

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
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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 (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 Mouland, 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)	3,995	38,830	42,825	43,567
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

NOTES TO THE ACCOUNTS FOR THE
YEAR ENDED 31 OCTOBER 2024

(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 2023	7,711	65,408	73,119	
Additions	-	-	-	
At 31 October 2024	7,711	65,408	73,119	
Depreciation				
At 1 November 2023	7,666	-	7,666	
Charge for the year	11	-	11	
At 31 October 2024	7,677	-	7,677	
Net book value				
At 31 October 2023	45	65,408	65,453	
At 31 October 2024	34	65,408	65,442	

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>

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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.