

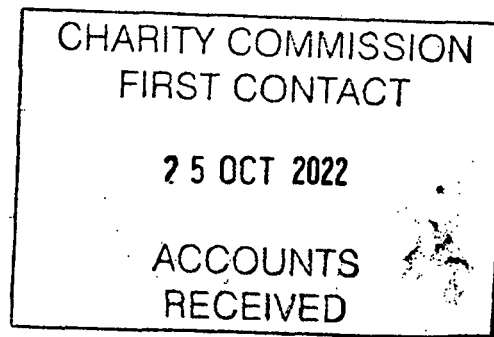
Registration number 4022199

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Directors' report and unaudited financial statements**

**for the year ended 31 December 2021**

**Charity registration number 1097830**



**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Company information**

|                   |                                                                          |
|-------------------|--------------------------------------------------------------------------|
| Directors         | T Stylianou<br>A Kyprianou<br>P Georgiou                                 |
| Company number    | 4022199                                                                  |
| Registered office | 1160 High Road<br>London<br>N20 0RA                                      |
| Accountants       | Phillips Chartered<br>Accountants<br>1160 High Road<br>London<br>N20 0RA |
| Business address  | Denmark Road<br>London<br>N8 ODZ                                         |
| Bankers           | Cynergy Bank<br>PO Box 17484<br>87 Chase Side<br>London<br>N14 5WH       |

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

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**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Directors' report**  
**for the period ended 31 December 2021**

The directors present their report and the financial statements for the period ended 31 December 2021.

The directors of the company are also its trustees for the purpose of charity law and throughout this report are collectively referred to as the directors.

The financial statements comply with the Charities Act 2011, the Statement of Recommended Practice-Accounting and Reporting by Charities SORP 2005 and the Companies Act 2006.

**Incorporation and change of name**

The company was incorporated on 27 June 2000 as Aphrodite Greek Cypriot Women's Organisation Limited. The name of the company was changed to Greek Cypriot Women's Organisation Ltd on 13 June 2002. The company commenced trading on 1 October 2003. The name of the company was changed to Epione Wellbeing Centre Limited on 2 July 2018.

**Principal activity**

The principal activity of the company is that of a charitable organisation incorporated to preserve the health and advancement of education of women.

**Structure, governance and management**

Epione Wellbeing Centre Ltd (EWC) is a registered charity.

The governing body of the charity are the trustees who comprise up to 3 members. They meet every month. The quorum necessary for the transaction of the business of the Directors is two Directors. Trustees are elected at the Annual General Meeting and are automatically re-elected. The number of trustees shall not be less than two nor until otherwise determined by a General Meeting more than thirty. Quorum of members for AGM is one tenth of the total numbers or ten members personally present. EWC developed an induction pack and induction process for trustees, trustees' skills audit and organised training for trustees following their election within a month regarding Trustees Roles and Responsibilities.

The main responsibility of the trustees is to formulate the strategic plans of the charity along with the budget, financial monitoring and fundraising.

**Risk and internal control**

The trustees have overall responsibility for ensuring that the charity has an appropriate system of controls financial and otherwise. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and to provide reassurance that its assets are safeguarded against unauthorised use or disposition, proper records are maintained and financial information used within the charity and for publication is reliable and the charity complies with relevant laws and regulation.

EWC board of trustees undertook a risk management process and implemented appropriate financial procedures and financial control and it is intended that the register of its assets will be reviewed annually.

**Reserves policy**

The trustees have established that the main liabilities in the event of a reduction in funding were the upkeep of the premises. The trustees decided that EWC's reserve should be in the sum of £5,000 and that the reserves would still be sufficient to provide for the cessation of operation in the event of no financial support being secured.

**Epione Wellbeing Centre Ltd  
Company limited by guarantee**

**Directors' report  
for the period ended 31 December 2021**

. continued

**Objectives**

The objects for which the EWC is established are:-

To promote the health and advance the education of women

To provide a worker to co-ordinate this project

To reach as many women of various ages and at different stages of health needs

To establish a supporting system amongst the women and to increase their knowledge of and confidence in the health system

To provide appropriate literature and audio visual aids in their own language

To develop their literacy skills in both Greek and English

To offer counselling to individuals and or the group where appropriate

To act as referral agency

To monitor future needs

**Activities, achievements and performance**

**Keep fit classes for vulnerable women**

Aims:

To improve physical well - being

To improve emotional well- being

To tackle agility and to reduce isolation

Achievements:

Lessons were successfully maintained and will be continued in the foreseeable future.

**Interpretations and translation service to members**

Aims:

To support members in their needs of interpretation and translation

Achievements:

Members continued to use this service

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Directors' report**  
**for the period ended 31 December 2021**

continued

**Social and cultural events**

Aims:

To reduce isolation

To increase social cohesion

To provide a place for members to socialise

To preserve our culture and tradition

Achievements:

Significant events in our calendar are celebrated throughout the year. These are always well attended and enjoyed. The events include elements of tradition (such as food/dance).

**Counselling in Greek or English**

Aims:

To look at issues and problems that women are unable to deal with in their life

To increase self awareness

To reduce depression

To tackle anxiety, anger, stress, lack of confidence, low self esteem

Achievements:

We facilitated the provision of counselling to women when necessary.

**Provision of community space to other groups**

Aims:

To maximise use of the community space and to facilitate other local voluntary organisations by sharing community space and resources

Achievements:

This raised £27,135 ( December 2020 : £27,630) for the furtherance of company's objectives.

**Directors**

The directors who served during the period are as stated below:

T Stylianou

A Kyprianou

P Georgiou

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Directors' report**  
**for the period ended 31 December 2021**

continued

**Statement of directors' responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial period. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

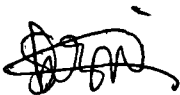
In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- 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 company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 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 special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 1 September 2022 and signed on its behalf by



**Director**

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Independent Examiner's report to the trustees/ directors of**  
**Epione Wellbeing Centre Ltd**

I report on the accounts of the Company for the year ended 31 December 2021, which are set out on pages 6 to 12.

**Respective responsibilities of trustees/directors and examiner**

The charity's trustees/directors are responsible for the preparation of the accounts. The charity's trustees/directors consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- to examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners under section 145(5) of the 2011 Act; and
- to state whether particular matters have come to my attention.

**Basis of independent examiners' report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees/directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In accordance with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Philips Chartered**  
**Accountants, 1160 High**  
**Road, London**  
**N20 0RA.**



**Date: 1 September 2022**



**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Statement of Financial Activities**  
**Period ended 31 December 2021**

|                                                |       | 2021       |               | 2021          | Period Ended   |
|------------------------------------------------|-------|------------|---------------|---------------|----------------|
|                                                |       | Restricted | Unrestricted  | Total         | 31 December 20 |
|                                                |       | Fund       | Fund          |               | Total          |
|                                                | Notes | £          | £             | £             | £              |
| <b>Incoming resources</b>                      | 2     |            |               |               |                |
| <b>Incoming resources from generated funds</b> |       |            |               |               |                |
| Government Covid Grant                         | 2     |            |               |               | 25,000         |
| Incoming resources from charitable activities  |       |            | 27,135        | 27,135        | 29,846         |
| Investment income                              |       |            |               |               |                |
| <b>Total incoming resources</b>                |       |            | <b>27,135</b> | <b>27,135</b> | <b>54,846</b>  |
| <b>Resources expended</b>                      |       |            |               |               |                |
| Charitable activities                          | 3     |            | 37,572        | 37,572        | 13,124         |
| Governance costs                               | 3     |            | 11,130        | 11,130        | 8,890          |
| <b>Total resources expended</b>                |       |            | <b>48,702</b> | <b>48,702</b> | <b>22,014</b>  |
| <b>Net incoming/Outgoing resources</b>         |       |            | (21,567)      | (21,567)      | 32,832         |
| Net transfer of funds                          |       |            |               |               |                |
| <b>BALANCE BROUGHT FORWARD</b>                 |       | -          | (36,825)      | (36,825)      | (69,657)       |
| <b>BALANCE CARRIED FORWARD</b>                 |       | -          | (58,392)      | (58,392)      | (36,825)       |

The notes on pages 9 to 12 form an integral part of these financial statements.

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

Balance sheet  
as at **31 December 2021**

|                                                       | Notes | 31/12/21 |          | 31/12/19 |          |
|-------------------------------------------------------|-------|----------|----------|----------|----------|
|                                                       |       | £        | £        | £        | £        |
| <b>Fixed assets</b>                                   |       |          |          |          |          |
| Tangible assets                                       | 4     |          |          |          | 10       |
| <b>Current assets</b>                                 |       |          |          |          |          |
| Debtors                                               | 5     |          |          |          |          |
| Cash at bank and in hand                              | 6     | 18,263   |          | 40,670   |          |
|                                                       |       | 18,263   |          | 40,670   |          |
| <b>Creditors: amounts falling due within one year</b> | 7     | (76,655) |          | (77,505) |          |
| <b>Net current liabilities</b>                        |       |          | (58,392) |          | (36,835) |
| <b>Total assets less current liabilities</b>          |       |          | (58,392) |          | (36,825) |
| <b>Deficiency of assets</b>                           |       |          | (58,392) |          | (36,825) |
| <b>Reserves</b>                                       |       |          |          |          |          |
| Designated Funds                                      |       |          | 5,000    |          | 5,000    |
| Unrestricted Funds                                    | 8     |          | (63,392) |          | (41,825) |
| <b>Members' funds</b>                                 |       |          | (58,392) |          | (36,825) |

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 9 to 12 form an integral part of these financial statements.

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Balance sheet (continued)**

**Directors' statements required by Sections 475(2) and (3)**  
**for the period ended 31 December 2021**

For the period ended 31 December 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

These accounts were approved by the directors on 1 September 2022, and are signed on their behalf by:



**Director**

**Registration number 4022199**

**The notes on pages 9 to 12 form an integral part of these financial statements.**

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Notes to the financial statements**  
**for the period ended 31 December 2021**

**1. Accounting policies**

**1.1. Accounting convention**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**1.2. Incoming resources**

Incoming resources represents the value of Grants, Project income and Donations and other Fund raising activities receivable during the year.

**1.3. Tangible fixed assets and depreciation**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

|                                     |                      |
|-------------------------------------|----------------------|
| Fixtures, fittings<br>and equipment | 25% reducing balance |
|-------------------------------------|----------------------|

**1.4 Resources expended**

Resources expended are included in the Statement of Financial Activities on an accruals basis. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

**2. Incoming resources**

The total turnover of the company for the period has been derived from its principal activity wholly undertaken in the UK.

Incoming resources during the year was attributable to geographical markets wholly within the United Kingdom.

**2.1 Incoming resources from activities to further the charity's objects**

EWC continued carry out its core activities of running drop-in sessions mainly for the welfare of women in The London Borough of Haringey area.

**Notes to the financial statements  
for the period ended 31 December 2021**

|    |                                        |                     |                       |                         | Period ended        | Period ended |
|----|----------------------------------------|---------------------|-----------------------|-------------------------|---------------------|--------------|
| 3. | Total resources expended               | Basis of allocation | Restricted activities | Unrestricted activities | Governance 31/12/21 | 31/12/20     |
|    | Cost directly allocated to activities: |                     |                       |                         |                     |              |
|    | Staff costs                            | Direct              |                       |                         |                     |              |
|    | Material & other direct supplies       | Direct              | -                     | 1,506                   | 1,506               | 741          |
|    | Bank Charges                           | Direct              | -                     | 88                      | 88                  | 6            |
|    | Travel                                 | Usage               |                       |                         |                     |              |
|    | Accountancy                            | Direct              | -                     | 1,575                   | 1,575               | 1,500        |
|    | Bad debts                              | Direct              |                       |                         |                     |              |
|    | Support costs allocated to activities: |                     |                       |                         |                     |              |
|    | Premises                               | Usage               | -                     | 31,170                  | 31,170              | 5,160        |
|    | General office                         | Usage               | -                     | 712                     | 712                 | 397          |
|    | Advertising                            | Usage               |                       |                         |                     | 600          |
|    | Repairs & maintenance                  | Usage               |                       | 1,584                   | 1,584               | 4,240        |
|    | Communications                         | Usage               | -                     | 813                     | 813                 | 444          |
|    | PPS & computer costs                   | Usage               | -                     | 114                     | 114                 | 8            |
|    | Legal, professional & book-keeping     | Usage               |                       | -                       | -                   | -            |
|    | Depreciation                           | Usage               | -                     | 10                      | 10                  | 28           |
|    | Consultancy                            | Usage               |                       | 11,130                  | 11,130              | 8,890        |
|    | Management committee expenses          | Usage               |                       | -                       | -                   | -            |
|    |                                        |                     |                       | 48,702                  | 48,702              | 22,014       |

**Epione Wellbeing Centre Ltd**  
**Company limited by guarantee**

**Notes to the financial statements**  
**for the period ended 31 December 2021**

.. continued

| 4. Tangible fixed assets | Fixtures,<br>fittings and<br>equipment | Total |
|--------------------------|----------------------------------------|-------|
| At 31 December 2020      | 949                                    | 949   |
| At 31 December 2021      | 949                                    | 949   |
| <b>Depreciation</b>      |                                        |       |
| At 31 December 2020      | 939                                    | 939   |
| Charge for the period    | 10                                     | 10    |
| At 31 December 2021      | 949                                    | 949   |
| Net book values          |                                        |       |
| At 31 December 2020      | 10                                     | 10    |
| At 31 December 2021      | -                                      | -     |

|            |          |          |
|------------|----------|----------|
| 5. Debtors | 31/12/21 | 31/12/20 |
|------------|----------|----------|

Trade debtors

-  
-

6. Bank and Cash

Bank of Cyprus 51855611

CAF Bank Ac 00034211 and Petty Cash

|               |               |
|---------------|---------------|
| 31/12/21      | 31/12/20      |
| 12,440        | 40,421        |
| 5,823         | 249           |
| <u>18,263</u> | <u>40,670</u> |

7. Creditors: amounts falling due  
within one year

Other creditors

Accruals and deferred income

|               |               |
|---------------|---------------|
| 600           | 600           |
| 77,055        | 76,905        |
| <u>76,655</u> | <u>77,505</u> |

**Epione Wellbeing Centre Ltd  
Company limited by guarantee**

**Notes to the financial statements  
for the period ended 31 December 2021**

.. continued

| 8.. Reserves         | Unrestricted<br>Funds  | Total                  |
|----------------------|------------------------|------------------------|
| At 31 December 2020  | (36,825)               | (36,825)               |
| Surplus for the year | <u>(21,567)</u>        | <u>(21,567)</u>        |
| At 31 December 20121 | <u><u>(58,392)</u></u> | <u><u>(58,392)</u></u> |

**9.. Company limited by guarantee**

The company is limited by guarantee and without a share capital