

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales · Charity number 1064307

Details

Other names THE AXMINSTER AWARENESS CENTRE, AWARENESS GROUP
AWARENESS CENTRE

Status Registered

Legal form Charitable company

Company number [03265670](#)

Registered 1997-09-10

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

Contact

Address Hanover House
Chard Street
Axminster
Devon
EX135DZ

Phone 0129732331

Email info@axminsterwellbeing.com

Website www.axminsterwellbeing.com

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF GOOD HEALTH IN PARTICULAR BY SPIRITUAL HEALING AND THE USE OF THERAPIES COMPLIMENTARY TO CONVENTIONAL HEALING AND TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE UNDERSTANDING USE AND APPLICATION OF SUCH SPIRITUAL HEALING AND COMPLEMENTARY THERAPIES

Activities: COMPLEMENTARY MEDICINE, GROUPS, CLASSES, WORKSHOPS, TALKS, CANCER SUPPORT GROUP, READ EASY(Teaching adults to read) Food Bank

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Devon
- Dorset
- Somerset

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2024-10-31 | £48,581 | £42,825 | - | - |
| 2023-10-31 | £54,518 | £43,567 | - | - |
| 2022-10-31 | £39,643 | £32,336 | - | - |
| 2021-10-31 | £51,868 | £35,197 | - | - |
| 2020-10-31 | £71,623 | £38,656 | - | - |

Trustees

| Name | Role | Appointed |
|------------------------|-------|------------|
| Gillian Perrow | Chair | 2011-11-13 |
| Sarah Jennifer Shepley | | 2020-02-10 |
| Simon Willian Larkin | | 2017-01-30 |
| Wendy Parsons | | 2026-03-01 |

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales - Charity number 1064307

Accounts

AXMINSTER HEALTH & WELLBEING CENTRE
(A company limited by guarantee)

REGISTERED CHARITY No: 1064307
COMPANY No: 03265670

ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2024

AXMINSTER HEALTH & WELLBEING CENTRE

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AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 October 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 October 2024. The trustees have adopted the methods and principles of the 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).

LEGAL AND ADMINISTRATIVE INFORMATION

Axminster Health & Wellbeing Centre is a company limited by guarantee and is a registered charity.

The Charity Commission registration number is 1064307 and the company registration number is 03265670.

Principal address and registered office: Hanover House, Chard Street, Axminster.
EX13 5DZ

Professional advisers:

Independent
examiner: Rosy Jeffery Ltd, The Loft, Unit 11, Hunthay
Business Park, Axminster, Devon. EX13 5RJ

TRUSTEES AND GOVERNANCE

The trustees in office during the year were:

Gillian Perrow : Chairperson + treasurer
Simon Larkin : Trustee
Sarah Shepley : Trustee
Jayne Day : Trustee (resigned 29 October 2024)

All trustees are also directors of the Company.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2024 (continued)**

Structure, Governance and Management

The Trust is constituted as a company and the governing document is the company's Memorandum and Articles of Association.

Officers of Axminster Health and Wellbeing Centre are elected from the trustees at each Annual General Meeting. This year the officers were:
Chair person – Gillian Perrow
Treasurer – Gillian Perrow

Objectives and Activities

Objects of the Trust

The objects of the Trust are:

To promote to everyone the relief of sickness and the preservation of both physical and emotional good health through education, natural healing and complementary therapies.

Strategy

To achieve these objectives, our current strategy is:

To promote the education and awareness of the public in the understanding, use and application of the aforesaid healing and therapies. In this way, the Centre fulfils its responsibility to offer insight and education to the public through its provision of talks and workshops and classes in a variety of subjects.

The Centre meets its requirements for service to the public, by supporting a wide range of complementary therapies and healing to those in the community who ask for something over and above that offered by the NHS, in an effort to restore their sense of well being. This service is open to all regardless of race, creed or financial position.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2024 (continued)

Achievements & Performance

Achievements:

Growth in Social media from previous report:

Facebook from 957 to over 1K followers

Instagram 416 followers to 525

Newsletter sent fortnightly including all classes and events schedule along with news of centre achievements, new teachers and therapists joining.

Events and Networking

Regular updates from Ellie Barnes and VCSE community meetings.

We were host to the VSCE community in November with 18 attendees.

Attended the Pippins Centre community a meeting with the Devon Mental Health Alliance.

Meeting with Kay and Rachel Cox at the Pippins Centre, counselling/bursary was offered but not taken forward for those in need of drug related services.

Tom from South West Water visit to the centre to support anyone struggling with Water bills (Food Bank).

The manager has co-ordinated the Read Easy team to move to other premises after Sheila left the organisation. We are still able to provide FREE room hire to the coaches and have supported two readers and their students.

We provided free weekly room hire for one of the therapists to complete her case studies in Cranial Sacral therapy. These were 96 in total. The therapist came in weekly to help with the foodbank as a way of thanks.

Building improvements:

We have successfully created a new area including shelving for the Food bank co-ordinator, Sheila and her team, and in doing so the Centre Manager, Paula has moved her office to the ground floor creating more hours on reception.

Replacement toilet downstairs – removal of old non-working electric heaters in both kitchen and toilet

Replacement kitchen and redecoration

Fire officer visit – recommendations including updating the risk assessment and monthly fire alarm tests carried out and documented. Pat testing arranged and carried out in August.

New Key safe fitted to allow easy access for therapists/class leaders entry out of hours.

Wellbeing Services

41 clients have used the services in this period with 104 sessions in total.

Fund raising – screwfix – Kitchen – unsuccessful this time.

Albert Hunt trust funding application unsuccessful.

Funding awaiting decision include the Forrester Trust and the DWF Foundation.

Classes and Events

Simon has now increased his Tai Chi classes on Mondays to two classes.

New classes include:

Chair Yoga with Lucy Browne on Mondays with joint marketing she has started with two classes on a Monday in the region of 12 attendees.

Portia McMenemy Breathwork class leader – all classes mainly fully booked each fortnight.

A fortnightly Men's group, which is facilitated by Ian Moulard, and funded by the centre with donations if affordable. Started in November 2023 and a year later it has links to the Lyme Regis men's group with numbers in the region of 13 attendees. These sessions are free to the students and we don't charge room hire.

New meditation group with Jane Loukes.

Amanda Smith – Qi Gong workshop

Alex Green – an evening of voice coaching

New Therapists/Therapies:

Emma Dawson – Nutritionist

Anna Vahrman – Hypnotherapy

Navanita Benson – Counselling

Jane Loukes – Sound therapy

Pooni Evans – Counselling

Clare O'brien – Counselling

Lexia Education – (weekly room hire) private tutoring for a young person with additional needs

Becca Hughes – evening yoga sessions

Andrea Williams – Spiritual talks and one to one sessions

New enquiries:

Nikki Geaves – Kinesiology, proposing to start January 2025

Existing therapists

6x Counsellors

Bowen therapist

Kinesiologist

3x cranial sacral therapists

2x nutritionists

2x wellbeing coaches

1x reflexologist

1x shiatsu therapist

1x hypnotherapist

1x acupuncturist

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2024 (continued)**

Financial Review

The result for the year is a net gain of £7,589.

Reserves and reserves policy

The total reserves of the company are now £167,808 compared to £160,219 at the start of the year. Of these reserves, £65,408 relates to the company's freehold property and £23,218 is the balance sheet date value of the quoted investments. Those investments are retained to produce an income to assist in meeting the regular expenditure and maintain a modest balance at the bank.

Signed on behalf of the Trustees

Gillian Perrow, Chair

Date :

AXMINSTER HEALTH & WELLBEING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the company for the year ended 31 October 2024 which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants in England and Wales.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006;
- and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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)

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 
Adrian Harris FCCA
Rosy Jeffery Ltd Chartered Certified Accountants

Date: 14/02/2025

AXMINSTER HEALTH & WELLBEING CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2024**

| | Restricted | Unrestricted | 2024 Total | 2023 Total |
|---------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Incoming resources (page 8) | 4,750 | 43,831 | 48,581 | 54,518 |
| Resources expended (page 9) | <u>3,995</u> | <u>38,830</u> | <u>42,825</u> | <u>43,567</u> |
| Gains/(Losses) on Investments | - | 1,833 | 1,833 | 225 |
| Net incoming /(outgoing) resources | 755 | 6,834 | 7,589 | 11,176 |
| Funds brought forward 1 November 2023 | <u>£ 14,793</u> | <u>£ 145,426</u> | <u>£ 160,219</u> | <u>£149,043</u> |
| Transfers between funds (note 6) | - | - | - | - |
| Funds carried forward 31 October 2024 | <u>£ 15,548</u> | <u>£ 152,260</u> | <u>£ 167,808</u> | <u>£ 160,219</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF INCOMING RESOURCES
YEAR ENDED 31 OCTOBER 2024**

| | Restricted | Unrestricted | 2024 Total | 2023 Total |
|-----------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Incoming resources | | | | |
| Donations and gifts | - | 2,826 | 2,826 | 6,230 |
| Fundraising events | - | - | - | 83 |
| Grants | - | 10,528 | 10,528 | 11,528 |
| Room Rental | | | | |
| - therapists | - | 9,225 | 9,225 | 8,045 |
| - others | - | 17,374 | 17,374 | 17,966 |
| Sundry income | - | 816 | 816 | 670 |
| Canned Sunshine | 4,750 | - | 4,750 | 6,223 |
| WBSA client contributions | - | 1,940 | 1,940 | 2,946 |
| Mindfulness | - | - | - | - |
| | 4,750 | 42,710 | 47,460 | 53,691 |
| Investment income receipts | | | | |
| Bank interest | - | 521 | 521 | 254 |
| Dividends | - | 600 | 600 | 573 |
| | - | 1,121 | 1,121 | 827 |
| Total incoming resources | 4,750 | 43,831 | 48,581 | 54,518 |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF OUTGOING RESOURCES
YEAR ENDED 31 OCTOBER 2024**

| | Restricted | Unrestricted | 2024 Total | 2023 Total |
|--------------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Charitable activities | | | | |
| Repairs and maintenance | - | 2,355 | 2,355 | 1,682 |
| Insurance | - | 669 | 669 | 650 |
| Light, heat and water | - | 3,034 | 3,034 | 2,292 |
| Rates | - | 202 | 202 | 202 |
| Centre events | - | - | - | - |
| Fam Wellbeing | - | - | - | - |
| Low cost wellbeing - WBSA | - | 4,210 | 4,210 | 6,925 |
| Hardship fund | - | - | - | - |
| Canned Sunshine (restricted) | 3,995 | - | 3,995 | 3,879 |
| | 3,995 | 10,470 | 14,465 | 15,630 |
| Fundraising and Publicity | | | | |
| Advertising | - | - | - | - |
| Website | - | - | - | 79 |
| | - | - | - | 79 |
| Management and administration | | | | |
| Office expenses | - | 610 | 610 | 2,963 |
| Payment fees | - | 806 | 806 | 285 |
| Telephone | - | 678 | 678 | 562 |
| Cleaning and sundry expenses | - | 1,221 | 1,221 | 1,594 |
| Accountancy & bookkeeping | - | 1,743 | 1,743 | 2,333 |
| Equipment depreciation | - | 11 | 11 | 15 |
| Staff training | - | - | - | - |
| Admin wages & associated costs | - | 23,150 | 23,150 | 20,031 |
| Travelling | - | 141 | 141 | 75 |
| | - | 28,360 | 28,360 | 27,858 |
| Total outgoing resources | 3,995 | 38,830 | 42,825 | 43,567 |

AXMINSTER HEALTH & WELLBEING CENTRE

**BALANCE SHEET
AS AT 31 OCTOBER 2024**

| | Notes | 2024 £ | 2023 £ |
|---|-------|----------------|----------------|
| Fixed assets | | | |
| Tangible assets | 2 | 65,442 | 65,453 |
| Investments | 3 | 23,218 | 21,385 |
| Current assets | | | |
| Debtors and prepayments | 4 | - | - |
| Cash at bank and in hand | | <u>80,498</u> | <u>74,598</u> |
| | | 80,498 | 74,598 |
| Creditors: amounts falling due within one year | | | |
| | 5 | <u>1,350</u> | <u>1,217</u> |
| Net current assets | | <u>79,148</u> | <u>73,381</u> |
| Total assets less current liabilities | | 167,808 | 160,219 |
| Net assets | | <u>167,808</u> | <u>160,219</u> |
| Funds | | | |
| Unrestricted | 6 | 152,260 | 145,426 |
| Restricted | 6 | 15,548 | 14,793 |
| | | <u>167,808</u> | <u>160,219</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed on behalf of
the Trustees

.....
G M Perrow, Chair

Approved by the Trustees on

AXMINSTER HEALTH & WELLBEING CENTRE

**NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2024**

3. Investments

| | 2024 | 2023 |
|---|-----------------|-----------------|
| | £ | £ |
| Market value at 31 October 2024 | | |
| COIF Fixed Interest Fund 8,834.63 units | 11,113 | 10,483 |
| COIF Investment Fund 398.01 units | 8,013 | 7,216 |
| COIF Investment fund 203.27 units | 4,092 | 3,685 |
| | <u>£ 23,218</u> | <u>£ 21,385</u> |

4. Debtors

| | 2024 | 2023 |
|----------------|-------------|-------------|
| | £ | £ |
| Sundry debtors | - | - |
| Prepayments | - | - |
| | <u>£ -</u> | <u>£ -</u> |

5. Creditors: amounts falling due within one year

| | 2024 | 2023 |
|-----------------|----------------|----------------|
| | £ | £ |
| Trade creditors | - | - |
| Other creditors | 1,350 | 1217 |
| | <u>£ 1,350</u> | <u>£ 1,217</u> |

6. Funds analysis

| | Balance 1.11.23 £ | Transfer between funds £ | Incoming Resources £ | Outgoing Resources £ | Balance 31.10.24 £ |
|----------------------|-------------------------|--------------------------------|----------------------------|----------------------------|--------------------------|
| Restricted | | | | | |
| Hardship Fund | - | - | - | - | - |
| Wishing Well Fund | 1,480 | - | - | 0 | 1,480 |
| Canned Sunshine Fund | 13,313 | - | 4,750 | (3,995) | 14,068 |
| | <u>14,793</u> | <u>-</u> | <u>4,750</u> | <u>(3,995)</u> | <u>15,548</u> |
| Unrestricted | | | | | |
| General fund | 145,426 | - | 45,664 | (38,830) | 152,260 |
| | <u>145,426</u> | <u>-</u> | <u>45,664</u> | <u>(38,830)</u> | <u>152,260</u> |
| Total funds | <u>160,219</u> | <u>-</u> | <u>50,414</u> | <u>(42,825)</u> | <u>167,808</u> |

Virtual Cabinet Portal Digital Signatures

Digital Signature Verification

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<https://www.virtualcabinetportal.com/VerifySignedDocument>

Signature Dates and Times

All dates and times shown in the signatures below are expressed in Coordinated Universal Time (UTC), which is generally equivalent to GMT.

You can find out more about UTC at the following web page:

<http://www.virtualcabinetportal.com/WhatsUTC>

Signature 1

Signed by Gillian Perrow using authentication code eINCREQvMktpJllx at IP address 86.129.201.232, on 2025/02/21 11:53:35 Z.

Gillian Perrow's e-mail address is: gillianperrow@btinternet.com.

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales - Charity number 1064307

Accounts

AXMINSTER HEALTH & WELLBEING CENTRE
(A company limited by guarantee)

REGISTERED CHARITY No: 1064307
COMPANY No: 03265670

ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023

AXMINSTER HEALTH & WELLBEING CENTRE

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AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 October 2023

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TRUSTEES AND GOVERNANCE

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Gillian Perrow : Chairperson + treasurer
Simon Larkin : Trustee
Sarah Shepley : Trustee
Jayne Day : Trustee

All trustees are also directors of the Company.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2023 (continued)**

Structure, Governance and Management

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Chair person – Gillian Perrow
Treasurer – Gillian Perrow

Objectives and Activities

Objects of the Trust

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AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2023 (continued)

Achievements & Performance

New centre leaflet designed and printed.

Wix website and bookings created by Becky in 2023 - regular editing and updates made to the website by Paula who is our new Centre Manager.

Made changes to the booking system to make it user friendly for staff and therapists. Running effectively.

Growth in social media

Monday to Friday at least one post per day.

Facebook: currently 957 followers with post reach of 5812

Instagram: 416 followers, with an increasing number of followers coming along to sessions having seen the posts

Newsletter sent fortnightly which includes new therapists, plus classes and events schedule.

Regular updates to the Centre posters for classes and events.

Events and networking

Regular updates from Ellie Barnes:

Attended a meeting from Devon Communities Together at the Waffle House

Attended a Fundraising Tutorial

Hosted a Waffle house meeting for local Charities, Social Prescribers etc. A local Axminster hub is being created as a result of this meeting.

A meeting with two Social Prescribers to visit to Centre.

Paula Sent a digital copy of Centre Leaflet, plus regular monthly classes and events digital posters and any other relevant information, to two Social Prescribers in East Devon and one in West Dorset.

Paula attended VCSE (voluntary, community and social enterprise) meeting at Axminster Guildhall. The November meeting is to be held at the Centre.

Open day at the Centre – Cherry Fayre week – the day was wet and not particularly busy but those that came were enthusiastic about the Centre.

Axminster and Lyme Regis Cancer Support meeting with Mary.

March to October saw 41 new enquiries for room hire or classes.

Visited new Cancer Support premises.

Meeting at St. Mary's Primary School with a view to providing a wellbeing service for the school staff. This was followed up but no response was received.

Gave a wellbeing talk to local business.

New classes and events

Simon has increased his Qi Gong class to two sessions on a Monday. The 10am session is fully booked.

The Menopause Support Group is growing in numbers, enabling Clare to now charge for her group. Clare also ran a Saturday workshop on 21st October – five women attended.

Jane Wilcock now holding a spiritual group once a month plus weekly healing/spiritual sessions

Friday Meditation group with Shanni is now growing along with the Saturday evening Movement with Music for women.

New Inner Dance sessions with Shanni.

Regular room hire from Fiona Anderson – Climate change group.

Mandala Art Session was held on Saturday 2nd September.

Homeopathy monthly workshops with Dhriti.

Men's Group scheduled to start in November with Ian.

Weekend workshop Friday, Saturday and Sunday Way of Council and attendance with Sara Drew. Ten ladies attended (6th, 7th and 8th October).

Yoga classes: two new teachers offering three classes.

New and existing therapists

We now have six counsellors working from the centre: one reflexologist, three nutritionists and two cranial sacral therapists (plus one working with case studies).

The following therapies are practised at the Centre: Remedial Therapy, Crystal Healing, Spiritual Healing, Bowen Therapy, Acupuncture, Flower Essence, Creative Kinesiology, Shiatsu, Pilates, Breathwork and two Wellbeing Coaches.

Renewal and update of all the Centre policies.

Set up of a New Therapist support/social group

Building Improvements

Co-ordinating maintenance boiler service and new alarm to be fitted in Room 1.

New cable sourced and fitted to the couch in Room 4.

Maintenance to the Room 4 door, new catches, and repairs to windowsill in attic room, replacement outside tap. Replacement toilet seats. New Catch for the front door.

Key safe fitted at the front of the building.

Painting to the back of property August/September.

New compost area built in the back garden.

Wellbeing 'Service for All' project

Normans Family Trust Charity - secured £1000 fund towards Lottery match funding.

48 clients have used the service since March 2023 with a total of 130 therapy sessions. We have offered one or two free bursary sessions for all workshops.

Food Bank

The Foodbank continues to grow, with a lot of volunteers who collect food from Tesco and the Coop, plus fill bags and deliver food to clients who cannot get to the Centre. Tesco now provides us with fresh produce that has only gone out of date that day.

Read Easy

Read Easy continues to grow: we still offer them rooms to work from for free and host their teachers meetings.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2023 (continued)**

Financial Review

The result for the year is a net gain of £11,176.

Reserves and reserves policy

The total reserves of the company are now £160,219 compared to £149,043 at the start of the year. Of these reserves, £65,408 relates to the company's freehold property and £21,385 is the balance sheet date value of the quoted investments. Those investments are retained to produce an income to assist in meeting the regular expenditure and maintain a modest balance at the bank.

Signed on behalf of the Trustees

Gillian Perrow, Chair

Date :

AXMINSTER HEALTH & WELLBEING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the company for the year ended 31 October 2023 which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

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- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006;
- and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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)

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 
Adrian Harris FCCA
Rosy Jeffery Ltd Chartered Certified Accountants

Date: 26th February 2024

AXMINSTER HEALTH & WELLBEING CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2023**

| | Restricted | Unrestricted | 2023 Total | 2022 Total |
|---------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Incoming resources (page 8) | 6,223 | 48,295 | 54,518 | 39,643 |
| Resources expended (page 9) | <u>3,879</u> | <u>39,688</u> | <u>43,567</u> | <u>32,336</u> |
| Gains/(Losses) on Investments | - | 225 | 225 | (2,643) |
| Net incoming /(outgoing) resources | 2,344 | 8,832 | 11,176 | 4,664 |
| Funds brought forward 1 November 2022 | <u>£ 12,449</u> | <u>£ 136,594</u> | <u>£ 149,043</u> | <u>£144,379</u> |
| Transfers between funds (note 6) | - | - | - | - |
| Funds carried forward 31 October 2023 | <u>£ 14,793</u> | <u>£ 145,426</u> | <u>£ 160,219</u> | <u>£ 149,043</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF INCOMING RESOURCES
YEAR ENDED 31 OCTOBER 2023**

| | Restricted Unrestricted | | 2023 Total | 2022 Total |
|-----------------------------------|-------------------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Incoming resources | | | | |
| Donations and gifts | - | 6,230 | 6,230 | 1,979 |
| Fundraising events | - | 83 | 83 | 60 |
| Grants | - | 11,528 | 11,528 | 12,528 |
| Room Rental | | | | |
| - therapists | - | 8,045 | 8,045 | 8,345 |
| - others | - | 17,966 | 17,966 | 9,035 |
| Sundry income | - | 670 | 670 | 315 |
| Canned Sunshine | 6,223 | - | 6,223 | 5,112 |
| WBSA client contributions | - | 2,946 | 2,946 | 1,620 |
| Mindfulness | - | - | - | - |
| | 6,223 | 47,468 | 53,691 | 38,994 |
| Investment income receipts | | | | |
| Bank interest | - | 254 | 254 | 6 |
| Dividends | - | 573 | 573 | 643 |
| | - | 827 | 827 | 649 |
| Total incoming resources | 6,223 | 48,295 | 54,518 | 39,643 |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF OUTGOING RESOURCES
YEAR ENDED 31 OCTOBER 2023**

| | Restricted | Unrestricted | 2023 Total | 2022 Total |
|--------------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Charitable activities | | | | |
| Repairs and maintenance | - | 1,682 | 1,682 | 3,513 |
| Insurance | - | 650 | 650 | 609 |
| Light, heat and water | - | 2,292 | 2,292 | 1,865 |
| Rates | - | 202 | 202 | 384 |
| Centre events | - | - | - | - |
| Fam Wellbeing | - | - | - | - |
| Low cost wellbeing - WBSA | - | 6,925 | 6,925 | 3,905 |
| Hardship fund | - | - | - | - |
| Canned Sunshine (restricted) | 3,879 | - | 3,879 | 3,051 |
| | 3,879 | 11,751 | 15,630 | 13,327 |
| Fundraising and Publicity | | | | |
| Advertising | - | - | - | - |
| Website | - | 79 | 79 | 228 |
| | - | 79 | 79 | 228 |
| Management and administration | | | | |
| Office expenses | - | 2,963 | 2,963 | 848 |
| Payment fees | - | 285 | 285 | - |
| Telephone | - | 562 | 562 | 603 |
| Cleaning and sundry expenses | - | 1,594 | 1,594 | 1,625 |
| Accountancy & bookkeeping | - | 2,333 | 2,333 | 2,021 |
| Equipment depreciation | - | 15 | 15 | 20 |
| Staff training | - | - | - | - |
| Admin wages & associated costs | - | 20,031 | 20,031 | 13,583 |
| Travelling | - | 75 | 75 | 81 |
| | - | 27,858 | 27,858 | 18,781 |
| Total outgoing resources | 3,879 | 39,688 | 43,567 | 32,336 |

AXMINSTER HEALTH & WELLBEING CENTRE

BALANCE SHEET AS AT 31 OCTOBER 2023

| | Notes | 2023 £ | 2022 £ |
|---|-------|----------------|----------------|
| Fixed assets | | | |
| Tangible assets | 2 | 65,453 | 65,468 |
| Investments | 3 | 21,385 | 21,160 |
| Current assets | | | |
| Debtors and prepayments | 4 | - | - |
| Cash at bank and in hand | | <u>74,598</u> | <u>63,646</u> |
| | | 74,598 | 63,646 |
| Creditors: amounts falling due within one year | 5 | <u>1,217</u> | <u>1,231</u> |
| Net current assets | | <u>73,381</u> | <u>62,415</u> |
| Total assets less current liabilities | | 160,219 | 149,043 |
| Net assets | | <u>160,219</u> | <u>149,043</u> |
| Funds | | | |
| Unrestricted | 6 | 145,426 | 136,594 |
| Restricted | 6 | 14,793 | 12,449 |
| | | <u>160,219</u> | <u>149,043</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed on behalf of
the Trustees

.....
G M Perrow, Chair

Approved by the Trustees on

AXMINSTER HEALTH & WELLBEING CENTRE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023

3. Investments

| | 2023 | 2022 |
|---|-----------------|-----------------|
| | £ | £ |
| Market value at 31 October 2023 | | |
| COIF Fixed Interest Fund 8,834.63 units | 10,483 | 10,102 |
| COIF Investment Fund 398.01 units | 7,216 | 7,320 |
| COIF Investment fund 203.27 units | 3,685 | 3,738 |
| | <u>£ 21,385</u> | <u>£ 21,160</u> |

4. Debtors

| | 2023 | 2022 |
|----------------|------------|------------|
| | £ | £ |
| Sundry debtors | - | - |
| Prepayments | - | - |
| | <u>£ -</u> | <u>£ -</u> |

5. Creditors: amounts falling due within one year

| | 2023 | 2022 |
|-----------------|----------------|----------------|
| | £ | £ |
| Trade creditors | - | - |
| Other creditors | 1,217 | 1,231 |
| | <u>£ 1,217</u> | <u>£ 1,231</u> |

6. Funds analysis

| | Balance 1.11.22 | Transfer between funds | Incoming Resources | Outgoing Resources | Balance 31.10.23 |
|----------------------|--------------------|---------------------------|-----------------------|-----------------------|---------------------|
| | £ | £ | £ | £ | £ |
| Restricted | | | | | |
| Hardship Fund | - | - | - | - | - |
| Wishing Well Fund | 1,480 | - | - | 0 | 1,480 |
| Canned Sunshine Fund | 10,969 | - | 6,223 | (3,879) | 13,313 |
| | <u>12,449</u> | <u>-</u> | <u>6,223</u> | <u>(3,879)</u> | <u>14,793</u> |
| Unrestricted | | | | | |
| General fund | 136,594 | - | 48,520 | (39,688) | 145,426 |
| | <u>136,594</u> | <u>-</u> | <u>48,520</u> | <u>(39,688)</u> | <u>145,426</u> |
| Total funds | <u>149,043</u> | <u>-</u> | <u>54,743</u> | <u>(43,567)</u> | <u>160,219</u> |

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Signature 1

Signed by Gillian Perrow using authentication code VW5QQTwwY1d5JE9E at IP address 86.190.144.236, on 2024/03/04 12:54:14 Z.

Gillian Perrow's e-mail address is: gillianperrow@btinternet.com.

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales - Charity number 1064307

Accounts

AXMINSTER HEALTH & WELLBEING CENTRE
(A company limited by guarantee)

REGISTERED CHARITY No: 1064307
COMPANY No: 03265670

ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022

AXMINSTER HEALTH & WELLBEING CENTRE

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| Notes to the Accounts | 11 |

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 October 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 October 2022. The trustees have adopted the methods and principles of the 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).

LEGAL AND ADMINISTRATIVE INFORMATION

Axminster Health & Wellbeing Centre is a company limited by guarantee and is a registered charity.

The Charity Commission registration number is 1064307 and the company registration number is 03265670.

Principal address and registered office: Hanover House, Chard Street, Axminster.
EX13 5DZ

Professional advisers:

Independent
examiner: Rosy Jeffery Ltd, The Loft, Unit 11, Hunthay
Business Park, Axminster, Devon. EX13 5RJ

TRUSTEES AND GOVERNANCE

The trustees in office during the year were:

Gillian Perrow : Chairperson + treasurer
Simon Larkin : Trustee
Sarah Shepley : Trustee
Jayne Day : Trustee

All trustees are also directors of the Company.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2022 (continued)**

Structure, Governance and Management

The Trust is constituted as a company and the governing document is the company's Memorandum and Articles of Association.

Officers of Axminster Health and Wellbeing Centre are elected from the trustees at each Annual General Meeting. This year the officers were:
Chair person – Gillian Perrow
Treasurer – Gillian Perrow

Objectives and Activities

Objects of the Trust

The objects of the Trust are:

To promote to everyone the relief of sickness and the preservation of both physical and emotional good health through education, natural healing and complementary therapies.

Strategy

To achieve these objectives, our current strategy is:

To promote the education and awareness of the public in the understanding, use and application of the aforesaid healing and therapies. In this way, the Centre fulfils its responsibility to offer insight and education to the public through its provision of talks and workshops and classes in a variety of subjects.

The Centre meets its requirements for service to the public, by supporting a wide range of complementary therapies and healing to those in the community who ask for something over and above that offered by the NHS, in an effort to restore their sense of well being. This service is open to all regardless of race, creed or financial position.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2022 (continued)

Progress and achievement

Events and Networking

Our new Charity Manager, who joined us in September, has been working hard on networking locally and has become an active member of the VCSE (Voluntary Community & Social Enterprise and the PPG (Patient Participation Group) for the local medical centre. We have support from Axminster Mayor and Axminster Town clerk. We have hosted meetings for the VCSE network, and the PPG and this has helped us to raise our profile within the local community and the medical community and we are seeing more referrals to the Bursary scheme and the Centre. As a result we've attracted support from the local Rotary Club, Axminster Care Services and Axminster Lions.

We are networking with Lyme Cancer support group, East Devon Social Prescriber, Lyme Bay Ladies and Waffle House, all of whom have signposted clients our way. We have been able to offer bursary places to these people.

We also host a bi-monthly business and social ladies networking meeting which has led to us attracting 2 new volunteers and some new therapists including the introduction of a monthly "Menopause Circle" and a new "Grief Speaks" workshop.

Mens Shed

The Mens Shed have supported us with low cost repairs and we have given some of their members low cost therapy treatments in return.

Restart

Restart, who help people who have been unemployed long term, are using our premises.

Our regular weekly newsletters and social media activity is reaching lots of new people throughout the local community and beyond.

We have even been able to offer one of our bursary scheme users, who is socially isolated and living in absolute poverty, a role as a volunteer here at the centre. This has given her a chance to get out and about, meet new people, chat and feel valuable again. Not to mention the opportunity to be in a warm building as she struggles to pay her heating bills at home.

Our Centre Manager has built a new website and therapists and workshop leaders can now book their sessions on line and are invoiced.

The outside of our building has been repointed, repaired, painted and the guttering replaced. Damage inside the building from the leaking guttering has also been dealt with. One of our volunteers did all this for a minimal cost.

We have had new carpet put in reception and had all carpets cleaned

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2022 (continued)

We have had a refresh at the Centre and replaced all lampshades, cushions, blankets and put mirrors and pictures in all rooms. We have revamped all our noticeboards and created new posters, we have had a lots of positive feedback from people who use the Centre. All of this was done for a minimum cost. We gave old lampshades, blankets etc away to people who wanted them

We worked with a local Charity "Light Up Axminster" supporting each other by advertising and holding a raffle, the proceeds of which went towards the Hardship fund that is offered to some Food Bank clients

We have made links made with local businesses to deliver our "Christmas project".

Through these links toys were delivered to some families who are Food Bank clients on Christmas Eve

Vouchers and Community Cards were distributed from local businesses and Charities to Food Bank clients

Therapies :

The following are practised at the Centre

Acupuncture, Indian Head Massage, Reflexology, Lymphatic Drainage Massage, Bowen Therapy, Energy Healing, Counselling, Clinical Hypnotherapy, Nutritional Therapy, Allergy Testing, Cranial Osteopathy, Homeopathy, Spiritual Energy Healing, Cranial and Physical, Remedial Sports Massage, Massage, Pilates and Reflexology

Classes :

At the beginning of 2022 we used an online platform for the delivery of Mindfulness, Tripudio, Pilates and Yoga. Qigong took place in the garden. We were able to deliver these free and pay the therapists a discounted amount from our Bursary funds. We had very positive feedback from these courses as people were still isolating and it gave them an opportunity to connect with others. Participants then came back to the Centre when we were open again.

We are delighted to be able to offer in house classes again, we offer Yoga, including Chair Yoga for people with mobility problems, Grief Workshop, Menopause group, two different Mindfulness groups, Spiritual discussion group, Mindful Crafting, Rekindle Your Fire.

Wellbeing Services for All Project :

Over 85 people have registered for the scheme in this period and have benefited from sessions either via video platform or in person. We have had very positive feedback.

Food Bank Project :

The Food Bank has assisted many more households than usual, there are approximately 90 families currently using the service. We also have a hardship fund, which supports some users with utility bills etc. There has been immense support from the community, either by giving food and money or by taking supplies to housebound individuals. Schools, churches, individuals and social groups have been very generous to our project.

Food Bank has in the region of 10 dedicated volunteers who ensure its smooth running.

Read Easy :

During lockdown, some coaches and readers were able to meet using outdoor locations. They are now having sessions at the Centre and the number of participants are growing.

Volunteers

Regular volunteer support, gardening and re-modelling, painting and decorating, receptionist duties, minor works to the building, accountancy.

Staff CPD :

Learning about Websites and room booking systems. Attending local networking meetings.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2022 (continued)

Building Improvements :

Garden has been tended by a team of volunteer gardeners

Building within Health & Safety regulations, and insured

Fire Extinguisher inspection.

Outside of building has been repaired and painted. Damp inside building has been treated and rooms redecorated

Secondary glazing has been fitted

People Outcomes :

Better informed about well being options through communication, signposting and community links.

Through our bursary scheme many clients have benefitted from being able to speak to one of our practitioners or see them and spend an hour with them at a time when it was difficult to see their GP or time was limited with GP.

Exploring positive opportunities, more choice, reduced isolation, better balance, better relationships, improved self esteem all round.

Community Outcomes :

Through engagement with local businesses and Charities we have been able to support people who were experiencing Mental Health Issues and isolation by offering them volunteering work at the Centre. The feedback has been that these people felt included, fulfilled and generally better in themselves as a result of spending their time volunteering. Some of these people have gone on to help others in similar situations.

Through connecting with local health organisations and local bodies we have been able to signpost many people, who have felt stuck and lonely, onto people who can give them appropriate support.

Financial Review

The result for the year is a net gain of £4,664.

Reserves and reserves policy

The total reserves of the company are now £149,043 compared to £144,379 at the start of the year. Of these reserves, £65,408 relates to the company's freehold property and £21,160 is the balance sheet date value of the quoted investments. Those investments are retained to produce an income to assist in meeting the regular expenditure and maintain a modest balance at the bank.

Signed on behalf of the Trustees

Gillian Perrow, Chair

Date :

AXMINSTER HEALTH & WELLBEING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the company for the year ended 31 October 2022 which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants in England and Wales.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006;
- and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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)

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 
Adrian Harris FCCA
Rosy Jeffery Ltd Chartered Certified Accountants

Date: 17th March 2023

AXMINSTER HEALTH & WELLBEING CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2022**

| | Restricted | Unrestricted | 2022 Total | 2021 Total |
|---------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Incoming resources (page 8) | 5,112 | 34,531 | 39,643 | 51,868 |
| Resources expended (page 9) | <u>3,051</u> | <u>29,285</u> | <u>32,336</u> | <u>35,197</u> |
| Gains/(Losses) on Investments | - | (2,643) | (2,643) | 1,259 |
| Net incoming /(outgoing) resources | 2,061 | 2,603 | 4,664 | 17,930 |
| Funds brought forward 1 November 2021 | <u>£ 10,388</u> | <u>£ 133,991</u> | <u>£ 144,379</u> | <u>£126,449</u> |
| Transfers between funds (note 6) | - | - | - | - |
| Funds carried forward 31 October 2022 | <u>£ 12,449</u> | <u>£ 136,594</u> | <u>£ 149,043</u> | <u>£ 144,379</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF INCOMING RESOURCES
YEAR ENDED 31 OCTOBER 2022**

| | Restricted | Unrestricted | 2022 Total | 2021 Total |
|-----------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Incoming resources | | | | |
| Donations and gifts | - | 1,979 | 1,979 | 1,600 |
| Fundraising events | - | 60 | 60 | - |
| Grants | - | 12,528 | 12,528 | 25,242 |
| Room Rental | | | | |
| - therapists | - | 8,345 | 8,345 | 8,257 |
| - others | - | 9,035 | 9,035 | 5,462 |
| Sundry income | - | 315 | 315 | 290 |
| Canned Sunshine | 5,112 | - | 5,112 | 9,010 |
| WBSA client contributions | - | 1,620 | 1,620 | 1,335 |
| Mindfulness | - | - | - | - |
| | 5,112 | 33,882 | 38,994 | 51,196 |
| Investment income receipts | | | | |
| Bank interest | - | 6 | 6 | 2 |
| Dividends | - | 643 | 643 | 670 |
| | - | 649 | 649 | 672 |
| Total incoming resources | 5,112 | 34,531 | 39,643 | 51,868 |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF OUTGOING RESOURCES
YEAR ENDED 31 OCTOBER 2022**

| | Restricted | Unrestricted | 2022 Total | 2021 Total |
|--------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Charitable activities | | | | |
| Repairs and maintenance | | 3,513 | 3,513 | 1,442 |
| Insurance | | 609 | 609 | 581 |
| Light, heat and water | | 1,865 | 1,865 | 611 |
| Rates | | 384 | 384 | 196 |
| Centre events | | - | - | - |
| Fam Wellbeing | | - | - | - |
| Low cost wellbeing - WBSA | | 3,905 | 3,905 | 5,405 |
| Hardship fund | | - | - | - |
| Canned Sunshine (restricted) | 3,051 | - | 3,051 | 3,721 |
| | 3,051 | 10,276 | 13,327 | 11,956 |
| Fundraising and Publicity | | | | |
| Advertising | - | - | - | - |
| Website | | 228 | 228 | 96 |
| | - | 228 | 228 | 96 |
| Management and administration | | | | |
| Office expenses | | 848 | 848 | 1,660 |
| Telephone | | 603 | 603 | 578 |
| Cleaning and sundry expenses | | 1,625 | 1,625 | 1,473 |
| Accountancy & bookkeeping | | 2,021 | 2,021 | 1,480 |
| Equipment depreciation | | 20 | 20 | 27 |
| Staff training | | - | - | - |
| Admin wages & associated costs | | 13,583 | 13,583 | 17,861 |
| Travelling | | 81 | 81 | 66 |
| | - | 18,781 | 18,781 | 23,145 |
| Total outgoing resources | 3,051 | 29,285 | 32,336 | 35,197 |

AXMINSTER HEALTH & WELLBEING CENTRE

**BALANCE SHEET
AS AT 31 OCTOBER 2022**

| | Notes | 2022 £ | 2021 £ |
|---|-------|----------------|----------------|
| Fixed assets | | | |
| Tangible assets | 2 | 65,468 | 65,488 |
| Investments | 3 | 21,160 | 23,803 |
| Current assets | | | |
| Debtors and prepayments | 4 | - | - |
| Cash at bank and in hand | | <u>63,646</u> | <u>55,969</u> |
| | | 63,646 | 55,969 |
| Creditors: amounts falling due within one year | | | |
| | 5 | <u>1,231</u> | <u>881</u> |
| Net current assets | | <u>62,415</u> | <u>55,088</u> |
| Total assets less current liabilities | | 149,043 | 144,379 |
| Net assets | | <u>149,043</u> | <u>144,379</u> |
| Funds | | | |
| Unrestricted | 6 | 136,594 | 133,991 |
| Restricted | 6 | 12,449 | 10,388 |
| | | <u>149,043</u> | <u>144,379</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed on behalf of
the Trustees

.....
G M Perrow, Chair

Approved by the Trustees on

AXMINSTER HEALTH & WELLBEING CENTRE

**NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2022**

3. Investments

| | 2022 | 2021 |
|---|-----------------|-----------------|
| | £ | £ |
| Market value at 31 October 2021 | | |
| COIF Fixed Interest Fund 8,834.63 units | 10,102 | 11,824 |
| COIF Investment Fund 398.01 units | 7,320 | 7,929 |
| COIF Investment fund 203.27 units | 3,738 | 4,050 |
| | <u>£ 21,160</u> | <u>£ 23,803</u> |

4. Debtors

| | 2022 | 2021 |
|----------------|-------------|-------------|
| | £ | £ |
| Sundry debtors | - | - |
| Prepayments | - | - |
| | <u>£ -</u> | <u>£ -</u> |

5. Creditors: amounts falling due within one year

| | 2022 | 2021 |
|-----------------|----------------|--------------|
| | £ | £ |
| Trade creditors | - | - |
| Other creditors | 1,231 | 881 |
| | <u>£ 1,231</u> | <u>£ 881</u> |

6. Funds analysis

| | Balance 1.11.21 | Transfer between funds | Incoming Resources | Outgoing Resources | Balance 31.10.22 |
|----------------------|--------------------|---------------------------|-----------------------|-----------------------|---------------------|
| | £ | £ | £ | £ | £ |
| Restricted | | | | | |
| Hardship Fund | - | - | - | - | - |
| Wishing Well Fund | 1,480 | - | - | 0 | 1,480 |
| Canned Sunshine Fund | 8,908 | - | 5,112 | (3,051) | 10,969 |
| | <u>10,388</u> | <u>-</u> | <u>5,112</u> | <u>(3,051)</u> | <u>12,449</u> |
| Unrestricted | | | | | |
| General fund | 133,991 | - | 31,888 | (29,285) | 136,594 |
| | <u>133,991</u> | <u>-</u> | <u>31,888</u> | <u>(29,285)</u> | <u>136,594</u> |
| Total funds | <u>144,379</u> | <u>-</u> | <u>37,000</u> | <u>(32,336)</u> | <u>149,043</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales - Charity number 1064307

Accounts

AXMINSTER HEALTH & WELLBEING CENTRE
(A company limited by guarantee)

REGISTERED CHARITY No: 1064307
COMPANY No: 03265670

ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021

AXMINSTER HEALTH & WELLBEING CENTRE

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AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 October 2021

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 October 2021. The trustees have adopted the methods and principles of the 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).

LEGAL AND ADMINISTRATIVE INFORMATION

Axminster Health & Wellbeing Centre is a company limited by guarantee and is a registered charity.

The Charity Commission registration number is 1064307 and the company registration number is 03265670.

Principal address and registered office: Hanover House, Chard Street, Axminster.
EX13 5DZ

Professional advisers:

Independent
examiner: Rosy Jeffery Ltd, The Loft, Unit 11, Hunthay
Business Park, Axminster, Devon. EX13 5RJ

TRUSTEES AND GOVERNANCE

The trustees in office during the year were:

Gillian Perrow : Chairperson
Simon Larkin : Trustee
Melissa Taylor : Trustee/Treasurer
Sarah Shepley : Trustee

All trustees are also directors of the Company.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2021 (continued)**

Structure, Governance and Management

The Trust is constituted as a company and the governing document is the company's Memorandum and Articles of Association.

Officers of Axminster Health and Wellbeing Centre are elected from the trustees at each Annual General Meeting. This year the officers were:
Chair person – Gillian Perrow
Treasurer – Melissa Taylor

Objectives and Activities

Objects of the Trust

The objects of the Trust are:

To promote to everyone the relief of sickness and the preservation of both physical and emotional good health through education, natural healing and complementary therapies.

Strategy

To achieve these objectives, our current strategy is:

To promote the education and awareness of the public in the understanding, use and application of the aforesaid healing and therapies. In this way, the Centre fulfils its responsibility to offer insight and education to the public through its provision of talks and workshops and classes in a variety of subjects.

The Centre meets its requirements for service to the public, by supporting a wide range of complementary therapies and healing to those in the community who ask for something over and above that offered by the NHS, in an effort to restore their sense of well being. This service is open to all regardless of race, creed or financial position.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2021 (continued)

Achievements and performance

Events and Networking

Networking with local IT business who helped us to apply for Free Microsoft package for 10 years. We now have this and have set up a monthly support system with local IT business who have helped us update all laptops and computers and sort out the problems we have had with our website.

Link made with local business to deliver Christmas project

Through link with local business Toys delivered to Food Bank clients on Christmas Eve.

Networking with local charity 'Light Up Axminster' supporting each other in advertising.

Vouchers and Community Cards distributed from Local Business and Charity to Food Bank clients.

Book shop set up throughout the year

We have switched to an online platform for the delivery of Mindfulness, Tripudio, Pilates and Yoga. Qigong has taken place in the garden.

We have taken on a new part time admin assistant who was a volunteer.

Food Bank :

The Food Bank has assisted very many more households than usual. There has been immense support from the community either by way of giving food and money or by way of taking supplies to housebound individuals. Schools, churches, individuals and social groups have been very generous.

Food Bank has in the region of 10 dedicated volunteers who ensure its smooth running.

Wellbeing Services for All Project:

Over 50 people have registered for the scheme in this period and have benefited from sessions either via video platform or in person (COVID safe)

Room Hire:

Although we have had some restrictions because of Covid we have kept individual sessions going. Each month more therapists are joining us.

Therapists:

The following are practised at the Centre.

Acupuncture, Indian Head Massage, Reflexology, Lymphatic Drainage Massage, Bowen Therapy, Energy Healing, Counselling, Clinical Hypnotherapy, Nutritional Therapy, Allergy Testing, Cranial Osteopathy, Osteopathy, Homeopathy, Spiritual Energy Healing Cranial and Physical, Remedial Sports Massage

Yoga, Pilates, Mindfulness, Qigong and Tripudio have all continued successfully online or in the garden.

Volunteers:

Regular volunteer support, gardening and re-modelling, painting and decorating, receptionist duties, minor works to the building, projects, accountancy and social media.

Workshops

Due to COVID we have not been able to run any workshops on-site.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2021 (continued)

Read Easy

Some coaches and readers have been able to meet using outdoor locations. They are now starting to have sessions at the Centre.

Building improvements

Garden has been tended by a team of volunteer gardeners.

Building within Health & Safety regulations and insured.

Fire Extinguisher inspection.

New locks fitted to front door.

Outside of building in the process of being painted

Secondary glazing in the process of being fitted.

Staff CPD

Learning about Microsoft and Websites.

Charity CPD:

Continued to develop our vision, mission and delivery of projects in the context of a pandemic. Liaised with Complementary Therapy and Natural Healthcare Council, Devon County Council and charity organisations similar to our own.

One of our volunteers who is an accountant has supported us in understanding spreadsheets better.

Working with Lottery Team, Axminster Health & Wellbeing Forum and Community Waffle House.

People outcomes

Better informed about wellbeing options through communication and signposting.

Through our bursary scheme many clients have benefitted from being able to speak to one of our practitioners or see them and spend an hour with them at a time when it was difficult to see their GP or time was limited with their GP.

Exploring positive opportunities, more choice, reduced isolation, better balance, better relationships, improved self esteem all round.

Community outcomes

Through engagement with local businesses and Charities we have been able to support people who were experiencing Mental Health Issues and isolation by offering them volunteering work at the Centre. The feedback has been that these people felt included, more worthwhile and with less time on their hands. Some of these people have gone on to help others in similar situations.

Through connecting with Local Health Organisations and Local Bodies we have been able to signpost many people who felt stuck and lonely, onto people who can give them appropriate support.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2021 (continued)

Donations and grants received during the year

There have been donations from individuals, churches and local organisations.

| | | |
|--------------------------------------|----------|-----------------|
| Foodbank restricted donations | £ | 9,010.00 |
|--------------------------------------|----------|-----------------|

| | | |
|--|----------|-----------------|
| Wellbeing Services for All client contributions | £ | 1,335.00 |
|--|----------|-----------------|

Major grants

| | | | |
|-------|--------------|---|-----------|
| March | Lottery fund | £ | 10,528.00 |
|-------|--------------|---|-----------|

| | | | |
|-------|-----------------------------|---|----------|
| April | East Devon District Council | £ | 6,804.00 |
|-------|-----------------------------|---|----------|

| | |
|----------|------------------|
| £ | 17,332.00 |
|----------|------------------|

Financial Review

The result for the year is a net gain of £17,930.

Reserves and reserves policy

The total reserves of the company are now £144,379 compared to £126,449 at the start of the year. Of these reserves, £65,408 relates to the company's freehold property and £23,803 is the balance sheet date value of the quoted investments. Those investments are retained to produce an income to assist in meeting the regular expenditure and maintain a modest balance at the bank.

Signed on behalf of the Trustees

Gillian Perrow, Chair

Date:

AXMINSTER HEALTH & WELLBEING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the company for the year ended 31 October 2021 which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants in England and Wales.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006;
- and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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)

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 
Adrian Harris FCCA
Rosy Jeffery Ltd Chartered Certified Accountants

Date: 9 February 2022

AXMINSTER HEALTH & WELLBEING CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2021**

| | Restricted | Unrestricted | 2021 Total | 2020 Total |
|---------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Incoming resources (page 8) | 9,010 | 42,858 | 51,868 | 71,623 |
| Resources expended (page 9) | <u>3,721</u> | <u>31,476</u> | <u>35,197</u> | <u>38,656</u> |
| Gains/(Losses) on Investments | - | 1,259 | 1,259 | 362 |
| Net incoming /(outgoing) resources | 5,289 | 12,641 | 17,930 | 33,329 |
| Funds brought forward 1 November 2020 | <u>£ 5,099</u> | <u>£ 121,350</u> | <u>£ 126,449</u> | <u>£ 93,120</u> |
| Transfers between funds (note 6) | - | - | - | - |
| Funds carried forward 31 October 2021 | <u>£ 10,388</u> | <u>£ 133,991</u> | <u>£ 144,379</u> | <u>£ 126,449</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF INCOMING RESOURCES
YEAR ENDED 31 OCTOBER 2021**

| | Restricted | Unrestricted | 2021 Total | 2020 Total |
|-----------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Incoming resources | | | | |
| Donations and gifts | - | 1,600 | 1,600 | 6,758 |
| Fundraising events | - | - | - | 112 |
| Grants | - | 25,242 | 25,242 | 39,690 |
| Room Rental | | | | |
| - therapists | - | 8,257 | 8,257 | 11,048 |
| - others | - | 5,462 | 5,462 | 5,215 |
| Sundry income | - | 290 | 290 | 239 |
| Canned Sunshine | 9,010 | - | 9,010 | 6,073 |
| WBSA client contributions | - | 1,335 | 1,335 | 1,200 |
| Mindfulness | - | - | - | 560 |
| | 9,010 | 42,186 | 51,196 | 70,895 |
| Investment income receipts | | | | |
| Bank interest | - | 2 | 2 | 5 |
| Dividends | - | 670 | 670 | 723 |
| | - | 672 | 672 | 728 |
| Total incoming resources | 9,010 | 42,858 | 51,868 | 71,623 |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF OUTGOING RESOURCES
YEAR ENDED 31 OCTOBER 2021**

| | Restricted | Unrestricted | 2021 Total | 2020 Total |
|--------------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Charitable activities | | | | |
| Repairs and maintenance | | 1,442 | 1,442 | 2,041 |
| Insurance | | 581 | 581 | 549 |
| Light, heat and water | | 611 | 611 | 1,991 |
| Rates | | 196 | 196 | 391 |
| Centre events | | - | - | - |
| Fam Wellbeing | | - | - | - |
| Low cost wellbeing - WBSA | | 5,405 | 5,405 | 2,325 |
| Hardship fund | | - | - | - |
| Canned Sunshine (restricted) | 3,721 | | 3,721 | 4,785 |
| | 3,721 | 8,235 | 11,956 | 12,082 |
| Fundraising and Publicity | | | | |
| Advertising | - | - | - | 440 |
| Website | | 96 | 96 | 115 |
| | - | 96 | 96 | 555 |
| Management and administration | | | | |
| Office expenses | | 1,660 | 1,660 | 2,194 |
| Telephone | | 578 | 578 | 520 |
| Cleaning and sundry expenses | | 1,473 | 1,473 | 1,081 |
| Accountancy & bookkeeping | | 1,480 | 1,480 | 1,735 |
| Equipment depreciation | | 27 | 27 | 36 |
| Staff training | | - | - | - |
| Admin wages & associated costs | | 17,861 | 17,861 | 20,385 |
| Travelling | | 66 | 66 | 68 |
| | - | 23,145 | 23,145 | 26,019 |
| Total outgoing resources | 3,721 | 31,476 | 35,197 | 38,656 |

AXMINSTER HEALTH & WELLBEING CENTRE

**BALANCE SHEET
AS AT 31 OCTOBER 2021**

| | Notes | 2021 £ | 2020 £ |
|---|--------------|-------------------|-------------------|
| Fixed assets | | | |
| Tangible assets | 2 | 65,488 | 65,515 |
| Investments | 3 | 23,803 | 22,544 |
| Current assets | | | |
| Debtors and prepayments | 4 | - | - |
| Cash at bank and in hand | | <u>55,969</u> | <u>39,313</u> |
| | | 55,969 | 39,313 |
| Creditors: amounts falling due within one year | 5 | <u>881</u> | <u>923</u> |
| Net current assets | | <u>55,088</u> | <u>38,390</u> |
| Total assets less current liabilities | | 144,379 | 126,449 |
| Net assets | | <u>144,379</u> | <u>126,449</u> |
| Funds | | | |
| Unrestricted | 6 | 133,991 | 121,350 |
| Restricted | 6 | 10,388 | 5,099 |
| | | <u>144,379</u> | <u>126,449</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed on behalf of
the Trustees

.....
G M Perrow, Chair

Approved by the Trustees on

AXMINSTER HEALTH & WELLBEING CENTRE

**NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2021**

3. Investments

| | 2021 | 2020 |
|---|-----------------|-----------------|
| | £ | £ |
| Market value at 31 October 2021 | | |
| COIF Fixed Interest Fund 8,834.63 units | 11,824 | 12,454 |
| COIF Investment Fund 398.01 units | 7,929 | 6,679 |
| COIF Investment fund 203.27 units | 4,050 | 3,411 |
| | <u>£ 23,803</u> | <u>£ 22,544</u> |

4. Debtors

| | 2021 | 2020 |
|----------------|-------------|-------------|
| | £ | £ |
| Sundry debtors | - | - |
| Prepayments | - | - |
| | <u>£ -</u> | <u>£ -</u> |

5. Creditors: amounts falling due within one year

| | 2021 | 2020 |
|-----------------|--------------|--------------|
| | £ | £ |
| Trade creditors | - | - |
| Other creditors | 881 | 923 |
| | <u>£ 881</u> | <u>£ 923</u> |

6. Funds analysis

| | Balance 1.11.20 | Transfer between funds | Incoming Resources | Outgoing Resources | Balance 31.10.21 |
|----------------------|--------------------|---------------------------|-----------------------|-----------------------|---------------------|
| | £ | £ | £ | £ | £ |
| Restricted | | | | | |
| Hardship Fund | - | - | - | - | - |
| Wishing Well Fund | 1,480 | - | - | 0 | 1,480 |
| Canned Sunshine Fund | 3,619 | - | 9,010 | (3,721) | 8,908 |
| | <u>5,099</u> | <u>-</u> | <u>9,010</u> | <u>(3,721)</u> | <u>10,388</u> |
| Unrestricted | | | | | |
| General fund | 121,350 | - | 44,117 | (31,476) | 133,991 |
| | <u>121,350</u> | <u>-</u> | <u>44,117</u> | <u>(31,476)</u> | <u>133,991</u> |
| Total funds | <u>126,449</u> | <u>-</u> | <u>53,127</u> | <u>(35,197)</u> | <u>144,379</u> |

Virtual Cabinet Portal Digital Signatures

Digital Signature Verification

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<http://www.virtualcabinetportal.com/WhatsUTC>

Signature 1

Signed by Gillian Perrow using authentication code eC5LYiYoXEVxcG8v at IP address 81.158.27.19, on 2022/02/21 17:38:48 Z.

Gillian Perrow's e-mail address is: gillianperrow@btinternet.com.

AXMINSTER HEALTH & WELLBEING CENTRE

England & Wales - Charity number 1064307

Accounts

AXMINSTER HEALTH & WELLBEING CENTRE
(A company limited by guarantee)

REGISTERED CHARITY No: 1064307
COMPANY No: 03265670

ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2020

AXMINSTER HEALTH & WELLBEING CENTRE

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AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 October 2020

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 October 2020. The trustees have adopted the methods and principles of the 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).

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Principal address and registered office: Hanover House, Chard Street, Axminster.
EX13 5DZ

Professional advisers:

Independent
examiner: Rosy Jeffery Ltd, The Loft, Unit 11, Hunthay
Business Park, Axminster, Devon. EX13 5RJ

TRUSTEES AND GOVERNANCE

The trustees in office during the year were:

Gillian Perrow : Chairperson
Simon Larkin : Trustee
Melissa Taylor : Trustee/Treasurer
Sarah Shepley : Trustee (appointed 10 February 2020)

All trustees are also directors of the Company.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2020 (continued)**

Structure, Governance and Management

The Trust is constituted as a company and the governing document is the company's Memorandum and Articles of Association.

Officers of Axminster Health and Wellbeing Centre are elected from the trustees at each Annual General Meeting. This year the officers were:
Chair person – Gillian Perrow
Treasurer – Melissa Taylor

Objectives and Activities

Objects of the Trust

The objects of the Trust are:

To promote to everyone the relief of sickness and the preservation of both physical and emotional good health through education, natural healing and complementary therapies.

Strategy

To achieve these objectives, our current strategy is:

To promote the education and awareness of the public in the understanding, use and application of the aforesaid healing and therapies. In this way, the Centre fulfils its responsibility to offer insight and education to the public through its provision of talks and workshops and classes in a variety of subjects.

The Centre meets its requirements for service to the public, by supporting a wide range of complementary therapies and healing to those in the community who ask for something over and above that offered by the NHS, in an effort to restore their sense of well being. This service is open to all regardless of race, creed or financial position.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2020 (continued)

Achievements and performance

Events and Talks

Tea and cake sale

Drop in information sessions delivered at Axminster Library

Drop in information sessions about complementary Therapy and Holistic Movement delivered on-site.

Links made with Project Food to deliver food project

Link made with local business to deliver Christmas project

Book shop set up

Food Bank :

The Food Bank has assisted very many more households than usual. There has been immense support from the community either by way of giving food and money or by way of taking supplies to housebound individuals. Schools, churches, individuals and social groups have been very generous.

Food Bank has in the region of 10 dedicated volunteers who ensure its smooth running.

Wellbeing Services for All Project:

Over 30 people have registered for the scheme in this period and have benefited from sessions either via video platform or in person (COVID safe)

Worked with Ways to Wellbeing.

Room Hire:

When possible, we have hired out our rooms for the delivery of complementary therapy and movement classes.

Therapists:

The following are practised at the Centre.

Acupuncture, Aromatherapy, Aroma Reflex, Indian Head Massage, Lymphatic Drainage Massage, Bowen Therapy, Energy Healing, Counselling, Solution focussed Hypnotherapy, Clinical Hypnotherapy, Nutritional Therapy, Allergy Testing, Cranial Osteopathy, Osteopathy, NLP, Homeopathy, Ear Wax Microsuction Removal, Spiritual Energy Healing Cranial and Physical.

Yoga, Pilates, Mindfulness, Qigong, Tripudio and Meditation:

We have switched to an online platform for the delivery of Mindfulness, Tripudio, Pilates and Yoga. Qigong has taken place in the garden.

Volunteers:

Regular volunteer support, gardening and re-modelling, painting and decorating, receptionist duties, minor works to the building, projects and social media.

Workshops

Due to COVID we have not been able to run any workshops on-site.

AXMINSTER HEALTH & WELLBEING CENTRE

TRUSTEES REPORT FOR THE YEAR ENDED 31 OCTOBER 2020 (continued)

Read Easy

Some coaches and readers have been able to meet using outdoor locations.

Building improvements

Garden has been tended by a team of volunteer gardeners.

Building within Health & Safety regulations and insured.

Fire Extinguisher inspection.

New thermostat for the heating system.

Donations and grants received during the year

There have been donations from individuals, churches and local organisations.

Foodbank donations £ 6,073.00

Wellbeing Services for All client contributions £ 1,200.00

Major grants

January Reaching Communities Therapy and Movement Project £ 10,532.00

April EDDC Business grant £ 10,000.00

October Keeping Well Food Project Funding £ 9,900.00

£ 30,432.00

Charity CPD:

Continued to develop our vision, mission and delivery of projects in the context of a pandemic. Liaised with Complementary Therapy and Natural Healthcare Council, Devon County Council and charity organisations similar to our own.

People outcomes

Better informed about wellbeing options, better able to take responsibility for own health, more positive about opportunities, more choice, reduced isolation, better balance, better relationships, improved self esteem.

Community outcomes

Greater awareness of complementary health, improved social cohesion, more effective engagement with complementary therapy, more integrated complementary health and wellbeing provision.

AXMINSTER HEALTH & WELLBEING CENTRE

**TRUSTEES REPORT FOR THE
YEAR ENDED 31 OCTOBER 2020 (continued)**

Financial Review

The result for the year is a net gain of £33,329.

Reserves and reserves policy

The total reserves of the company are now £126,449 compared to £93,120 at the start of the year. Of these reserves, £65,408 relates to the company's freehold property and £22,544 is the balance sheet date value of the quoted investments. Those investments are retained to produce an income to assist in meeting the regular expenditure and maintain a modest balance at the bank.

Signed on behalf of the Trustees

Gillian Perrow, Chair

Date:

AXMINSTER HEALTH & WELLBEING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the company for the year ended 31 October 2020 which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants in England and Wales.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006;
- and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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)

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 
Adrian Harris FCCA
Rosy Jeffery Ltd Chartered Certified Accountants

Date: 31 March 2021

AXMINSTER HEALTH & WELLBEING CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2020**

| | Restricted | Unrestricted | 2020 Total | 2019 Total |
|---------------------------------------|-------------------|---------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Incoming resources (page 8) | 6,073 | 65,550 | 71,623 | 35,475 |
| Resources expended (page 9) | <u>4,785</u> | <u>33,871</u> | <u>38,656</u> | <u>45,793</u> |
| Gains/(Losses) on Investments | - | 362 | 362 | 1,682 |
| Net incoming /(outgoing) resources | 1,288 | 32,041 | 33,329 | (8,636) |
| Funds brought forward 1 November 2019 | <u>£ 3,811</u> | <u>£ 89,309</u> | <u>£ 93,120</u> | <u>£101,756</u> |
| Transfers between funds (note 6) | - | - | - | - |
| Funds carried forward 31 October 2020 | <u>£ 5,099</u> | <u>£ 121,350</u> | <u>£ 126,449</u> | <u>£ 93,120</u> |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF INCOMING RESOURCES
YEAR ENDED 31 OCTOBER 2020**

| | Restricted Unrestricted | | 2020 Total | 2019 Total |
|-----------------------------------|-------------------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Incoming resources | | | | |
| Donations and gifts | - | 6,758 | 6,758 | 3,222 |
| Fundraising events | - | 112 | 112 | 702 |
| Grants | - | 39,690 | 39,690 | - |
| Room Rental | | | | |
| - therapists | - | 11,048 | 11,048 | 16,566 |
| - others | - | 5,215 | 5,215 | 9,109 |
| Sundry income | - | 239 | 239 | 427 |
| Canned Sunshine | 6,073 | - | 6,073 | 2,576 |
| WBSA client contributions | - | 1,200 | 1,200 | 2,063 |
| Mindfulness | - | 560 | 560 | - |
| | 6,073 | 64,822 | 70,895 | 34,665 |
| Investment income receipts | | | | |
| Bank interest | - | 5 | 5 | 1 |
| Dividends | - | 723 | 723 | 809 |
| | - | 728 | 728 | 810 |
| Total incoming resources | 6,073 | 65,550 | 71,623 | 35,475 |

AXMINSTER HEALTH & WELLBEING CENTRE

**SUMMARY OF OUTGOING RESOURCES
YEAR ENDED 31 OCTOBER 2020**

| | Restricted | Unrestricted | 2020 Total | 2019 Total |
|--------------------------------------|--------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Charitable activities | | | | |
| Repairs and maintenance | | 2,041 | 2,041 | 3,180 |
| Insurance | | 549 | 549 | 1,010 |
| Light, heat and water | | 1,991 | 1,991 | 1,840 |
| Rates | | 391 | 391 | 748 |
| Centre events | | - | - | 211 |
| Fam Wellbeing | | - | - | - |
| Low cost wellbeing - WBSA | | 2,325 | 2,325 | 6,965 |
| Hardship fund | | - | - | - |
| Canned Sunshine (restricted) | 4,785 | | 4,785 | 1,313 |
| | 4,785 | 7,297 | 12,082 | 15,267 |
| Fundraising and Publicity | | | | |
| Advertising | - | 440 | 440 | 60 |
| Website | | 115 | 115 | 480 |
| | - | 555 | 555 | 540 |
| Management and administration | | | | |
| Office expenses | | 2,194 | 2,194 | 440 |
| Telephone | | 520 | 520 | 434 |
| Cleaning and sundry expenses | | 1,081 | 1,081 | 3,199 |
| Accountancy & bookkeeping | | 1,735 | 1,735 | 2,450 |
| Equipment depreciation | | 36 | 36 | 48 |
| Staff training | | - | - | - |
| Admin wages & associated costs | | 20,385 | 20,385 | 23,415 |
| Travelling | | 68 | 68 | - |
| | - | 26,019 | 26,019 | 29,986 |
| Total outgoing resources | 4,785 | 33,871 | 38,656 | 45,793 |

AXMINSTER HEALTH & WELLBEING CENTRE

**BALANCE SHEET
AS AT 31 OCTOBER 2020**

| | Notes | 2020 £ | 2019 £ |
|---|-------|----------------|---------------|
| Fixed assets | | | |
| Tangible assets | 2 | 65,515 | 65,551 |
| Investments | 3 | 22,544 | 23,683 |
| Current assets | | | |
| Debtors and prepayments | 4 | - | 88 |
| Cash at bank and in hand | | <u>39,313</u> | <u>4,550</u> |
| | | 39,313 | 4,638 |
| Creditors: amounts falling due within one year | | | |
| | 5 | <u>923</u> | <u>752</u> |
| Net current assets | | <u>38,390</u> | <u>3,886</u> |
| Total assets less current liabilities | | 126,449 | 93,120 |
| Net assets | | <u>126,449</u> | <u>93,120</u> |
| Funds | | | |
| Unrestricted | 6 | 121,350 | 89,309 |
| Restricted | 6 | 5,099 | 3,811 |
| | | <u>126,449</u> | <u>93,120</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed on behalf of
the Trustees

.....
G M Perrow, Chair

Approved by the Trustees on

AXMINSTER HEALTH & WELLBEING CENTRE

**NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2020**

3. Investments

| | 2020 | 2019 |
|---|-----------------|-----------------|
| | £ | £ |
| Market value at 31 October 2020 | | |
| COIF Fixed Interest Fund 8,834.63 units | 12,454 | 12,363 |
| COIF Investment Fund 398.01 units | 6,679 | 6,546 |
| COIF Investment fund 203.27 units | 3,411 | 4,774 |
| | <u>£ 22,544</u> | <u>£ 23,683</u> |

4. Debtors

| | 2020 | 2019 |
|----------------|-------------|-------------|
| | £ | £ |
| Sundry debtors | - | - |
| Prepayments | - | 88 |
| | <u>£ -</u> | <u>£ 88</u> |

5. Creditors: amounts falling due within one year

| | 2020 | 2019 |
|-----------------|--------------|--------------|
| | £ | £ |
| Trade creditors | - | - |
| Other creditors | 923 | 752 |
| | <u>£ 923</u> | <u>£ 752</u> |

6. Funds analysis

| | Balance 1.11.19 | Transfer between funds | Incoming Resources | Outgoing Resources | Balance 31.10.20 |
|----------------------|--------------------|---------------------------|-----------------------|-----------------------|---------------------|
| | £ | £ | £ | £ | £ |
| Restricted | | | | | |
| Hardship Fund | - | - | - | - | - |
| Wishing Well Fund | 1,480 | - | - | 0 | 1,480 |
| Canned Sunshine Fund | 2,331 | - | 6,073 | (4,785) | 3,619 |
| | <u>3,811</u> | <u>-</u> | <u>6,073</u> | <u>(4,785)</u> | <u>5,099</u> |
| Unrestricted | | | | | |
| General fund | 89,309 | - | 65,912 | (33,871) | 121,350 |
| | <u>89,309</u> | <u>-</u> | <u>65,912</u> | <u>(33,871)</u> | <u>121,350</u> |
| Total funds | <u>93,120</u> | <u>-</u> | <u>71,985</u> | <u>(38,656)</u> | <u>126,449</u> |

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Signature 1

Signed by Gillian Perrow using authentication code eC5LYiYoXEVxcG8v at IP address 86.186.149.74, on 2021/04/15 18:00:08 Z.

Gillian Perrow's e-mail address is: gillianperrow@btinternet.com.