

Registered number
04180958

Health & Education South
(A Company Limited by Guarantee)
Registered Charity number 1091209

Report and Accounts

31 March 2024

**Health & Education South
Report and accounts
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HEALTH & EDUCATION SOUTH

A company limited by guarantee

Report of the Trustees For the Year ended 31st March 2024

Charity Number: 1091209 (from March 2002)

Company Number: 4180958 (from March 2001)

The Trustees wish to present this annual report, summarising the activities of the charity Health & Education South over the year ended 31st March 2024 to the Charity Commission.

Administrative Information

Charity Name: Health and Education South

Registered Office and Operational Address: 6b Church Street, Reading, Berkshire RG1 2SB

Trustees: Robert Small (Chair), Paul Maiteny, Jessica Hamersteen, Robert Brodie, Belinda Manning

Secretary: Kate Pepper

Senior Management Team: Kate Pepper (Director), Belinda Manning (Management Team Member)

Bankers: Metro Bank, 201 Broad St, Reading, RG1 7QA

Barclays Bank, Business Direct Access, 90-93 Broad Street, Reading RG1 2AP. (Contingency Fund)

Nationwide Business Savings Account, 51 Broad St, Reading RG1 2AA (for transfer of contingency fund from Barclays)

Our Aims and Objectives

Our Charity's purposes as set out in the objects contained in the company's memorandum of association are to provide:

- Relief of sickness and suffering
- Advancement of Education

The aims of the charity are the promotion of health and to improve and maintain conditions of living, and to provide educational training to adults of all nationalities in the local area, in a most effective and affordable way. Our aims fully reflect the purposes that the charity was set up to further.

The charity consists of two elements: -

1. The English Language Centre and
2. The Therapy Centre.

Both of these contribute to the aims and objectives of the charity.

The English Language Centre was founded in 1984. The present premises were purchased in 2000 specifically to house the school and the therapy centre more effectively and comprise an attractive historic building in a quiet conservation area in the heart of Reading.

The aim of the school is to provide not only an appropriate academic environment, but also one which has a welcoming social atmosphere where students feel at home and supported by their peers and staff alike and where they are able to make the most of their time to enhance their language skills while experiencing different aspects of UK culture.

The school shares the premises with The Therapy Centre, also owned and managed by the director, Kate Pepper. The Therapy Centre is on the ground floor of the building with the school on the first floor. The Therapy Centre provides room availability for a range of therapeutic and professional treatment. Administration functions are provided to both centres from the central office.

Ensuring the delivery of the Aims

We review the aims and objectives and activities twice yearly. We review our achievements and outcomes of our work, focussing on the success of each activity as well as the benefits to local residents, which includes the asylum seekers and refugees to enable them to assimilate into the Reading area. The trustees plan the future activities, taking into consideration how these activities contribute to the aims and objectives of the charity.

Focus of our work

- The objectives during the last year continued to be for the advancement of education to the local community, and also for the relief of pain and sickness.
- Premises with ground floor rooms accessible by wheelchair, therapeutic services for treatment with qualified therapists and trainers. Seven days per week access, and unlimited time usage.
- Relief of ill health through alternative and complementary therapies including hypnotherapy, acupuncture, psychotherapy and counselling.
- Providing room space for other community groups, and self-help workshops and courses including yoga, meditation, and support groups.
- First floor space for educational training
- Maintaining affordable prices for the community
- English courses for foreign residents enabling them to integrate better into the community and improve their language skills to find work
- Provide a Preparation Examination Centre for Cambridge University examinations for those needing qualifications for further education, work or for immigration purposes.
- Training for Teachers aiming to obtain the Certificate in English Language Teaching to Adults (CELTA) and Diploma in English Language Teaching to Adults (Delta) qualifications
- Abiding by the regulations of the government Accreditation body: Independent Schools Inspectorate (ISI)

Who has used our services and how they have benefitted.

A. The Educational Courses:

The school catered for up to 150 international students at any one time, of whom the majority were part-time students. The number of paying students has dropped dramatically and averaged 20 per month during the year.

The majority of the students are refugees and asylum seekers who attend free classes taught by volunteer teaching staff and CELTA trainees who are supervised by qualified staff. Over 200 such students were supported by the school, with English Language classes during the year, to give them confidence while settling into the area, and hoping to find work in the near future.

Adult students only, over the age of 18. Student recruitment is mainly by word of mouth and the website. The school does not use agents for recruitment at present but is investigating this as a possibility in the future. The school was last inspected by ISI in November 2023. The next inspection will take place in the autumn 2024.

The ISI inspection accredited The English Language Centre with the following grades:

Quality of curriculum, teaching and learners' achievements	Excellent
Students' welfare, including health and safety	Good
Governance, leadership and management	Good

Visa students normally enrol at the start of the academic year. Part-time and full-time students can enrol at any time. This year there have been no students attending on a full-time Tier 4/Student visa status, and the other students are all part-time.

Age range breakdown of students during the past 12 months (1st April 2023 to 31st March 2024)

Age Range	Count	Percentage	Female	Male
18-19	2	2.8 %	1	1
20-24	16	22.5 %	8	8
25-29	9	12.7 %	9	0
30-39	17	23.9 %	13	4
40-49	14	19.7 %	10	4
Over 50	11	15.5 %	9	2
Unknown	2	2.8 %	1	1

The total number of students was 71 during this period, up slightly from the previous financial year at 54.

During the past 12 months the school has been host to students from 29 different countries, up slightly from 24 in the previous year:

Code	Country	Count	Percentage
SA	Saudi Arabia	8	11.3 %
HK	Hong Kong	6	8.5 %
IT	Italy	6	8.5 %
TR	Turkey	6	8.5 %
IN	India	4	5.6 %
UA	Ukraine	4	5.6 %
CN	China	3	4.2 %
ES	Spain	3	4.2 %
RU	Russian Federation	3	4.2 %
TH	Thailand	3	4.2 %
AL	Albania	2	2.8 %
AR	Argentina	2	2.8 %
CH	Switzerland	2	2.8 %
DE	Germany	2	2.8 %
FR	France	2	2.8 %
GR	Greece	2	2.8 %
BD	Bangladesh	1	1.4 %
BE	Belgium	1	1.4 %
BG	Bulgaria	1	1.4 %
BR	Brazil	1	1.4 %
CA	Canada	1	1.4 %
HU	Hungary	1	1.4 %
JP	Japan	1	1.4 %
KR	Korea, South	1	1.4 %
LY	Libya	1	1.4 %
MK	Macedonia	1	1.4 %
MX	Mexico	1	1.4 %
PK	Pakistan	1	1.4 %
PL	Poland	1	1.4 %

EU 19 26.8 %

Non EU 52 73.2 %

The recent phenomenon has been the decrease in students from Europe, partly due to the economic situation there, and the impact of Brexit thus demanding the need for a Study Visa in order to enter the UK to follow an English Language Course. A work visa would be necessary for the students in order to find a job to subsidise their studies. The outbreak of Covid- 19 world-wide had a dramatic effect on attendance in the Language School and the number of attendees remains

very low, with few teachers returning to work at the centre as the demand for teaching staff has also dropped. The students prefer to visit the UK on a tourist visa for 6 months at a time.

There are no students with significant learning difficulties or disabilities at present, but Disability Support is provided upon request by one of the previous Trustees who is fully qualified and experienced in this area, including Special Educational Needs and Disability (SEND).

Detailed records of each student are kept in paper files and on the student administration system. Passports are checked for all students, and proof of valid visa status or residency is recorded for those students who may arrive from outside the UK.

Student satisfaction remains generally high and the success of the school in meeting its students' needs is demonstrated by the willingness to recommend the school to friends and family (typically around 95% in student surveys) and the greater number of students who come to the school via personal referral.

Cambridge Examination Results

There was a limited number of Cambridge University examination sessions held during this period, and they continued with only a few of the Centre's students as follows:

Date	Student	Exam Body	Exam	CEFR\n Level	Result	Pass
06 Jun 2023	Silvia Demelas	Cambridge	FCE	B2	C	Pass
06 Jun 2023	Emilie Fournier	Cambridge	FCE	B2	C	Pass
06 Jun 2023	Samantha Velasco Garcia	Cambridge	FCE	B2	C	Pass
07 Jun 2023	Irene Bini	Cambridge	CAE	C1	C	Pass
07 Jun 2023	Marta Mateos	Cambridge	CAE	C1	CEFR B2	Pass
28 Nov 2023	Ledja Fisheku	Cambridge	FCE	B2	C	Pass
16 Mar 2024	Leo Lottermoser	Cambridge	CAE	C1	C	Pass

Due to the increase in examiners' training and standardising fees put upon the Centre by Cambridge University, it became financially unviable to run the examinations on site. Unfortunately, after 30 years of holding the exams, the Director felt obliged to inform the university that the Centre would be closed and not accept candidates from 1st January 2024. It is now a Preparation Centre for the main suite exams only, sending students to other nearby Examination Centres.

Teacher Training

The CELTA teacher training day and evening courses are offered 6 times per year. This year three courses ran: April to July 2023, September to December 2023, January to March 24. All the trainees were awarded a pass grade or above. Applications have been on the increase, and both day and evening courses are reinstated. The demand for teaching training has remained good.

B. The Therapy Centre:

The Centre, opened in May '96, has experienced and qualified therapists and consultants who continue to provide facilities for those interested in undertaking treatment as well as attending occasional meetings, or following courses. The hands-on treatments continue to benefit their clients by producing lasting relief from pain and discomfort. Counselling or psychotherapy, among others, is conducted in sound-proofed rooms, which allows meetings with clients in privacy and confidence, to explore distress or difficulties the client may be experiencing. The rooms are also let out to community groups for free or at a reduced fee (e.g., Reading Welfare Group and Reading Town in Transition). The aim is for the Centre to continue operating as such for the next year ahead.

During this financial year, 32 therapists have made regular use of the rooms in The Therapy Centre: an increase from 26 in the previous year. Over the last year there has been an increase in clients booking sessions with the Therapists face-to-face in the Therapy Centre rather than online. There is a balance between new therapists joining the Centre, and those moving on. Weekend group gatherings and trainings have now re-started.

The range of treatment for the community is returning to nearer that of pre-covid times with:

Alexander Technique
Acupuncture
Coaching/Counselling
Cranio-sacral Therapy
Hypnotherapy
Massage
Psychotherapy
Reiki
Reflexology
Meditation
Yoga

Financial Review

The Principal Funding Sources:

The sources are the fee-paying students for group and private tuition on a weekly and monthly basis, examinations held until January 2024 for internal and external candidates, the CELTA trainees and also the therapists who pay on a monthly basis for the room usage. During the financial year 2023/24, the income from Tuition has increased by 25% and the Therapy Centre income has risen by approximately 40%, showing more stability as shown in the financial report by the accountant (attached). There is a corresponding increase in the cost of external teachers, in line with the tuition fees. The reserves are now at £70,000. This is adequate, but the considerable upheaval of the last few years has demonstrated the need for adequate reserves. This represents about 9 months of costs. One grant from Berkshire Community Foundation was received during the year with an amount of £2,000. Further funding possibilities need to be researched.

Plans for the future

The Charity will continue the Educational and Therapeutic activities as previously described, with added focus on: -

- The monitoring inspection by ISI which will take place in autumn 2024. We aim to further maintain our standard of 'exceeding' and undertake to resolve any areas of recommended development.
- Review costing and viability of external compliance.
- Maintain and update the appearance of the therapy centre to attract further therapists and maintain a pleasing environment for their clients.
- To look into taking on further educational agents to work together for students needing English as a Foreign Language (EFL) classes.
- Develop a wider range of training for examinations available such as the OET for nurses and medical staff.
- Keep updated with the government regulations for maintaining safe working conditions for all staff, clients and students. Research into further available grants and funding for the Charity as a whole
- Provision of affordable and free Classes for the many refugees and asylum seekers on a daily basis, both during the day and evening times.

Structure, Governance and Management

Governing Document: The organisation is a charitable company limited by guarantee. It was incorporated in March 2001 and registered as a charity in March 2002. Trustees have wide experience in the areas of management, finance, education, therapy, and disability and can provide a quality assurance which monitors the progress of the school, with strategic business and financial planning

The Trustees serve an indefinite period and give notice upon deciding to leave the trusteeship. At present there are 5 trustees on the board. New trustees are voted upon at the end of a year as to whether continuation of their role is required.

Recruitment and Appointment of Trustees: Trustees are sought when notice to resign is given by a trustee. Any new trustee has an induction period during which the director clarifies the aims and objectives of the charity and provides information of the previous meetings and minutes. The present trustees will meet and discuss the suitability of a new trustee, and then vote to appoint that trustee or not. Reference will be made to the Charity Commission publications CC30 Finding New Trustees and CC3 The Essential Trustee.

Risk Management:

Financial Risk: The risks to the charity's income falling and/or the expenditures increasing are reviewed by the Trustees twice a year with direction from the Senior Management Team. Also, a monthly overview of the income, expenditure, surplus or loss spreadsheet for the Charity is maintained by the treasurer. Also, financial propriety is reviewed to ensure that good standards and procedures are maintained for processing money, fees etc.

Health & Safety: The requisite H&S and Fire Regulations and procedures are applied and adhered to throughout the charity premises and are regularly reviewed by the Senior Management and Trustees.

Responsibilities of the Trustees

The trustees will:

- Monitor all activities of Health & Education South to ensure that all staff and therapists are furthering the objects of the Charity and abiding by the regulations of the Centre
- Meet twice yearly to advise on and approve of improvements and changes to the Centre
- Periodically talk with clients to gauge their opinions on their treatment

- Discuss the Feedback Forms which will be available for clients and students to complete
- Attended Open Days whenever possible to gain more insight into therapy courses and treatment
- Verify provision of all certificates, qualifications, and insurance of the Therapy Centre room hirers
- Check full and accurate accounting records
- Advise on funding and possible grants
- Help the Charity achieve its aims through their expertise or commitment
- Oversee the legal duties and ensure these responsibilities are carried out

Accountancy

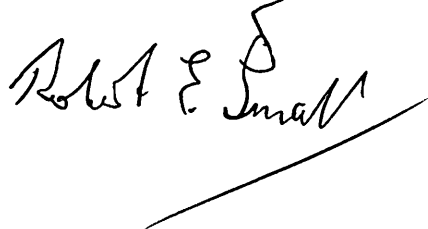
The Director's Report and Financial Statements for the Year ended 31st March 2024 are attached separately.

This report has been prepared in accordance with the statement of recommended practice: Accounting and Reporting by Charities (March 2005) and in accordance with the special provision of Part VII of the Companies Act 1985 relating to small entities.

Approved and signed on behalf of the Trustees on 2nd December 2024 by:

Name of Trustee: Robert Small

Signature:



Health & Education South
Statement of Financial Activities (including Income & Expenditure Account)
for the year ended 31 March 2024

		Unrestricted Funds	
	Notes	2024 £	2023 £
Incoming resources			
Income from Charitable activities	2	86,055	87,094
Interest receivable		253	30
Resources expended			
Charitable activities	3	(95,186)	(94,625)
Other operating income		7,700	16,773
Net movement in funds		(1,178)	9,272
Reconciliation of funds:			
Total funds brought forward		71,171	61,899
Total funds carried forward		<u>69,993</u>	<u>71,171</u>

The statement of financial activities includes all gains and losses for the year. All incoming resources and resources expended derive from continuing activities.

**Health & Education South
Balance Sheet
as at 31 March 2024**

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	4	2	2
Current assets			
Debtors	5	3,595	1,088
Cash at bank and in hand		80,077	83,198
		83,672	84,286
Creditors: amounts falling due within one year	6	(13,681)	(13,117)
Net current assets		69,991	71,169
Net assets		<u>69,993</u>	<u>71,171</u>
Capital and reserves			
General funds - unrestricted	7	69,993	71,171
		<u>69,993</u>	<u>71,171</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.

The member has not required the company to obtain an audit in accordance with section 476 of the Act. However, in accordance with s145 of Charities Act 2011 the accounts have been examined by an Independent examiner.

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.

K I Pepper
Director

Approved by the board on 2 / 12 /2024

**Health & Education South
Notes to the Accounts
for the year ended 31 March 2024**

1 Accounting policies

Basis of preparation

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW) , effective January 2016, , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Incoming resources

Incoming resources represents the value of tuition and ancillary services supplied to pupils and rent from room hire for therapy services. Income is recognised when the service is rendered or the hire period has completed.

Resources expended

Expenditure is accounted for on an accruals basis as a liability is incurred.

Depreciation

Fixed assets are measured at their original cost.

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Equipment and fixtures	20% straight line
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Health & Education South
Notes to the Accounts
for the year ended 31 March 2024

2 Incoming resources	2024	2023
Tuition fees	56,314	65,739
Therapy Centre	29,741	21,355
	<u>86,055</u>	<u>87,094</u>

3 Charitable activities	2024	2023
	£	£
Charitable activities	42,060	35,946
Emoluments of employees and external tutors	32,144	27,964
Governance costs - Schools inspection service	2,600	7,150
Directors' remuneration	18,382	13,565
Pension costs	-	10,000
	<u>95,186</u>	<u>94,625</u>

The average number of staff employed during the year was	<u>2</u>	<u>2</u>
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4 Tangible fixed assets

	Equipment and fixtures £
Cost	
At 1 April 2023	21,698
At 31 March 2024	<u>21,698</u>
Depreciation	
At 1 April 2023	21,696
At 31 March 2024	<u>21,696</u>
Net book value	
At 31 March 2024	<u>2</u>
At 31 March 2023	<u>2</u>

Health & Education South
Notes to the Accounts
for the year ended 31 March 2024

5 Debtors	2024	2023
	£	£
Trade debtors	<u>3,595</u>	<u>1,088</u>
6 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxes and social security costs	359	311
Other creditors	13,322	12,806
	<u>13,681</u>	<u>13,117</u>
7 Unrestricted general funds	2024	2023
	£	£
At 1 April 2023	71,171	61,899
(Loss)/net income for the year	(1,178)	9,272
At 31 March 2024	<u>69,993</u>	<u>71,171</u>
8 Related party transactions	2024	2023
	£	£
The company rents premises from the director at market value. The rent paid during the year was:	12,000	10,000

9 Company limited by guarantee

The company has no issued share capital and in the event of a winding up each member will contribute £1.

Independent examiner's report to the trustees of Health & Education South

I report to the charity trustees on my examination of the accounts of Health & Education South for the year ended 31 March 2024.

Responsibilities and basis of the report

As the charity trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act"). Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under s145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145 (5) b of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with examination giving me cause to believe:

- (1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not company with the accounting requirements of section 386 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing accounts in accordance with Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102)

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A R Mitchell
Chartered Accountants
16 Polkirt Heights
Mevagissey
Cornwall
PL26 6TT

07 / 12 /2024