

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).

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
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Professional advisers:

Independent examiner:	Rosy Jeffery Ltd, The Loft, Unit 11, Hunthay Business Park, Axminster, Devon. EX13 5RJ
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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
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Wellbeing Services for All client contributions	£ 1,200.00
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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
		<u>£ 30,432.00</u>

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)	4,785	33,871	38,656	45,793
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

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G M Perrow, Chair

Approved by the Trustees on

NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2020

(a) Basis of Accounting

There have been no material departures from Financial Reporting Standard 102.

Tangible fixed assets are stated at cost less depreciation to date. Depreciation is calculated to write off the cost over their effective useful lives using the straight line basis and the following annual rates:

No depreciation has been charged on the freehold property, which is well maintained and all costs of repairs and improvements are charged as direct charitable expenditure when incurred.

Income is the total amount received by the company in donations, charges for use of the facilities and income from fund raising events.

Expenditure is recognised when a liability is incurred. It is considered that all the expenditure is directly for charitable purposes with the exception of the office finance costs and promotional expenses.

Tangible Fixed Assets		Equipment	Freehold Property	Total
	£	£	£	
Cost				
At 1 November 2019	7,711	65,408	73,119	
Additions	-	-	-	
At 31 October 2020	7,711	65,408	73,119	
Depreciation				
At 1 November 2019	7,568	-	7,568	
Charge for the year	36	-	36	
At 31 October 2020	7,604	-	7,604	
Net book value				
At 31 October 2019	143	65,408	65,551	
At 31 October 2020	107	65,408	65,515	

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.