

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
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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

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
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Wellbeing Services for All client contributions	£	1,335.00
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Major grants

March	Lottery fund	£	10,528.00
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April	East Devon District Council	£	6,804.00
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£	17,332.00
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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)	3,721	31,476	35,197	38,656
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

1. Accounting Policies

(a) Basis of Accounting

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

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

(b) Tangible fixed assets

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:

Equipment 25% reducing balance

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.

(c) Incoming resources

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

(e) Resources expended

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.

2. Tangible Fixed Assets

	Equipment	Freehold Property	Total
	£	£	£
Cost			
At 1 November 2020	7,711	65,408	73,119
Additions	-	-	-
At 31 October 2021	7,711	65,408	73,119
Depreciation			
At 1 November 2020	7,604	-	7,604
Charge for the year	27	-	27
At 31 October 2021	7,631	-	7,631
Net book value			
At 31 October 2020	107	65,408	65,515
At 31 October 2021	80	65,408	65,488

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>

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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.