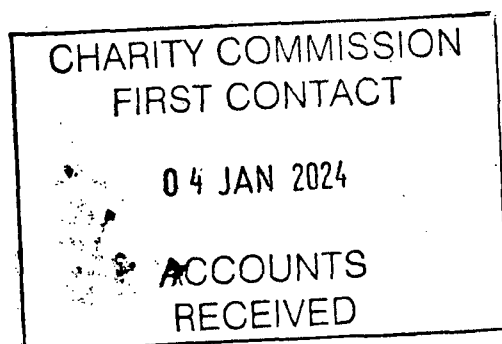


Registration number 4022199

Epione Wellbeing Centre Ltd
Company limited by guarantee

Directors' report and unaudited financial statements
for the year ended 31 December 2022

Charity registration number 1097830



Epione Wellbeing Centre Ltd
Company limited by guarantee

Company information

Directors	T Stylianou A Kyprianou P Georgiou
Company number	4022199
Registered office	1160 High Road London N20 0RA
Accountants	Phillips Chartered Accountants 1160 High Road London N20 0RA
Business address	Denmark Road London N8 ODZ
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Epione Wellbeing Centre Ltd
Company limited by guarantee

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Epione Wellbeing Centre Ltd
Company limited by guarantee

Directors' report
for the year ended 31 December 2022

The directors present their report and the financial statements for the year ended 31 December 2022.

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 year ended 31 December 2022**

. 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 year ended 31 December 2022

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 £42,255 (December 2021 : £27,135) for the furtherance of company's objectives.

Directors

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

T Stylianou

A Kyprianou

P Georgiou

Epione Wellbeing Centre Ltd
Company limited by guarantee

Directors' report
for the year ended 31 December 2022

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 year. 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 year.

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 18.12.2023 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 2022, 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

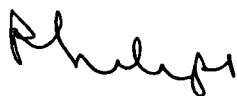
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items 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: 18-12-2023

Epione Wellbeing Centre Ltd
Company limited by guarantee

Statement of Financial Activities
Year ended 31 December 2022

		2022		2022	Year Ended
		Restricted	Unrestricted	Total	31 December 21
		Fund	Fund		Total
	Notes	£	£	£	£
Incoming resources	2				
Incoming resources from generated funds					
Bank interest receivable			10	10	-
Incoming resources from charitable activities			42,255	42,255	27,135
Investment income					
Total incoming resources			<u>42,265</u>	<u>42,265</u>	<u>27,135</u>
Resources expended					
Charitable activities	3		18,281	18,281	37,572
Governance costs	3		<u>13,340</u>	<u>13,340</u>	<u>11,130</u>
Total resources expended			<u>31,621</u>	<u>31,621</u>	<u>48,702</u>
Net incoming/Outgoing resources			10,644	10,644	(21,567)
Net transfer of funds					
BALANCE BROUGHT FORWARD		-	<u>(58,392)</u>	<u>(58,392)</u>	<u>(36,825)</u>
BALANCE CARRIED FORWARD		-	<u>(47,748)</u>	<u>(47,748)</u>	<u>(58,392)</u>

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 2022

		31/12/22		31/12/21	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	4		-		-
Current assets					
Debtors	5				
Cash at bank and in hand	6	28,171		18,263	
		<u>28,171</u>		<u>18,263</u>	
Creditors: amounts falling due within one year	7	<u>(75,919)</u>		<u>(76,655)</u>	
Net current liabilities			<u>(47,748)</u>		<u>(58,392)</u>
Total assets less current liabilities			<u>(47,748)</u>		<u>(58,392)</u>
Deficiency of assets			<u>(47,748)</u>		<u>(58,392)</u>
Reserves					
Designated Funds			5,000		5,000
Unrestricted Funds	8		<u>(58,748)</u>		<u>(63,392)</u>
Members' funds			<u>(47,748)</u>		<u>(58,392)</u>
			<u><u> </u></u>		<u><u> </u></u>

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 year ended 31 December 2022

For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

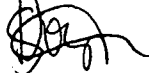
Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year 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 18.12.2023 and are signed on their behalf by:

Director



Registration number 4022199

18.12.2023

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 year ended 31 December 2022

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 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 year 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 year ended 31 December 2022**

					Year ended	Year ended
3. Total resources expended					31/12/22	31/12/21
	Basis of allocation	Restricted activities	Unrestricted activities	Governance	Total	Total
Cost directly allocated to activities:						
Material & other direct supplies	Direct	-	3,721	-	3,721	1,506
Bank Charges	Direct	-	81	-	81	88
Accountancy	Direct	-	1,750	-	1,750	1,575
Support costs allocated to activities:						
Premises	Usage	-	9,450	-	9,450	31,170
General office	Usage	-	848	-	848	712
Repairs & maintenance	Usage	-	1,558	-	1,558	1,584
Communications	Usage	-	862	-	862	813
PPS & computer costs	Usage	-	11	-	11	114
Depreciation	Usage	-	-	-	-	10
Consultancy	Usage	-	13,340	-	13,340	11,130
		=	31,621	=	31,621	48,702

Epione Wellbeing Centre Ltd
Company limited by guarantee

Notes to the financial statements
for the year ended 31 December 2022

.. continued

4. Tangible fixed assets	Fixtures, fittings and equipment	Total
At 31 December 2021	<u>949</u>	<u>949</u>
At 31 December 2022	<u>949</u>	<u>949</u>
Depreciation		
At 31 December 2021	939	939
Charge for the year	<u>10</u>	<u>10</u>
At 31 December 2022	<u>949</u>	<u>949</u>
Net book values		
At 31 December 2021	<u>10</u>	<u>10</u>
At 31 December 2022	=	=
 5. Debtors	 31/12/22	 31/12/21
Trade debtors	=	=
 6. Bank and Cash	 31/12/22	 31/12/21
Bank of Cyprus 51855611	12,440	12,440
CAF Bank Ac 00034211 and Petty Cash	<u>15,731</u>	<u>5,823</u>
	<u>28,171</u>	<u>18,263</u>
 7. Creditors: amounts falling due within one year	 31/12/22	 31/12/21
Other creditors	600	600
Accruals and deferred income	<u>75,319</u>	<u>76,055</u>
	<u>75,919</u>	<u>76,655</u>

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

**Notes to the financial statements
for the year ended 31 December 2022**

.. continued

8. Reserves	Unrestricted Funds	Total
At 31 December 2021	(58,392)	(58,392)
Surplus for the year	<u>10,644</u>	<u>10,644</u>
At 31 December 2022	<u>(47,748)</u>	<u>(47,748)</u>

9. Company limited by guarantee

The company is limited by guarantee and without a share capital