

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

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 2023. 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 + 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

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 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

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:

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)	3,879	39,688	43,567	32,336
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

NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2023

(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 2022	7,711	65,408	73,119	
Additions	-	-	-	
At 31 October 2023	7,711	65,408	73,119	
Depreciation				
At 1 November 2022	7,651	-	7,651	
Charge for the year	15	-	15	
At 31 October 2023	7,666	-	7,666	
Net book value				
At 31 October 2022	60	65,408	65,468	
At 31 October 2023	45	65,408	65,453	

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	1231
	<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 VW5QQTwvY1d5JE9E 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.