

PATHWAYS TRUST

England & Wales - Charity number 1051845

Details

Status Registered

Legal form Trust

Registered 1996-01-10

Register [View on the Charity Commission register](#)

Contact

Address The Crypt
St John On Bethnal Green
200 Cambridge Heath Road
London
E2 9PA

Phone 02089806300

Email pathwaystrust95@gmail.com

Website www.pathwaystrust.org.uk

Activities

Objects: 1.FOR THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF HEALTH IN THE LOCAL COMMUNITY OF TOWER HAMLETS AND NEIGHBOURING BOROUGHES. 2.FOR THE ADVANCEMENT OF EDUCATION BY THE PROVISION OF ADVICE, COUNSELLING AND TRAINING OF STUDENTS IN ACUPUNCTURE, THERAPEUTIC MASSAGE, CHINESE HERBAL MEDICINE, OSTEOPATHY AND REFLEXOLOGY. 3.TO CONDUCT RESEARCH WITH LOCAL GP'S, HOSPITAL DEPARTMENTS AND LOCAL COMMUNITY GROUPS IN THE AREA IN THE USE OF ACUPUNCTURE AND CHINESE HERBAL MEDICINE FOR THE TREATMENT OF SPECIFIC DISEASES AND TO PUBLISH AND DISSEMINATE THE USEFUL RESULTS OF THE RESEARCH FOR THE BENEFIT OF THE GENERAL PUBLIC.

Activities: To provide complementary medicine treatments and advice at affordable rates (sliding scale) to local people at our centre; To provide home visits to local people too ill or frail; Outreach work to local community centres to give talks and treatments

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** TOWER HAMLETS AND NEIGHBOURING BOROUGHES
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£22,491	£34,769	-	-
2024-03-31	£36,496	£32,128	-	-
2023-03-31	£29,191	£27,949	-	-
2022-03-31	£26,925	£42,474	-	-
2021-03-31	£22,720	£17,986	-	-

Trustees

Name	Role	Appointed
GWYNETH DEAKINS		
Layla Oladimeji		2025-05-27
STEWART GREGORY RAYMENT		

PATHWAYS TRUST

England & Wales - Charity number 1051845

Accounts

April 23 - March 24

Annual Report

PATHWAYS TRUST



Pathways Trust

200 Cambridge Health Rd,
London, E2 9PA
Charity Number 1051845

+44 020 8980 6300
pathwaystrust95@gmail.com
www.pathwaystrust.org.uk/

Report of the Trustees

Review of activities

Operations

The past year has been a challenging time for Pathways Trust. Severe flooding and damage to our premises have significantly impacted the charity's income. To make matters worse, instead of receiving subsidies to help with the condition of our building, we are now facing increased costs as the Church has raised our rent and utility bills.

At the same time, we've been working tirelessly to support vulnerable clients who have been deeply affected by the previous government's harsh austerity measures—all while struggling to stay afloat ourselves. As a result, Pathways Trust is currently spending more than we are earning.

Despite these difficulties, the year hasn't been without its successes. We secured vital funding from the Wakefield and Tetley Trust, which will support us through December 2024. Additionally, we held a successful Open Day event, the first since 2022, which generated an increase of interest in our services and provided a valuable platform for outreach and promotion.

Looking ahead, it's crucial for us to consolidate our presence in Tower Hamlets and build stronger connections with the local community. A significant portion of our clients are of South-East Asian heritage and raising awareness about Pathways Trust as a charity will encourage greater donations and support.



Report of the Trustees

Review of activities

Key activities

Pathways Trust has always been and remains committed to, providing affordable complementary health services for the people of Tower Hamlets and the surrounding boroughs.

Despite the challenges posed by the ongoing cost-of-living crisis, we have continued to keep our services accessible. Subsidized fees for those on low incomes or unemployed remain at an affordable £35 per therapy session, while other fees have increased by only 10%.

In addition to this commitment, Pathways Trust has recently received much-needed funding from the Wakefield and Tetley Trust.

In September 2024, we hosted a highly successful Open Day, offering free mini taster sessions in exchange for a minimum donation of £5. This event was well-received and helped us further connect with the community while raising valuable funds for our services.

Fundraising

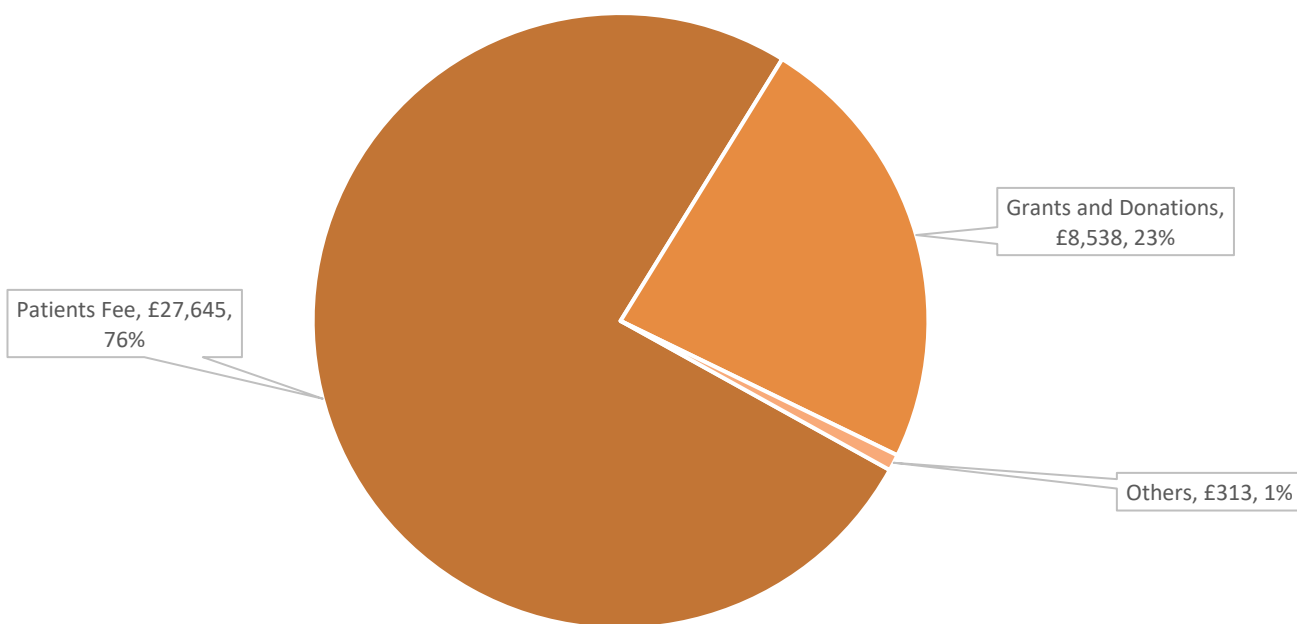
We continue to work hard to secure funding and recognize the need to think creatively. This includes engaging with both local communities and local governments to support our mission.

Recently, we received a small grant from the Wakefield and Tetley Trust. This and HIYB (Happy In Your Body) fund have been made possible through the dedicated research and expertise of Tish, the Director and Founder of HIYB, a nonprofit community project which we have partnered with over the past few years.

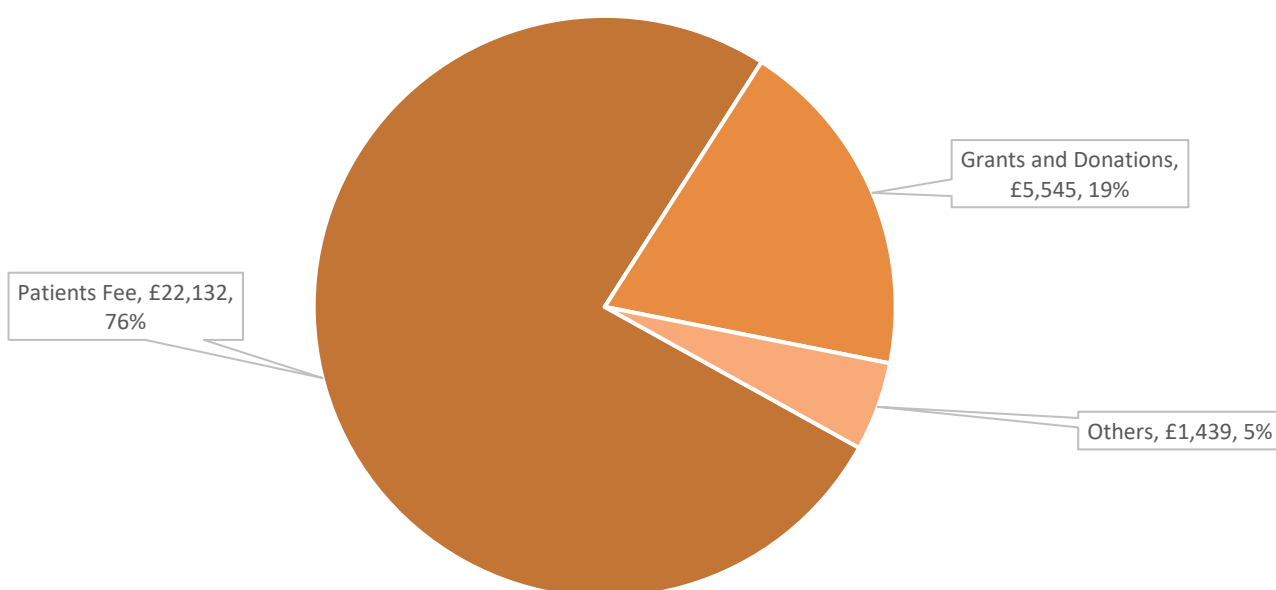


Charity Statistics

Income April 2023 - March 2024 Total £36,496

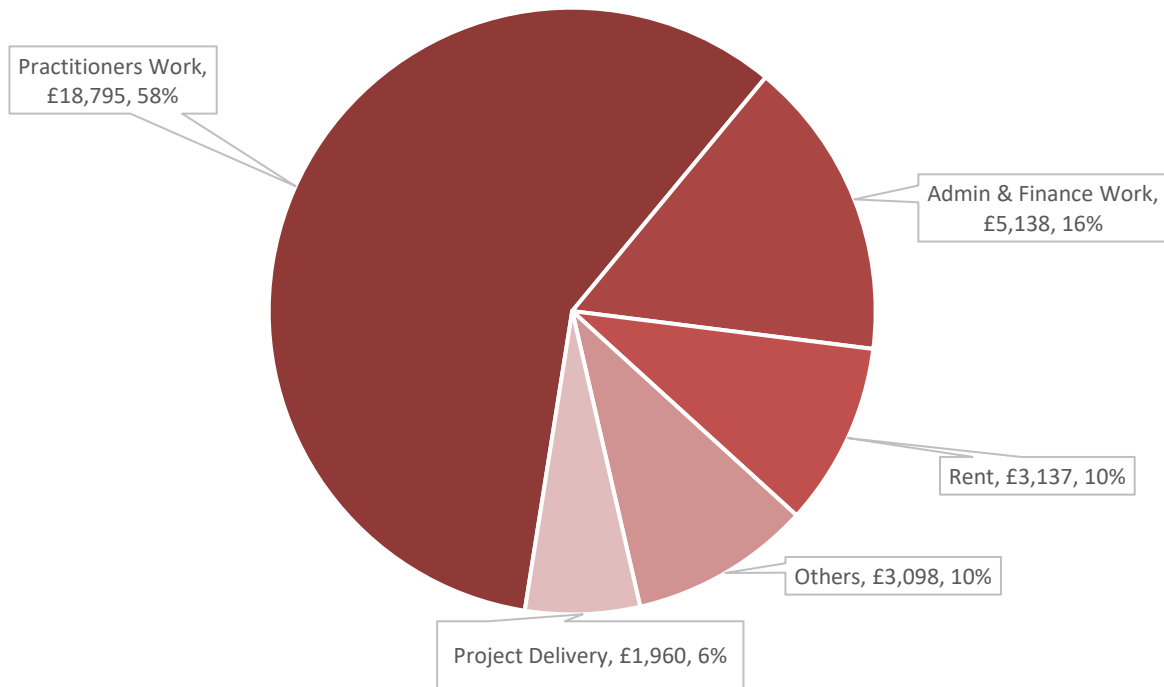


Income April 2022 - March 2023 Total £29,191

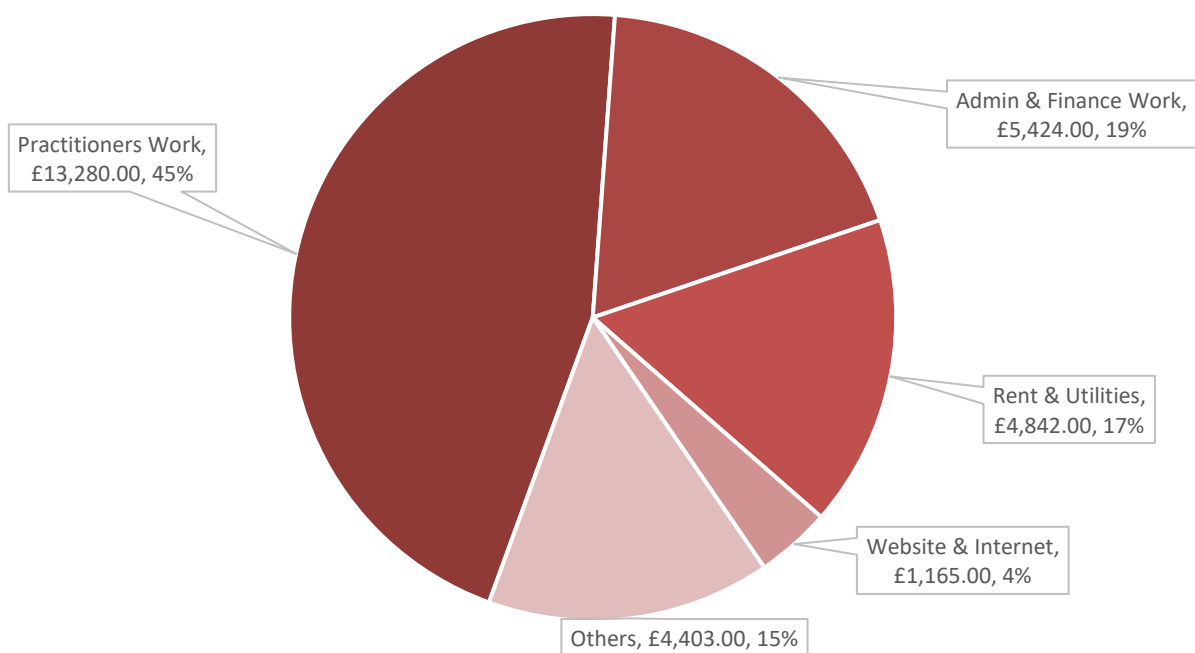


Charity Statistics

Expenditure April 2023 - March 2024 Total £32,128



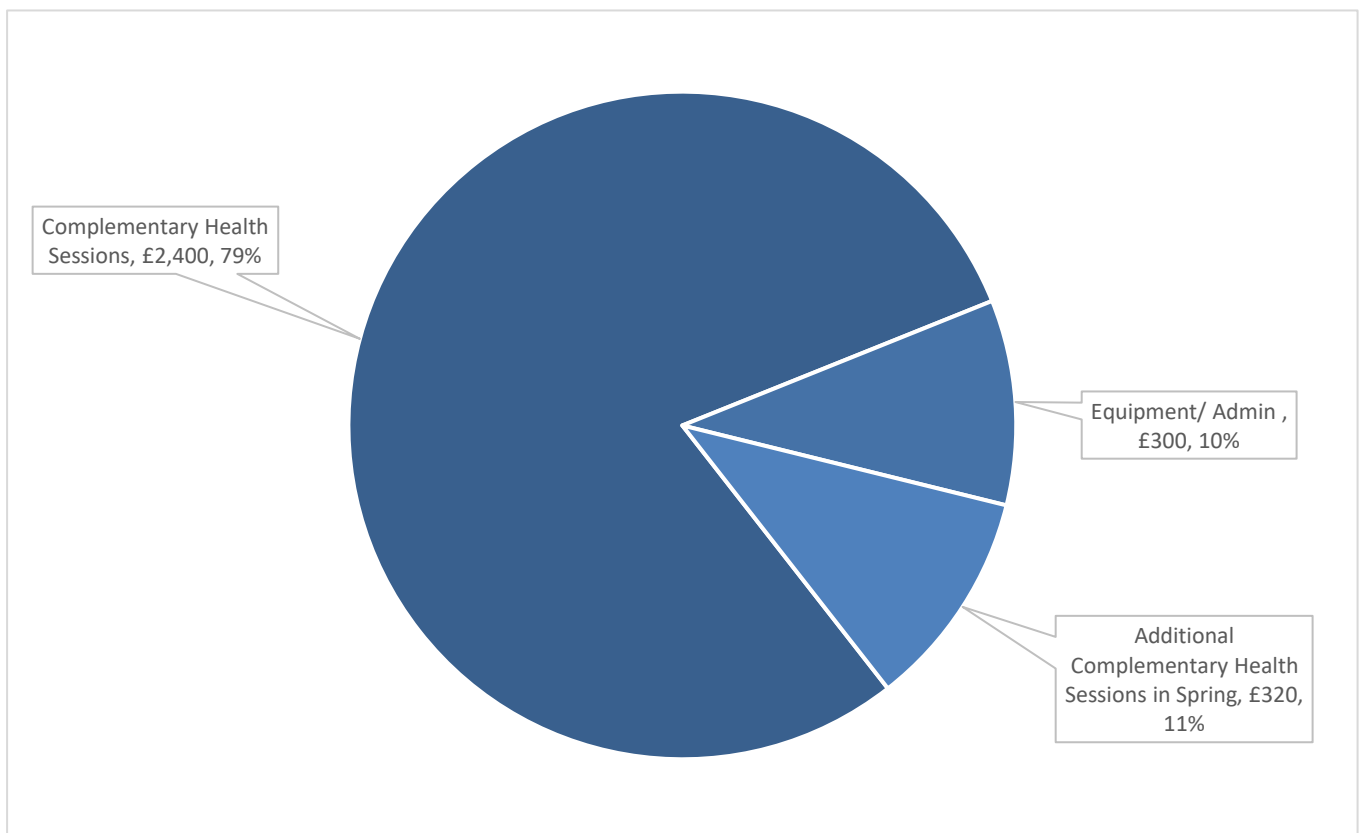
Expenditure April 2022 - March 2023 Total £27,949



Funding Details

HIYB

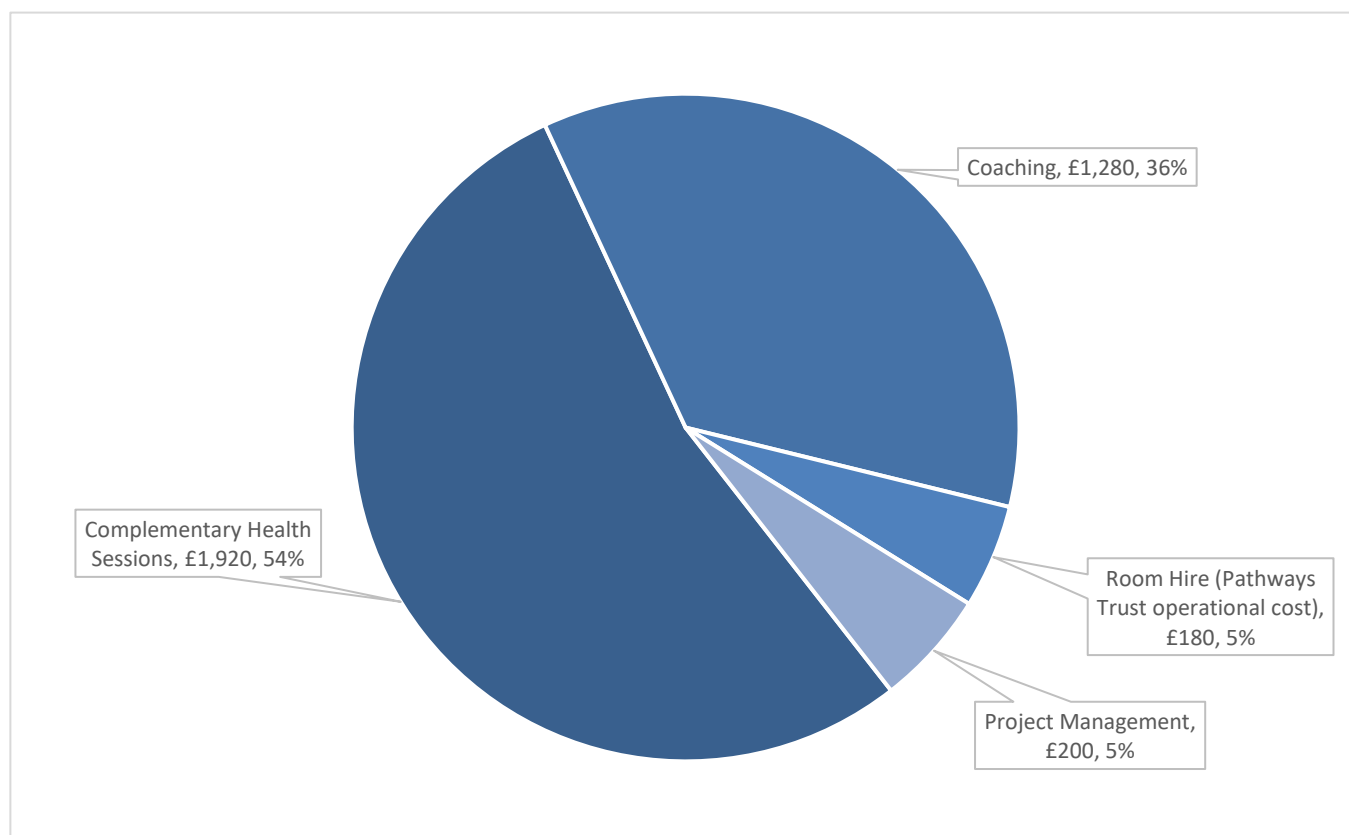
Happy In Your Body, a not-for profit community addressing health inequalities in Tower Hamlets by offering free and low-cost creative health service. It provided the fund, total £3,020, for complementary health sessions



Funding Details

Wakefield and Tetley

Applied through HIYB project, the fund, total £3,580, provided additional complementary health sessions and project management expenditures





April 23 - March 24

Financial Statement

PATHWAYS TRUST



Pathways Trust Financial Statement
Pathways Trust

Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 31 March 2024

	Notes	2024	2024	2024	2023
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Income from:					
Patients Fee		27,645	-	27,645	22,132
Grants and donations	(2)	2,118	6,420	8,538	5,545
Herb & Vitamin Sales		-	-	-	75
Other Income		313	-	313	1,439
Total income		30,076	6,420	36,496	29,191
Expenditure on:					
Rent/Premises Costs		3,137	-	3,137	3,397
Practitioner Work		14,155	4,640	18,795	13,280
Website & Internet Network		728	-	728	1,165
Finance Work		630	-	630	1,080
Door		213	-	213	-
Administrative Work		4,508	-	4,508	4,344
Advertisment		554	-	554	279
Bank Account Fee		60	-	60	72
BT Business		-	-	-	-
DBS check		-	-	-	-
Training		60	-	60	-
Surveyor		-	-	-	-
Cleaning Service		683	-	683	310
Office Equipment & Furnishing		513	-	513	325
Project Delivery		180	1,780	1,960	-
Practitioner Meeting		-	-	-	150
Insurance		-	-	-	236
Open Day		-	-	-	300
Total expenditure		25,708	6,420	32,128	27,949
Net gains/(losses) on investments		-	-	-	-
Net income / (expenditure)		4,368	-	4,368	1,243
Transfers between funds		-	-	-	-
<u>Other recognised gains/(losses):</u>					
Gains/(losses) on revaluation of fixed assets		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		4,368	-	4,368	1,243
Fund balances brought forward		22,407	-	22,407	21,164
Fund balances carried forward	(3)	26,775	-	26,775	22,407

All incoming resources and resources expended derive from continuing activities.

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Pathways Trust Financial Statment
Pathways Trust

Balance sheet

as at 31 March 2024

for the year ended 31 March 2024

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Current assets				
Cash at bank and in hand	(4) 26,775	(0)	26,775	22,407
Total current assets	<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	(8) -	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
Net assets	<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
Funds				
Unrestricted funds	26,775	-	26,775	22,407
Restricted funds	-	-	-	-
Endowment funds	-	-	-	-
Total funds	<u>26,775</u>	<u>-</u>	<u>26,775</u>	<u>22,407</u>

For the year ending 31 March 2024 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on

Signed: (Trustee)

Name:

Pathways Trust Financial Statement

Pathways Trust

Notes to the accounts for the year ended 31 March 2024

for the year ended 31 March 2024

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Pathways Trust Financial Statement
Pathways Trust

Notes to the accounts continued
for the year ended 31 March 2024

for the year ended 31 March 2024

2 Grants and donations

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Wakefield Grant		3,400	3,400	
HIYB	100	3,020	3,120	
London Borough of Tower Hamlets Discretionary Grants Scheme	-	-	-	5,535
Gift Aid	1,818		1,818	-
Other Donations	200		200	10
	<u>2,118</u>	<u>6,420</u>	<u>8,538</u>	<u>5,545</u>

3 Restricted funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Project Delivery	(0)	6,420	6,420	-	-
	<u>(0)</u>	<u>6,420</u>	<u>6,420</u>	<u>-</u>	<u>-</u>

Grant/Fund name

Purpose of restriction

HIYB

Happy In Your Body, not-for profit community addressing health inequalities in Tower Hamlets by offering free and low cost creative health service. It provided the fund for complementary health sessions

Wakefield Grant

Applied through HIYB project, the fund provided additional complementary health sessions and project management expenditure.

4 Cash at bank and in hand

	2024	2023
	£	£
Current Account	13,058	22,407
Saving Account	13,717	-
	<u>26,775</u>	<u>22,407</u>
	-	-

Pathways Trust Financial Statment
Pathways Trust

Statement of Financial Activities including comparatives for all funds
(including summary income and expenditure account)
for the year ended 31 March 2024

	2024	2023	2024	2023	2024	2023
	Unrestricted	Unrestricted	Restricted	Restricted	Total	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
Income						
Patients Fee	27,645	22,132		-	27,645	22,132
Grants and donations	2,118	10	6,420	5,535	8,538	5,545
Herb & Vitamin Sales	-	75			-	75
Other Income	313	105		1,334	313	1,439
Total income	30,076	22,323	6,420	6,868	36,496	29,191
Expenditure						
Practitioner Work	14,155	6,707	4,640	6,573	18,795	13,280
Administrative Work	4,508	4,344	-		4,508	4,344
Rent/Premises Costs	3,137	3,397	-		3,137	3,397
Website & Internet Network	728	1,165	-		728	1,165
Cleaning Service	683	310	-		683	310
Finance Work	630	1,080	-		630	1,080
Advertisment	554	279	-		554	279
Office Equipment & Furnishing	513	325	-		513	325
Purchase of Treatment Supplies	289	629	-		289	629
Door	213		-		213	-
Bank Account Fee	60	72	-		60	72
Training	60		-		60	-
Premises refurbishment	-		-	938	-	938
Project Delivery	180		1,780		1,960	-
Practitioner Meeting	-	150	-		-	150
Insurance	-	236	-		-	236
Utilities	-	1,445	-		-	1,445
DBS check	-		-		-	-
Open Day	-		-	300	-	300
Total expenditure	25,708	20,138	6,420	7,811	32,128	27,949
Net gains/(losses) on investments	-	-	-		-	-
Net income / (expenditure)	4,368	2,185	-	(943)	4,368	1,243
Transfers between funds	-	(10)	-	10	-	-
<u>Other recognised gains/(losses):</u>						
Gains/(losses) on revaluation of fixed	-	-	-		-	-
Other gains/(losses)	-	-	-		-	-
Net movement in funds	4,368	2,175	-	(933)	4,368	1,243
Fund balances brought forward	22,407	20,232	(0)	933	22,407	21,164
Fund balances carried forward	26,775	22,407	(0)	-	26,775	22,407

Pathways Trust Financial Statement
Pathways Trust

Reserve Policy & Risk Management

for the year ended 31 March 2024

for the year ended 31 March 2024

The trustees review their reserve policy periodically and aim to retain an adequate sum to ensure the continuity of its activities.

This is to ensure that in the event of a significant drop in funding, the charity will be able to continue the charity current activities while consideration is given to ways in which additional funds may be raised.

The trustees have drawn up a risk register which provides dates and details of action to be taken to reduce the risks faced by the charity.

The charity also purchases a range of insurance.

The financial statements were approved by the board of trustees on

Signed: (Trustee)

Name:

**Pathways Trust Financial Statment
Pathways Trust**

Independent Examiner's Report
for the year ended 31 March 2024
for the year ended 31 March 2024

To the Management Committee of Pathways Trust
Financial Statements of Pathways Trust for the year ended 31 March 2024


Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2022 (" the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect: accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Man Hong Yuen
Certified
Accountant
Date 16/12/24



PATHWAYS TRUST

England & Wales - Charity number 1051845

Accounts

April 22 - March 23

Annual Report

PATHWAYS TRUST



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Report of the Trustees

Review of activities

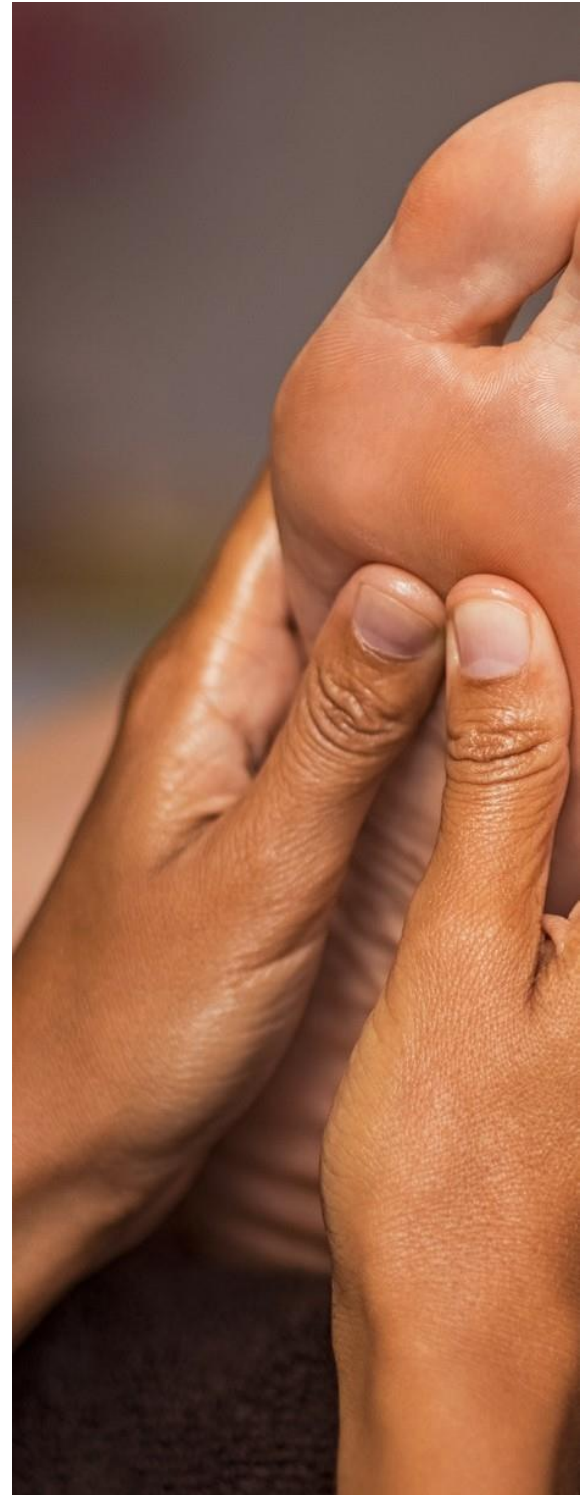
Operations

The effects of post-pandemic London can still be felt and those combined with the cost of living crisis have meant that people, now more than ever, require affordable complementary therapies. This has been reflected by an increase in our income over the previous year.

Since then, we have been able to slowly increase footfall at our clinic. This has been supported by various updates we have implemented both within our operating systems and making onsite improvements.

In addition, we have connected with other local organisations (namely the A Way Forward Programme), and put a more magnified lens on our social media to increase our outreach.

In general, a greater emphasis was placed on our marketing as we worked to establish ourselves back in the community after the 2021 lockdown.



Report of the Trustees

Review of activities

Key activities:

Despite the after effects of Covid still looming in the background as well as the cost of living crisis Pathways Trust continued providing affordable treatments to people on low income in need of health improvement.

Pathways partnered with the very successful 'A Way Forward' programme in which we provided complementary therapies to vulnerable women in externally-funded Health Coaching Groups.

We held a very successful open day in Mar 2023 offering free mini taster sessions which were over-subscribed.

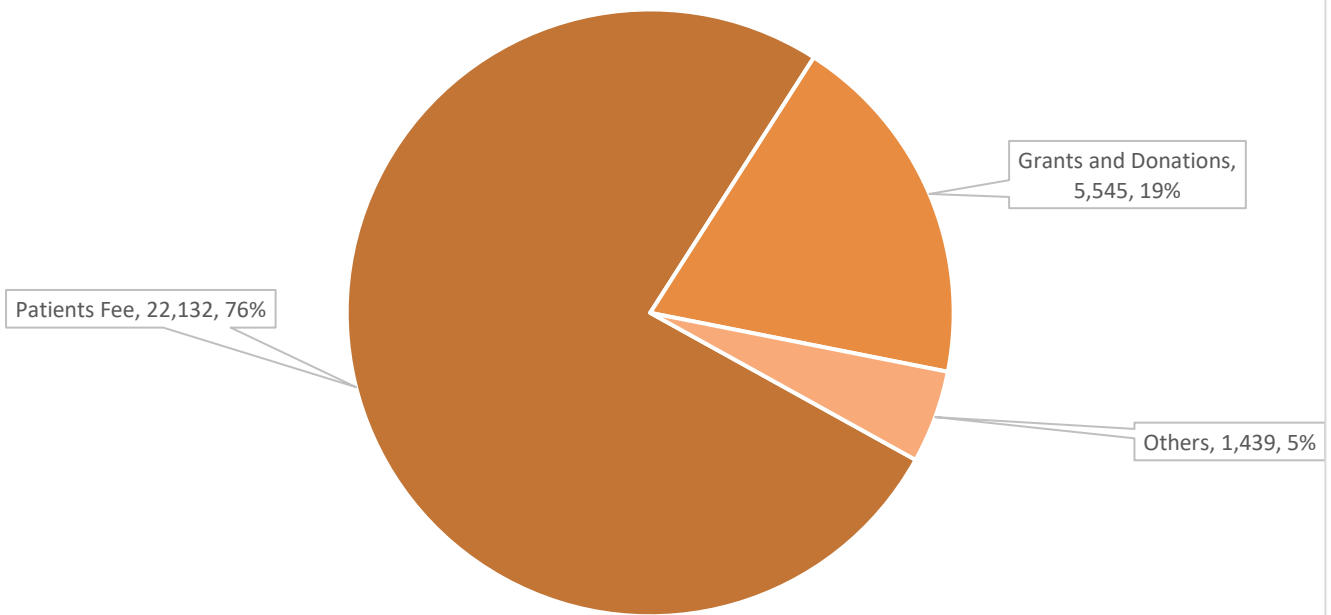
Fundraising

We continue our effort to get funding from available channels. During the year we received a grant to support our general work from Benevity Charitable Giving, an arm of McQuarries, where one of our former trustees worked.

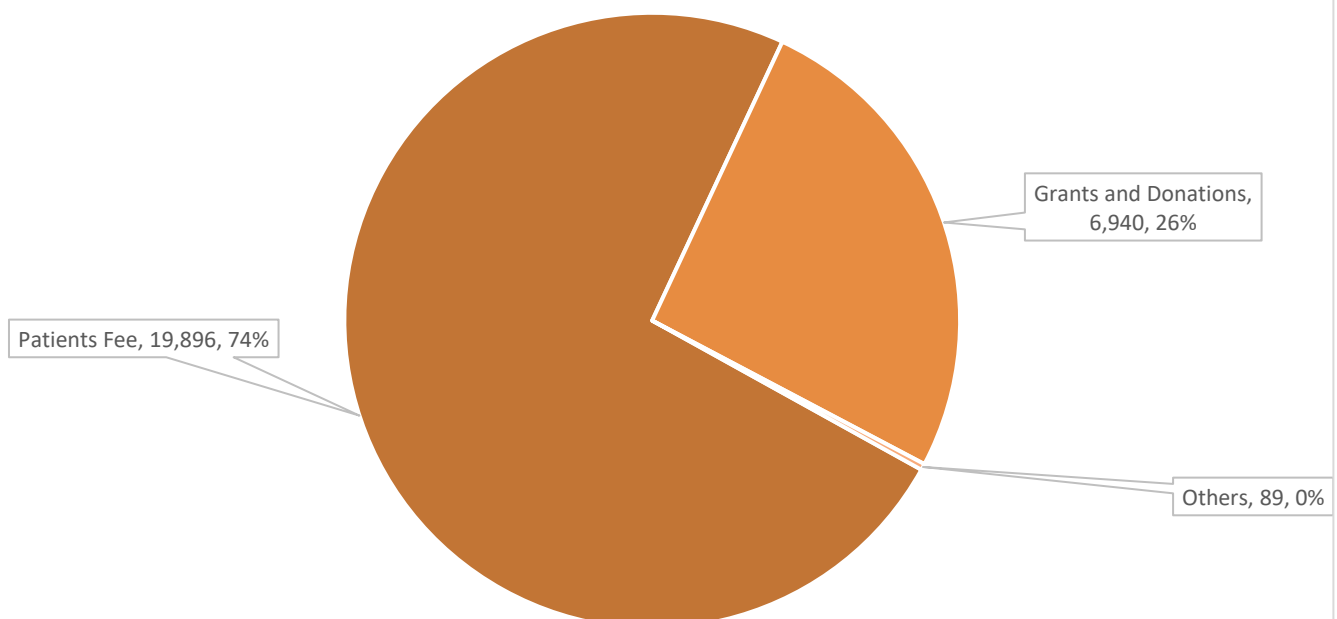


Charity Statistics

Income April 2022 - March 2023 Total £29,191

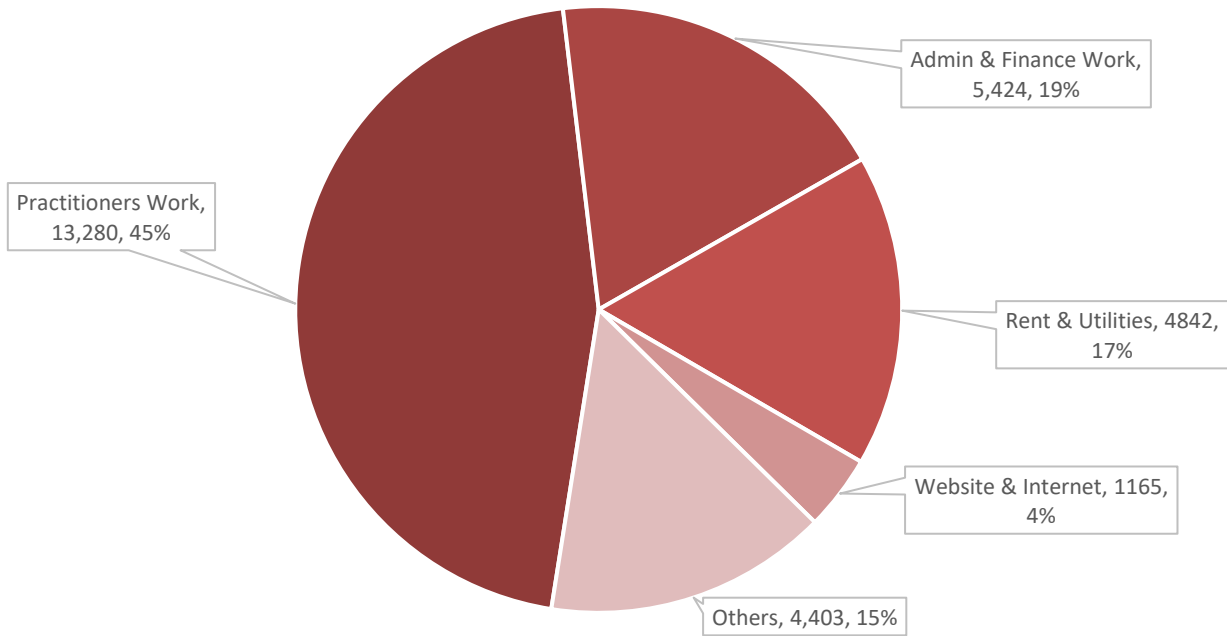


Income April 2021 - March 2022 Total £26,925

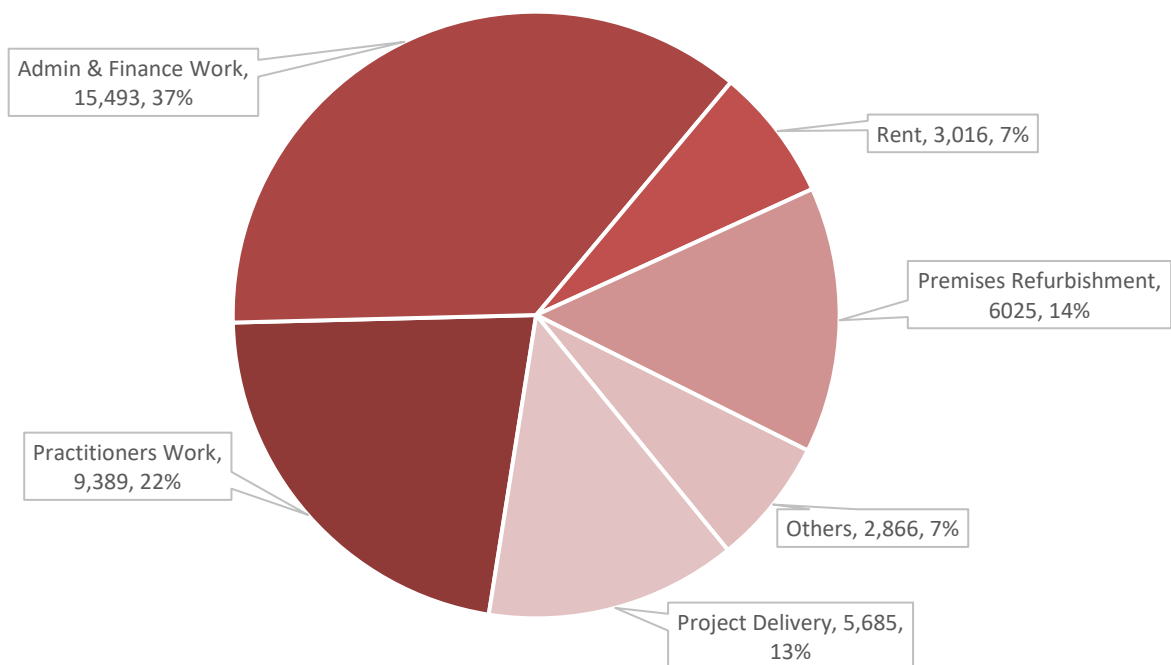


Charity Statistics

Expenditure April 2022 - March 2023 Total £27,949



Expenditure April 2021 - March 2022 Total £42,474





April 22 - March 23

Financial Statement

PATHWAYS TRUST



Pathways Trust Financial Statement
Pathways Trust

Balance sheet

as at 31 March 2023

for the year ended 31 March 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Current assets				
Cash at bank and in hand	(4) 22,407	(0)	22,407	21,164
Total current assets	<u>22,407</u>	<u>(0)</u>	<u>22,407</u>	<u>21,164</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	(8) -	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>22,407</u>	<u>(0)</u>	<u>22,407</u>	<u>21,164</u>
Net assets	<u>22,407</u>	<u>(0)</u>	<u>22,407</u>	<u>21,164</u>
Funds				
Unrestricted funds	22,407	-	22,407	20,232
Restricted funds	-	-	-	933
Endowment funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>22,407</u>	<u>-</u>	<u>22,407</u>	<u>21,164</u>

For the year ending 31 March 2023 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 19.01.2024

Signed: .. 

Name: ... Gwyneth Deakins on behalf of all trustees

Pathways Trust Financial Statement

Pathways Trust

Statement of Financial Activities**(including summary income and expenditure account)****for the year ended 31 March 2023**

	Notes			
	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Income from:				
Patients Fee	22,132	-	22,132	19,896
Grants and donations	(2) 10	5,535	5,545	6,940
Herb & Vitamin Sales	75	-		86
Other Income	105	1,334	1,439	3
Total income	22,323	6,868	29,191	26,925
Expenditure on:				
Administrative Work	4,344	-	4,344	14,773
Finance Work	1,080	-	1,080	720
Practitioner Work	6,707	6,573	13,280	9,389
Rent/Premises Costs	3,397	-	3,397	3,016
Premises refurbishment	-	938	938	6,025
Website & Internet Network	1,165	-	1,165	718
Advertisment	279	-	279	275
Project Delivery	-	-	-	5,685
Surveyor	-	-	-	-
Cleaning Service	310	-	310	280
Office Equipment & Furnishing	325	-	325	313
Bank Account Fee	72	-	72	96
Postage	-	-	-	-
Practitioner Meeting	150	-	150	45
Training	-	-	-	30
Purchase of Treatment Supplies	629	-	629	409
Insurance	236	-	236	212
Utilities	1,445	-	1,445	-
DBS check	-	-	-	100
Digital Payment Fee	-	-	-	235
Open Day	-	300	300	152
Total expenditure	20,138	7,811	27,949	42,474
Net gains/(losses) on investments	-	-	-	-
Net income / (expenditure)	2,185	(943)	1,243	(15,549)
Transfers between funds	(10)	10	-	-
<u>Other recognised gains/(losses):</u>				
Gains/(losses) on revaluation of fixed assets	-	-	-	-
Other gains/(losses)	-	-	-	-
Net movement in funds	2,175	(933)	1,243	(15,549)
Fund balances brought forward	20,232	933	21,164	36,713
Fund balances carried forward	(3) 22,407	-	22,407	21,164

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All incoming resources and resources expended derive from continuing activities.

Pathways Trust

**Notes to the accounts
for the year ended 31 March 2023**

for the year ended 31 March 2023

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Pathways Trust Financial Statment
Pathways Trust

Notes to the accounts continued
for the year ended 31 March 2023

for the year ended 31 March 2023

2 Grants and donations

	2023			2022
	Unrestricted	funds	funds	Total
	£	£	£	funds
				£
Benevity Charitable Giving		5,535	5,535	-
Local Giving Funding				520
Other Donations	10		10	6,420
	<u>10</u>	<u>5,535</u>	<u>5,545</u>	<u>6,940</u>
				(0)

3 Restricted funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Mental Health Project	(10)	-	-	10	-
	<u>(10)</u>	<u>-</u>	<u>-</u>	<u>10</u>	<u>-</u>

Fund name

Purpose of restriction

Benevity Charitable Giving

Grant from the employers of McQuarries, where our former trustee worked. it is for general support of the charity

Mental Health Project

Fund transferred from Pathways Trust Saving account, to help people with mental health problems through treating them with Chinese medicine and complementary health therapies. The project runs March 2021 - March 2022. To provide low cost and free complementary health treatments to those services users at Mind in Tower Hamlets and Newham, the mental health charity. The negative £10 balance is topped up by Pathways Trust in 2023

Pathways Trust Financial Statement

Pathways Trust

**Notes to the accounts continued
for the year ended 31 March 2023**

for the year ended 31 March 2023

4 Cash at bank and in hand

	2023	2022
	£	£
Current Account	8,984	21,164
Saving Account	13,423	-
	<u>22,407</u>	<u>21,164</u>

5 Creditors and accruals

	2023	2022
	£	£
Loans and overdrafts		
Creditors		
Accruals		
	<u>-</u>	<u>-</u>

6 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year. 1a

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year. 2a

Remuneration and benefits received by key management personnel 3

The key management personnel of the charity include the trustees and Chief Officer. The total employee
No trustee received any remuneration or benefit in this capacity during this or the previous year.

Pathways Trust Financial Statment
Pathways Trust

**Statement of Financial Activities including comparatives for all funds
(including summary income and expenditure account)
for the year ended 31 March 2023**

	2023 Unrestricted funds £	2022 Unrestricted funds £	2023 Restricted funds £	2022 Restricted funds £	2023 Total funds £	2022 Total funds £
Income						
Patients Fee	22,132	19,896	-	-	22,132	19,896
Grants and donations	10	20	5,535	6,920	5,545	6,940
Herb & Vitamin Sales	75	86	-	-	75	86
Other Income	105	3	1,334	-	1,439	3
Total income	22,323	20,005	6,868	6,920	29,191	26,925
Expenditure						
Administrative Work	4,344	14,273	-	500	4,344	14,773
Finance Work	1,080	720	-	-	1,080	720
Practitioner Work	6,707	9,389	6,573	-	13,280	9,389
Rent/Premises Costs	3,397	3,016	-	-	3,397	3,016
Premises refurbishment	-	-	938	6,025	938	6,025
Website & Internet Network	1,165	718	-	-	1,165	718
Advertisment	279	275	-	-	279	275
Project Delivery	-	-	-	5,685	-	5,685
Surveyor	-	-	-	-	-	-
Cleaning Service	310	280	-	-	310	280
Office Equipment & Furnishing	325	313	-	-	325	313
Bank Account Fee	72	96	-	-	72	96
Postage	-	-	-	-	-	-
Practitioner Meeting	150	45	-	-	150	45
Training	-	30	-	-	-	30
Purchase of Treatment Supplies	629	409	-	-	629	409
Insurance	236	212	-	-	236	212
Utilities	1,445	-	-	-	1,445	-
DBS check	-	100	-	-	-	100
Digital Payment Fee	-	235	-	-	-	235
Open Day	-	-	300	152	300	152
Total expenditure	20,138	30,111	7,811	12,362	27,949	42,474
Net gains/(losses) on investments	-	-	-	-	-	-
Net income / (expenditure)	2,185	(10,106)	(943)	(5,442)	1,243	(15,549)
Transfers between funds	(10)	(700)	10	700	-	-
<u>Other recognised gains/(losses):</u>						
Gains/(losses) on revaluation of fixed	-	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-	-
Net movement in funds	2,175	(10,806)	(933)	(4,742)	1,243	(15,549)
Fund balances brought forward	20,232	31,038	933	5,675	21,164	36,713
Fund balances carried forward	22,407	20,232	-	933	22,407	21,164

Reserve Policy & Risk Management

The trustees review their reserve policy periodically and aim to retain an adequate sum to ensure the continuity of its activities.

This is to ensure that in the event of a significant drop in funding, the charity will be able to continue the charity current activities while consideration is given to ways in which additional funds may be raised.

The trustees have drawn up a risk register which provides dates and details of action to be taken to reduce the risks faced by the charity. The charity also purchases a range of insurance.

Approved by the trustees on 19.01.2024 and signed by Gwyneth Deakin on behalf of all trustees

Trustee

A handwritten signature in blue ink that reads "Gwyneth Deakin".

Independent Examiner's Report

To the Management Committee of Pathways Trust
Financial Statements of Pathways Trust for the year ended 31 March 2023


Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2022 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect: accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Man Hong Yuen
Certified Accountant
Date 14/11/23



PATHWAYS TRUST

England & Wales - Charity number 1051845

Accounts

April 21 - March 22

Annual Report

PATHWAYS TRUST



Pathways Trust

200 Cambridge Health Rd,

London, E2 9PA

Charity Number 1051845

+44 020 8980 6300

pathwaystrust95@gmail.com

www.pathwaystrust.org.uk/

Report of the Trustees

Review of activities

Operations

The global Covid-19 pandemic continued to impact business at Pathways. We were able to resume seeing patients again in 2020, but unfortunately continued to struggle getting the numbers of patients up to where we were before the pandemic.

We have been able to slowly increase footfall. This has been supported by various updates we have implemented both within our operating systems and making onsite improvements.

We have connected with other local organisations, and put more focus into digital marketing and social media to increase our outreach.

In general a greater emphasis was placed on our marketing as we worked to establish ourselves back in the community after the Winter 2020 lockdown.



Report of the Trustees

Review of activities

Key activities include:

- Pathways continued our collaboration with Mind in Tower Hamlets, a mental health charity, using the funding provided by the Friends of St Clements Hospital, donated in 2006. We were able to see 24 Mind service users up to 6 £5 treatments.
- We began taking on-site card payments with a card reader.
- Pathways Trust underwent a refurbishment of the office and treatment rooms.
- We held a very successful open day in March 2021 offering free mini taster sessions which was over-prescribed.

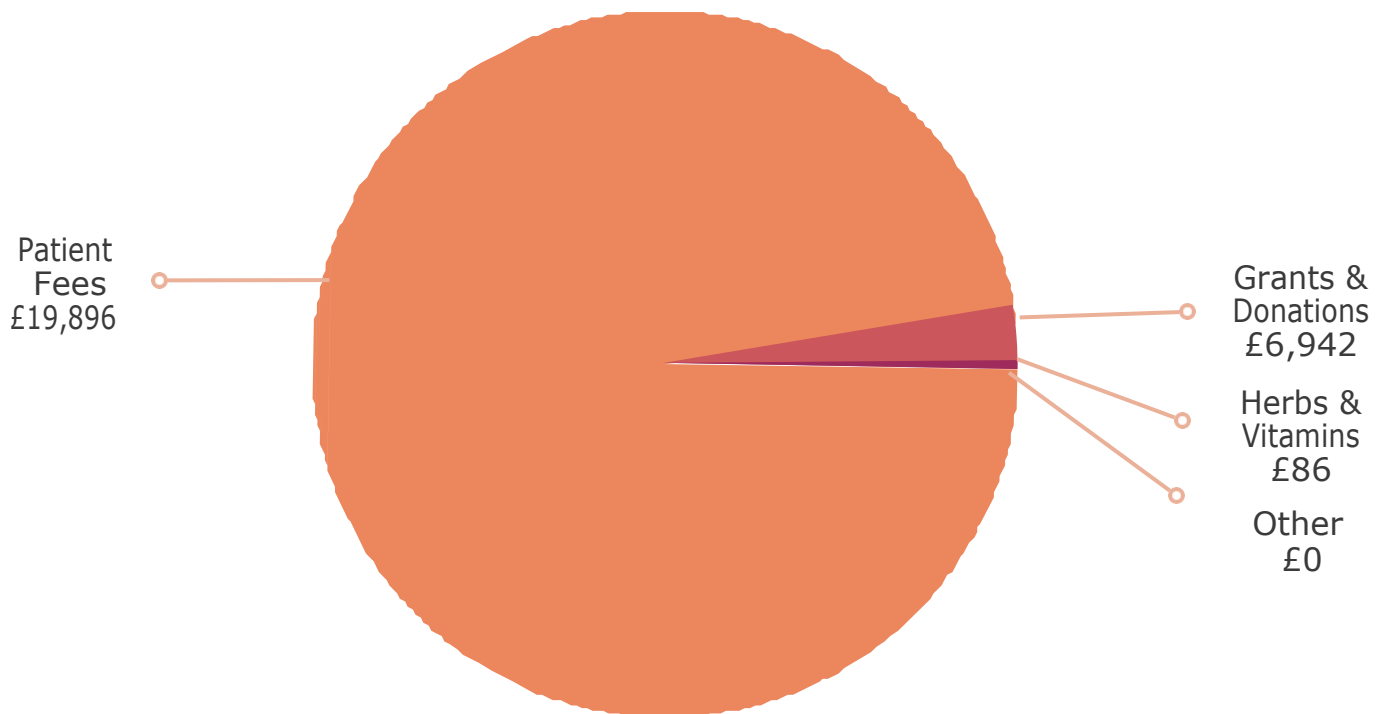
Fundraising

In June 2021 we were awarded a small grant from the Magic Little Grants Fund.

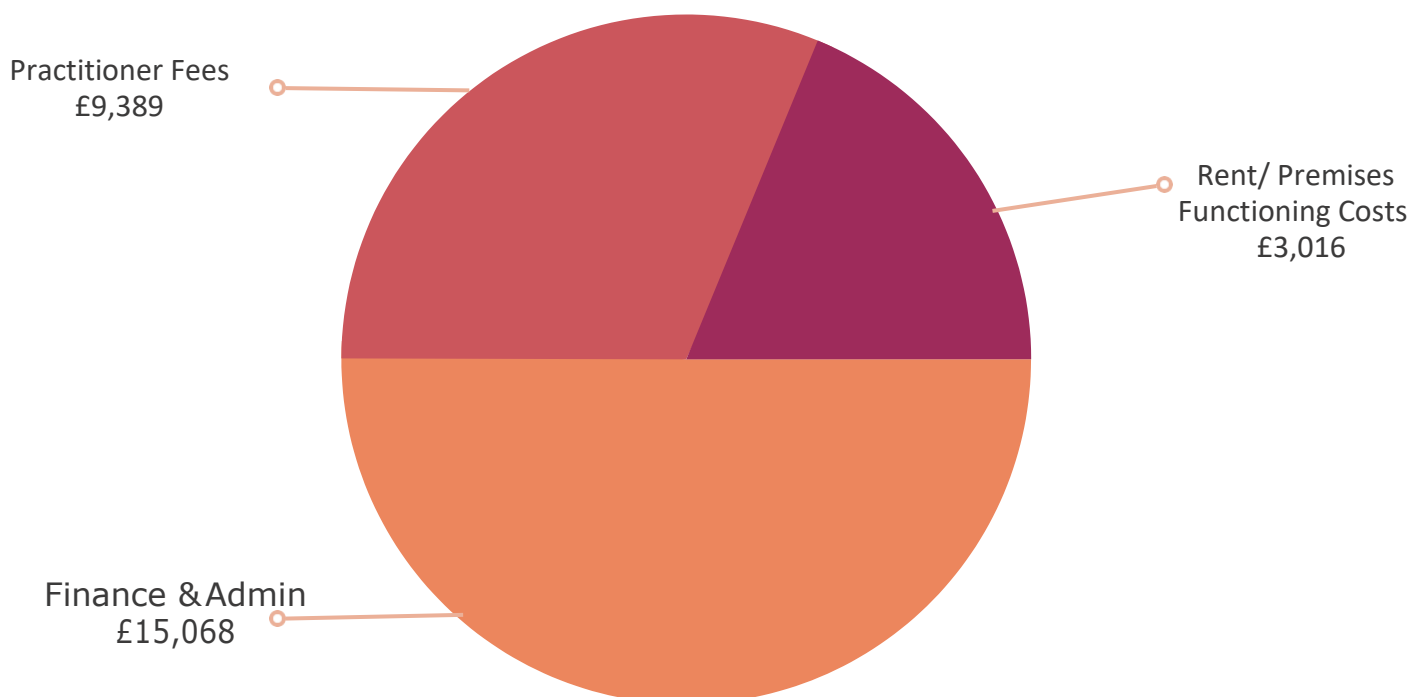


Charity Statistics

INCOME APRIL 2021 - MARCH 2022 TOTAL: £26,925

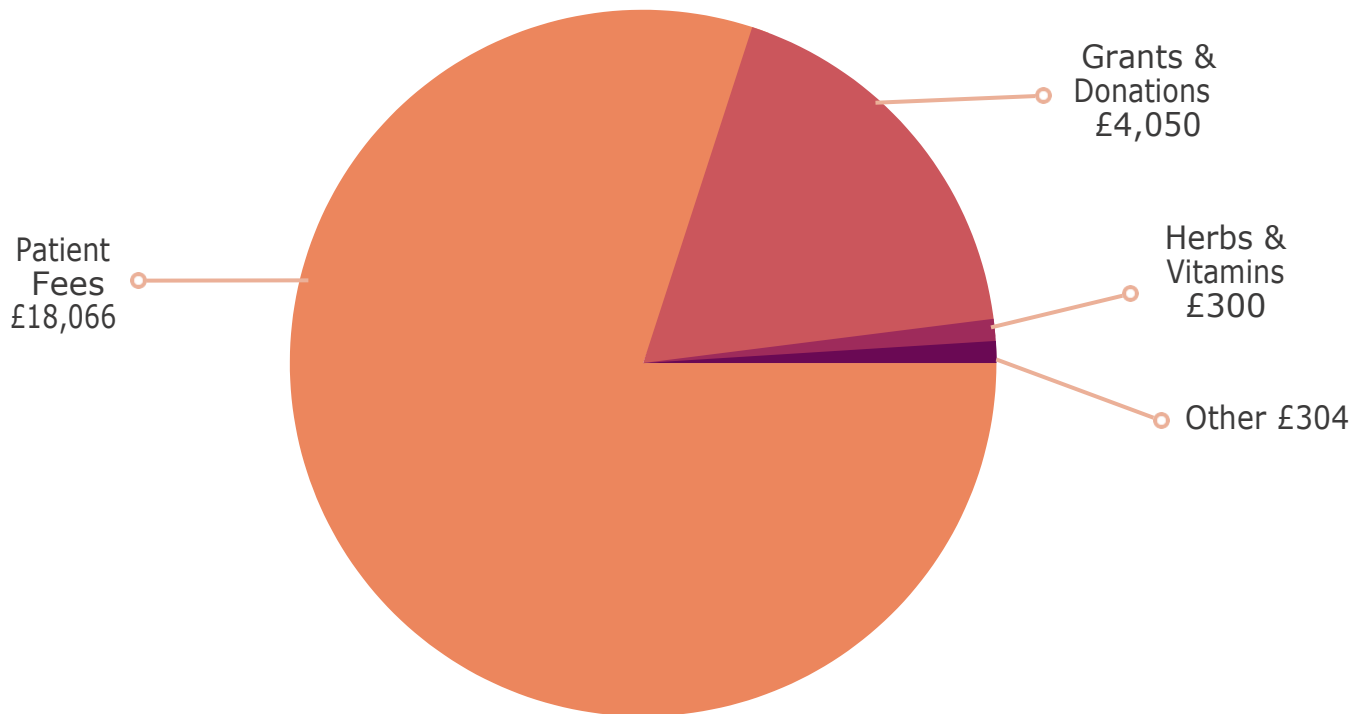


EXPENDITURE APRIL 2021 - MARCH 2022 TOTAL: £42,474

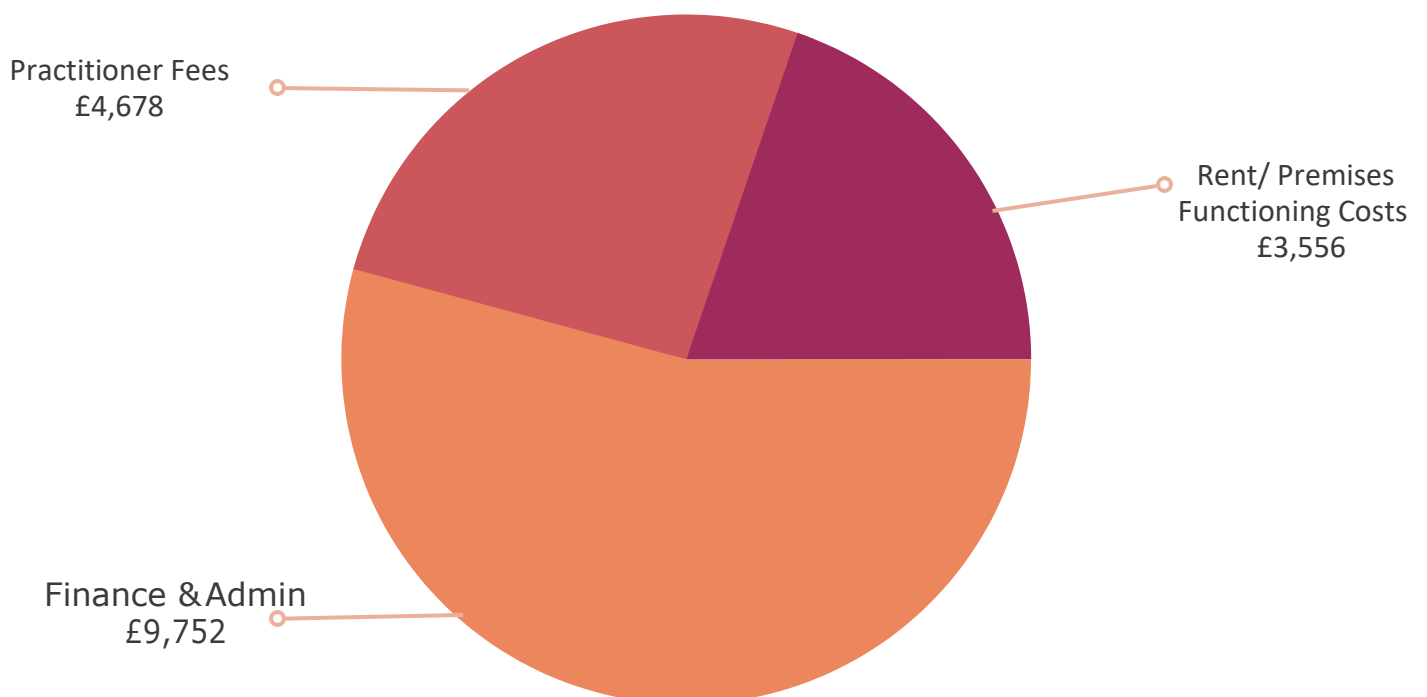


Charity Statistics

INCOME APRIL 2020 - MARCH 2021 TOTAL: £22,720



EXPENDITURE APRIL 2020 - MARCH 2021 TOTAL: £17,986






Pathways Trust
200 Cambridge Health Rd,
London, E2 9PA
Charity Number 1051845

+44 020 8980 6300
pathwaystrust95@gmail.com
www.pathwaystrust.org.uk/

Statement of Financial Activities						
(including summary income and expenditure account)						
for the year ended 31 March 2022						
		Notes	2022	2022	2022	2021
			Unrestricted	Restricted	Total	Total
			funds	funds	funds	funds
			£	£	£	£
Income from:						
Patients Fee			19,896	-	19,896	18,066
Grants and donations	(2)		20	6,922	6,942	4,050
Herb & Vitamin Sales			86	-	-	300
Other Income			-	-	-	304
Total income			20,002	6,922	26,925	22,720
Expenditure on:						
Administrative Work			14,273	500	14,773	8,597
Finance Work			720	-	720	1,155
Practitioner Work			9,389	-	9,389	4,663
Rent/Premises Costs			3,016	-	3,016	1,702
Premises refurbishment			-	6,025	6,025	-
Website & Internet Network			718	-	718	515
Advertisement			275	-	275	496
Project Delivery			-	5,685	5,685	-
Surveyor			-	-	-	300
Cleaning Service			280	-	280	308
Office Equipment & Furnishing			313	-	313	138
Bank Account Fee			96	-	96	69
Postage			-	-	-	29
Practitioner Meeting			45	-	45	15
Training			30	-	30	-
Purchase of Treatment Supplies			409	-	409	-
Insurance			212	-	212	-
Utilities			-	-	-	-
DBS check			100	-	100	-
Digital Payment Fee			235	-	235	-
Open Day			-	152	152	-
Total expenditure			30,111	12,362	42,474	17,986
Net gains/(losses) on investments			-	-	-	-
Net income / (expenditure)			(10,109)	(5,440)	(15,549)	4,733
Transfers between funds			(700)	700	-	-
Other recognised gains/(losses):						
Gains/(losses) on revaluation of fixed assets			-	-	-	-
Other gains/(losses)			-	-	-	-
Net movement in funds			(10,809)	(4,740)	(15,549)	4,733
Fund balances brought forward			31,038	5,675	36,713	31,980
Fund balances carried forward	(3)		20,229	935	21,164	36,713
All incoming resources and resources expended derive from continuing activities.						

Balance sheet					
as at 31 March 2022					
		2022	2022	2022	2021
for the year ended 31 March 2022					
		Unrestricted	Restricted	Total	Total
		£	£	£	£
Current assets					
Cash at bank and in hand	(4)	21,174	(10)	21,164	36,713
Total current assets		21,174	(10)	21,164	36,713
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	(8)	-			
Total current liabilities		-	-	-	-
Net current assets / (liabilities)		21,174	(10)	21,164	36,713
Net assets		21,174	(10)	21,164	36,713
Funds					
Unrestricted funds		20,229	-	20,229	31,038
Restricted funds		-	935	935	5,675
Endowment funds					
Total funds		20,229	935	21,164	36,713
For the year ending 31 March 2022 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.					
The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.					
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).					
The financial statements were approved by the board of trustees on 18 th Jan 23.....					
					
Signed..... (Trustee)					
Name:Gwyneth Deakin....					

Pathways Trust
Notes to the accounts
for the year ended 31 March 2022
for the year ended 31 March 2022
Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Notes to the accounts continued for the year ended 31 March 2022		2022	2021
for the year ended 31 March 2022			
4 Cash at bank and in hand		2022	2021
		£	£
Current Account		7,833	36,713
Saving Account		13,331	-
		21,164	36,713
		-	
5 Creditors and accruals		2022	2021
		£	£
Loans and overdrafts			
Creditors			
Accruals			
		-	-
6 Related party transactions			
Trustee expenses			
No trustee received any expenses during this year or the previous year.			
Trustee remuneration and benefits			
No trustee received any remuneration or benefit during this or the previous year.			
Remuneration and benefits received by key management personnel			
The key management personnel of the charity include the trustees and Chief Officer. The total employee			
No trustee received any remuneration or benefit in this capacity during this or the previous year.			

Statement of Financial Activities including comparatives for all funds							
(including summary income and expenditure account)							
for the year ended 31 March 2022							
		2022	2021	2022	2021	2022	2021
		Unrestricted	Unrestricted	Restricted	Restricted	Total	Total
		funds	funds	funds	funds	funds	funds
		£	£	£	£	£	£
Income							
Patients Fee		19,896	18,066	-	-	19,896	18,066
Grants and donations		20	2,050	6,922	2,000	6,942	4,050
Herb & Vitamin Sales		86	300	-	-	86	300
Other Income			304	-	-	-	304
Total income		20,002	20,720	6,922	2,000	26,925	22,720
Expenditure							
Administrative Work		14,273	6,597	500	2,000	14,773	8,597
Finance Work		720	1,155	-	-	720	1,155
Practitioner Work		9,389	4,663	-	-	9,389	4,663
Rent/Premises Costs		3,016	1,702	-	-	3,016	1,702
Premises refurbishment		-	-	6,025	-	6,025	-
Website & Internet Network		718	515	-	-	718	515
Advertisement		275	171	-	325	275	496
Project Delivery		-	-	5,685	-	5,685	-
Surveyor		-	300	-	-	-	300
Cleaning Service		280	308	-	-	280	308
Office Equipment & Furnishing		313	138	-	-	313	138
Bank Account Fee		96	69	-	-	96	69
Postage		-	29	-	-	-	29
Practitioner Meeting		45	15	-	-	45	15
Training		30	-	-	-	30	-
Purchase of Treatment Supplies		409	-	-	-	409	-
Insurance		212	-	-	-	212	-
Utilities		-	-	-	-	-	-
DBS check		100	-	-	-	100	-
Digital Payment Fee		235	-	-	-	235	-
Open Day		-	-	152	-	152	-
Total expenditure		30,111	15,661	12,362	2,325	42,474	17,986
Net gains/(losses) on investments		-	-	-	-	-	-
Net income / (expenditure)		(10,109)	5,058	(5,440)	(325)	(15,549)	4,733
Transfers between funds		(700)	(6,000)	700	6,000	-	-
<u>Other recognised gains/(losses):</u>							
Gains/(losses) on revaluation of fixed		-	-	-	-	-	-
Other gains/(losses)		-	-	-	-	-	-
Net movement in funds		(10,809)	(942)	(4,740)	5,675	(15,549)	4,733
Fund balances brought forward		31,038	31,980	5,675	5,675	36,713	31,980
Fund balances carried forward		20,229	31,038	935	5,675	21,164	36,713

Reserve Policy & Risk Management

The trustees review their reserve policy periodically and aim to retain an adequate sum to ensure the continuity of its activities.

This is to ensure that in the event of a significant drop in funding, the charity will be able to continue the charity current activities while consideration is given to ways in which additional funds may be raised.

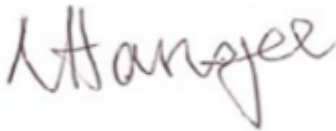
The trustees have drawn up a risk register which provides dates and details of action to be taken to reduce the risks faced by the charity. The charity also purchases a range of insurance.

Approved by the trustees on 18/01/2023
and signed by

Trustee
Gwyneth Deakin

A handwritten signature in blue ink that reads "Gwyneth Deakin".

Trustee
Nanoo Hansjee

A handwritten signature in blue ink that reads "Nanoo Hansjee".

Trustee
Stewart Gregory Rayment

A handwritten signature in blue ink that reads "Stewart Gregory Rayment".

Independent Examiner's Report

To the Management Committee of Pathways Trust
Financial Statements of Pathways Trust for the year ended 31 March 2022

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect: accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Man Hong Yuen
Certified Accountant
Date 25/01/23

