

THE NFSH CHARITABLE TRUST LIMITED

England & Wales · Charity number 1094702

Details

Other names	NATIONAL FEDERATION OF SPIRITUAL HEALERS, The Healing Trust
Status	Registered
Legal form	Charitable company
Company number	03752333
Registered	2002-11-21
Register	View on the Charity Commission register

Contact

Address	Nene Business Centre 39 Waterside House Station Road Irthlingborough Wellingborough Northamp
Phone	01604603247
Email	office@thehealingtrust.org.uk
Website	www.thehealingtrust.org.uk

Activities

Objects: TO PROMOTE PUBLIC HEALTH BY THE PROMOTION OF SPIRITUAL HEALING FOR THE BENEFIT OF THE PUBLIC BY EDUCATING AND TRAINING HEALERS AND BY ENSURING PROPER STANDARDS IN THE PRACTICE OF SPIRITUAL HEALING.

Activities: Promote public health by the promotion of Spiritual Healing and raise awareness of matters associated with healing via Spiritus Magazine. Educate and train healers. Ensure proper standards in the practice of Spiritual Healing. Provide workshops and CPD events for members of the public as well as members of the organisation.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** NATIONAL AND OVERSEAS
- Austria
- Belgium
- Canada
- France
- Germany
- Ireland
- New Zealand
- Portugal
- Scotland
- South Africa
- Spain
- Switzerland
- United States
- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£118,574	£166,924	-	-
2023-12-31	£532,309	£144,815	£758,261	2
2022-12-31	£104,777	£124,240	-	-
2021-12-31	£148,637	£122,703	-	-
2020-12-31	£118,797	£126,065	-	-

Trustees

Name	Role	Appointed
Helena Parker	Chair	2025-08-19
Alison Grunwald		2022-11-05
Jennifer Jones		2020-09-26
Judith Mitting		2024-11-18
Lesley Sumner		2020-09-26
Lubna Samara		2024-03-18

Linked charities

- THE HARRY EDWARDS NSFH TRUST (1094702-1)

THE NFSH CHARITABLE TRUST LIMITED

England & Wales - Charity number 1094702

Accounts

REGISTERED COMPANY NUMBER: 03752333 (England and Wales)
REGISTERED CHARITY NUMBER: 1094702

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2024
for
THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Contents of the Financial Statements
for the year ended 31 DECEMBER 2024

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11
Balance Sheet	12 to 13
Notes to the Financial Statements	14 to 23
Detailed Statement of Financial Activities	24 to 25

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 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 December 2024. The trustees have adopted the provisions of 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) (effective 1 January 2019).

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity is established to promote public health by the promotion of spiritual healing for the benefit of the public, by educating and training healers and by ensuring proper standards in the practice of spiritual healing.

While in recent years, the charity has seen a decline in memberships, the number of members however has stabilised to around 1,000. The medium-term aim is to continue to build new memberships, to ensure that the charity can meet its objectives. To achieve this, the charity continues to promote itself online to reach a wider audience and to invest in improvements to its training and external communications:

- New online healer training pilot project (to be assessed in early 2025) will become mainstream as the former training scheme is phased out by the end of 2024. Online and face to face healer training are fully accredited by UK Healers and comply with their new quality standards. Both trainings are now 200 hour rather than 100 hour. The online training potentially reaches a greater number of students so increasing student and healer numbers. These increases should show in future years.
- A new pilot Tutor training programme was launched during 2024 and will run annually. By increasing the number of tutors, the charity will be in a better position to enrol new student members, thereby enabling it to expand its membership and meet future demand for training as a new external communications strategy is rolled out in 2025.
- The charity has increased the frequency of its newsletter which sent out to members and the public who have opted in to receive them. We trialled a new format which has proved popular.
- A revised booklet to explain energy healing and its benefits to the public has been published for distribution at healing centres. This will also be translated into Welsh in the following year.
- A revised booklet to promote the enrolment of new student members is planned for release in the Spring of the following year.
- It was decided to significantly increase the charity's external communications at the start of 2025 and a new member of staff specialising in public relations, marketing and social media was engaged to start early in 2025.
- The charity's Facebook page continues to draw more followers, and several healing centres and regions run their own Facebook pages which successfully attract new clients. Other social media platforms will be researched and utilised moving forward using video content.
- The website, newly launched in the previous year is increasingly attracting new visitors, who can access everything they need to learn about healing, with information on where to find a local healer or healing centre. The members' section provides increasing resources with information on healing, the charity's policies, training, CPD, events calendar, code of conduct and subscription renewals system. The scope of member resources will expand during 2025.
- The charity's new logo was officially launched during the year, and all literature and online marketing is being continually updated to use only the new logo so that branding is consistent across all media.

In addition to the above, the charity continues to undertake activities to promote spiritual healing to the public and improve public health through access to spiritual healing:

- Healers registered on the website send distant healing when requested by members of the public
- The Healing Trust Facebook page weekly distant healing sessions where healing is sent out to all members of the public who have requested it
- Providing healing at the 16 regional healing centres where healers continue to offer regular face to face healing sessions for the public
- Promoting research - Healer members participating in research by Northampton University as to the efficacy of non contact (distant) healing on participating members of the public
- Raising awareness of matters associated with healing via the members' newsletter, website, exhibitions, voluntary healing centres and social media presence
- Providing free introductory workshops for those interested in training as a healer
- CPD events for members of the public as well as members of the organisation
- Participating in Healing Awareness Week each year with related talks open to members of the public
- Increasing awareness and credibility of Spiritual Healing by offering healing at exhibitions and other health and healing events

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

The promotion of public health through healing is at the heart of all activities. The Healing Trust continues to ensure the highest standard of spiritual healing through its provision of training and education. Activities to support this include:

- Educating and training Healers, continually reviewing and improving the Healing Trust's training programme and delivery of training courses so as to maintain the highest standard of training and healing. This has resulted in developing a fully accredited (UK Healers) pilot project online Healer Training program which complies with their new quality standards. This allows healer training to reach anyone regardless of their geographical location
- Providing support groups for Healers and Students through structured mentoring and regular practice meetings both face to face and online
- Encouraging a culture of collaboration and the sharing of knowledge through CPD events
- Tutors are working to new National Occupational Standards. Regular monthly meetings for trainee and qualified tutors to support, teach, update and disseminate training information as well as a forum for receiving feedback
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self-Regulation for Healing. i.e., UK Healers, our Healing Professional Specific Body (PSB) who are the verifying body for Healing on the Complementary and Natural Healthcare Council (CNHC)
- Contributing to the Regulation work of UK Healers, as a key member of their organisation

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, and when considering what constitutes public benefit.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

With the objectives of the charity being to promote public health and promote spiritual healing for the benefit of the public, the achievement of these objectives can be measured via public participation in the activities of the charity, along with membership numbers and donations.

During 2024, there were several indicators that the charity has been achieving its objectives regarding the promotion of public health and spiritual healing:

- Healers have continued to offer free distant healing and remote support to those in need who have requested healing through the charity's website
- The charity's 16 healing centres throughout the UK offer face to face physical healing to the wider public via drop-in sessions. This is offered free of charge to members of the public, although a voluntary donation towards the running of our charity is welcomed. Donations by the public for healing in 2024 increased to £29k (up by £6.5k or 29% on 2022), indicating that there is an increasing awareness and demand by the public for spiritual healing
- A weekly 'Facebook live' distant healing meditation, held by the charity's Chair, Jennifer Jones, has offered a further opportunity for members, and non-members alike, to request distant healing for those in need. The Facebook page now has 9,000 followers
- The Healing Trust participated in Healing Awareness Week from 1st to 8th May 2024, during which events by members were offered. There were postings onto the facebook pages and the 'Facebook Live' distant healing meditation.

The new website has generated a lot of new enquiries about the healer training. The charity is offering free introductory courses for those interested. Existing tutors are being encouraged to offer sufficient courses to meet the increase in demand.

There is also a need to recruit and train new tutors who will be enabled to teach online as well as face to face and fully embrace the new 200 hour training. Retraining of established tutors (if needed) is ongoing through monthly trainee tutor / tutor meetings.

With the investment in the charity's website and office systems, the expectation is that further improvements in membership numbers will be evident in the next 2-3 years' time. This time frame assumes that the website continues to generate interest from the public.

It is anticipated that The Healing Trust will also draw a cohort of new members from engaging in healing activities on other online platforms such as Instagram and TikTok. Office staff should be available to develop new ways to promote the charity once their time is freed up by the automation of several processes.

Overall, the achievements of regional centres, healers and the engagement of the public with the charity's activities, old and new, are demonstrating that the charity can look positively to the future as it seeks to grow and reach out to new members of the public. None of these activities could be achieved without the support of our volunteer healer members, and the trustees wholeheartedly thank them all for their hard work and commitment to The Healing Trust. The trustees are also very grateful for our tutors' continued support and maintenance of high standards of teaching. It is gratefully acknowledged that trustees themselves past and present have made a substantial contribution to the day to day running, monitoring, improvement, legal compliance and future planning of The Healing Trust.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

FINANCIAL REVIEW

Financial position

The results for the year are shown on pages 11-12. 2024 generated a net loss of £40,833 (2023: net surplus £405,009); which includes £7,517 of unrealised gains on investments (net loss without unrealised gain: £48,350). 2024 saw a stable level of membership numbers and also membership income (2024: £59,278, 2023: £64,322). The drop in the value is due to a significant number of older members moving into a lower subscription band for 30 years service or being age 75 years or more. As a membership organisation, membership income is one of the most significant income streams for the charity. As outlined above, the extensive work undertaken over the past year on the new website, social media presence and online training program will aid in the recruitment of new students and increased membership income.

There was a large legacy of £421k (shown in Donations and Legacies) received during 2023 and £400k has been invested for 5 years with Tribe Impact Capital LLP after seeking independent financial advice from Elsby Wealth Management. The investment is held within a portfolio run for positive, sustainable impact. This investment has been initially recognised at cost, and is revalued annually to ensure the investment is being held at fair value within the balance sheet. It has yielded a gain of £7,517 for 2024 (2023: £17,517).

The charity has made a more efficient use of available cash flow, investing 3 amounts of £81,500 into 3 fixed rate deposit accounts in other banks to yield a higher rate of interest and increased FSCS protection. These will come to maturity mid 2025.

Donations have increased against the previous year (2024: £42,758, 2023: £33,377). Donations are vital to the charity and the trustees are most thankful for all voluntary contributions received. Donations received at regional centres accounted for 72% of total donations received. The charity continues to make use of the Government's Gift Aid scheme and during 2024 also made use of the Gift Aid Small Donation Scheme (GASDS) to receive gift aid relief on small donations received at regional centres. Gift Aid is a vital stream of income for the charity and work continues to promote its use amongst our members and donors.

The charity's costs have risen (2024: £166,924, 2023: £144,815). Wages costs have increased due to the increased administrative workload in the office for the newly launched website and GDPR as processes in the healing centres and with tutors have been centralised in the office for increased data security. This has necessitated an increase in office space (£4,800p.a.). In Professional fees, GDPR consultancy cost £3,172. A 70th Anniversary celebration was held at The Harry Edwards Trust made a loss of £5,555 (in advertising costs). A new cohort of trustees who have been active in familiarising themselves with administration (including meetings for GDPR) and finance processes within the office has necessitated a number of visits, and details of trustee expenses can be found in note 7 of the accounts. Total donations received by regional centres throughout the year have covered all attributable costs of the corresponding centres.

The charity continues to look for cost savings where possible but has had to invest to grow such as investment in the new online training for healers as well as for tutors. The strategy of increasing membership and awareness of the charity continues to be the focus to grow these income streams to support a mainly fixed cost base.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

FINANCIAL REVIEW

Reserves policy

At the balance sheet date, the charity had free reserves of £292,396 (2023: £340,746). In addition to free reserves, the company has funds of £425,032 (2023: £417,515) within a fixed asset investment. This fixed asset investment is held with the intention of income generated being used to further the organisation's charitable purpose.

The charity continues to require reserves to protect against future income reduction, resulting from uncertain membership numbers and unpredictable donations and legacies. This is vital due to most significant costs incurred by the charity being fixed costs and not variable with income. In addition to providing security for the charity, the reserves are being utilised to move the charity forward; the new website and upgrade of the office systems, tutor and healer training and online presence being key examples. Ultimately, these upgrades will generate an increase in public awareness, especially of improvement in health through receiving healing, as well as an increase in memberships and therefore income.

The charity will continue to update its strategic and financial planning as well as risk management for the changes in technology, legal requirements and professional standards and use reserves as necessary to implement these. Reserves will also be required to support the charity through a period of change. The charity acknowledges the significant increase in reserves which requires careful consideration of how best to utilise them. At all times the promotion of public health and raising awareness of spiritual healing to benefit public health will be at the heart of the charity's activities.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 14 April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which sets out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

Trustees (also company directors) are appointed by existing Board members, subject to approval at the AGM.

New trustees receive an induction including a copy of the governing document, most recent accounts, Charity Commission guidance, and relevant policies.

Five new trustees were appointed in 2024 and two resigned.

A new Chair was appointed in September 2024.

The Board meets monthly to oversee governance and strategic decisions. Operational responsibilities may be delegated to sub-committees or paid staff.

A new Governance and Ethics Committee was formed in 2024 to deal with all concerns, complaints, grievances issuing within or without the charity, to conduct policy reviews and updates, review agreements, to monitor diversity and inclusion.

The Board has reviewed key risks and maintains a risk register and a risk management action plan to mitigate operational, financial, and reputations risks.

The Board has updated and issued a revised Code of Conduct during the year and is currently updating its healing centre manuals and internal policies.

The Board has reviewed the charity's compliance with General Data Protection Regulation and has implemented changes in the way its healing centres handle their processes of recording and storing client data to assure data privacy, compliance and mitigate risk. GDPR, as it affects all operational areas of the charity, are under review and an external consultant is continuing to assist the Board in this respect.

A number of volunteer Teams have been created with responsibility for training (healers and tutors), administration, research, communications, events and governance and ethics. Each includes representation from trustees who report to the Board of Trustees.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are ideally required both to be members of the NFSH.

The Council of the Charity is involved in the appointments of the Charity's Chair, Vice-Chair and Treasurer. The appointment of new trustees shall be via a Volunteer Vacancy process. A role description determining the necessary skills needed shall be circulated to members and applications for the role invited. Suitable applicants will then be interviewed for the position by members of the Board, Council, and any Office staff or other Officials of the organisation as deemed necessary.

Every endeavour should be made to recruit from within the organisation. However, should no suitable candidate be found from within the membership for any given vacancy, the trustees may widen the search to include Friends of the organisation or look beyond the organisation. In order to be appointed a trustee if recruited from outside the organisation, the appointee will become an Honorary member, and will serve for an agreed term, not less than six months and not more than three years, extendable by negotiation and agreed by the majority of trustees and endorsed by Council.

New trustees, excepting Honorary Members, to be appointed for a term of three years, with the option of renewing for a further three years if the majority of the Board agrees. Following this second term, a trustee may be elected for a final three years if invited to do so by the Board and the Council.

The Board shall have flexibility to determine the exact nature of the role, experience and skills needed for each vacancy, which may change from time to time in order to effectively govern the organisation.

Induction and training of new trustees

As trustees are drawn from the Healing Trust membership, trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on trustee responsibilities.

New trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a trustee role.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03752333 (England and Wales)

Registered Charity number

1094702

Registered office

39 Waterside House
Nene Business Centre
Station Road
Irthlingborough
Northamptonshire
NN9 5QF

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2024

Trustees

J Barley (resigned 19.2.24)
V Chiltonsmith (resigned 28.3.24)
J M Jones
L Sumner
A G Grunwald
H Parker (appointed 18.3.24)
L Samara (appointed 18.3.24)
A Stewart (appointed 18.3.24)
M Coates (appointed 18.11.24)
J C Mitting (appointed 19.11.24)

Independent Examiner

Carl Elsby ACA
Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

Approved by order of the board of trustees on 14th July 2025 and signed on its behalf by:



.....
A Stewart - Trustee

Independent Examiner's Report to the Trustees of
The NFSH Charitable Trust Limited

Independent examiner's report to the trustees of The NFSH Charitable Trust Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's 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 Section 145 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 the 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 comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter 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 their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Carl Elsby ACA
The Institute of Chartered Accountants in England and Wales

Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

Date: 24/7/25

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Statement of Financial Activities
for the year ended 31 DECEMBER 2024

		2024 Unrestricted fund £	2023 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies		47,262	457,500
Charitable activities			
Memberships		59,278	64,322
Other trading activities	3	4,589	4,869
Investment income	4	7,445	5,618
Total		<u>118,574</u>	<u>532,309</u>
EXPENDITURE ON			
Charitable activities			
Memberships		5,271	5,739
Other		161,653	139,076
Total		<u>166,924</u>	<u>144,815</u>
Net gains on investments		<u>7,517</u>	<u>17,515</u>
NET INCOME/(EXPENDITURE)		(40,833)	405,009
RECONCILIATION OF FUNDS			
Total funds brought forward		758,261	353,252
TOTAL FUNDS CARRIED FORWARD		<u><u>717,428</u></u>	<u><u>758,261</u></u>

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet
31 DECEMBER 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
FIXED ASSETS			
Intangible assets	10	12,476	14,604
Tangible assets	11	2,008	334
Investments	12	425,032	417,515
		439,516	432,453
CURRENT ASSETS			
Debtors	13	14,040	9,285
Cash at bank and in hand		287,293	337,955
		301,333	347,240
CREDITORS			
Amounts falling due within one year	14	(23,421)	(21,432)
NET CURRENT ASSETS		277,912	325,808
TOTAL ASSETS LESS CURRENT LIABILITIES		717,428	758,261
NET ASSETS		717,428	758,261
FUNDS	15		
Unrestricted funds		717,428	758,261
TOTAL FUNDS		717,428	758,261

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet - continued
31 DECEMBER 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 14th July 2025 and were signed on its behalf by:


.....
A Stewart - Trustee

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements
for the year ended 31 DECEMBER 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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) (effective 1 January 2019)', 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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received and can be measured reliably.

Donations and Gifts:

Donations are recognised on receipt. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the the trust has been notified of an impending distribution, the amount is known, and receipt is expected.

Grants Receivable:

Revenue grants are credited as incoming resources when they are receivable provided for conditions for receipt have been complied with, unless they relate to specific future periods, in which case they are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets other than goodwill

Intangible assets acquired separately from an entity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website design and development - 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements.

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Other income	4,589	4,869
	<u>4,589</u>	<u>4,869</u>

4. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	7,445	5,618
	<u>7,445</u>	<u>5,618</u>

5. SUPPORT COSTS

	General running costs £	Information technology £	Charitable costs £	Governance costs £	Totals £
Other resources expended	124,748	25,730	3,795	7,380	161,653
Memberships	5,271	-	-	-	5,271
	<u>130,019</u>	<u>25,730</u>	<u>3,795</u>	<u>7,380</u>	<u>166,924</u>

Support costs, included in the above, are as follows:

	Other resources expended £	Memberships £	2024 Total activities £	2023 Total activities £
Wages	67,633	-	67,633	52,119
Payroll costs	137	-	137	104
Pensions	1,247	-	1,247	1,208
Premises costs	36,224	-	36,224	31,888
Insurance	2,290	5,271	7,561	7,714
Light and heat	-	-	-	1,117
Advertising costs	7,268	-	7,268	2,481
Travel and hotels	3,438	-	3,438	517
Sundries	4,533	-	4,533	3,246
Panel costs	63	-	63	56
Bank charges	1,915	-	1,915	2,436
Office costs	7,944	-	7,944	12,826
Telephone costs	1,045	-	1,045	1,663
Carried forward	133,737	5,271	139,008	117,375

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

5. SUPPORT COSTS - continued

			2024	2023
	Other resources expended	Memberships	Total activities	Total activities
	£	£	£	£
Brought forward	133,737	5,271	139,008	117,375
Computer costs	9,750	-	9,750	6,808
Photocopier rental cost	2,557	-	2,557	2,168
Computer software amortisation	3,311	-	3,311	769
Computer equipment depreciation	1,123	-	1,123	246
Meetings and exhibitions	548	-	548	894
Subscriptions and donations	3,247	-	3,247	2,530
Accountancy fees	3,360	-	3,360	2,952
Professional fees	4,020	-	4,020	11,073
	<u>161,653</u>	<u>5,271</u>	<u>166,924</u>	<u>144,815</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	1,123	246
Computer software amortisation	<u>3,311</u>	<u>769</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were travel expenses totalling £2,616 (2023: £1,109) relating to 3 trustee (2023: 1 trustees) for the year ended 31 December 2024.

8. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	67,633	52,119
Social security costs	137	104
Other pension costs	<u>1,247</u>	<u>1,208</u>
	<u>69,017</u>	<u>53,431</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Support costs	<u>3</u>	<u>2</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

8. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	457,500
Charitable activities	
Memberships	64,322
Other trading activities	4,869
Investment income	5,618
Total	<u>532,309</u>
EXPENDITURE ON	
Charitable activities	
Memberships	5,739
Other	139,076
Total	<u>144,815</u>
Net gains on investments	<u>17,515</u>
NET INCOME	405,009
RECONCILIATION OF FUNDS	
Total funds brought forward	353,252
TOTAL FUNDS CARRIED FORWARD	<u><u>758,261</u></u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

10. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 January 2024	45,923
Additions	1,183
At 31 December 2024	47,106
AMORTISATION	
At 1 January 2024	31,319
Charge for year	3,311
At 31 December 2024	34,630
NET BOOK VALUE	
At 31 December 2024	12,476
At 31 December 2023	14,604

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2024	1,232
Additions	2,797
At 31 December 2024	4,029
DEPRECIATION	
At 1 January 2024	898
Charge for year	1,123
At 31 December 2024	2,021
NET BOOK VALUE	
At 31 December 2024	2,008
At 31 December 2023	334

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

12. FIXED ASSET INVESTMENTS

	Unlisted investments £
MARKET VALUE	
At 1 January 2024	417,515
Revaluations	7,517
At 31 December 2024	425,032
NET BOOK VALUE	
At 31 December 2024	425,032
At 31 December 2023	417,515

The above investment portfolio is managed by Tribe Impact Capital LLP, who manage portfolios based on positive, sustainable impact. All income raised from investments is used for furthering the NFSH Charitable Trust Limited's charitable purpose and for public benefit, with no personal benefit for any Trustees.

Cost or valuation at 31 December 2024 is represented by:

	Unlisted investments £
Valuation in 2023	17,515
Valuation in 2024	7,517
Cost	400,000
	425,032

13. DEBTORS

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	2,674	1,892
Gift Aid debtor	1,318	1,810
Prepayments	9,993	5,583
	13,985	9,285
Amounts falling due after more than one year:		
Trade debtors	55	-
Aggregate amounts	14,040	9,285

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	727	1,840
Amounts owed to group undertakings	3,766	3,898
Other creditors	5,651	4,243
Deferred income	13,277	11,451
	<u>23,421</u>	<u>21,432</u>

Deferred income

	2024	2023
	£	£
Deferred income at 1 January 2024	11,450	14,050
Resources deferred during the year	13,277	11,451
Amounts released from prior year	(11,450)	(14,050)
Deferred income at 31 December 2024	<u>13,277</u>	<u>11,451</u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the following year.

15. MOVEMENT IN FUNDS

	At 1.1.24	Net movement in funds	At 31.12.24
	£	£	£
Unrestricted funds			
General fund	758,261	(40,833)	717,428
TOTAL FUNDS	<u>758,261</u>	<u>(40,833)</u>	<u>717,428</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	118,574	(166,924)	7,517	(40,833)
TOTAL FUNDS	<u>118,574</u>	<u>(166,924)</u>	<u>7,517</u>	<u>(40,833)</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	353,252	405,009	758,261
TOTAL FUNDS	<u>353,252</u>	<u>405,009</u>	<u>758,261</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	532,309	(144,815)	17,515	405,009
TOTAL FUNDS	<u>532,309</u>	<u>(144,815)</u>	<u>17,515</u>	<u>405,009</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	353,252	364,176	717,428
TOTAL FUNDS	<u>353,252</u>	<u>364,176</u>	<u>717,428</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	650,883	(311,739)	25,032	364,176
TOTAL FUNDS	<u>650,883</u>	<u>(311,739)</u>	<u>25,032</u>	<u>364,176</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2024

16. RELATED PARTY DISCLOSURES

The NFSH Charitable Trust Limited has a linked charity, The Harry Edwards (NFSH) Trust.

The Harry Edwards (NFSH) Trust provides grants and bursaries for members of the NFSH Charitable Trust Limited who are facing financial difficulties and would otherwise be unable to meet the cost of their membership. During the year, the Harry Edwards (NFSH) Trust provided membership bursaries totalling £132 (2023: £308), which is recognised as income within The NFSH Charitable Trust Limited.

As The Harry Edwards (NFSH) Trust is an unincorporated entity with turnover below £5,000, there is no requirement to file consolidated accounts.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	42,758	449,719
Gift aid	4,504	7,781
	47,262	457,500
Other trading activities		
Other income	4,589	4,869
Investment income		
Deposit account interest	7,445	5,618
Charitable activities		
Memberships subscriptions	59,278	64,322
	118,574	532,309
Total incoming resources		
EXPENDITURE		
Support costs		
General running costs		
Wages	67,633	52,119
Payroll costs	137	104
Pensions	1,247	1,208
Premises costs	36,224	31,888
Insurance	7,561	7,714
Light and heat	-	1,117
Advertising costs	7,268	2,481
Travel and hotels	3,438	517
Sundries	4,533	3,246
Panel costs	63	56
Bank charges	1,915	2,436
	130,019	102,886
Information technology		
Office costs	7,944	12,826
Telephone costs	1,045	1,663
Computer costs	9,750	6,808
Photocopier rental cost	2,557	2,168
Computer software amortisation	3,311	769
Computer equipment depreciation	1,123	246
	25,730	24,480

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2024

	2024 £	2023 £
Information technology		
Charitable costs		
Meetings and exhibitions	548	894
Subscriptions and donations	3,247	2,530
	<u>3,795</u>	<u>3,424</u>
 Governance costs		
Accountancy fees	3,360	2,952
Professional fees	4,020	11,073
	<u>7,380</u>	<u>14,025</u>
 Total resources expended	<u>166,924</u>	<u>144,815</u>
 Net (expenditure)/income before gains and losses	 (48,350)	 387,494
 Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	<u>7,517</u>	<u>17,515</u>
 Net (expenditure)/income	 <u><u>(40,833)</u></u>	 <u><u>405,009</u></u>

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED

England & Wales - Charity number 1094702

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2023
for
THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Contents of the Financial Statements
for the year ended 31 DECEMBER 2023

	Page
Report of the Trustees	1 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9 to 10
Cash Flow Statement	11
Notes to the Cash Flow Statement	12
Notes to the Financial Statements	13 to 23
Detailed Statement of Financial Activities	24 to 25

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 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 December 2023. The trustees have adopted the provisions of 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) (effective 1 January 2019).

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2023

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity is established to promote public health by the promotion of spiritual healing for the benefit of the public, by educating and training healers and by ensuring proper standards in the practice of spiritual healing.

In recent years, the charity has seen a decline in memberships. The medium-term aim is to reverse this trend and generate an up-take of new memberships, to ensure that the charity can meet its objectives. To achieve this, the charity has been increasing activities especially online to reach a wider audience and investing in improvements to its training and systems:

- New online healer training pilot project (to be assessed in early 2025) and face to face healer training which is fully accredited by UK Healers and complies with their new quality standards. Both trainings are now 200 hour rather than 100 hour. The online training potentially reaches a larger number of students so increasing student and healer numbers. These increases should show in future years
- Newly launched website with information on healers, healing, healing research, training, CPD and other healing events and a new membership and Tutor License integrated payment system
- The Healing Trust Facebook page raises the profile of healing and healer training on offer by directing the public to the website

In addition to the above, the charity continues to undertake activities to promote spiritual healing to the public and improve public health through access to spiritual healing:

- Healers registered on the website send distant healing when requested by members of the public
- The Healing Trust Facebook page weekly distant healing sessions where healing is sent out to all members of the public who have requested it
- Providing healing at the 16 regional healing centres where healers continue to offer regular face to face healing sessions for the public
- Promoting research - Healer members participating in research by Northampton University as to the efficacy of non contact (distant) healing on participating members of the public
- Raising awareness of matters associated with healing via the members' newsletter, website, exhibitions, voluntary healing centres and social media presence
- Providing free introductory workshops for those interested in training as a healer
- CPD events for members of the public as well as members of the organisation
- Participating in Healing Awareness Week each year with related talks open to members of the public
- Increasing awareness and credibility of Spiritual Healing by offering healing at exhibitions and other health and healing events

The promotion of public health through healing is at the heart of all activities. The Healing Trust continues to ensure the highest standard of spiritual healing through its provision of training and education. Activities to support this include:

- Educating and training Healers, continually reviewing and improving the Healing Trust's training programme and delivery of training courses so as to maintain the highest standard of training and healing. This has resulted in developing a fully accredited (UK Healers) pilot project online Healer Training program which complies with their new quality standards. This allows healer training to reach anyone regardless of their geographical location
- Providing support groups for Healers and Students through structured mentoring and regular practice meetings both face to face and online
- Encouraging a culture of collaboration and the sharing of knowledge through CPD events
- Tutors are working to new National Occupational Standards. Regular monthly meetings for trainee and qualified tutors to support, teach, update and disseminate training information as well as a forum for receiving feedback
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self-Regulation for Healing, i.e., UK Healers, our Healing Professional Specific Body (PSB) who are the verifying body for Healing on the Complementary and Natural Healthcare Council (CNHC)
- Contributing to the Regulation work of UK Healers, as a key member of their organisation

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2023

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, and when considering what constitutes public benefit.

STRATEGIC REPORT

Achievement and performance

Charitable activities

With the objectives of the charity being to promote public health and promote spiritual healing for the benefit of the public, the achievement of these objectives can be measured via public participation in the activities of the charity, along with membership numbers and donations.

During 2023, there were several indicators that the charity has been achieving its objectives regarding the promotion of public health and spiritual healing:

- Healers have continued to offer free distant healing and remote support to those in need who have requested healing through the charity's website
- The charity's 16 healing centres throughout the UK offer face to face physical healing to the wider public via drop-in sessions. This is offered free of charge to members of the public, although a voluntary donation towards the running of our charity is welcomed. Donations by the public for healing in 2023 increased to £29k (up by £6.5k or 29% on 2022), indicating that there is an increasing awareness and demand by the public for spiritual healing
- A weekly 'Facebook live' distant healing meditation, held by the charity's Chair, Jennifer Jones, has offered a further opportunity for members, and non-members alike, to request distant healing for those in need. The Facebook page now has 8,000 followers
- The Healing Trust participated in Healing Awareness Week from 1st to 8th May 2023, during which events by members were offered. Michelle Bernard started the week's events leading us through a healing meditation. "What Is The Energy That Heals?" was the title of a conversation With Valerie Chiltonsmith & Jennifer Jones of The Healing Trust. A very touching conversation with Margrit Coates and Jennifer Jones on healing animals left not a dry eye in the house! Elizabeth Whiter of the Healing Trust organisation shares her story with Jennifer Jones. It was noted that many more people were joining via Zoom and Facebook than would have been able to attend in person
- These talks were recorded and can be found on The Healing Trust YouTube channel

The new website has generated a lot of new enquiries about the healer training. The charity is offering free introductory courses for those interested. Existing tutors are being encouraged to offer sufficient courses to meet the increase in demand.

There is also a need to recruit and train new tutors who will be enabled to teach online as well as face to face and fully embrace the new 200 hour training. Retraining of established tutors (if needed) is ongoing through monthly trainee tutor / tutor meetings.

With the investment in the charity's website and office systems, the expectation is that further improvements in membership numbers will be evident in the next 2-3 years' time. This time frame assumes that the website continues to generate interest from the public.

It is anticipated that The Healing Trust will also draw a cohort of new members from engaging in healing activities on other online platforms such as Instagram and TikTok. Office staff should be available to develop new ways to promote the charity once their time is freed up by the automation of several processes.

Overall, the achievements of regional centres, healers and the engagement of the public with the charity's activities, old and new, are demonstrating that the charity can look positively to the future as it seeks to grow and reach out to new members of the public. None of these activities could be achieved without the support of our volunteer healer members, and the trustees wholeheartedly thank them all for their hard work and commitment to The Healing Trust. The trustees are also very grateful for our tutors' continued support and maintenance of high standards of teaching. It is gratefully acknowledged that trustees themselves past and present have made a substantial contribution to the day to day running, monitoring, improvement, legal compliance and future planning of The Healing Trust.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2023

STRATEGIC REPORT

Financial review

Financial position

The results for the year are shown on pages 8-11. 2023 generated a net income position of £405,009 (2022: net expenditure £19,463); which includes £17,515 of unrealised gains on investments (net income without unrealised gain: £387,494). 2023 saw a stable level of membership numbers and also membership income (2023: £64,322, 2022: £63,237). As a membership organisation, membership income is one of the most significant income streams for the charity. As outlined above, the extensive work undertaken over the past year on the new website, social media presence and online training program will aid in the recruitment of new students and increased membership income.

There was a large legacy of £421k (shown in Donations and Legacies) received during the year and £400k has been invested for 5 years with Tribe Impact Capital LLP after seeking independent financial advice from Elsby Wealth Management. The investment is held within a portfolio run for positive, sustainable impact. This investment has been initially recognised at cost, and is revalued annually to ensure the investment is being held at fair value within the balance sheet.

Donations have increased against the previous year (2023: £33,377, 2022: £29,423). Donations are vital to the charity and the trustees are most thankful for all voluntary contributions received. Donations received at regional centres accounted for 76% of total donations received. The charity continues to make use of the Government's Gift Aid scheme and during 2023 also made use of the Gift Aid Small Donation Scheme (GASDS) to receive gift aid relief on small donations received at regional centres. Gift Aid is a vital stream of income for the charity and work continues to promote its use amongst our members and donors.

The charity's costs remain stable (2023: £144,815, 2022: £124,240). There were a number of one-off costs during the year, such as legal costs relating to GDPR compliance and a revision of policy documents (£10,500), an office move (£3,000), higher premises costs (£2,000) and branding (£1,500). Total donations received by regional centres throughout the year have covered all attributable costs of the corresponding centres.

The charity continues to look for cost savings where possible but has had to invest to grow such as investment in the new website. The strategy of increasing membership and awareness of the charity continues to be the focus to grow these income streams to support a mainly fixed cost base.

Reserves policy

At the balance sheet date, the charity had free reserves of £340,746 (2022: £353,252). In addition to free reserves, the company has funds of £417,515 (2022: £0) within a fixed asset investment. This fixed asset investment is held with the intention of income generated being used to further the organisation's charitable purpose.

The charity continues to require reserves to protect against future income reduction, resulting from uncertain membership numbers and unpredictable donations and legacies. This is vital due to most significant costs incurred by the charity being fixed costs and not variable with income. In addition to providing security for the charity, the reserves are being utilised to move the charity forward; the new website and upgrade of the office system, tutor and healer training and online presence being key examples. Ultimately, these upgrades will generate an increase in public awareness, especially of improvement in health through receiving healing, as well as an increase in memberships and therefore income.

The charity will continue to update its strategic plan for the changes in technology, legal requirements and professional standards and use reserves as necessary to implement these. Reserves will also be required to support the charity through a period of change. The charity acknowledges the significant increase in reserves which requires careful consideration of how best to utilise them. At all times the promotion of public health and raising awareness of spiritual healing to benefit public health will be at the heart of the charity's activities.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 14 April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which sets out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

Recruitment and appointment of new trustees

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are ideally required both to be members of NFSH.

The Council of the Charity will be involved in the appointments of the Charity's Chair, Vice-Chair and Treasurer. The appointment of new trustees shall be via a Volunteer Vacancy process. A role description determining the necessary skills needed shall be circulated to members and applications for the role invited. Suitable applicants will then be interviewed for the position by members of the Board, Council, and any Office staff or other Officials of the organisation as deemed necessary.

Every endeavour should be made to recruit from within the organisation. However, should no suitable candidate be found from within the membership for any given vacancy, the trustees may widen the search to include Friends of the organisation or look beyond the organisation. In order to be appointed a trustee if recruited from outside the organisation, the appointee will become an Honorary member, and will serve for an agreed term, not less than six months and not more than three years, extendable by negotiation and agreed by the majority of trustees and endorsed by Council.

New trustees, excepting Honorary Members, to be appointed for a term of three years, with the option of renewing for a further three years if the majority of the Board agrees. Following this second term, a trustee may be elected for a final three years if invited to do so by the Board and the Council.

The Board shall have flexibility to determine the exact nature of the role, experience and skills needed for each vacancy, which may change from time to time in order to effectively govern the organisation.

Induction and training of new trustees

As trustees are drawn from the Healing Trust membership, trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on trustee responsibilities.

New trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a trustee role.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03752333 (England and Wales)

Registered Charity number

1094702

Registered office

39 Waterside House
Nene Business Centre
Station Road
Irthlingborough
Northamptonshire
NN9 5QF

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2023

Trustees

J Barley Healer (resigned 19.2.24)
V Chiltonsmith Healer (resigned 28.3.24)
Y Fitzgerald Trustee (resigned 4.11.23)
P Hockley Trustee (resigned 4.11.23)
J M Jones Trustee
L Sumner Trustee
A G Grunwald Healer
H Parker (appointed 18.3.24)
L Samara (appointed 18.3.24)
A Stewart (appointed 18.3.24)

Independent Examiner

Carl Elsby ACA
Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on and signed on the board's behalf by:

.....
J M Jones - Trustee

**Independent Examiner's Report to the Trustees of
The NFSH Charitable Trust Limited**

Independent examiner's report to the trustees of The NFSH Charitable Trust Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's 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 Section 145 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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the 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 comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter 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 their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Carl Elsby ACA
The Institute of Chartered Accountants in England and Wales

Elsby & Co (Sywell) Ltd
Chartered Accountants
155 Wellingborough Road
Rushden
Northamptonshire
NN10 9TB

Date:

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Statement of Financial Activities
for the year ended 31 DECEMBER 2023

		2023 Unrestricted fund £	2022 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3	457,500	36,161
Charitable activities	6		
Memberships		64,322	63,237
Other trading activities	4	4,869	4,649
Investment income	5	5,618	730
Total		<u>532,309</u>	<u>104,777</u>
EXPENDITURE ON			
Charitable activities	7		
Memberships		5,739	5,714
Other		139,076	118,526
Total		<u>144,815</u>	<u>124,240</u>
Net gains on investments		<u>17,515</u>	<u>-</u>
NET INCOME/(EXPENDITURE)		405,009	(19,463)
RECONCILIATION OF FUNDS			
Total funds brought forward		353,252	372,715
TOTAL FUNDS CARRIED FORWARD		<u><u>758,261</u></u>	<u><u>353,252</u></u>

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet
31 DECEMBER 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
FIXED ASSETS			
Intangible assets	13	14,604	9,792
Tangible assets	14	334	580
Investments	15	417,515	-
		432,453	10,372
CURRENT ASSETS			
Stocks	16	-	1,716
Debtors	17	9,285	9,201
Cash at bank and in hand		337,955	357,014
		347,240	367,931
CREDITORS			
Amounts falling due within one year	18	(21,432)	(25,051)
NET CURRENT ASSETS		325,808	342,880
TOTAL ASSETS LESS CURRENT LIABILITIES		758,261	353,252
NET ASSETS		758,261	353,252
FUNDS	19		
Unrestricted funds		758,261	353,252
TOTAL FUNDS		758,261	353,252

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet - continued
31 DECEMBER 2023

.....
J M Jones - Trustee

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Cash Flow Statement
for the year ended 31 DECEMBER 2023

Notes	2023 £	2022 £
Cash flows from operating activities		
Cash generated from operations 1	383,340	(13,385)
Interest paid	(2,436)	(2,432)
Net cash provided by/(used in) operating activities	380,904	(15,817)
Cash flows from investing activities		
Purchase of intangible fixed assets	(5,581)	(9,792)
Purchase of tangible fixed assets	-	(573)
Purchase of fixed asset investments	(400,000)	-
Interest received	5,618	730
Net cash used in investing activities	(399,963)	(9,635)
Change in cash and cash equivalents in the reporting period	(19,059)	(25,452)
Cash and cash equivalents at the beginning of the reporting period	357,014	382,466
Cash and cash equivalents at the end of the reporting period	337,955	357,014

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Cash Flow Statement
for the year ended 31 DECEMBER 2023

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	405,009	(19,463)
Adjustments for:		
Depreciation charges	1,015	4,841
Interest received	(5,618)	(730)
Interest paid	2,436	2,432
Gain on revaluation of investment	(17,515)	-
Decrease in stocks	1,716	1,498
(Increase)/decrease in debtors	(84)	3,739
Decrease in creditors	(3,619)	(5,702)
Net cash provided by/(used in) operations	<u>383,340</u>	<u>(13,385)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.23 £	Cash flow £	At 31.12.23 £
Net cash			
Cash at bank and in hand	357,014	(19,059)	337,955
	<u>357,014</u>	<u>(19,059)</u>	<u>337,955</u>
Total	<u>357,014</u>	<u>(19,059)</u>	<u>337,955</u>

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements
for the year ended 31 DECEMBER 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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) (effective 1 January 2019)', 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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met. the amounts can be measured reliably, and it is probable that income will be received and can be measured reliably.

Donations and Gifts:

Donations are recognised on receipt. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the the trust has been notified of an impending distribution, the amount is known, and receipt is expected.

Grants Receivable:

Revenue grants are credited as incoming resources when they are receivable provided for conditions for receipt have been complied with, unless they relate to specific future periods, in which case they are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets other than goodwill

Intangible assets acquired separately from an entity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website design and development - 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

1. ACCOUNTING POLICIES - continued

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

1. ACCOUNTING POLICIES - continued

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements.

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	449,719	29,423
Gift aid	7,781	6,738
	<u>457,500</u>	<u>36,161</u>

4. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Other income	<u>4,869</u>	<u>4,649</u>

5. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>5,618</u>	<u>730</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

6. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023 £	2022 £
Memberships subscriptions	Memberships	64,322	63,237

7. CHARITABLE ACTIVITIES COSTS

	Support costs (see note 8) £
Memberships	5,739

8. SUPPORT COSTS

	General running costs £	Information technology £	Charitable costs £	Governance costs £	Totals £
Other resources expended	97,147	24,480	3,424	14,025	139,076
Memberships	5,739	-	-	-	5,739
	102,886	24,480	3,424	14,025	144,815

Support costs, included in the above, are as follows:

	Other resources expended £	Memberships £	2023 Total activities £	2022 Total activities £
Wages	52,119	-	52,119	50,965
Payroll costs	104	-	104	114
Pensions	1,208	-	1,208	1,034
Premises costs	31,888	-	31,888	26,751
Insurance	1,975	5,739	7,714	7,793
Light and heat	1,117	-	1,117	1,545
Advertising costs	2,481	-	2,481	844
Travel and hotels	517	-	517	417
Sundries	3,246	-	3,246	2,553
Panel costs	56	-	56	141
Bank charges	2,436	-	2,436	2,432
Office costs	12,826	-	12,826	9,194
Telephone costs	1,663	-	1,663	1,812
Computer costs	6,808	-	6,808	6,121
Photocopier rental cost	2,168	-	2,168	1,452
Computer software amortisation	769	-	769	4,574
Computer equipment depreciation	246	-	246	267
Meetings and exhibitions	894	-	894	1,321
Subscriptions and donations	2,530	-	2,530	1,820
Newsletter costs	-	-	-	150
Carried forward	125,051	5,739	130,790	121,300

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

8. SUPPORT COSTS - continued

			2023	2022
	Other resources expended £	Memberships £	Total activities £	Total activities £
Brought forward	125,051	5,739	130,790	121,300
Accountancy fees	2,952	-	2,952	2,280
Professional fees	11,073	-	11,073	660
	<u>139,076</u>	<u>5,739</u>	<u>144,815</u>	<u>124,240</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	246	267
Computer software amortisation	<u>769</u>	<u>4,574</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were travel expenses totalling £1,109 (2022: £1,991) relating to 1 trustee (2022: 2 trustees) for the year ended 31 December 2023.

11. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	52,119	50,965
Social security costs	104	114
Other pension costs	1,208	1,034
	<u>53,431</u>	<u>52,113</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Support costs	<u>2</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	36,161
Charitable activities	
Memberships	63,237
Other trading activities	4,649
Investment income	730
Total	<u>104,777</u>
EXPENDITURE ON	
Charitable activities	
Memberships	5,714
Other	118,526
Total	<u>124,240</u>
NET INCOME/(EXPENDITURE)	(19,463)
RECONCILIATION OF FUNDS	
Total funds brought forward	372,715
TOTAL FUNDS CARRIED FORWARD	<u><u>353,252</u></u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

13. INTANGIBLE FIXED ASSETS

Computer
software
£

COST

At 1 January 2023

40,342

Additions

5,581

At 31 December 2023

45,923

AMORTISATION

At 1 January 2023

30,550

Charge for year

769

At 31 December 2023

31,319

NET BOOK VALUE

At 31 December 2023

14,604

At 31 December 2022

9,792

14. TANGIBLE FIXED ASSETS

Computer
equipment
£

COST

At 1 January 2023 and 31 December 2023

1,232

DEPRECIATION

At 1 January 2023

652

Charge for year

246

At 31 December 2023

898

NET BOOK VALUE

At 31 December 2023

334

At 31 December 2022

580

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

15. FIXED ASSET INVESTMENTS

	Unlisted investments £
MARKET VALUE	
Additions	400,000
Revaluations	17,515
At 31 December 2023	417,515
NET BOOK VALUE	
At 31 December 2023	417,515
At 31 December 2022	-

The above investment portfolio is managed by Tribe Impact Capital LLP, who manage portfolios based on positive, sustainable impact. All income raised from investments is used for furthering the NFSH Charitable Trust Limited's charitable purpose and for public benefit, with no personal benefit for any Trustees.

Cost or valuation at 31 December 2023 is represented by:

	Unlisted investments £
Valuation in 2023	17,515
Cost	400,000
	417,515

16. STOCKS

	2023	2022
	£	£
Stocks	-	1,716

17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other debtors	1,892	1,371
Gift Aid debtor	1,810	309
Prepayments	5,583	7,521
	9,285	9,201

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,840	1,329
Amounts owed to group undertakings	3,898	4,206
Other creditors	4,243	5,466
Deferred income	11,451	14,050
	<u>21,432</u>	<u>25,051</u>

Deferred income

	2023	2022
	£	£
Deferred income at 1 January 2023	14,050	16,420
Resources deferred during the year	11,450	14,050
Amounts released from prior year	(14,050)	(16,420)
Deferred income at 31 December 2023	<u><u>11,450</u></u>	<u><u>14,450</u></u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the following year.

19. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	At 31.12.23
	£	£	£
Unrestricted funds			
General fund	353,252	405,009	758,261
	<u>353,252</u>	<u>405,009</u>	<u>758,261</u>
TOTAL FUNDS	<u><u>353,252</u></u>	<u><u>405,009</u></u>	<u><u>758,261</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	532,309	(144,815)	17,515	405,009
	<u>532,309</u>	<u>(144,815)</u>	<u>17,515</u>	<u>405,009</u>
TOTAL FUNDS	<u><u>532,309</u></u>	<u><u>(144,815)</u></u>	<u><u>17,515</u></u>	<u><u>405,009</u></u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

19. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	372,715	(19,463)	353,252
TOTAL FUNDS	<u>372,715</u>	<u>(19,463)</u>	<u>353,252</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	104,777	(124,240)	(19,463)
TOTAL FUNDS	<u>104,777</u>	<u>(124,240)</u>	<u>(19,463)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	372,715	385,546	758,261
TOTAL FUNDS	<u>372,715</u>	<u>385,546</u>	<u>758,261</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	637,086	(269,055)	17,515	385,546
TOTAL FUNDS	<u>637,086</u>	<u>(269,055)</u>	<u>17,515</u>	<u>385,546</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2023

20. RELATED PARTY DISCLOSURES

The NFSH Charitable Trust Limited has a linked charity, The Harry Edwards (NFSH) Trust.

The Harry Edwards (NFSH) Trust provides grants and bursaries for members of the NFSH Charitable Trust Limited who are facing financial difficulties and would otherwise be unable to meet the cost of their membership. During the year, the Harry Edwards (NFSH) Trust provided membership bursaries totalling £308 (2022: £340), which is recognised as income within The NFSH Charitable Trust Limited.

As The Harry Edwards (NFSH) Trust is an unincorporated entity with turnover below £5,000, there is no requirement to file consolidated accounts.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	449,719	29,423
Gift aid	7,781	6,738
	457,500	36,161
Other trading activities		
Other income	4,869	4,649
Investment income		
Deposit account interest	5,618	730
Charitable activities		
Memberships subscriptions	64,322	63,237
	532,309	104,777
Total incoming resources		
EXPENDITURE		
Support costs		
General running costs		
Wages	52,119	50,965
Payroll costs	104	114
Pensions	1,208	1,034
Premises costs	31,888	26,751
Insurance	7,714	7,793
Light and heat	1,117	1,545
Advertising costs	2,481	844
Travel and hotels	517	417
Sundries	3,246	2,553
Panel costs	56	141
Bank charges	2,436	2,432
	102,886	94,589
Information technology		
Office costs	12,826	9,194
Telephone costs	1,663	1,812
Computer costs	6,808	6,121
Photocopier rental cost	2,168	1,452
Computer software amortisation	769	4,574
Computer equipment depreciation	246	267
	24,480	23,420

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2023

	2023 £	2022 £
Information technology		
Charitable costs		
Meetings and exhibitions	894	1,321
Subscriptions and donations	2,530	1,820
Newsletter costs	-	150
	3,424	3,291
Governance costs		
Accountancy fees	2,952	2,280
Professional fees	11,073	660
	14,025	2,940
Total resources expended	144,815	124,240
Net income/(expenditure) before gains and losses	387,494	(19,463)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	17,515	-
Net income/(expenditure)	405,009	(19,463)

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED

England & Wales - Charity number 1094702

Accounts

REGISTERED COMPANY NUMBER: 03752333 (England and Wales)
REGISTERED CHARITY NUMBER: 1094702

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2022
for
THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

THE NESH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Contents of the Financial Statements
for the year ended 31 DECEMBER 2022

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8 to 9
Notes to the Financial Statements	10 to 19
Detailed Statement of Financial Activities	20 to 21

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 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 December 2022. The trustees have adopted the provisions of 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) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity is established to promote public health by the promotion of spiritual healing for the benefit of the public, by educating and training healers and by ensuring proper standards in the practice of spiritual healing.

In recent years, the charity has seen a decline in memberships. The medium-term aim is to reverse this trend and generate an up-take of new memberships, to ensure that the charity can meet its objectives. To achieve this, the charity has been investing in improvements to its systems, to automate administrative tasks and reach a wider audience:

- During the later stages of 2021 and for most of 2022, the charity has been creating a new website, which will be launched in late Spring in 2023. The new website will allow the public to access resources for healing and/or training, furthering the charity's objective of promoting spiritual healing,
- Along with the new website, the office systems will start an upgrade program in 2023, resulting in the automation of many processes. This update will enable office staff to spend more time on new projects to further the charity's profile.

In addition to the above, the charity continues to undertake activities to promote spiritual healing to the public and improve public health through access to spiritual healing:

- Raising awareness of matters associated with healing via the members' newsletter, website, exhibitions, voluntary healing centres and social media presence,
- Promoting research continuing to raise the profile of The Healing Trust,
- Providing workshops and CPD events for members of the public as well as members of the organisation,
- Increasing awareness and credibility of Spiritual Healing by attending key exhibitions,
- Providing Spiritual Healing at Healing Trust and the Healing Trust Associated Centres throughout the UK and at exhibitions and other special events.

To keep public health at the centre of all activities, the charity continues to ensure the highest standard of spiritual healing through its provision of training and education. Activities to support this include:

- Educating and training Healers, continually reviewing and improving the Healing Trust's training programme and delivery of training courses so as to maintain the highest standard of training and healing,
- Providing support groups for Healers and Students, encouraging a culture of collaboration and the sharing of knowledge,
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self-Regulation for Healing, i.e., the Healing Professional Specific Body (PSB) and the Complementary and Natural Healthcare Council (CNHC),
- Contributing to the Regulation work of UK Healers, as a key member of the organisation.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake, and when considering what constitutes public benefit.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE

Achievements and performance

With the objectives of the charity being to promote public health and promote spiritual healing for the benefit of the public, the achievement of these objectives can be measured via public participation in the activities of the charity, along with membership numbers and donations.

During 2022, there were several indicators that the charity has been achieving its objectives regarding the promotion of public health and spiritual healing:

- Healers have continued to offer free distant healing and remote support to those in need who have requested healing through the charity's website,
- The charity's healing centres throughout the UK have begun re-opening after Covid restrictions and are offering face to face physical healing to the wider public via drop-in sessions. Again, this is offered free of charge to members of the public, although a donation towards the running of our charity is most welcome. During the 2022 year, donations from regional centres have increased by over 200%, demonstrating that the public are continuing to seek spiritual healing following the disruption of the pandemic,
- A weekly 'Facebook live' distant healing meditation, held by the charity's Chair, Jennifer Jones, has offered a further opportunity for members, and non-members alike, to request healing for those in need,
- The Healing Trust participated in Healing Awareness Week from 1st to 8th May 2022, during which talks by Patrons were offered. Dr Rosy Daniel offered an evening session called 'Exploring the relationship between Spiritual Healing and Life Energy Management Coaching' and Dr William Bloom offered a talk on 'Angels, Archetypes and Nature Spirits - Healing Gaia and Humanity'. It was notable that many more people were joining via Zoom than might have been able to attend in person. A conversation was had between the charity's Chair, Jennifer Jones, and Training Coordinator Valerie Chiltonsmith discussing the relationship between Mind and Body - 'Can negative thoughts and emotions affect your body?'; studies have shown that they can. An additional live event was held - Sandy Edwards in conversation with Dr Tim Ridge, Chair of The Doctor Healer Network: 'Healing Evidence: Can it persuade the medics?',
- During the year, The Healing Trust was in conversation with UK Healers - the accrediting body - about creating a healing course which could be entirely held online. This course has now become a pilot project, and the charity anticipates it will be accepted when the pilot comes to an end in early 2025.

The charity is aware of a decrease in membership numbers and, as outlined above, has taken steps to address this decline and achieve new memberships. With the investment in the charity's website and office systems, the expectation is that improvements in membership numbers will be evident in the next 3-4 years' time. This time-frame is to account for the new website generating interest from the public, in addition to staff being available to develop new ways to promote the charity once their time is freed up by the automation of several processes.

Overall, the achievements of regional centres and the engagement of the public with the charity's activities are demonstrating that the charity can look positively to the future as it seeks to grow and reach out to new members of the public.

None of these activities could be achieved without the support of our volunteer healer members, and the Trustees wholeheartedly thank them all for their hard work and commitment to The Healing Trust.

The Trustees are also very grateful for our Tutors' continued support and efforts.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2022

FINANCIAL REVIEW

Financial position

The results for the year are shown on pages 7. 2022 generated a net expenditure position of £19,463 (2021: Net income £25,934).

2022 saw a reduction in membership numbers and subsequently membership income (2022: £63,237, 2021: £73,885). As a membership organisation, membership income continues to be the most significant income stream for the charity. As outlined above, the extensive work undertaken over the past year on the online training program will aid in the recruitment of new students and, in due course, increased membership income.

Donations and legacy income have declined against prior year (2022: £29,423 2021: £53,886). Both sources of income are vital to the charity and the trustees are most thankful for all voluntary contributions received. Whilst general donations received in 2022 had declined against the prior year, donations received from regional centres throughout the year increased, reflecting the first full year of opening of most centres post pandemic. As a result, donations received at regional centres accounted for 60% of total donations received. Legacy income during 2022 at £250 was significantly lower than that received in 2021 of £31,292.

The charity continues to make use of the Government's Gift Aid scheme and during 2022 also made use of the Gift Aid Small Donation Scheme (GASDS) to receive gift aid relief on small donations received at regional centres. Gift Aid is a vital stream of income for the charity and work continues to promote its use with our members.

The charity's costs remain stable (2022: £124,240, 2021: £122,703). Increased costs have naturally been incurred in running regional centres for a full year in 2022. Total donations received by regional centres throughout the year have covered all attributable costs of these centres. Central office costs and overheads incurred during 2022 fell by £12k compared to 2021, indicating that the charity has control over its running costs. The charity continues to look for cost savings where possible.

The strategy of increasing membership and awareness of the charity continues to be the focus to grow these income streams to support a mainly fixed cost base.

Reserves policy

Available reserves held on 31st December 2022 amount to £353,252 (2021: £372,715). The charity continues to require reserves to protect against future income reduction, resulting from uncertain membership numbers and unpredictable donations and legacies. This is vital due to most significant costs incurred by the charity being fixed costs and not variable with income. In addition to providing security for the charity, the reserves are being utilised to move the charity forward; the new website and upgrade to the system being key examples. Ultimately, these upgrades will generate an increase in memberships and therefore income. The charity will continue to use any reserves necessary to drive the charity into the future and improve income from charitable activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 14 April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which sets out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are required both to be members of NFSH and elected by members. Candidates for the Board positions of Chair, Vice Chair and Treasurer are nominated by The Healing Trust Council Members. Council members, Healer members and Fellows are eligible to nominate candidates for other positions on the Board of Trustees and if candidates exceed vacancies, election is by postal ballot of all members.

Members of the Board of Trustees are elected to serve for a period of 3 years and retire by rotation. They may stand for re-election at the end of their term on the Board of Trustees. A Trustee who has served for three consecutive terms of office must take a break from office and may not be reappointed until the earlier of the anniversary of the commencement of his or her break from office and if applicable, the annual general meeting following the annual general meeting at which his or her break from office commenced.

A range of relevant skills is represented on the Board of Trustees but, in the event of any perceived gaps in skills, the Articles provide for co-option by the Board of up to two individuals to add to the skills needed.

Induction and training of new trustees

As Trustees are drawn from the Healing Trust membership, Trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential Trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on Trustee responsibilities. New Trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a Trustee role.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03752333 (England and Wales)

Registered Charity number

1094702

Registered office

Bull End
1 Strixton Manor Business Centre
Strixton Village, Strixton
Wellingborough
Northamptonshire
NN29 7PA

Trustees

J Barley Healer
R R L Brewster Company Director (resigned 5.11.22)
V Chiltonsmith Healer
Y Fitzgerald Trustee
P Hockley Trustee
B S Hudson Trustee (resigned 5.11.22)
J M Jones Trustee
C Newman Trustee (resigned 5.11.22)
D Stoneham Aromatherapist (resigned 5.11.22)
L Sumner Trustee
A G Grunwald Healer (appointed 5.11.22)

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2022

REFERENCE AND ADMINISTRATIVE DETAILS

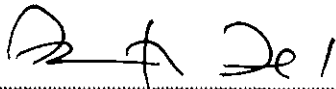
Independent Examiner

Carl Elsby ACA
Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

Approved by order of the board of trustees on 19.5.23 and signed on its behalf by:



.....
J M Jones - Trustee

Independent Examiner's Report to the Trustees of
The NFSH Charitable Trust Limited

Independent examiner's report to the trustees of The NFSH Charitable Trust Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity's 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 Section 145 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 the 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 comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter 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 their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Carl Elsby ACA

Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

Date:

26/5/23

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Statement of Financial Activities
for the year ended 31 DECEMBER 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		36,161	64,001
Charitable activities			
Memberships		63,237	73,855
Other trading activities	3	4,649	10,651
Investment Income	4	730	130
Total		<u>104,777</u>	<u>148,637</u>
EXPENDITURE ON			
Charitable activities			
Memberships		5,714	6,086
Other		118,526	116,617
Total		<u>124,240</u>	<u>122,703</u>
NET INCOME/(EXPENDITURE)		(19,463)	25,934
RECONCILIATION OF FUNDS			
Total funds brought forward		372,715	346,781
TOTAL FUNDS CARRIED FORWARD		<u>353,252</u>	<u>372,715</u>

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet
31 DECEMBER 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
FIXED ASSETS			
Intangible assets	10	9,792	4,574
Tangible assets	11	580	274
		10,372	4,848
CURRENT ASSETS			
Stocks	12	1,716	3,214
Debtors	13	9,201	12,940
Cash at bank and in hand		357,014	382,466
		367,931	398,620
CREDITORS			
Amounts falling due within one year	14	(25,051)	(30,753)
NET CURRENT ASSETS		342,880	367,867
TOTAL ASSETS LESS CURRENT LIABILITIES		353,252	372,715
NET ASSETS		353,252	372,715
FUNDS	15		
Unrestricted funds		353,252	372,715
TOTAL FUNDS		353,252	372,715

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

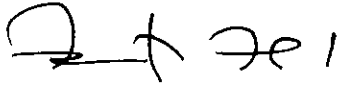
The notes form part of these financial statements

THE NESH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet - continued
31 DECEMBER 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 19.5.23 and were signed on its behalf by:



.....
J M Jones - Trustee

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements
for the year ended 31 DECEMBER 2022

I. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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) (effective 1 January 2019)', 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.

Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received and can be measured reliably.

Donations and Gifts:

Donations are recognised on receipt. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected.

Grants Receivable:

Revenue grants are credited as incoming resources when they are receivable provided for conditions for receipt have been complied with, unless they relate to specific future periods, in which case they are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets other than goodwill

Intangible assets acquired separately from an entity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website design and development - 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

I. ACCOUNTING POLICIES - continued

Stocks

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

THE NFESH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

1. ACCOUNTING POLICIES - continued

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements.

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Other income	4,649	10,651
	<u> </u>	<u> </u>

4. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	730	130
	<u> </u>	<u> </u>

5. SUPPORT COSTS

	General running costs	Information technology	Charitable costs	Governance costs	Totals
	£	£	£	£	£
Other resources expended	88,875	23,420	3,291	2,940	118,526
Memberships	5,714	-	-	-	5,714
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	94,589	23,420	3,291	2,940	124,240
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

5. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

			2022	2021
	Other resources expended	Memberships	Total activities	Total activities
	£	£	£	£
Wages	50,965	-	50,965	51,613
Payroll costs	114	-	114	114
Pensions	1,034	-	1,034	820
Premises costs	26,751	-	26,751	15,960
Insurance	2,079	5,714	7,793	9,838
Light and heat	1,545	-	1,545	1,056
Advertising costs	844	-	844	66
Travel and hotels	417	-	417	146
Sundries	2,553	-	2,553	1,065
Panel costs	141	-	141	-
Bank charges	2,432	-	2,432	3,838
Office costs	9,194	-	9,194	9,534
Telephone costs	1,812	-	1,812	1,751
Computer costs	6,121	-	6,121	6,339
Photocopier rental cost	1,452	-	1,452	1,605
Computer software amortisation	4,574	-	4,574	6,099
Computer equipment depreciation	267	-	267	220
Meetings and exhibitions	1,321	-	1,321	-
Subscriptions and donations	1,820	-	1,820	164
Newsletter costs	150	-	150	4,805
Council and meeting	-	-	-	35
Accountancy fees	2,280	-	2,280	3,720
Professional fees	660	-	660	3,915
	<u>118,526</u>	<u>5,714</u>	<u>124,240</u>	<u>122,703</u>

6. NET INCOME/(EXPENDITURE)

Net Income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	267	220
Computer software amortisation	<u>4,574</u>	<u>6,099</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were travel expenses totalling £1,991 relating to 2 trustees (2021: 1 trustee) for the year ended 31 December 2022 (2021: £728).

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	50,965	51,613
Social security costs	114	114
Other pension costs	1,034	820
	52,113	52,547

The average monthly number of employees during the year was as follows:

	2022	2021
Support costs	3	3

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	64,001
Charitable activities	
Memberships	73,855
Other trading activities	10,651
Investment Income	130
Total	148,637
EXPENDITURE ON	
Charitable activities	
Memberships	6,086
Other	116,617
Total	122,703

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund
	£
NET INCOME	25,934
 RECONCILIATION OF FUNDS	
Total funds brought forward	346,781
TOTAL FUNDS CARRIED FORWARD	<u>372,715</u>

10. INTANGIBLE FIXED ASSETS

	Computer software
	£
COST	
At 1 January 2022	30,550
Additions	9,792
At 31 December 2022	<u>40,342</u>
 AMORTISATION	
At 1 January 2022	25,976
Charge for year	4,574
At 31 December 2022	<u>30,550</u>
 NET BOOK VALUE	
At 31 December 2022	<u>9,792</u>
At 31 December 2021	<u>4,574</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2022	659
Additions	573
At 31 December 2022	1,232
DEPRECIATION	
At 1 January 2022	385
Charge for year	267
At 31 December 2022	652
NET BOOK VALUE	
At 31 December 2022	580
At 31 December 2021	274

12. STOCKS

	2022	2021
	£	£
Stocks	1,716	3,214

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	1,371	1,143
Gift Aid debtor	309	5,246
Prepayments	7,521	6,551
	9,201	12,940

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	1,329	4,566
Amounts owed to group undertakings	4,206	4,546
Other creditors	5,466	5,221
Deferred income	14,050	16,420
	<u>25,051</u>	<u>30,753</u>

Deferred Income

	2022	2021
	£	£
Deferred income at 1 January 2022	16,420	17,922
Resources deferred during the year	14,050	16,420
Amounts released from prior year	(16,420)	(17,922)
Deferred Income at 31 December 2022	<u>14,050</u>	<u>16,420</u>

Deferred Income relates to income received in the year specifically relating to performance conditions to be met in the following year.

15. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	372,715	(19,463)	353,252
TOTAL FUNDS	<u>372,715</u>	<u>(19,463)</u>	<u>353,252</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	104,777	(124,240)	(19,463)
TOTAL FUNDS	<u>104,777</u>	<u>(124,240)</u>	<u>(19,463)</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	346,781	25,934	372,715
TOTAL FUNDS	<u>346,781</u>	<u>25,934</u>	<u>372,715</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	148,637	(122,703)	25,934
TOTAL FUNDS	<u>148,637</u>	<u>(122,703)</u>	<u>25,934</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	346,781	6,471	353,252
TOTAL FUNDS	<u>346,781</u>	<u>6,471</u>	<u>353,252</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	253,414	(246,943)	6,471
TOTAL FUNDS	<u>253,414</u>	<u>(246,943)</u>	<u>6,471</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2022

16. RELATED PARTY DISCLOSURES

The NFSH Charitable Trust Limited has a linked charity, The Harry Edwards (NFSH) Trust.

The Harry Edwards (NFSH) Trust provides grants and bursaries for members of the NFSH Charitable Trust Limited who are facing financial difficulties and would otherwise be unable to meet the cost of their membership. During the year, the Harry Edwards (NFSH) Trust provided membership bursaries totalling £340 (2021: £2,170), which is recognised as Income within The NFSH Charitable Trust Limited.

As The Harry Edwards (NFSH) Trust is an unincorporated entity with turnover below £5,000, there is no requirement to file consolidated accounts.

17. POST BALANCE SHEET EVENTS

Following the year end and prior to signing of the balance sheet, the charity received confirmation that it would be due receipt of a legacy for the sum of £360,907. At the date of signing, the Trustees are investigating various options to ensure the funds are best utilised to further the charity's objectives.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2022

	2022	2021
	£	£
Information technology		
Brought forward	23,153	25,328
Computer equipment depreciation	267	220
	23,420	25,548
Charitable costs		
Meetings and exhibitions	1,321	-
Subscriptions and donations	1,820	164
Newsletter costs	150	4,805
	3,291	4,969
Governance costs		
Council and meeting	-	35
Accountancy fees	2,280	3,720
Professional fees	660	3,915
	2,940	7,670
Total resources expended	124,240	122,703
Net (expenditure)/income	(19,463)	25,934

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED

England & Wales - Charity number 1094702

Accounts

REGISTERED COMPANY NUMBER: 03752333 (England and Wales)
REGISTERED CHARITY NUMBER: 1094702

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2021
for
THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Contents of the Financial Statements
for the year ended 31 DECEMBER 2021

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 17
Detailed Statement of Financial Activities	18 to 19

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 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 December 2021. The trustees have adopted the provisions of 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) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity is established to promote public health by the promotion of spiritual healing for the benefit of the public by educating and training healers and by ensuring proper standards in the practice of Spiritual Healing.

The Charity's principal activities continue to be to:

- Promote public health by the promotion of Spiritual Healing and raise awareness of matters associated with healing via the members' newsletter, website, exhibitions, voluntary healing centres and social media presence.
- Promote research continuing to raise the profile of The Healing Trust.
- Educate and train existing Healers and attract new Students.
- Ensure proper standards in the practice of Spiritual Healing are followed and continue to be at the forefront of development strategies.
- Provide workshops and CPD events for members of the public as well as members of the organisation.
- Provide support groups for Healers and Students.
- Provide Spiritual Healing at Healing Trust and the Healing Trust Associated Centres throughout the UK and at exhibitions and other special events.
- Provide advice to Charity members, as well as to members of the public.
- Increase awareness and credibility of Spiritual Healing by attending key exhibitions.
- Improve the content of the Healing Trust training programme and delivering training courses.
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self Regulation for Healing, i.e. the Healing Professional Specific Body (PSB) and the Complementary and Natural Healthcare Council (CNHC).
- Contribute to the Regulation work of UK Healers, as a key member of the organisation.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE

Achievements and performance

Throughout 2021, The Healing Trust has continued to reach out and offer healing to the wider public where needed:

- We are proud that our Healers continued to offer free distant healing and remote support to those in need who have requested healing through our website. We were able to continue this service as it was not disrupted by Covid restrictions.
- Our healing centres throughout the UK have gradually begun re-opening after Covid restrictions and are offering face to face physical healing to the wider public via drop-in sessions. Again, this is offered free of charge to members of the public, although a donation towards the running of our charity is most welcome.
- A weekly 'Facebook live' distant healing meditation, held by our Chair Jennifer Jones, has offered a further opportunity for members, and non-members alike, to request healing for those in need.
- The Healing Trust participated again in Healing Awareness Week from 3rd to 9th May 2021, during which a talk by our Patron, Dr William Bloom, was offered on Zoom. We were delighted that 394 people were able to be present, far more than would probably have been possible in person. Other events held in Healing Awareness Week included several interviews with healers, whether Students or those who have been healing for years. Our social media following jumped significantly during that time.

None of these activities could be achieved without the support of our volunteer healer members, and the Trustees wholeheartedly thank them all for their hard work and commitment to The Healing Trust.

Our tutors have adapted to online teaching, ensuring that our Students have been able to continue their healing training despite Covid restrictions. The Trustees are very grateful for our Tutors' continued support and efforts.

FINANCIAL REVIEW

Financial position

The results for the year are shown on pages 6-8

As a membership organisation our charity's income is reliant on membership fees. Falling membership numbers have continued to result in reduced membership income (2021: £73,855, 2020: £84,846). The Trustees acknowledge that attracting new members must continue to be a priority together with retaining existing members.

Donations and legacies remain an important yet unpredictable source of income and has increased against prior year (2021: £53,886, 2020: £15,361) helped by both the re-opening of healing centres after Covid closures together with £31,292 received in legacies of which none were received in 2020.

Efforts have continued to minimize costs incurred by the Charity, in particular the quarterly 'Spiritus' membership magazine which was a significant cost to the charity. There is now a monthly emailed newsletter, but it is hoped that a new membership magazine will be developed in due course.

Increasing awareness of The Healing Trust will be essential in strengthening donations going forward. The Trustees plan to increase marketing efforts both online via social media presence and in person at relevant exhibitions. The Trustees are also in the early stages of developing a more sophisticated and modern website to increase awareness and functionality.

Reserves policy

Available reserves held at 31st December 2021 amounts to £372,715 (2020: £346,781). The charity continues to require reserves to protect against future income reduction, resulting from uncertain membership numbers and unpredictable donations and legacies. This is vital due to the majority of significant costs incurred by the charity being fixed costs and not variable with income.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 14 April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which sets out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

Recruitment and appointment of new trustees

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are required both to be members of NFSH and elected by members. Candidates for the Board positions of Chair, Vice Chair and Treasurer are nominated by The Healing Trust Council Members. Council members, Healer members and Fellows are eligible to nominate candidates for other positions on the Board of Trustees and if candidates exceed vacancies, election is by postal ballot of all members.

Members of the Board of Trustees are elected to serve for a period of 3 years and retire by rotation. They may stand for re-election at the end of their term on the Board of Trustees. A Trustee who has served for three consecutive terms of office must take a break from office and may not be reappointed until the earlier of the anniversary of the commencement of his or her break from office and if applicable, the annual general meeting following the annual general meeting at which his or her break from office commenced.

A range of relevant skills is represented on the Board of Trustees but, in the event of any perceived gaps in skills, the Articles provide for co-option by the Board of up to two individuals to add to the skills needed.

Induction and training of new trustees

As Trustees are drawn from the Healing Trust membership, Trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential Trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on Trustee responsibilities. New Trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a Trustee role.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03752333 (England and Wales)

Registered Charity number

1094702

Registered office

Bull End
1 Strixton Manor Business Centre
Strixton Village, Strixton
Wellingborough
Northamptonshire
NN29 7PA

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Report of the Trustees
for the year ended 31 DECEMBER 2021

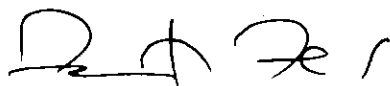
Trustees

J Barley Healer (appointed 25.9.21)
R R L Brewster Company Director
V Chiltonsmith Healer (appointed 25.9.21)
Y Fitzgerald Trustee
P Hockley Trustee
B S Hudson Trustee
J M Jones Trustee
C Newman Trustee
D Stoneham Aromatherapist
L Sumner Trustee

Independent Examiner

Carl Elsby ACA
ICAEW
Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

Approved by order of the board of trustees on 15/7/2022 and signed on its behalf by:



J M Jones - Trustee

**Independent Examiner's Report to the Trustees of
The NFSH Charitable Trust Limited**

Independent examiner's report to the trustees of The NFSH Charitable Trust Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity's 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 section 145 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 the 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 comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter 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 their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Carl Elsby ACA
ICAEW
Elsby & Co
Thistledown Barn
Hokcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

Date: 15/7/22

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Statement of Financial Activities
for the year ended 31 DECEMBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		64,001	25,361
Charitable activities			
Memberships		73,855	84,846
Other trading activities	3	10,651	8,058
Investment income	4	130	587
Total		148,637	118,852
EXPENDITURE ON			
Charitable activities			
Memberships		6,086	9,250
Other		116,617	114,498
Total		122,703	123,748
NET INCOME/(EXPENDITURE)		25,934	(4,896)
RECONCILIATION OF FUNDS			
Total funds brought forward		346,781	351,677
TOTAL FUNDS CARRIED FORWARD		372,715	346,781

The notes form part of these financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet
31 DECEMBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
FIXED ASSETS			
Intangible assets	10	4,574	10,673
Tangible assets	11	274	494
		4,848	11,167
CURRENT ASSETS			
Stocks	12	3,214	3,169
Debtors	13	12,940	7,988
Cash at bank and in hand		382,466	356,344
		398,620	367,501
CREDITORS			
Amounts falling due within one year	14	(30,753)	(31,887)
NET CURRENT ASSETS		367,867	335,614
TOTAL ASSETS LESS CURRENT LIABILITIES		372,715	346,781
NET ASSETS		372,715	346,781
FUNDS	15		
Unrestricted funds		372,715	346,781
TOTAL FUNDS		372,715	346,781

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

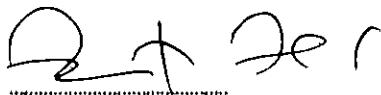
The notes form part of these financial statements

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Balance Sheet - continued
31 DECEMBER 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15/7/2022 and were signed on its behalf by:



J M Jones - Trustee

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements
for the year ended 31 DECEMBER 2021

I. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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) (effective 1 January 2019)', 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.

Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received and can be measured reliably.

Donations and Gifts:

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants Receivable:

Revenue grants are credited as incoming resources when they are receivable provided for conditions for receipt have been complied with, unless they relate to specific future periods, in which case they are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets other than goodwill

Intangible assets acquired separately from an entity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website design and development - 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

I. ACCOUNTING POLICIES - continued

Stocks

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

THE NESH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

1. ACCOUNTING POLICIES - continued

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements.

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Other income	10,651	8,058
	<u>10,651</u>	<u>8,058</u>

4. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	130	587
	<u>130</u>	<u>587</u>

5. SUPPORT COSTS

	General running costs	Information technology	Charitable costs	Governance costs	Totals
	£	£	£	£	£
Other resources expended	78,430	25,548	4,969	7,670	116,617
Memberships	6,086	-	-	-	6,086
	<u>84,516</u>	<u>25,548</u>	<u>4,969</u>	<u>7,670</u>	<u>122,703</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

5. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

	Other resources expended £	Memberships £	2021 Total activities £	2020 Total activities £
Wages	51,613	-	51,613	40,074
Payroll costs	114	-	114	(35)
Pensions	820	-	820	693
Rates and water	15,960	-	15,960	17,533
Insurance	3,752	6,086	9,838	12,726
Light and heat	1,056	-	1,056	892
Advertising costs	66	-	66	513
Travel and hotels	146	-	146	587
Sundries	1,065	-	1,065	672
Bank charges	3,838	-	3,838	3,141
Printing and photocopying	9,534	-	9,534	13,012
Telephone costs	1,751	-	1,751	1,859
Computer costs	6,339	-	6,339	5,911
Photocopier rental cost	1,605	-	1,605	2,917
Computer software amortisation	6,099	-	6,099	6,110
Computer equipment depreciation	220	-	220	165
Exhibitions	-	-	-	95
Subscriptions and donations	164	-	164	(1,113)
Spiritus magazine costs	4,805	-	4,805	10,690
Courses and workshop costs	-	-	-	639
Council and meeting	35	-	35	49
Accountancy fees	3,720	-	3,720	4,523
Professional fees	3,915	-	3,915	2,095
	<u>116,617</u>	<u>6,086</u>	<u>122,703</u>	<u>123,748</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021 £	2020 £
Depreciation - owned assets	220	165
Computer software amortisation	<u>6,099</u>	<u>6,110</u>

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were trustees' travel expenses totalling £728 paid for the year ended 31 December 2021 (2020: £0)

8. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	51,613	40,074
Social security costs	114	(35)
Other pension costs	820	693
	<u>52,547</u>	<u>40,732</u>

The average monthly number of employees during the year was as follows:

	2021	2020
	3	3
Support costs	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	25,361
Charitable activities	
Memberships	84,846
Other trading activities	8,058
Investment income	587
Total	<u>118,852</u>
EXPENDITURE ON	
Charitable activities	
Memberships	9,250
Other	114,498
Total	<u>123,748</u>
NET INCOME/(EXPENDITURE)	<u>(4,896)</u>

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
fund
£

RECONCILIATION OF FUNDS

Total funds brought forward 351,677

TOTAL FUNDS CARRIED FORWARD 346,781

10. INTANGIBLE FIXED ASSETS

Computer
software
£

COST

At 1 January 2021 and 31 December 2021 30,550

AMORTISATION

At 1 January 2021 19,877

Charge for year 6,099

At 31 December 2021 25,976

NET BOOK VALUE

At 31 December 2021 4,574

At 31 December 2020 10,673

11. TANGIBLE FIXED ASSETS

Computer
equipment
£

COST

At 1 January 2021 and 31 December 2021 659

DEPRECIATION

At 1 January 2021 165

Charge for year 220

At 31 December 2021 385

NET BOOK VALUE

At 31 December 2021 274

At 31 December 2020 494

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

12. STOCKS

	2021	2020
	£	£
Stocks	3,214	3,169
	<u> </u>	<u> </u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other debtors	1,143	1,000
Gift Aid debtor	5,246	-
Prepayments	6,551	6,988
	<u> </u>	<u> </u>
	12,940	7,988
	<u> </u>	<u> </u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	4,566	(539)
Amounts owed to group undertakings	4,546	6,716
Social security and other taxes	-	318
Other creditors	5,221	7,381
Accruals and deferred income	16,420	17,922
Accrued expenses	-	89
	<u> </u>	<u> </u>
	30,753	31,887
	<u> </u>	<u> </u>

Deferred income

	2021	2020
	£	£
Deferred income at 1 January 2021	17,922	21,885
Resources deferred during the year	16,421	17,922
Amounts released from prior year	(17,922)	(21,885)
	<u> </u>	<u> </u>
Deferred income at 31 December 2021	<u>16,421</u>	<u>17,922</u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the following year.

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

15. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	346,781	25,934	372,715
TOTAL FUNDS	<u>346,781</u>	<u>25,934</u>	<u>372,715</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	148,637	(122,703)	25,934
TOTAL FUNDS	<u>148,637</u>	<u>(122,703)</u>	<u>25,934</u>

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	351,677	(4,896)	346,781
TOTAL FUNDS	<u>351,677</u>	<u>(4,896)</u>	<u>346,781</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	118,852	(123,748)	(4,896)
TOTAL FUNDS	<u>118,852</u>	<u>(123,748)</u>	<u>(4,896)</u>

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Notes to the Financial Statements - continued
for the year ended 31 DECEMBER 2021

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	351,677	21,038	372,715
TOTAL FUNDS	<u>351,677</u>	<u>21,038</u>	<u>372,715</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	267,489	(246,451)	21,038
TOTAL FUNDS	<u>267,489</u>	<u>(246,451)</u>	<u>21,038</u>

16. RELATED PARTY DISCLOSURES

The NFSH Charitable Trust Limited has a linked charity, The Harry Edwards (NFSH) Trust.

The Harry Edwards (NFSH) Trust provides grants and bursaries for members of the NFSH Charitable Trust Limited who are facing financial difficulties and would otherwise be unable to meet the cost of their membership. During the year, the Harry Edwards (NFSH) Trust provided membership bursaries totalling £2,170, which is recognised as income within The NFSH Charitable Trust Limited.

As The Harry Edwards (NFSH) Trust is an unincorporated entity with turnover below £5,000, there is no requirement to file consolidated accounts.

THE NFSSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	53,886	15,361
Gift aid	10,115	-
Grants	-	10,000
	64,001	25,361
Other trading activities		
Other income	10,651	8,058
Investment income		
Deposit account interest	130	587
Charitable activities		
Memberships subscriptions	73,855	84,846
Total incoming resources	148,637	118,852
 EXPENDITURE		
Support costs		
General running costs		
Wages	51,613	40,074
Payroll costs	114	(35)
Pensions	820	693
Rates and water	15,960	17,533
Insurance	9,838	12,726
Light and heat	1,056	892
Advertising costs	66	513
Travel and hotels	146	587
Sundries	1,065	672
Bank charges	3,838	3,141
	84,516	76,796
Information technology		
Printing and photocopying	9,534	13,012
Telephone costs	1,751	1,859
Computer costs	6,339	5,911
Photocopier rental cost	1,605	2,917
Computer software amortisation	6,099	6,110
Carried forward	25,328	29,809

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED
T/A THE HEALING TRUST

Detailed Statement of Financial Activities
for the year ended 31 DECEMBER 2021

	2021	2020
	£	£
Information technology		
Brought forward	25,328	29,809
Computer equipment depreciation	220	165
	25,548	29,974
 Charitable costs		
Exhibitions	-	95
Subscriptions and donations	164	(1,113)
Spiritus magazine costs	4,805	10,690
Courses and workshop costs	-	639
	4,969	10,311
 Governance costs		
Council and meeting	35	49
Accountancy fees	3,720	4,523
Professional fees	3,915	2,095
	7,670	6,667
 Total resources expended	122,703	123,748
 Net income/(expenditure)	25,934	(4,896)

This page does not form part of the statutory financial statements

THE NFSH CHARITABLE TRUST LIMITED

England & Wales - Charity number 1094702

Accounts

THE NFSSH CHARITABLE TRUST LIMITED
(A company limited by Guarantee)

REPORTS AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

Company No: 03752333 (England and Wales)
Charity Registration Number: 1094702

THE NFSH CHARITABLE TRUST LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2020

Charity name: The NFSH Charitable Trust Limited

Charity registration number: 1094702

Company registration number 03752333

Registered office & address Bull End
1 Strixton Manor Business Centre
Wellingborough
Northamptonshire
NN29 7PA

Patrons: Dr. Rosy Daniel, and Dr William Bloom

Fellows: Keith Bailey, Ruth Kaye, Stella Bell, Roger M Lovell, Audrey Murr Copland, Ken Wyatt, Helen Beck, Valerie Hall, Diana Bylett, Sandy Edwards, Marcus Archer, Gillian Clark, Susan Culverwell, Maureen Rose.

Directors & Trustees: Suzanne Askham
Ian Morris
Rebecca Brewster
Denise Stoneham
Jennifer Jones (appointed 26 September 2020)
Peter Hockley (appointed 26 September 2020)
Yvonne Fitzgerald (appointed 26 September 2020)
Bleau Shanay Hudson (appointed 26 September 2020)
Clare Newman (appointed 26 September 2020)
Lesley Sumner (appointed 26 September 2020)
Gillian Clark (resigned 26 September 2020)
Diana Bylett (resigned 26 September 2020)

THE NFSH CHARITABLE TRUST LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2020

Bankers: CAF Bank Ltd,
25 Kings Hill Avenue,
Kings Hill,
West Malling,
Kent
ME19 4JQ

Barclays Bank Plc,
6 Clarence Street,
Kingston upon Thames,
Surrey, KT1 1NY.

Santander UK Plc
Bridle Road,
Bootle,
Merseyside,
L30 4GB

Solicitors: DFA Law
2 Waterside Way
Northampton
NN4 7XD

Independent Examiners Jervis and Partners
30 Harborough Road
Northampton
NN2 7AZ

THE NFSH CHARITABLE TRUST LIMITED

REPORT OF THE BOARD OF TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2020

The company used the working name 'NFSH', a name familiar to members and the public until September 2009 when it was agreed to utilise The Healing Trust as the new working name. The statements appear in the format required by the Statement of Recommended Practice (SORP) for Accounting and Reporting by Charities (revised 2015). The report and statements also comply with the Companies Act 2006, as the NFSH Charitable Trust Limited was incorporated by guarantee on 14th April 1999. It has no share capital and is a registered charity. The guarantee of each member is limited to £10. The governing document is the Memorandum and Articles of Association of the company.

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 14th April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which set out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Members of the Board of Trustees

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are required both to be members of NFSH and elected by members. The President of The Healing Trust is elected by members and member of the Board of Trustees ex officio. Candidates for the Board positions of Chair, Vice Chair and Treasurer are nominated by The Healing Trust Council Members. Council members, Healer members and Fellows are eligible to nominate candidates for other positions on the Board of Trustees and if candidates exceed vacancies, election is by postal ballot of all members.

Members of the Board of Trustees are elected to serve for a period of 3 years and retire by rotation. They may stand for re-election at the end of their term on the Board of Trustees. A Trustee who has served for three consecutive terms of office must take a break from office and may not be reappointed until the earlier of the anniversary of the commencement of his or her break from office and if applicable, the annual general meeting following the annual general meeting at which his or her break from office commenced.

A range of relevant skills is represented on the Board of Trustees but, in the event of any perceived gaps in skills, the Articles provide for co-option by the Board of up to two individuals to add the skills needed.

Trustees Induction and Training

As Trustees are mainly drawn from the Healing Trust membership, Trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on Trustee responsibilities. New Trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a Trustee role.

THE NFSH CHARITABLE TRUST LIMITED

REPORT OF THE BOARD OF TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2020

Organisation

The Board of Trustees (which can have up to 12 members) administers the company and meets at least six times per year.

The company is a founder member of UK Healers which embraces and regulates a number of different Spiritual Healing organisations. UK Healers is progressing towards self-regulation for Spiritual Healing and aims to achieve and maintain common high standards of conduct across all of the organisations involved so that the public can have confidence using healers who are registered.

Risk Management

The Board of Trustees has a duty to identify and review the risks to which the Charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. A risk assessment is in place which is under constant review. The Charity's membership and therefore income has been falling in recent years and this continued into 2019. Recognition that the main source of income is from members subscriptions has led to the Trustees exploring new avenues for raising membership and revenues whilst at the same time exercising strict controls over expenditure.

Objectives and Activities

The company's objects and principal activities continue to be to:-

- Promote public health by the promotion of Spiritual Healing and raise awareness of matters associated with healing via the members' magazine, website, exhibitions, voluntary healing centres, promoting healing within the NHS, and the media.
- Promote research continuing to raise the profile of the Healing Trust
- Educate and train existing Healers and attract new Students.
- Ensure proper standards in the practice of Spiritual Healing are followed and continue to be at the forefront of development strategies.
- Provide workshops and CPD events for members of the public as well as members of the organisation.
- Provide support groups for Healers and Students.
- Provide Spiritual Healing at Healing Trust and the Healing Trust Associated Centres throughout the UK and at exhibitions and other special events.
- Provide advice to Charity members, as well as to members of the public.
- Increase awareness and credibility of Spiritual Healing by attending key exhibitions.
- Improve the content of the Healing Trust training programme and delivering training courses.
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self Regulation for Healing. i.e. the Healing Professional Specific Body (PSB) and the Complementary and Natural Healthcare Council (CNHC).
- Contribute to the Regulation work of UK Healers, as a key member of the organisation

THE NFSH CHARITABLE TRUST LIMITED

REPORT OF THE BOARD OF TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2020

Achievements and Performance

Cohesion between the Board and the Council which became independent from the Board in 2013 continues to develop with greater co-ordination and communication with our Regions and Healing Centres through Council members.

Financial Review

As a membership organisation, the majority of the charity's revenue is driven by its members in the form of membership fees. Our priority is to attract new members and retain existing members through marketing and implementing a number of new projects. More emphasis will be placed on encouraging the public to contribute by making donations and by making legacies for either general or specific purposes, the level of which have been disappointingly low for some time.

The Charity continues to have adequate funds and available cash resources to fund its ongoing operations in the medium term but needs to reverse the trend in reducing membership in order to safeguard the future.

Investment Policy and Objectives

The Charity invests in common investment funds with the aim of maintaining a balance between income and capital growth, and to ensure a secure management of the Charity's assets. There are no restrictions on either the investment powers of the Board or the way in which the Charity operates, except that they must be in furtherance of the Charity's objectives and in accordance with the Memorandum and Articles of Association.

Plans for the Future

The charity aims to further develop its core activity of providing Spiritual Healing, training new Healers and meeting the demand for that training and will continue to collaborate with UK Healers and aim to be recognised as a leader in the field.

The Board's strategy focuses on attracting new members through marketing, promotion, the use of the website and high quality training. Training is key to attracting new members and a drive to recruit new Tutors to deliver training to new student healers successfully took place during the year.

The community of healers is greater than our membership. We plan to reach out to others and encourage them to join us in becoming the very best organisation for healers in the UK if not the world.

The board will develop a financial strategy to make it possible to finance and achieve these aspirations.

Reserves Policy

The Charity establishes reserves to finance general contingencies when required.

Public Benefit Statement

The members of the Charity are trained to be able to provide support to the general public through Spiritual Healing.

THE NFSH CHARITABLE TRUST LIMITED

REPORT OF THE BOARD OF TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2020

Statement of Trustees Responsibilities

The Trustees (who are also Directors of The NFSH Charitable Trust Limited for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the income, resources, and application of resources, including the income and expenditure, of the charitable company for the year. In preparing financial statements, the trustees are required to:

- * select suitable accounting policies and apply them consistently;
- * observe the methods and principles in the Charities SORP 2015 (FRS 102);
- * make judgements and estimates that are reasonable and prudent;
- * state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- * prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in 2015) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006

Approved

This report was approved by the Board of Trustees on 10 September 2021 and is signed on its behalf.



Jennifer Jones

On behalf of the Board of Trustees

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF NFSH CHARITABLE TRUST LIMITED
FOR THE YEAR ENDED 31 DECEMBER 2020

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 December 2020 which are set out on pages 8 to 20.

Responsibilities and basis of 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 company's accounts as carried out under section 145 of the Charities Act ('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 confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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

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 comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter 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 their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

Neil Picton
Jervis and Partners
30 Harborough Road
Northampton
NN2 7AZ
NN4 7YB

THE NFSH CHARITABLE TRUST LIMITED
CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME & EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds £	Restricted funds £	Total Funds 2020 £	Total Funds 2019 £
Income					
Donations and Legacies	3	15,361	-	15,361	93,964
<i>Income from Charitable Activities:</i>					
Operation of the NFSH Healing Trust	4	102,439	-	102,439	107,915
<i>Income from other trading activities:</i>					
Commercial trading operations	7	-	-	-	9,795
Investment income	6	997	-	997	1,087
Total Income		118,797	-	118,797	212,761
Expenditure					
<i>Cost of raising funds</i>					
Commercial trading operations	7	-	-	-	10,528
<i>Expenditure on charitable activities</i>					
Operation of the NFSH Healing Trust		126,066	-	126,066	195,548
Total Expenditure	11	126,065	-	126,065	206,076
Net Income/(expenditure) and net movement in funds for the year		(7,269)	-	(7,269)	6,685
Reconciliation of funds					
Total Funds brought forward		402,020	-	402,020	395,135
Total Funds carried forward		394,751	-	394,751	401,820

The statement of financial activities includes all gains and losses recognised in the year.
All incoming resources and resources expended derive from continuing activities.
The notes on pages 12 to 22 form part of these accounts.

THE NFSSH CHARITABLE TRUST LIMITED
CONSOLIDATED BALANCE SHEET
AS AT 31 DECEMBER 2020

	Notes	Group		Charity	
		2020 £	2019 £	2020 £	2019 £
Fixed assets					
Intangibles Assets	12	10,673	16,783	10,673	16,783
Tangible assets	13	494	-	494	-
Investments	14	38,000	38,000	8,000	8,000
Total Fixed Assets		<u>49,167</u>	<u>54,783</u>	<u>19,167</u>	<u>24,783</u>
Stock		3,169	4,145	3,169	4,145
Debtors	15	7,988	17,710	7,988	17,215
Cash at bank and in hand at Regions & Centres	16	71,177	65,968	71,177	65,968
Cash at bank and in hand held Centrally	16	<u>290,731</u>	<u>304,711</u>	<u>277,167</u>	<u>281,326</u>
		373,065	392,534	359,501	368,654
Liabilities					
Creditors: amounts falling due within one year	17	<u>(27,481)</u>	<u>(45,298)</u>	<u>(31,887)</u>	<u>(41,760)</u>
Net current assets		<u>345,584</u>	<u>347,237</u>	<u>327,614</u>	<u>326,896</u>
Total assets less current liabilities		<u>394,751</u>	<u>402,020</u>	<u>346,781</u>	<u>351,679</u>
Net assets		<u>394,751</u>	<u>402,020</u>	<u>346,781</u>	<u>351,679</u>
The funds of the charity					
Unrestricted Funds					
General	19	394,751	402,020	346,781	351,679
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
		394,751	402,020	346,781	351,679
Restricted funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	19	<u>394,751</u>	<u>402,020</u>	<u>346,781</u>	<u>351,679</u>

THE NFSH CHARITABLE TRUST LIMITED
CONSOLIDATED BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2020

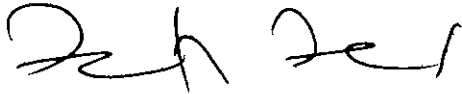
For the financial year ended 31 December 2020 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006

Jennifer Jones

Signed:



Chair of Board of Trustees on behalf of the Trustees.

Approved by the Board on 10 September 2021

Company Registration Number 03752333

The notes on pages 11 to 22 form part of the financial statements

THE NFSH CHARITABLE TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

1 ACCOUNTING POLICIES

a) Statutory Information

The NFSH Charitable Trust Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered number and the registered office address can be found on the Company information page.

b) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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) (effective 1 January 2015)', 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 with the exception of investments which are included at market value.

There were no material departures from that standard.

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and have also been consistently applied within the same accounts.

c) Group financial statements

These financial statements consolidate the results of the charity, its sub-charity Harry Edwards (NFSH) Trust and its wholly owned subsidiary NFSH Limited on a line by line basis. A separate statement of financial activities and income and expenditure account are not presented for the charity itself following exemptions afforded by section 408 of the Companies Act 2006.

d) Incoming resources

Voluntary income including donations, gifts and legacies and grants that provide core funding or are of a general nature are recognised where there is certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when:

- * The donor specifies that the grant or donation must only be used in future accounting periods;
- * The donor has imposed conditions which must be met before the charity has unconditional entitlement

Income from commercial trading activities is recognised as earned, as the related goods and services are provided.

Investment income is recognised on a receivable basis.

Membership income is recognised on a receivable basis and provision is made to defer income received which relates to future accounting periods.

e) Resources expended

- * incurred in trading activities that raise funds.
- * Charitable activities include expenditure associated with the promotion of the charity and include both the direct costs and support costs relating to these activities.
- * Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.
- * Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

f) Irrecoverable VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

g) Going Concern

There are no material uncertainties over going concern.

h) Investments

The investments which are NS&I bonds are initially recognised at cost.

i) Key Accounting Estimates and Assumptions

The company makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The directors do not consider that there are any estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

j) Tangible fixed assets

Individual fixed assets costing £100 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives at the following rates:-

Fixtures and fittings 20.00%

Computer equipment 33.33%

k) Funds accounting

Funds held by the charity are either:

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

l) Taxation

The parent company and its sub-charity are registered charities and have been granted exemption from corporation tax. The Board of Trustees consider that the trading subsidiary company is also exempt from tax and no provision is, therefore, made for corporation tax or deferred tax in respect of that company.

m) Foreign currency transactions

Each transaction is translated into sterling at the exchange rate in operation at the date of the transaction. Monetary assets and liabilities are retranslated at the exchange rate ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

THE NFSSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

n) Financial Instruments

Basic financial liabilities, including trade and other payables, and loans from fellow Group companies, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

At the end of each reporting period financial assets measured at amortised cost are assessed for objective evidence of impairment. If an asset is impaired the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in profit or loss.

Financial assets are derecognised when (a) the contractual rights to the cash flows from the asset expire or are settled, or (b) substantially all the risks and rewards of the ownership of the asset are transferred to another party or (c) despite having retained some significant risks and rewards of ownership, control of the asset has been transferred to another party who has the practical ability to unilaterally sell the asset to an unrelated third party without imposing additional restrictions.

Basic financial liabilities, including trade and other payables, and loans from fellow Group companies, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured and amortised using the effective interest method.

Financial assets and liabilities are offset and the net amounts presented in the financial accounts when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise asset and settle the liability simultaneously.

THE NFSH CHARITABLE TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

2 LEGAL STATUS OF THE CHARITY

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £10.

3 DONATIONS

	2020	2019
	£	£
Legacies	-	50,000
Donated Services Central	15,361	43,964
Donated Services Regions & Centres	-	-
	<u>15,361</u>	<u>93,964</u>

4 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
Income from membership fees and other activities		
Gross income from membership fees	84,381	85,139
Gift aid	667	9,129
Other income	7,391	1,525
Grants	10,000	-
Fund Raising events	-	12,122
Total Income from charitable activities	<u>102,439</u>	<u>107,915</u>

5 FINANCIAL ACTIVITIES OF THE CHARITY

The financial activities shown in the consolidated statement includes those of the charity's wholly owned subsidiary, N.F.S.H. Limited and the sub-charity Harry Edwards (NFSH) Trust.

A summary of the financial activities undertaken by the charity, excluding the subsidiary and sub-charity is set out below:-

	2020	2019
	£	£
Gross incoming resources	118,851	202,549
Support costs	(119,081)	(180,859)
Governance costs	<u>(4,667)</u>	<u>(13,771)</u>
Net outgoing resources from charity	(4,897)	7,918
Total funds brought forward	<u>351,678</u>	<u>343,760</u>
Total funds carried forward	<u>346,781</u>	<u>351,678</u>
Represented by:		
Unrestricted income funds	<u>346,781</u>	<u>351,678</u>

THE NFISH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

6 INVESTMENT INCOME

2020	2019
£	£
Unlisted UK securities	994
Interest received on cash deposits	92
<u>997</u>	<u>1,086</u>

7 COMMERCIAL TRADING OPERATIONS & INVESTMENT IN TRADING SUBSIDIARY The wholly owned subsidiary, N.F.S.H. Limited, which is incorporated in the United Kingdom (company number 01915866), pays all its profits to the charity by gift aid. N.F.S.H. Limited runs courses and other events on behalf of the charity. The subsidiary is limited by guarantee. A summary of the trading results is shown below.

Summary Profit & Loss Account

	2020	2019
	£	£
Turnover	-	9,795
Cost of sales and administrative expenses	-	(10,528)
Operating profit/(loss)	-	(733)
Profit for the financial year	-	(733)
Total gains and losses recognised since the last annual report	-	<u>(733)</u>

Summary Balance Sheet

	2020	2019
	£	£
The assets and liabilities of the subsidiary were:		
Tangible fixed assets	-	-
Current assets	-	9,795
Creditors: amounts falling due within one year	-	(10,918)
	-	<u>(1,123)</u>

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

8 SUB-CHARITY HARRY EDWARDS (NFSH) TRUST

The sub-charity, Harry Edwards (NFSH) Trust provides financial assistance to healers in need. This became a sub-charity of the NFSH Charitable Trust Limited on 9th January 2006. A summary of the financial activities is set out below:

	2020	2019
	£	£
Gross incoming resources	410	417
Grants & Governance costs	(1,024)	(918)
Net incoming resources	(614)	(501)
Total funds brought forward	48,584	49,085
Total funds carried forward	<u>47,970</u>	<u>48,584</u>
Represented by unrestricted funds	<u>47,970</u>	<u>48,584</u>

9 MOVEMENT IN TOTAL FUNDS FOR THE YEAR

This is stated after charging or crediting:

	2020	2019
	£	£
Depreciation	6,275	10,320
Independent Examiner's Fees	<u>1,461</u>	<u>5,025</u>

10 EMPLOYEES

	2020	2019
	£	£
Staff costs were as follows:		
Wages and salaries	40,074	37,094
Social security costs	-	-
	<u>40,074</u>	<u>37,094</u>

	2020	2019
	Number of staff	Number of staff
The average number of persons employed during the year was:-	2	2
Director Trustees	<u>10</u>	<u>6</u>
	<u>12</u>	<u>8</u>

The number of employees whose emoluments amounted to over £60,000 during the year was £nil (2019: £ nil)

The trustees received no remuneration from the charity.

Trustees received reimbursement for travel costs for attending meetings which amounted to £540 (2019: £1,627).

The number of trustees who were paid expenses during the year was 1.

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

11 TOTAL RESOURCES EXPENDED

	Support costs £	Governance costs £	2020 £	2019 £
Unrestricted funds:				
Wages and Salaries	40,074		40,074	37,094
Social Security Costs	-		-	-
Pension Costs	693		693	525
Temporary Staff Costs	-		-	1,741
Light and Heat	892		892	798
Rent, Rates and Water	17,533		17,533	45,269
Repairs and Maintenance	- 40	-	40 -	521
Hire of Plant and Machinery	2,957		2,957	4,387
Computer Expenses	4,965		4,965	6,286
Telephone	1,859		1,859	2,323
Exhibitions	95		95	5,376
Printing and Stationery	7,775		7,775	10,355
Advertising	513		513	-
Mathew Manning Workshop	-		-	3,150
Postage and Carriage	5,237		5,237	3,826
Insurance	12,726		12,726	11,791
Travel and Hotel Expenses	587		587	1,556
Board Expenses	-	144	144	1,627
Council and Meeting Expenses	49		49	2,377
Course and workshop expenses	639		639	-
Grants for membership fees	0		0	-
Independent Examiners Fees	-	1,461	1,461	5,025
Payroll Costs	- 35	-	35	-
Accountancy Fees	-	2,700	2,700	9,500
Depreciation and Amortisation	6,275		6,275	10,320
Membership Database Costs	946		946	1,431
Sundry Expenses	3,453		3,453	13,333
Working Groups	-		- -	1,455
Harry Edwards Grants	-		-	300
Bank Charges	2,895		2,895	1,438
Legal and Professional Fees	2,095		2,095	13,272
Spiritus Magazine Costs	10,690		10,690	13,090
Subscriptions and Donations	- 1,113	-	1,113	1,862
	121,761	4,305	126,066	206,076

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

12 INTANGIBLE FIXED ASSETS- GROUP & CHARITY

<u>Group</u>	Website Design & Development £
Cost or valuation	
At 1st January 2020	30,550
Additions	-
Disposals	
At 31st December 2020	<u>30,550</u>
Depreciation	0
At 1st January 2020	13,767
Charge for year	6,110
Disposals	-
At 31st December 2020	<u>19,877</u>
Net book value	
At 31st December 2020	<u>10,673</u>
At 31st December 2019	<u>16,783</u>

<u>Charity</u>	Website Design & Development £
Cost or valuation	
At 1st January 2020	30,550
Additions	-
Disposals	-
At 31st December 2020	<u>30,550</u>
Depreciation	
As at 1st January 2019	13767
Charge for year	6,110
Disposals	-
At 31st December 2020	<u>19,877</u>
Net book value	
At 31st December 2020	<u>10,673</u>
At 31st December 2019	<u>16,783</u>

THE NFSH CHARITABLE TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

13 TANGIBLE FIXED ASSETS- GROUP & CHARITY

<u>Group</u>	Computer Equipment £
Cost or valuation	
At 1st January 2020	-
Additions	659
Disposals	-
At 31st December 2020	<u>659</u>
Depreciation	
At 1st January 2020	-
Charge for year	165
Disposals	-
At 31st December 2020	<u>165</u>
Net book value	
At 31st December 2020	<u>494</u>
At 31st December 2019	<u>-</u>

<u>Charity</u>	Computer Equipment £
Cost or valuation	
At 1st January 2020	-
Additions	659
Disposals	-
At 31st December 2020	<u>659</u>
Depreciation	
As at 1st January 2020	
Charge for year	165
Disposals	-
At 31st December 2020	<u>165</u>
Net book value	
At 31st December 2020	<u>494</u>
At 31st December 2019	<u>-</u>

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

14 FIXED ASSET INVESTMENTS

	2020 £	2019 £
<u>Group</u>		
At 1st January 2020	38,000	38,000
Disposal proceeds	-	-
Net profit on disposal	-	-
Cost at 31st December 2020	<u>38,000</u>	<u>38,000</u>

A summary of the investments is listed below:

	Cost 2020 £	Cost 2019 £	Income from Investments 2020 £	2019 £
£38,000 National Savings Income Bonds	<u>38,000</u>	<u>38,000</u>	<u>425</u>	<u>994</u>

	2020 £	2019 £
<u>Charity</u>		
At 1st January 2020	8,000	8,000
Disposal proceeds	-	-
Net profit on disposal	-	-
Cost at 31st December 2020	<u>8,000</u>	<u>8,000</u>

All investments are held within the UK and are held primarily to provide an investment return for the healing and research area of the charity.

As the investments are unquoted, market value is not applicable.

15 DEBTORS

	Group 2020 £	Group 2019 £	Charity 2020 £	Charity 2019 £
Sundry Debtors	1,000	10,246	1,000	1,000
Prepayments	6,988	7,464	6,988	7,464
Taxation & Social Security	-	-	-	-
Inter Company Account	-	-	-	9,750
	<u>7,988</u>	<u>17,710</u>	<u>7,988</u>	<u>17,214</u>

THE NFSH CHARITABLE LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

16 CASH AT BANK AND IN HAND CENTRAL OFFICE

	Group		Charity	
	2020	2019	2020	2019
	£	£	£	£
Scottish Widows Bank	266,201	265,646	255,447	254,965
Charities Aid Foundation (CAF) Bank	12,197	24,709	9,387	12,003
Barclays Bank PLC	9,324	10,585	9,324	10,585
Barclays Bank PLC Euro Account	1,236	1,139	1,236	1,139
Santander Bank PLC	1,393	1,393	1,393	1,393
Cash in Hand	<u>380</u>	<u>1,240</u>	<u>380</u>	<u>1,240</u>
	290,731	304,712	277,167	281,325
Charities Aid Foundation Bank Regions & Centres	<u>71,177</u>	<u>65,968</u>	<u>71,177-</u>	<u>65,968</u>
	<u>361,908</u>	<u>370,680</u>	<u>348,344</u>	<u>347,293</u>

17 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Group		Charity	
	2020	2019	2020	2019
	£	£	£	£
Trade creditors	(539)	7,811	(539)	7,506
Other creditors	7,381	3,000	7,381	3,000
Taxation & social security	318	1,520	318	1,520
Subscriptions in advance	17,922	21,885	17,922	21,885
Accruals	2,399	11,081	89	7,846
Intercompany Accounts	<u>-</u>	<u>-</u>	<u>6,716</u>	<u>3</u>
	<u>27,481</u>	<u>45,297</u>	<u>31,887</u>	<u>41,760</u>

THE NFSH CHARITABLE TRUST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

18 ANALYSIS OF FUNDS

The General reserve represents free funds of the charity which are not designated for particular purposes.

19 ANALYSIS OF GROUP NET ASSETS BETWEEN FUNDS

	Designated funds £	Unrestricted funds £
Funds balances at 31st December 2020 as represented by:		
Intangible fixed assets		10,673
Tangible fixed assets	-	494
Investments	-	38,000
Net current assets	-	345,584
	-	<u>394,751</u>

20 CONTROL

The ultimate control of the charity lies with the trustees, who are responsible for the charities affairs

21 RELATED PARTY TRANSACTIONS

During the year, the charity entered into the following transactions:

- a) Harry Edwards (NFSH) Trust, a trust set up by the founder, to give financial help to healers and their families. This is a sub charity of the main charity.
- b) Grants of £465 (2019: £300) were paid to members of Healing Trust.
At 31st December 2020 the Healing Trust owed Harry Edwards Trust £6,716 (2019 £7,743)
- c) NFSH Limited, the wholly owned subsidiary.
- d) At 31st December 2020 NFSH Limited owed the Healing Trust £0 (2019: £9,750).
- e) On 16th March 2007 a company called The Healing Trust Limited was formed by the Charity to protect the name. The company is a wholly owned subsidiary of the charity and has not traded since it was formed.