

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

INDEX

Trustees' Report	1
Independent examiner's report	6
Statement of financial activities	7
Summary of incoming resources	8
Summary of outgoing resources	9
Balance sheet	10
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 lead 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)	3,051	29,285	32,336	35,197
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

NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2022

(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:

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.

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 2021	7,711	65,408	73,119	
Additions	-	-	-	
At 31 October 2022	7,711	65,408	73,119	
Depreciation				
At 1 November 2021	7,631	-	7,631	
Charge for the year	20	-	20	
At 31 October 2022	7,651	-	7,651	
Net book value				
At 31 October 2021	80	65,408	65,488	
At 31 October 2022	60	65,408	65,468	

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>