the child properly. They make the child feel important, and like everything matters to them. Hakimah feels comfortable enough to talk to them about everything". The osteopath treated Hakimah for stress, tension and tightness in the chest. "It improved – the osteopath's support and treatment helped her".

"We love OCC – it has helped us and I can't recommend it enough. Treatment here means my children aren't taking lots of days off school sick, it doesn't disrupt them. In fact, they're not often aware of the treatment, but afterwards they are chirpier, clearer and more perky. The team here is lovely – even my husband loves coming here"



Achievements and Performance continued



We have been coming to the OCC for the past three years and my son has had multiple issues, and I couldn't be happier with the treatment. It's like a big supportive family. Thank you for everything.

We couldn't have been more pleased. An excellent team of caring professionals, happy to explain everything, while providing outstanding level of care from when my son was only 6 weeks old! Highly recommended service!

This is the place I have been bringing my daughter since she was born, it has, over the years, re-aligned and harmonised her, and everything else in between.

Ida (Darcey's mother)

I have come here since I was born. It has helped me know what I should do to help me grow healthily. Thank you osteopaths, you have helped me a lot.

Darcey, age 8

Thank you so much to the OCC Team! We had a great experience for our 1st appointment today for our 2 week old boy. Everyone was very kind and explained in details everything we wanted to know. We felt in very good hands! Thank you!

Quentin & Lina

Ezra has been seen since he was 5 days old after a forceps delivery and feeding troubles and has absolutely thrived with the help of the OCC. The OCC has been amazing and has helped him. Would highly recommend to new parents.



RILEY'S STORY

Riley's mum Denise brought her baby to the OCC with concerns soon after birth, and the team diagnosed craniosynostosis, the premature fusing of the plates of his skull, which required corrective surgery at Great Ormond Street Hospital.

Denise says, "without the amazing Tuesday team at the Wandsworth OCC clinic, this would have been missed. They pushed us to get second opinions and demand a paediatric appointment, when all the doctors said it was nothing to worry about".

Riley is now home and recovering well from his surgery.

Financial Report

How we raised our money

Most of our income is from donations at our clinic (50%). Patients are not charged for their appointments as this is our main charitable activity. We do ask for donations to help the charity continue to provide osteopathy to families, regardless of their financial situation. Basic fundraising activity was carried out by the charity staff, which meant that fundraising from some sources, particularly Trusts, fell short but individual giving continued to increase.

The charity is grateful for the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate. Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions.



Objectives achieved

After a few difficulty years, the charity has started to grow and we are moving in a positive direction post-pandemic.

Our annual income have increased by 9% to £382k (previously £351k) and expenditure £370k. The aim of the charity this year was to continue to break even financially and increase patient numbers.

With the extra fundraising income raised of £88k this has helped the charity to remain open to support families that need osteopathic treatment. Patient footfall have increased by a further 15% and donation have remained a steady flow of income.

We have seen a reduction in the average donation received due to the increase in the cost of living expenditure that has negatively impacted on patient's ability to donate more, but we are still encouraging patients to attend their appointment. Six percentage of our treatment sessions carried out; our patients were unable to donate anything toward their treatment.

We have been able to keep cost low by continuing to rent clinics in community centres, shared admin office space and hybrid working.

We have increased our offering of CPD courses by 50%. We were able to carry on clinic activities with the support of 11 volunteers and 12 APO. They continue to treat families that could not otherwise afford private osteopathic care. With tighter measures being put in place we were able to break even financially and will continue this model, until a new model and funding are identified. The charity is in a continuous transition period. In the long run, we will have to set up a new working model which will generate alternative income for the charity. During the transition, a new business plan and strategic planning will be key.

Based on the charity's objectives, for 2021–22 our main focus was on organisational growth. This was achieved through increasing the clinic footfall (increase of 15%), increase treatment sessions (increase 13%), the redevelopment of the Paediatric course (increase in 100% intake), and 8% increase in income stream.

52% of our patients are under 2 years old but we are starting to see an increase in older children attending the clinic. We have employed a Social Media Communications Officer (an existing staff) to carry out the digital marketing role.

With a new experienced senior staff member overseeing the marketing and fundraising department we will be able to increase advertising and explore more funding options. We will be able to advertise in family magazines, more social media postings, contacting other children's charity groups, health professionals and requesting parents to refer more friends and families.

Financial Report continued

Strategic plan for 2022–2023

Charitable objectives

The aim and objective for 2022–23 is to further increase the three of its four charitable objectives. The charity has grown by 21% (based on number of treating osteopaths 23/29) and with growth more resources are needed, such as extra staffing, better IT systems and more marketing.

Clinic: We will be running three clinic days (previously 2.5 days) from three different London locations SW19, N1 and W1T (previously 2 locations) aiming to reach patients from all locations and conditions making it easier to reach one of our clinics.

The clinic will have 29 treating Osteopaths (24 CPO Osteopaths and 5 Volunteers). With 29 treating osteopaths (prev. 23 Osteopaths), we will be able to offer 12,825 treatment sessions (an increase of 28% in capacity). The clinics will be staffed with four consultants and seven tutors.

Warren Street: The charity have opened a new clinic in central London area. This clinic will run one day per week from November 2022. It will be staffed with nine and a half treating Osteopaths and 3 Senior Osteopaths. They will be able to treat up to 82 patients per week. This clinic is within close proximity to a hospital and other therapists. This clinic will support patients from the north of London that found it hard to get to us in the past. The **Southfield Clinic** will be able to treat up to 78 patients per week. The **Shoreditch Clinic** will be able to treat up to 78 patients per week.

Barnet Hospital: The charity will continue to maintain a volunteer osteopath in Barnet Hospital half day per week. The CPO/DPO Osteopaths will be offered the opportunity to visit Barnet Hospital.

Education: The redevelopment of the CPO course has seen a high number of intakes of 24 Osteopaths (prev. 12) starting in November 2022, 100% growth. This will require more administration as the CPO is clinical and an assessment based course (previously clinical based only). The new Education Development group will be working on the content for the Diploma in Paediatric Osteopathy course starting in November 2023 and reviewing the CPD offering as an extra sources of income for the charity.

Continued Professional Development Courses (CPD): The charity will continue to expand its CPD courses.

Awareness: we will continue to build on the growth of the charity with the hope of running more clinic days in 2024. A big push on marketing through face to face contact (F2F) to get the word out there about our clinic and what we treat is needed, as well as going into schools, community groups etc. to inform people about the centres.

Due to ASA restrictions we are unable to fully say what conditions we treat via digital marketing. We will need to build a volunteer group to help spread the word.

We have appointed a part time Director of Development and Communication for 3 days per week. He will be able to spend time looking for new opportunities for the charity to explore.

I started bringing my daughter to the clinic from about 5 weeks old. Now at 5 months, the difference in her is phenomenal. Feeding and winding problems have improved. Her posture and overall alignment have developed and she is so content and calm. Kostas has been an incredible osteopath the whole way through, taking such care with baby and me as a new mum. Thank you so much for all you do.

All the staff at the OCC have simply been amazing! From seeing my son in his very early days to now he's visiting two, each treatment he has had has made significant improvement and positive impact. I can't recommend them enough – I do already to anyone who'll listen! Keep up the great work.

Budget Proposal 2022–23

The total income to be raised is about £500k and expenditure is £489k, leaving a small surplus. Our income and expenditure will increase by 25% and 27% (respectively) compared to 2022 but we will just about breakeven.

Admin staff salary will be increased by 1% but should be reviewed if more funds are raised.

The Osteopaths wages have been increased by 3% as they have not had an increase in the past 10 years.

Reserves

At the end of October 2022, the overall reserve stood at £220k unrestricted and is available to finance the charitable objective. This represents around 5 months of operating expenditure, which is slightly below the charity's reserves policy which requires a reserve of 6–12 months of expenditure. The reserves policy was reviewed by the Trustees at the end of 2022 and found it marginally sufficient.

The OCC is not an easy cause to fundraise for, so the Trustees feel the reserve required by the policy is justified for the charity to sustain its activities in the event of a significant drop in funding, in order to cover costs should the charity ever need to wind down and to allow for a longer lead time for working capital.

Risk management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable, not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources. As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning, documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years. Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Remuneration

The salaries of all staff are reviewed on an annual basis to ensure that where appropriate they take account of the rise in the cost of living. In October 2021–22 staff was given the standard pay rise of 1%. All salaries were benchmarked against similar charities in 2021–22 and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolment pension scheme, currently held by NEST and Friends.



We heard about the centre via our NCT Course Leader. Our daughter was born using ventouse and we were keen to have her checked over to ensure she was comfortable, we came to the clinic and saw Hans, he was calming, friendly and super knowledgeable. As a osteopath he was able to help treat our daughter and he was also able to offer guidance and support on general concerns we were experiencing. The Centre is incredibly welcoming and I have been recommending it to anyone who would also like to come for treatment.

My son who has a diagnosis of Asperger's, has been a patient of OCC for 11 years now – from when he was 3 months old. The help, care and services that OCC provide have been very helpful and valuable to us. My son's health and wellbeing improve after each visit – without fail. Full of gratitude that OCC is still around and able to provide this service for my son.

Organisation Structure, Governance and Management

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Governing Document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 those financial statements, the Trustees are required to

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

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, which enables 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.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Thank you so much for all your help, patience and support. Your gentle demeanour and touch has been wonderful. Excellent service and the reception has always been delightful with a lovely smile. Very supportive and helpful team and are much appreciated. Lots of love to the whole team. Thank you very much indeed.

Veronica Peters

Really friendly staff, attentive and thoughtful at ALL times. They made my family feel safe and looked after. The receptionist lady is ACE!

I cannot thank the OCC enough for the attention, time, care and education they have provided my husband and I in regard to our son, who has been coming here since he was approx. 4 months old (he's now 3). I owe them so much and am so grateful for their existence! Continue to do this fabulous work forever please.

My family and I have been attending the OCC in various locations for 22 years on and off. It started with my eldest daughter Emma, who was born prematurely at 26 weeks. Although she thrived, she suffered with constant chest infections, every 6 weeks or so. At the age of 3 or 4 we heard about the OCC (this was a week before she was to go into hospital for a course of steroids). I was so upset as she had been through so much already. On arriving at the OCC treatment started and she went from strength to strength. I've had 3 more children since, each attending the OCC as babies. Because of the OCC and only because of them, I have children whose are growing well because of help given in early stages. All with no tablets. Thank you, thank you, thank you!



Recruitment/Appointment of Board of Directors

The Directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Directors. Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members. The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, its aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Statement of Public Benefit

The Trustees have reflected upon the charitable objectives of the Osteopathic Centre for Children and reviewed the activities of the charity over the past year, as described in detail in this report. The Trustees are satisfied they have

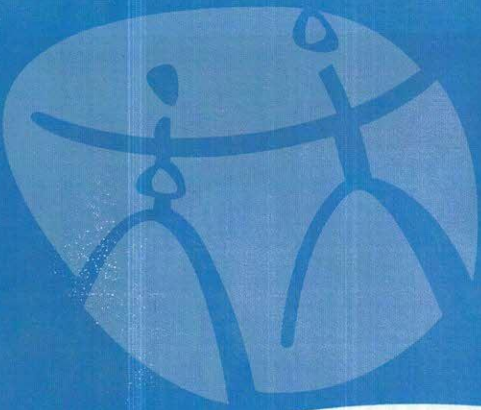
had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research into the effectiveness of osteopathy in the paediatric population. The work undertaken by the charity plays an important role in helping children's bodies work to the best of their ability, whatever their starting point and regardless of their family's financial situation, to help them achieve their optimum function later in life. The Osteopathic Centre for Children believes that paediatric osteopathy should be available to all children, and is committed to making our clinics accessible to disabled and disadvantaged children, making osteopathy a trusted holistic health care option for all families.

Independent Examiner

The independent examiner, Leroy Reid & Co, will be considered for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees, incorporating a strategic report, approved by order of the board of Trustees, as the company directors, on 21-2-2023 and signed on the board's behalf by:

J M Lyras



Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent examiner's report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31st October 2022.

Responsibilities and basis of report

As the charity's Trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.



Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

E Okai

Ebenezer Okai (BSc) FCCA

On behalf of
Leroy Reid & Co
Chartered Certified Accountants
and Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Date: 17-3-2023

Statement of Financial Activities

for the Year Ended 31 October 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	327,833	–	327,833	296,122
Charitable activities					
Education		54,760	–	54,760	55,707
Total		382,593	–	382,593	351,829
EXPENDITURE ON					
Charitable activities					
Clinic		321,608	–	321,608	302,729
Education		48,204	–	48,204	47,559
Total		369,812	–	369,812	350,288
NET INCOME		12,781	–	12,781	1,541
RECONCILIATION OF FUNDS					
Total funds brought forward		207,325	–	207,325	205,784
TOTAL FUNDS CARRIED FORWARD		220,106	–	220,106	207,325

Statement of Financial Position at 31 October 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	9	–	1
CURRENT ASSETS			
Debtors	10	6,628	3,246
Cash at bank and in hand		337,818	296,585
		344,446	299,831
CREDITORS			
Amounts falling due within one year	11	(124,340)	(92,507)
NET CURRENT ASSETS		220,106	207,324
TOTAL ASSETS LESS CURRENT LIABILITIES		220,106	207,325
NET ASSETS		220,106	207,325
FUNDS	13		
Unrestricted funds:			
General fund		220,106	207,325
TOTAL FUNDS		220,106	207,325

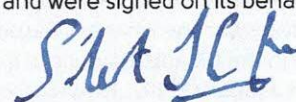
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2022 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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.

The financial statements were approved by the Board of Trustees and authorised for issue on 21-2-2023 and were signed on its behalf by:



S B P Korth
Trustee

Statement of cash flows

for the Year Ended 31 October 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	15	(84,976)	70,805
Net cash (used in)/provided by operating activities		(84,976)	70,805
Cash flows from investing activities			
Sale of tangible fixed assets		126,209	–
Net cash provided by investing activities		126,209	–
Change in cash and cash equivalents in the reporting period		41,233	70,805
Cash and cash equivalents at the beginning of the reporting period		296,585	225,780
Cash and cash equivalents at the end of the reporting period		337,818	296,585

Notes to the Financial Statements

for the Year Ended 31 October 2022

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.

Grants received from the Government Coronavirus Job Retention Scheme for furloughed employees are recognised in the financial statements on the cash receipt basis.

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.

Notes to the Financial Statements

continued

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	– 10% on cost
Computer equipment	– 25% on cost

Taxation

The charitable company 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.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future.

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Donations	191,818	–	191,818	194,917
Gift aid	47,630	–	47,630	46,119
Grants	–	–	–	23,262
Trust income	65,000	–	65,000	–
Sundry income	1,805	–	1,805	12,189
Individual giving	21,580	–	21,580	19,635
	327,833	–	327,833	296,122

Grants received, included in the above, are as follows:

	2022 £	2021 £
Government Coronavirus Job Retention Scheme	–	23,262

3. INCOME FROM CHARITABLE ACTIVITIES

	2022 Education £	2021 Total activities £
Education	54,760	41,925
Other education income	–	13,782
	54,760	55,707

Notes to the Financial Statements

continued

4. CHARITABLE ACTIVITIES COSTS

Direct costs (see note 5)
£

Clinic	321,608
Education	48,204
	369,812

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022 £	2021 £
Staff costs	190,661	177,398
Rent and rates	40,964	38,489
Insurance	5,216	4,647
Telephone expenses	4,151	8,862
Postage and stationery	6,311	3,662
Sundries	7,258	5,250
Travel expenses	2,145	891
Computer maintenance	21,936	20,218
HR outsource expenses	5,838	3,066
Clinic consultants	28,175	30,258
Bank charges and interest	4,429	4,274
Recruitment cost	9,369	4,206
Agency staff cost	1,681	12,626
Examiner's fees	4,000	4,000
Education clinic tutor	33,393	18,260
Administration consultancy fee	–	7,920
London clinic expenses	4,285	1,889
Depreciation	–	4,372
	369,812	350,288

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation – owned assets	–	4,372

7. TRUSTEES' REMUNERATION AND BENEFITS

None of the Trustees (or any connected person with them) received any remuneration during the year.

Trustees' expenses

There were no Trustees' expenses paid for the year ended 31st October 2022 nor for the year ended 31st October 2021.

Notes to the Financial Statements

continued

8. STAFF COSTS

	2022 £	2021 £
Wages and salaries	139,191	125,415
Social security costs	7,653	7,695
Other pension costs	43,817	44,288
	190,661	177,398

The average monthly number of employees during the year was as follows:

	2022	2021
London clinic	6	6
Education – FTE	1	2
	7	8

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1st November 2021	126,209	27,094	94,458	247,761
Disposals	(126,209)	–	–	(126,209)
At 31st October 2022	–	27,094	94,458	121,552
Depreciation				
At 1st November 2021	126,208	27,094	94,458	247,760
Charge written back	(126,208)	–	–	(126,208)
At 31st October 2022	–	27,094	94,458	121,552
Net book value				
At 31st October 2022	–	–	–	–
At 31st October 2021	1	–	–	1

Notes to the Financial Statements

continued

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Accrued income	6,628	3,246

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	202 £	2021 £
Trade creditors	5,540	4,628
Student fees	49,400	33,879
Accruals	19,400	4,000
Accruals and deferred income	50,000	50,000
	124,340	92,507

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets	–	–	–	1
Current assets	344,446	–	344,446	299,831
Current liabilities	(124,340)	–	(124,340)	(92,507)
	220,106	–	220,106	207,325

13. MOVEMENT IN FUNDS

	At 1.11.21 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	207,325	12,781	220,106
TOTAL FUNDS	207,325	12,781	220,106

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	382,593	(369,812)	12,781
TOTAL FUNDS	382,593	(369,812)	12,781

Notes to the Financial Statements

continued

13. MOVEMENT IN FUNDS (continued)

Comparatives for movement in funds

	At 1.11.20 £	Net movement in funds £	At 31.10.21 £
Unrestricted funds			
General fund	205,784	1,541	207,325
TOTAL FUNDS	205,784	1,541	207,325

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	351,829	(350,288)	1,541
TOTAL FUNDS	351,829	(350,288)	1,541

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

	At 1.11.20 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	205,784	14,322	220,106
TOTAL FUNDS	205,784	14,322	220,106

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	734,422	(720,100)	14,322
TOTAL FUNDS	734,422	(720,100)	14,322

Notes to the Financial Statements

continued

14. RELATED PARTY DISCLOSURES

Total highest paid remuneration to any employees who falls within the scope of those considered to be related party during the year was £70k (2021 – £80k).

15. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income for the reporting period (as per the Statement of financial activities)	12,781	1,541
Adjustments for:		
Depreciation charges	–	4,372
Disposal at nil value	(126,208)	–
(Increase)/decrease in debtors	(3,382)	4,335
Increase in creditors	31,833	60,557
Net cash (used in)/provided by operations	(84,976)	70,805

16. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.11.21 £	Cash flow in funds £	At 31.10.22 £
Net cash			
Cash at bank and in hand	296,585	41,233	337,818
	296,585	41,233	337,818
TOTAL FUNDS	296,585	41,233	337,818

Reference and Administrative Details

Trustees

J M Lyras

S B P Korth

D E Barber MBE

E C Foinette

M Lyras

P Ferrall – resigned 27/3/2022

Company Secretary

S S Pusey

Registered Office

Canopi Building
7–14 Great Dover Street
London SE1 4YR

Registered Company Number

02545759 (England and Wales)

Registered Charity Number

1003934

Independent Examiner

Ebenezer Okai

Leroy Reid & Co

Chartered Certified Accountants
& Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Solicitors

Lee, Bolton & Lee

1 The Sanctuary
London SW1P 3JT

Bankers

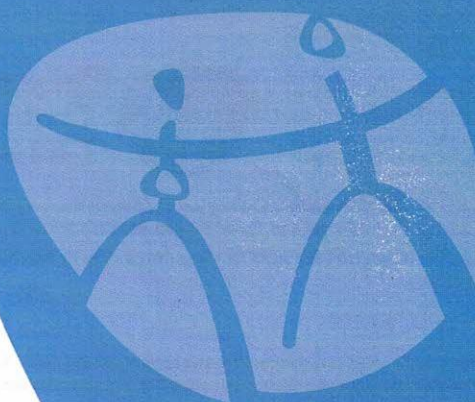
Co-operative Bank Plc

80 Cornhill

London EC3V 3NJ

Clydesdale Bank

55 Regents Street
London SW1Y 4ND



Foundation
for Paediatric
Osteopathy



Osteopathic
Centre for
Children

The Osteopathic Centre for Children is the clinical arm
of the Foundation for Paediatric Osteopathy.

Company No: 2545759 Registered Charity No: 1003934

All photographs show our osteopaths and patients at the OCC. To protect identities,
the pictures are not necessarily related to any specific cases mentioned.

Photography: Aneesa Photography, Mascot Creative, Denise Berjak,
Osteopathic Centre for Children.

Accounts

Foundation for Paediatric Osteopathy Annual Review

Annual Review, Report of the Trustees and Financial Statements
1 November 2020 – 31 October 2021

Foundation
for Paediatric
Osteopathy



**Osteopathic
Centre for
Children**



Letter from the Director of Osteopathy

Notwithstanding the difficulties surrounding the COVID pandemic and the paucity of funds available to charities during this time the OCC has continued to serve the needs of children and their mothers during the last year, whilst furthering the education of post graduate osteopaths.



Foundation
for Paediatric
Osteopathy



The one year APO course has attracted 12 osteopaths who are accommodated at each of our two clinics, on Thursdays in Shoreditch and Fridays in Southfields. The Tuesday clinic in Southfields is now fortnightly and staffed by volunteers, under the supervision of a consultant osteopath.

The ability to keep open the OCC is due, in no small measure, to the unstinting work of our very small administration team and by stringent financial control. Funding is sufficient to see us through to the end of the coming financial year and promised donations should ensure the continuation of the project for the future.

Stuart Korth
Trustee/Director of Osteopathy

Report of the Trustees for the Year Ended 31 October 2021

What we do

Charitable objectives:

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life among children and young people
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research.

Mission/Vision/Values

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children. Paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

Our mission is to train skilled and knowledgeable paediatric osteopaths, research osteopathy for children and provide excellent osteopathic care for children and perinatal women, at our dedicated paediatric clinics; to use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.



The OCC is such a great organisation, they helped my baby at 3 days old. He is now totally sorted thanks to the osteopathic care he received. I would encourage anyone with babies to try it!

OCC has been a lifeline for my two children. Whilst many children's services were closed during COVID, OCC kept its doors open, in a 'COVID-secure' way to help my children. The professionalism, passion and sincere concern of both the practitioners and the tutors is world-class. Thank you! – Manjit helped my leg feel better (my daughter).

I came to the OCC for my baby son – not really knowing what to expect. The care, professionalism, kindness and expertise were amazing from start to finish. They even recommended I was seen and reminded me that self-care is also very important! I couldn't recommend these guys more highly. It's such a happy, kind and caring place to be and the best at what they do.



Key workstreams

OSTEOPATHIC CENTRE FOR CHILDREN

Training excellent osteopaths, providing CPD opportunities

Establishing specialist skills for paediatric osteopaths

Families have a reputable, trained, reliable local osteopath who will refer to OCC if needed

Conducting and reviewing research

Establishing best practice, evidencing effectiveness

Osteopaths and others have a reputable authority to refer to and work with

Operating dedicated paediatric clinics

Offering specialised skills and experience, particularly for complex cases and subsidised appointments for disadvantaged families

Families have a specialist facility available that they can consult at affordable cost

Objectives 2020–21

- To offer specialist osteopathic treatment regardless of the family's ability to pay
- Train graduate osteopaths to an excellent clinical standard in paediatrics
- Continue operating a pop-up clinic model throughout London.

The OCC have provided our family with consistent support. They were informative and extremely professional throughout an otherwise stressful time.

I have been here for 5 years. Over the years, they have helped me.

Achievements and Performance

The aim of the charity for 2020–2021 was to continue offering osteopathic care, courses in paediatric osteopathy and to break even financially. This was achieved with the support of all its stakeholders, that have donated their time and support to keep the charity's door open. We thank you all.

The Director of Osteopathy has donated over 500 hours of his time to the charity in an admin/teaching capacity which would otherwise be a paid role.

The Volunteer Osteopaths have donated over 6,000 hours of their time to support families, that can't afford to otherwise go private.

The Managing Director, is the only senior manager role, has had to cover the shortfall in administrative staff, often working an extra 14 hours or more per week. Measures are in hand to reduce the burden of work, but the task will remain demanding. Without her tireless and dedicated commitment, underpinned by an in-depth understanding of the financial and needs of the organisation, the Charity would be unable to function in an effective manner.

We will continue to raise more funds and keep our costs low which should allow us to continue to be financially viable until a new business model is developed for the charity. The long term future of the charity is still uncertain due to market variations but we know the breakeven point of the charity and this will be reviewed each year.

Total income raised for the period is £351k and expenditure is £350k (previous year income was £305k as against expenditure of £419K).

Clinic – offering free specialist osteopathic treatment

In 2020–21 we ran two teaching clinic days per week and one bi-weekly volunteers-only-clinic-day (previously for 3 days) in Southfields and Wandsworth, as well as a half day weekly outreach clinic in the Barnet Hospital Starlight Neonatal Unit where possible.

The charity has done well to continue to support families during the pandemic that needed Osteopathic care and support. The charity had focused on two of its objectives – treating patients and running the education course.

We were able to provide osteopathic treatment to 1,774 patients (previously for 1,724), we carried out 7,232 (previously 7,211) treatment sessions, with 15 post-graduates and 14 volunteer Osteopaths (previously 18 and 6 prospectively).

We have seen an increase of 3% on patients and treatment sessions carried out.

The charity encountered many challenges such as:

1. The clinic footfall is still low compared to pre-pandemic 2018–19. The COVID-19 pandemic has affected our income and charity's objective greatly
2. The two year Diploma in Paediatric Osteopathy (DPO) courses is still suspended from November 2019 due to uncertainty in the current economic environment to guarantee completion
3. The charity's cash reserve is very low although we were able to breakeven (previous year was £113k deficit)
4. We were unable to replace the fundraising or marketing staff, due to reduced activities in this areas due to COVID-19
5. Our funding raised is one third of the funding needed to run the charity at its fullest capacity.

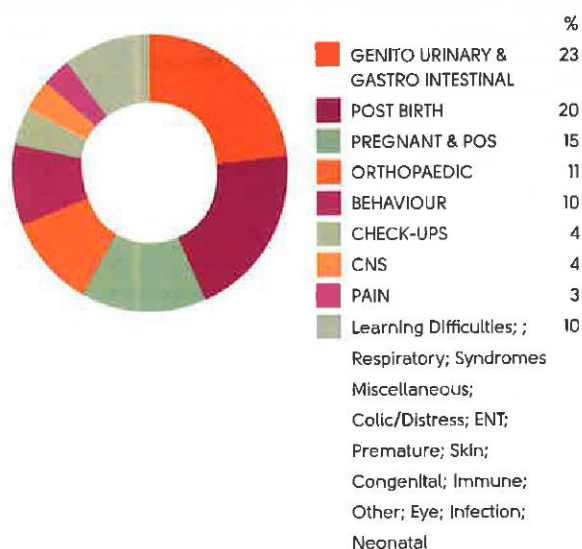
Pregnant and postnatal treatment sessions made up 15% of our total sessions (previously it was 12%). We plan to spread the word about our services among parents and via our health and wellbeing referrals. Consultations and treatments for children made up the remaining 85%, most frequently presenting gastro-intestinal, genito-urinary, orthopaedic or behavioural concerns.

Diagnosis Analysis:

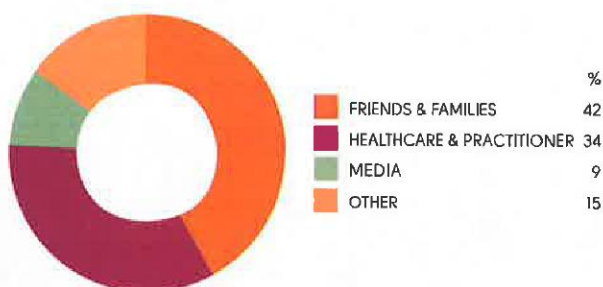
23% of our patients presented cases in Genito Urinary and Gastro Intestinal condition.

20% are treated for Post Birth condition.

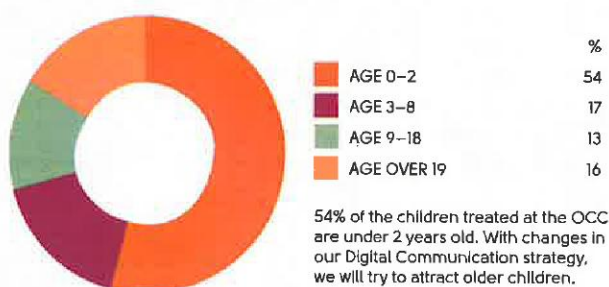
DIAGNOSIS REPORT



REFERRAL REPORT



AGE ANALYSIS REPORT



During the year more than 34% of our patients told us they'd been advised to bring their children to our clinic by a member of NHS staff and other Health professionals, most frequently midwives, breastfeeding clinics/lactation consultants, health visitors and GPs. Word of mouth remains the channel through which most of our patients hear about our clinic – another indication that our work is highly thought of by the families we work with.

Most of our patients are still being referred to us by friends and family. The reception team will continue to engage more with patients to encourage more referrals. **42% Friends and Family, and 34% Healthcare.**

We continued to work in Barnet Hospital half a day per week (previously one day per week) with NHS staff in our outreach clinic. This is a quiet and respectful project

bringing a consultant osteopath into the Starlight neonatal intensive care unit. In 2018–19, the Starlight unit held a public meeting where we were delighted to hear that the parents of former patients really valued our osteopaths' presence on the unit, as osteopathy is rarely offered in this kind of sensitive environment.

Families experiencing financial hardship are never turned away from our clinics – we offer our treatments for free.

Around 5% of patients and families attending our 'open' clinics cannot make even a token donation towards the work of the charity.

We do not approach parents of babies in a neonatal inpatient unit with fundraising requests, meaning that an additional 4.5% of our treatment sessions this year are provided to those who are unable to make a donation towards the charity.

Thanks so much for your help on my little baby Ari. We have been going through a lot since he was born. However, your help really helped to make our life easier by the treatments on him.

The clinic manager is the warmest hearted lady with professional skills, gentle communications, patient attitude and deep understanding and empathy.

Konstantinos is the best for the osteopathic treatments for the babies we have met. He knows what he is doing and has advanced skills and knowledge about his profession. Ari had been fortunate to have treatments with Konstantinos and we will recommend him and OCC to all friends and families who need treatments.

Yan & Ari

I can't express my gratitude, thank you so much for your care.

Eliot's mum

The support and care has been outstanding in just two sessions we have noticed a difference. Everyone in the clinic is so friendly and professional. Thank you.

Amazing team, warm, attentive. Thank you for being with us every step of the way.

Roxane Edouard

Achievements and Performance continued

Education Achievement – training graduate osteopaths to an excellent clinical standard

This year our Education activity continued to attract registered osteopaths for specialist training and continuing professional development in paediatrics.

Education Achievement 2020–2021

Recruiting for the two-year Diploma in Paediatric Osteopathy course was suspended and a one-year Award in Paediatric Osteopathy instigated. This is mostly a clinic-based programme. Our working relationships with other osteopathic institutions continued, but has been suspended this year. We will continue validating the course at Fondazione Osteopatia Pediatrica in San Marino and hope to expand this area.



I have studied at the OCC for over a year and the experience has been quite remarkable. This is why I am going back to volunteer every month! The multitude of approaches and personalities present creates an effective environment for learning and healing to take place. Additionally, it provides the rare opportunity for several osteopathic hands to be working on the patient at the same time. The benefits are evident in the happy patients (and their relieved parents!) as well as the practitioners. Professionally it has been a very important step to my development in treating young humans as well as mothers and I am frequently recommending it to colleagues.

I thank you and wish you all very well!

Ilias Sachpazidis

Thank you for all the support and kind words over the past few years. It was quite a journey getting to that finish line – final exams, and now I'm thrilled to see those results. My initial thoughts were of gratitude for all the tutors and staff I engaged with along the way, especially the tutors and consultants for their patience and feedback. The wonderful course participants, I've met very passionate and skilled Osteopaths and made some great friends along the way. The course was a mammoth undertaking to complete travelling from Ireland, and has been the most rewarding experience too, so thanks a million.

Siobhan Quirke



287

DPO/MSc awarded to date (1991–2021)

16

APOs awarded to date (started April 2019)

8

new Diplomas in Paediatric Osteopathy (DPO) were awarded

11

new Awards in Paediatric Osteopathy (APO) were awarded

117

osteopaths attended 8 CPD courses held in 2020–2021 and we have re-advertised these courses for 2022

12

new osteopaths began their 1-year APO course in November 2021–October 2022 (Prev. we had 12 APO)



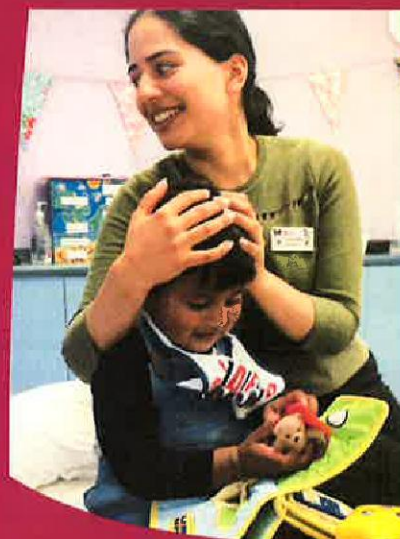
HENNA'S STORY

Eshaan was 4 months old when he first came for treatment to reduce muscular tension in his jaw. The osteopath took an interest in a slight rash and unusual skin pigmentation, as well as asking about reflux and feeding more generally – the GP was similarly concerned and so Eshaan was moved to goats' milk. His older sister Hakimah had a cough which the osteopath noticed while treating Eshaan – later she was given a series of inhalers and comprehensive allergy tests at the hospital. "That's one of the reassuring things about coming here" says Henna. "You come in with one thing and sometimes they'll pick up on something else that needs attention"

When Hakimah was being bullied at school, feeling tight in her chest, stressed out and upset, Henna brought her to OCC where the

osteopath talked to her about what was happening. "She'd been getting so stressed out and upset she'd started to rely on her blue pump. The osteopaths talk to the child properly. They make the child feel important, and like everything matters to them. Hakimah feels comfortable enough to talk to them about everything". The osteopath treated Hakimah for stress, tension and tightness in the chest. "It improved – the osteopath's support and treatment helped her".

"We love OCC – it has helped us and I can't recommend it enough. Treatment here means my children aren't taking lots of days off school sick, it doesn't disrupt them. In fact, they're not often aware of the treatment, but afterwards they are chirpier, clearer and more perky. The team here is lovely – even my husband loves coming here"



Achievements and Performance continued



We have been coming to the OCC for the past three years and my son has had multiple issues, and I couldn't be happier with the treatment. It's like a big supportive family. Thank you for everything.

We couldn't have been more pleased. An excellent team of caring professionals, happy to explain everything, while providing outstanding level of care from when my son was only 6 weeks old! Highly recommended service!

This is the place I have been bringing my daughter since she was born, it has, over the years, re-aligned and harmonised her, and everything else in between.

Ida (Darcey's mother)

I have come here since I was born. It has helped me know what I should do to help me grow healthily. Thank you osteopaths, you have helped me a lot.

Darcey, age 8

Thank you so much to the OCC Team! We had a great experience for our 1st appointment today for our 2 week old boy. Everyone was very kind and explained in details everything we wanted to know. We felt in very good hands! Thank you!

Quentin & Lina

Ezra has been seen since he was 5 days old after a forceps delivery and feeding troubles and has absolutely thrived with the help of the OCC. The OCC has been amazing and has helped him. Would highly recommend to new parents.



RILEY'S STORY

Riley's mum Denise brought her baby to the OCC with concerns soon after birth, and the team diagnosed craniosynostosis, the premature fusing of the plates of his skull, which required corrective surgery at Great Ormond Street Hospital.

Denise says, "without the amazing Tuesday team at the Wandsworth OCC clinic, this would have been missed. They pushed us to get second opinions and demand a paediatric appointment, when all the doctors said it was nothing to worry about".

Riley is now home and recovering well from his surgery.



We heard about the centre via our NCT Course Leader. Our daughter was born using ventouse and we were keen to have her checked over to ensure she was comfortable, we came to the clinic and saw Hans, he was calming, friendly and super knowledgeable. As an osteopath he was able to help treat our daughter and he was also able to offer guidance and support on general concerns we were experiencing. The Centre is incredibly welcoming and I have been recommending it to anyone who would also like to come for treatment.

My son who has a diagnosis of Asperger's, has been a patient of OCC for 11 years now – from when he was 3 months old. The help, care and services that OCC provide have been very helpful and valuable to us. My son's health and wellbeing improve after each visit – without fail. Full of gratitude that OCC is still around and able to provide this service for my son.

I started bringing my daughter to the clinic from about 5 weeks old. Now at 5 months, the difference in her is phenomenal. Feeding and winding problems have improved. Her posture and overall alignment have developed and she is so content and calm. Kostas has been an incredible osteopath the whole way through, taking such care with baby and me as a new mum. Thank you so much for all you do.

My 10 year old child has had a gruelling experience of chronic constipation and treatment (conventional). As we continue coming to the OCC, the sensitive, kind and intuitive staff receive us kindly and holistically and each treatment I notice my child is a little lighter (energetically and in mood) and I notice a release in his energy; physically I feel a trust that things are improving.

All the staff at the OCC have simply been amazing! From seeing my son in his very early days to now he's visiting two, each treatment he has had has made significant improvement and positive impact. I can't recommend them enough – I do already to anyone who'll listen! Keep up the great work.



Financial Report

How we raised our money

Most of our income is from donations at our clinic (55%). Patients are not charged for their appointments as this is our main charitable activity. We do ask for donations to help the charity continue to provide osteopathy to families, regardless of their financial situation. Basic fundraising activity was carried out by the charity staff, which meant that fundraising from some sources, particularly Trusts, fell short but individual giving continued to increase.

The charity is grateful for the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate. Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions.

Objectives achieved

2020–21 was a challenging year for the Foundation as we had to scale back the charity's activities to basic to remain open for families that would otherwise not be able to afford private osteopathic care.

We had to review a few areas and make changes where possible, such as:

- We have not reappointed most of our Senior Management staff in core areas but increased the operational staff role with the support of temporary agency staff as and when needed. We have restructured, merged and trained staff in areas that had synergy in their job roles. The MD has incorporated the most extra tasks in her role
- We are renting clinic spaces in community centres, shared admin office space and working from home
- We have setup for the first time a bi-weekly volunteer only clinic day at minimal cost, where seven Osteopaths have given their time for free to continue to support families
- We have Increased our offering of CPD courses by 50%
- We were able to carry on clinic activities with the support of 14 volunteers and 15 APO. They continue to treat families that could not otherwise afford private osteopathic care
- With the above implementations and more tighter measures being put in place we were able to break even financially and will continue this model, until new model and funding are identified.

My lactation consultant recommended we bring my 5-week-old son to OCC. The team at the OCC Shoreditch were brilliant – really responsive, confident with working with tiny babies and reassuring with me. After his sessions, my son was noticeably more relaxed and really responded to his treatment. I was also offered some postnatal sessions which helped me. As a result both my son and I are now much better.

Christine

INCOME



EXPENDITURE



Given the circumstances, our ability to end the year at the point at which total cost and total revenue are equal and also carried our 7,232 treatment sessions is a laudable achievement.

In order to deal with the ongoing budgeted surplus for 2021–22, we keep undertaking budget and activity planning review. The organisation is in a continuous transition period. In the long run, we will have to set up a new working model which will generate alternative income for the charity.

During the transition, a new business plan and strategic planning will be key.

Strategic plan for 2021–2022

The total projected income and expenditure for 2021–22 are about £400k and £382k respectively. The charity is continuously reviewing its going concerns, to be able to carry out its two main objectives. In 2020–21 we were able to scale back the Foundation's operation and finance allowing the charity to be self-sustainable.

Moving forward, the main focus for 2021–22 will be on organisational growth. This will be achieved through increasing the clinic footfall. At the moment 56% of patients are under 2 years old and we would however like to attract a few older children. We will be reserving the 3pm–5pm slots for after school children.

We have employed a part-time Digital communications officer (an existing staff) to carry out this role. We will be advertising in family magazines, social media postings, contacting other children's charity groups, Health professions and engaging with the parents to refer more friends and families.

Clinic 2021–2022

We will continue to run two teaching clinic days (Thursday and Friday) and one bi-weekly volunteer clinic on Tuesdays in Southfields.

The clinic has 28 treating Osteopaths (12 APO applicants and 16 Volunteers). With 28 treating Osteopaths this will allow us to carry out 10,000–12,000 treatment sessions (previously 7,232), this is an increase of 27%. We will be monitoring the progress accordingly.

Barnet Hospital

The charity will continue to maintain an osteopath in Barnet Hospital half day per week. This is to allow the charity to maintain a presence in the hospital. The APO Osteopaths will be offered the opportunity to visit the hospital when it fully reopens to the public.

Education

The Awards in Paediatric Osteopathy (APO) course has 12 applicants who will be placed on Thursday and Friday clinics. The clinic will have four tutors to support their learning.

Continued Professional Development Courses (CPD)

The charity will continue to expand its CPD courses.

Staffing

Based on recent adverts, there has been no interest in the two day per week Fundraising Officer role. The MD will continue to market this role but in the meantime the admin team will continue applying to Charitable Trusts.

A long awaited admin officer has joined the admin team (this role was covered by an agency staff in previous year) – this is a full time member of staff to support the MD with general admin tasks and clinics. This will be a great help to the team and the charity.

Admin team office move

The admin team will be moving office to Canopi Building at Borough High Street.

Reserves

At the end of October 2021, the overall reserve stood at £207k unrestricted and is available to finance the charitable objective. This represents around 6 months of operating expenditure, which is slightly below the charity's reserves policy which requires a reserve of 6–12 months of expenditure. The reserves policy was reviewed by the Trustees at the end of 2021 and found it marginally sufficient.

The OCC is not an easy cause to fundraise for, so the Trustees feel the reserve required by the policy is justified for the charity to sustain its activities in the event of a significant drop in funding, in order to cover costs should the charity ever need to wind down and to allow for a longer lead time for working capital.

Risk management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable, not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources. As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning, documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years. Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Remuneration

The salaries of all staff are reviewed on an annual basis to ensure that where appropriate they take account of the rise in the cost of living. In October 2020–21 no staff was given the standard pay rise. All salaries were benchmarked against similar charities in 2021–22 and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolment pension scheme, currently held by NEST and Friends.

Organisation Structure, Governance and Management

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Governing Document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 those financial statements, the Trustees are required to

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

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, which enables 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.

In so far as the Trustees are aware:

there is no relevant audit information of which the charitable company's auditors are unaware; and the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Thank you so much for all your help, patience and support. Your gentle demeanour and touch has been wonderful. Excellent service and the reception has always been delightful with a lovely smile. Very supportive and helpful team and are much appreciated. Lots of love to the whole team. Thank you very much indeed.

Veronica Peters

Really friendly staff, attentive and thoughtful at ALL times. They made my family feel safe and looked after. The receptionist lady is ACE!

I cannot thank the OCC enough for the attention, time, care and education they have provided my husband and I in regard to our son, who has been coming here since he was approx. 4 months old (he's now 3). I owe them so much and am so grateful for their existence! Continue to do this fabulous work forever please.

My family and I have been attending the OCC in various locations for 22 years on and off. It started with my eldest daughter Emma, who was born prematurely at 26 weeks. Although she thrived, she suffered with constant chest infections, every 6 weeks or so. At the age of 3 or 4 we heard about the OCC (this was a week before she was to go into hospital for a course of steroids). I was so upset as she had been through so much already. On arriving at the OCC treatment started and she went from strength to strength. I've had 3 more children since, each attending the OCC as babies. Because of the OCC and only because of them, I have children whose are growing well because of help given in early stages. All with no tablets. Thank you, thank you, thank you!



Recruitment/Appointment of Board of Directors

The Directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Directors. Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members. The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, its aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Statement of Public Benefit

The Trustees have reflected upon the charitable objectives of the Osteopathic Centre for Children and reviewed the activities of the charity over the past year, as described in detail in this report. The Trustees are satisfied they have

had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research into the effectiveness of osteopathy in the paediatric population. The work undertaken by the charity plays an important role in helping children's bodies work to the best of their ability, whatever their starting point and regardless of their family's financial situation, to help them achieve their optimum function later in life. The Osteopathic Centre for Children believes that paediatric osteopathy should be available to all children, and is committed to making our clinics accessible to disabled and disadvantaged children, making osteopathy a trusted holistic health care option for all families.

Independent Examiner

The independent examiner, Leroy Reid & Co, will be considered for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees, incorporating a strategic report, approved by order of the board of Trustees, as the company directors, on 28-03-22 and signed on the board's behalf by:

J M Lyras



Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent examiner's report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.



Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

E Okai

Ebenezer Okai (BSc) FCCA

On behalf of

Leroy Reid & Co
Chartered Certified Accountants
and Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Date: 05-04-22

Statement of Financial Activities for the Year Ended 31 October 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	296,122	–	296,122	241,263
Charitable activities	3				
Education		55,707	–	55,707	64,211
Total		351,829	–	351,829	305,474
EXPENDITURE ON					
Charitable activities	4				
Clinic		302,729	–	302,729	363,805
Education		47,559	–	47,559	55,152
Total		350,288	–	350,288	418,957
NET INCOME/(EXPENDITURE)		1,541	–	1,541	(113,483)
RECONCILIATION OF FUNDS					
Total funds brought forward		205,784	–	205,784	319,267
TOTAL FUNDS CARRIED FORWARD		207,325	–	207,325	205,784

Statement of Financial Position at 31 October 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	9	1	4,373
CURRENT ASSETS			
Debtors	10	3,246	7,581
Cash at bank and in hand		296,585	225,780
		299,831	233,361
CREDITORS			
Amounts falling due within one year	11	(92,507)	(31,950)
NET CURRENT ASSETS		207,324	201,411
TOTAL ASSETS LESS CURRENT LIABILITIES		207,325	205,784
NET ASSETS		207,325	205,784
FUNDS	15		
Unrestricted funds:			
General fund		207,325	205,784
TOTAL FUNDS		207,325	205,784

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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.

The financial statements were approved by the Board of Trustees and authorised for issue on 28-03-22 and were signed on its behalf by:



S B P Korth
Trustee

Statement of cash flows for the Year Ended 31 October 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	15	70,805	(119,532)
Net cash provide by/(used in) operating activities		70,805	(119,532)
Cash flows from investing activities			
Purchase of tangible fixed assets		–	(2,387)
Net cash provided by/(used in) investing activities		–	(2,387)
Change in cash and cash equivalents in the reporting period		(70,805)	(121,919)
Cash and cash equivalents at the beginning of the reporting period		225,780	347,699
Cash and cash equivalents at the end of the reporting period		296,585	225,780

Notes to the Financial Statements for the Year Ended 31 October 2021

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.

Grants received from the Government Coronavirus Job Retention Scheme for furloughed employees are recognised in the financial statements on the cash receipt basis.

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.

Notes to the Financial Statements

continued

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	– 10% on cost
Computer equipment	– 25% on cost

Taxation

The charitable company 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.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future.

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Donations	194,917	–	194,917	138,738
Gift aid	46,119	–	46,119	27,811
Grants	23,262	–	23,262	32,172
Trust income	–	–	–	7,550
Sundry income	12,189	–	12,189	21,572
Individual giving	19,635	–	19,635	13,420
	296,122	–	296,122	241,263

Grants received, included in the above, are as follows:

	2021 £	2020 £
Government Coronavirus Job Retention Scheme	23,262	32,172

3. INCOME FROM CHARITABLE ACTIVITIES

	2021 Education £	2020 Total activities £
Education	41,925	55,080
Other education income	13,782	9,131
	55,707	64,211

Notes to the Financial Statements continued

4. CHARITABLE ACTIVITIES COSTS

	Direct costs (see note 5) £
Clinic	302,729
Education	47,559
	350,288

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	177,398	178,028
Rent and rates	38,489	49,912
Insurance	4,647	5,028
Telephone and photo copier	8,862	25,013
Postage and stationery	3,662	3,979
Sundries	5,250	6,290
Travel expenses	891	264
Computer maintenance	20,218	24,403
HR outsource expenses	3,066	2,684
Directory osteopathy	–	4,250
Clinic consultants	30,258	26,465
Bank charges and interest	4,274	3,462
Recruitment cost	4,206	9,429
Outreach cost – hospital	–	1,715
Agency staff cost	12,626	5,587
Examiner's fees	4,000	3,996
Education clinic tutor	18,260	25,851
Education direct overhead	–	1,547
Shoreditch direct cost	–	1,388
Administration consultancy fee	7,920	37,197
London clinic PPE expenses	1,889	–
Depreciation	4,372	2,469
	350,288	418,957

Notes to the Financial Statements

continued

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021 £	2020 £
Depreciation – owned assets	4,372	2,469

7. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any connected person with them) received any remuneration during the year, except for Mr Stuart Korth, Director of Osteopathy was paid teaching fees of £Nil (2020 – £4,250).

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st October 2021 nor for the year ended 31st October 2020.

8. STAFF COSTS

	2021 £	2020 £
Wages and salaries	125,415	148,013
Social security costs	7,695	8,193
Other pension costs	44,288	21,822
	177,398	178,028

The average monthly number of employees during the year was as follows:

	2021	2020
London clinic	4	6
Education – FTE	1	2
	5	8

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1st November 2020 and 31st October 2021	126,209	27,094	94,458	247,761

Notes to the Financial Statements continued

9. TANGIBLE FIXED ASSETS (continued)

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
Depreciation				
At 1st November 2020	126,208	25,918	91,262	243,388
Charge for year	–	1,176	3,196	4,372
At 31st October 2021	126,208	27,094	94,458	247,760
Net book value				
At 31st October 2021	1	–	–	1
At 31st October 2020	1	1,176	3,196	4,373

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accrued income	3,246	7,581

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	4,628	5,891
Student fees	33,879	20,472
Accruals	4,000	5,587
Accruals and deferred income	50,000	–
	92,507	31,950

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets	1	–	1	4,373
Current assets	299,831	–	299,831	233,361
Current liabilities	(92,507)	–	(92,507)	(31,950)
	207,325	–	207,325	205,784

Notes to the Financial Statements continued

13. MOVEMENT IN FUNDS

	At 1.11.20 £	Net movement in funds £	At 31.10.21 £
Unrestricted funds			
General fund	205,784	1,541	207,325
TOTAL FUNDS	205,784	1,541	207,325

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	351,829	(350,288)	1,541
TOTAL FUNDS	351,829	(350,288)	1,541

Comparatives for movement in funds

	At 1.11.19 £	Net movement in funds £	At 31.10.20 £
Unrestricted funds			
General fund	319,267	(113,483)	205,784
TOTAL FUNDS	319,267	(113,483)	205,784

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	305,474	(418,957)	(113,483)
TOTAL FUNDS	305,474	(418,957)	(113,483)

Notes to the Financial Statements

continued

13. MOVEMENT IN FUNDS (continued)

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

	At 1.11.19 £	Net movement in funds £	At 31.10.21 £
Unrestricted funds			
General fund	319,267	(111,942)	207,325
TOTAL FUNDS	319,267	(111,942)	207,325

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	657,303	(769,245)	(111,942)
TOTAL FUNDS	657,303	(769,245)	(111,942)

14. RELATED PARTY DISCLOSURES

Related party transactions for the year ended 31st October 2021 are as follows:

In addition to salary payments for the current year, the Managing Director of the charity was paid £7,920 for additional work undertaken. In 2020 – £37,197 was paid for finance and administration consultancy services.

There were no payment to the Director of Osteopath in the current year (2020 – £4,250).

15. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income/(expenditure) for the reporting period (as per the Statement of financial activities)	1,541	(113,483)
Adjustments for:		
Depreciation charges	4,372	2,469
Decrease in debtors	4,335	19,869
Increase/(decrease) in creditors	60,557	(28,387)
Net cash provided by/(used in) operations	70,805	(119,532)

Notes to the Financial Statements continued

16. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.11.20 £	Cash flow in funds £	At 31.10.21 £
Net cash			
Cash at bank and in hand	225,780	70,805	296,585
	225,780	70,805	296,585
TOTAL FUNDS	225,780	70,805	296,585

19. GOING CONCERN

The full effects of the coronavirus (COVID-19) pandemic and its consequences is having a material impact across the charity. For the year under review the charity reported a small surplus of £1,541 when compared to a deficit of £113,483 in 2020. The general fund reserve at the year-end was £207,325 (2020 – £205,784). Funding challenges and other uncertainties still cast doubt on the charity's ability to plan long term but will continue as we have in 2020–2021 to breakeven financially. The charity will continue to source funding in order to continue two of its objectives.

Reference and Administrative Details

Trustees

D E Barber MBE
P Ferrall
E C Foinette
S B P Korth
J M Lyras
M Lyras

Company Secretary

S S Pusey

Registered Office

Canopi Building
7–14 Great Dover Street
London
SE1 4YR

Registered Company Number

02545759 (England and Wales)

Registered Charity Number

1003934

Independent Examiner

Ebenezer Okai
Leroy Reid & Co
Chartered Certified Accountants
& Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Solicitors

Lee, Bolton & Lee
1 The Sanctuary
London SW1P 3JT

Bankers

Co-operative Bank Plc
80 Cornhill
London EC3V 3NJ
Clydesdale Bank
55 Regents Street
London SW1Y 4ND



The Osteopathic Centre for Children is the clinical arm
of the Foundation for Paediatric Osteopathy.

Company No: 2545759 Registered Charity No: 1003934

All photographs show our osteopaths and patients at the OCC. To protect identities,
the pictures are not necessarily related to any specific cases mentioned.

Photography: Aneesa Photography, Mascot Creative, Denise Berjak,
Osteopathic Centre for Children.