

BSCAH

England & Wales · Charity number 1108372

Details

Other names	BSECH, THE BRITISH SOCIETY OF EXPERIMENTAL AND CLINICAL HYPNOSIS
Status	Registered
Legal form	Charitable company
Company number	05120862
Registered	2005-03-02
Register	View on the Charity Commission register

Contact

Address
Holly Bank House
Lees Road
Mossley
Ashton-Under-Lyne
OL5 0PL

Phone
07702492867

Email
natoffice@bscah.co.uk

Website
www.bscah.com

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE PUBLIC THE STUDY, TEACHING AND USE OF HYPNOSIS IN THE FIELDS OF MEDICINE, DENTISTRY AND PSYCHOLOGY.

Activities: To promote for the benefit of the public the study, teaching and use of hypnosis in the fields of medicine, dentistry and psychology.

Classification

- **How:** Acts As An Umbrella Or Resource Body
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£99,340	£83,864	-	-
2023-12-31	£46,397	£71,883	-	-
2022-12-31	£106,461	£118,372	-	-
2021-12-31	£111,064	£135,201	-	-
2020-12-31	£161,129	£81,125	-	-

Trustees

Name	Role	Appointed
Dr Martin Wall	Chair	2019-06-08
ALLAN HARGREAVES		2024-04-24
Andy Newton		2025-07-11
Dr Alys Einion		2025-07-11
Dr Maureen Tilford		2018-10-27
Dr Paulina Trevena		2025-07-11
Dr Shamsh Suleman		2024-11-22

BSCAH

England & Wales - Charity number 1108372

Accounts

REGISTERED COMPANY NUMBER: 05120862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108372

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
B.S.C.A.H.

Wyatt Morris Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 12

B.S.C.A.H.

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024**

TRUSTEES	Dr J Boissiere (resigned 23.10.24) Dr M P Tilford Dr M Wall Dr G M Smith (resigned 20.5.24) Dr S Hanks (resigned 19.2.24) Mr A Hargreaves (appointed 12.2.24) Mr A Stewart (appointed 12.2.24) (resigned 20.9.24) Dr S K Suleman (appointed 22.11.24)
REGISTERED OFFICE	Park House 200 Drake Street Rochdale Lancashire OL16 1PJ
REGISTERED COMPANY NUMBER	05120862 (England and Wales)
REGISTERED CHARITY NUMBER	1108372
INDEPENDENT EXAMINER	Wyatt Morris Golland Ltd Park House 200 Drake Street Rochdale Lancashire OL16 1PJ

**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).

OBJECTIVES AND ACTIVITIES

Charitable objects

The charity's principal objective as set out in its constitution is to promote, for the public benefit, the study, teaching and use of clinical hypnosis in the fields of medicine, dentistry and psychology. In order to meet this objective, BSCAH encourages academic research into clinical hypnosis and delivers high quality training and fosters a professional network for healthcare professionals who utilise or have an interest in clinical hypnosis.

BSCAH is one of two UK organisations in the UK where eligibility for training and membership is restricted to regulated healthcare professionals. This ensures that our training is tailored to the highest standards of professional and ethical practice, equipping practitioners to integrate clinical hypnosis as an adjunct to their existing clinical practice.

BSCAH offered 2 training options in 2024 designed to meet the diverse needs of healthcare professionals.

- BSCAH is working in partnership with Birmingham City University to deliver the only university accredited program in Clinical Hypnosis in the UK offering Level 6 and 7 qualifications (AdvDip/GradCert/BSc/PGCert in Clinical Hypnosis, Language & Communication Techniques in Healthcare). This program is taught entirely by experienced healthcare professionals.

- For those healthcare professionals seeking a flexible learning option or who don't have the time to pursue an academic qualification, our Medical Hypnosis for Healthcare Professionals course offers an online, CPD-certified program comprising of three modules. This pathway enables practitioners to develop practical hypnosis skills at their own pace, supported by self-directed study through BSCAH's educational platform.

- BSCAH provided practical days in London throughout 2024 offering hands on training opportunities.

- To complement our educational programmes, BSCAH provides ongoing peer support. Members benefit from bi-monthly online meetings and dedicated WhatsApp groups tailored to various specialisms, creating a collaborative environment for professional growth.

Public benefit

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

ACHIEVEMENT AND PERFORMANCE

Review of activities and achievements

BSCAH has continued to deliver its online training programs, offering flexibility and accessibility to healthcare professionals nationwide and internationally. Recognising the need for diverse learning approaches, BSCAH has expanded its offerings to include blended learning within its university-accredited program. This program combines online modules with face-to-face components, providing participants with a comprehensive pathway to develop both theoretical understanding and practical expertise. Additionally, BSCAH has introduced face-to-face practical hypnosis days as a separate offering. These sessions allow members and trainees to focus on hands-on skills in a structured and supportive environment, fostering confidence in real-world applications of clinical hypnosis.

BSCAH has presented at various events throughout 2024:

- The Preoperative Association National Conference 2024
- Royal Society of Medicine; Clinical Hypnosis: Past, Present and Future, The adjunctive tool that medicine almost forgot
- Association of Anaesthetists seminars and core topics
- Anaesthetics Trainee Conference Workshop
- Institute of Psychiatry, Psychology & Neuroscience / Functional neurology Disorders
- Sheffield Children's hospital
- Oncology seminar at Cambridge Nuffield
- Chemotherapy Unit Wolverhampton Nuffield
- European Association for Cancer Education Birmingham
- British Pain Society; Annual Scientific Meeting 'Clinical Hypnosis for Pain'

BSCAH has partnered with the Association of Anaesthetists to offer an introductory practical course on 'Hypnotic Communication in Anaesthetic Practice'. This course seeks to address a significant gap in clinical training by equipping anaesthetists with hypnotic communication techniques that enhance patient interaction, reduce anxiety, and improve clinical outcomes. The Association of Anaesthetists is scheduled to offer this course, delivered by BSCAH in 2025.

BSCAH has initiated the development of a specialised course focused on gut-directed hypnosis, designed to equip healthcare professionals with effective techniques for managing gastrointestinal issues. This course, aimed at enhancing clinical practice in the management of gut-related conditions through hypnosis, is scheduled for launch in 2025.

Monthly webinars continued to be a key feature of BSCAH's educational offerings, covering a wide range of topics and providing members with opportunities to discuss cases and share expertise. These webinars are recorded and made available to members for on-demand access via the BSCAH website.

FINANCIAL REVIEW

Financial position

BSCAH generates income through two primary sources: donations from membership and the provision of training courses for healthcare professionals. These unrestricted funds are used to support and advance our charitable aims and objectives.

Governance and internal control

The major risks, to which the charity is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

Investment powers, policy and performance

The charity's powers of investment are governed by the Charities Act 2011. The trustees have considered the most appropriate policy for investing funds, and have found that a building society or bank deposit account meets their requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

FINANCIAL REVIEW

Reserves policy

BSCAHs reserves are to be set at £100,000 which are unrestricted funds that are freely available to spend on any of the charity's purposes. BSCAH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work
- to provide a level of funding for unexpected opportunities
- to develop the charity and it's aims and objectives
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The board of trustees will review the above criteria with reference to BSCAH's strategy and annual plan and determine the target level of free reserves to meet these on an annual basis.

The board of trustees will at times designate funds from free reserves for significant project costs, future employees, or replacement of major assets.

We envisage that our operational costs are going to increase significantly over the next few years to support our growth. Consequently a substantial reserve is deemed prudent to service these future projections.

Free reserves at 31 December 2024 were £183,236.

FUTURE DEVELOPMENTS

The charity plans to build upon the activities outlined above in the coming years. Our focus will be on developing additional specialised courses tailored to specific areas of healthcare, concentrating on the techniques and skills essential for each particular field.

We aim to strengthen our relationships with the Royal Colleges and similar organisations in order to raise awareness among their members about the advantages of integrating clinical hypnosis into healthcare.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, as defined by the companies Act 2006, and is governed by its Memorandum and Articles of Association.

Organisational structure

The charity is managed by its trustees, who meet on a regular basis to promote the activities of the charity.

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

.....
Dr M Wall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
B.S.C.A.H.**

Independent examiner's report to the trustees of B.S.C.A.H. ('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.

Miss P. A. Richards F.C.A., D Ch.A

Wyatt Morris Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

Date:

B.S.C.A.H.

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

		2024 Unrestricted funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	35,559	35,622
Charitable activities	4		
Charitable Activity		63,781	10,325
Investment income	3	-	450
Total		99,340	46,397
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		83,864	71,883
NET INCOME/(EXPENDITURE)		15,476	(25,486)
RECONCILIATION OF FUNDS			
Total funds brought forward		173,373	198,859
TOTAL FUNDS CARRIED FORWARD		188,849	173,373

The notes form part of these financial statements

**BALANCE SHEET
31 DECEMBER 2024**

	Notes	2024 Unrestricted funds £	2023 Total funds £
FIXED ASSETS			
Intangible assets	9	4,578	9,157
Tangible assets	10	1,205	1,640
		<u>5,783</u>	<u>10,797</u>
CURRENT ASSETS			
Debtors	11	6,729	8,010
Cash at bank		182,960	159,156
		<u>189,689</u>	<u>167,166</u>
CREDITORS			
Amounts falling due within one year	12	(6,623)	(4,590)
		<u>183,066</u>	<u>162,576</u>
NET CURRENT ASSETS			
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>188,849</u>	173,373
NET ASSETS		<u>188,849</u>	<u>173,373</u>
FUNDS			
Unrestricted funds	13	<u>188,849</u>	<u>173,373</u>
TOTAL FUNDS		<u>188,849</u>	<u>173,373</u>

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.

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 and were signed on its behalf by:

.....
Dr M Wall - Trustee

**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.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Website design and development

The website design and development costs are being amortised over 4 years on a straight line basis.

Tangible fixed assets

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

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 25% on cost

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.

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

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.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Gift aid	5,420	5,149
Subscriptions	<u>30,139</u>	<u>30,473</u>
	<u><u>35,559</u></u>	<u><u>35,622</u></u>

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

3. INVESTMENT INCOME

	2024	2023
	£	£
Investment income	-	450
	<u> </u>	<u> </u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Training income	Charitable Activity	63,619	10,055
Royalties received	Charitable Activity	111	202
Other income	Charitable Activity	51	68
		<u> </u>	<u> </u>
		63,781	10,325
		<u> </u>	<u> </u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Charitable Activity	<u>79,586</u>	<u>4,278</u>	<u>83,864</u>

6. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Depreciation - owned assets	435	452
Website design and development amortisation	<u>4,579</u>	<u>4,579</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

A total of £678 was reimbursed to two trustees for travel and accomodation expenses.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds
	£
INCOME AND ENDOWMENTS FROM	
Donations and legacies	35,622
Charitable activities	
Charitable Activity	10,325
Investment income	450
Total	<u>46,397</u>
EXPENDITURE ON	
Charitable activities	
Charitable Activity	<u>71,883</u>
NET INCOME/(EXPENDITURE)	(25,486)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
funds
£

RECONCILIATION OF FUNDS

Total funds brought forward

198,859

TOTAL FUNDS CARRIED FORWARD

173,373

9. INTANGIBLE FIXED ASSETS

Website
design
and
development
£

COST

At 1 January 2024 and 31 December 2024

18,314

AMORTISATION

At 1 January 2024

9,157

Charge for year

4,579

At 31 December 2024

13,736

NET BOOK VALUE

At 31 December 2024

4,578

At 31 December 2023

9,157

10. TANGIBLE FIXED ASSETS

Fixtures
and
fittings
£

Computer
equipment
£

Totals
£

COST

At 1 January 2024 and 31 December 2024

992

1,375

2,367

DEPRECIATION

At 1 January 2024

383

344

727

Charge for year

91

344

435

At 31 December 2024

474

688

1,162

NET BOOK VALUE

At 31 December 2024

518

687

1,205

At 31 December 2023

609

1,031

1,640

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Prepayments and accrued income	6,729	8,010
	<u>6,729</u>	<u>8,010</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security and other taxes	2,453	-
Accruals and deferred income	4,170	4,590
	<u>6,623</u>	<u>4,590</u>

13. MOVEMENT IN FUNDS

	At 1.1.24	Net movement in funds	At 31.12.24
	£	£	£
Unrestricted funds			
General fund	25,783	15,476	41,259
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>173,373</u>	<u>15,476</u>	<u>188,849</u>
TOTAL FUNDS	173,373	15,476	188,849
	<u>173,373</u>	<u>15,476</u>	<u>188,849</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	99,340	(83,864)	15,476
	<u>99,340</u>	<u>(83,864)</u>	<u>15,476</u>
TOTAL FUNDS	99,340	(83,864)	15,476
	<u>99,340</u>	<u>(83,864)</u>	<u>15,476</u>

Comparatives for movement in funds

	At 1.1.23	Net movement in funds	At 31.12.23
	£	£	£
Unrestricted funds			
General fund	51,269	(25,486)	25,783
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>198,859</u>	<u>(25,486)</u>	<u>173,373</u>
TOTAL FUNDS	198,859	(25,486)	173,373
	<u>198,859</u>	<u>(25,486)</u>	<u>173,373</u>

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	46,397	(71,883)	(25,486)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>46,397</u>	<u>(71,883)</u>	<u>(25,486)</u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

15. DESIGNATED FUNDS

The trustees have allocated the monies left to the society by Marcia Degun-Mather to further training and research into hypnosis. The interest earned on investments is included as general funds.

BSCAH

England & Wales - Charity number 1108372

Accounts

REGISTERED COMPANY NUMBER: 05120862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108372

REPORT OF THE TRUSTEES AND
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	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
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Notes to the Financial Statements	8 to 12

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**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2023**

TRUSTEES

Dr J Boissiere
Dr M P Tilford
Dr M Wall
Dr G M Smith
Dr S Hanks (appointed 13.2.23) (resigned 19.2.24)
Mr A Hargreaves (appointed 12.2.24)
Mr A Stewart (appointed 12.2.24)

REGISTERED OFFICE

Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

REGISTERED COMPANY NUMBER 05120862 (England and Wales)

REGISTERED CHARITY NUMBER 1108372

INDEPENDENT EXAMINER

Wyatt Morris Golland Ltd
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

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OBJECTIVES AND ACTIVITIES

Charitable objects

The charity's principal objective as set out in its constitution is to; promote, for the public benefit, the study, teaching and use of clinical hypnosis in the fields of medicine, dentistry and psychology. In order to meet this objective, BSCAH encourages academic research into clinical hypnosis and provides training and a support network for healthcare professionals who have an interest in or utilise clinical hypnosis. In the field of clinical hypnosis in the UK, BSCAH is one of two UK organisations where eligibility for training and membership is restricted to healthcare professionals who must be members of an approved professional body. The education provided enables these professionals to utilise hypnotic techniques as an adjunct to their existing clinical practice.

BSCAH offers various educational pathways. BSCAH is working in conjunction with Birmingham City University to deliver the only University Accredited course in the UK at Level 6 and 7 AdvDip/GradCert/BSc/PgCert in Clinical Hypnosis, Language & Communication Techniques in Healthcare. This course is taught entirely by healthcare professionals and graduates exit with a university accredited 60 credit qualification at Level 6 or 7. For those healthcare professionals who don't wish to pursue an academic qualification but wish to learn some basic techniques to enhance their practice, they can opt to take a less onerous pathway via our online course Medical Hypnosis for Healthcare Professionals which is also delivered online by healthcare professionals, supported by some self-directed study via our educational platform. This is a CPD course consisting of 3 modules which can be taken separately to give choice and flexibility. In addition to training courses, BSCAH also offers its members peer support with online meetings every 2 months.

BSCAH's peer reviewed scientific journal "Contemporary Hypnosis & Integrative Therapy" ceased publication in 2023 due to our editor retiring. This journal was only available to members and BSCAH saw the opportunity to pursue an alternative which would be more public facing, available to all in order to make research more widely available and therefore increase awareness of the efficacy of hypnosis. The past editions of the journal will be available on the BSCAH website and will be searchable.

Public benefit

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

ACHIEVEMENT AND PERFORMANCE

Review of activities and achievements

BSCAH has continued to deliver its training online as feedback indicated they were more convenient for busy healthcare professionals, had lower overheads and had a wider geographical reach. BSCAH has also offered face to face practical hypnosis days for members/trainees to brush up on their practical skills in a safe environment.

BSCAH has also presented at various events throughout 2023:

- Royal Wolverhampton Hospital Radiology Interventionists
- Association of Anaesthetists
- Nuffield Health Rubery
- Royal Society of Medicine
- East Surrey Hospital, Surrey & Sussex Healthcare NHS Trust
- Trainees with an interest in Perioperative Medicine

In 2022 we were very pleased to have the opportunity to work with the Royal College of Anaesthetists to produce some pre-operative audio resources to aid relaxation using hypnotic techniques for all pre-operative patients to listen to before surgery. The Royal College of Anaesthetists confirmed in 2023 that they would fund a research fellow who as part of their role will audit the results of these recordings.

In 2023 we held a joint Annual Conference with the Royal Society of Medicine (section of hypnosis & psychosomatic medicine) titled "Adjunctive medical hypnosis: Simple, effective, non-pharmacological intervention". This was a great opportunity for networking.

Our monthly webinars have continued with great success. They cover a variety of topics and have proved popular as they give our members the opportunity to discuss cases and share experiences either as a named contributor or as a participant. These webinars are recorded and made available to members via our website so members can refer back to them or watch them in their own time.

The re-validation of our AdvDip/GradCert/BSc/PgCert in Clinical Hypnosis, Language and Communication Techniques in Healthcare (which replaced Clinical Hypnosis and Related Techniques) started in summer 2021 and was completed in November 2022. Due to the delay in the approval process, we did not run this course in 2023.

We have developed our peer support group offerings to support our members and alumni in their journey of implementing clinical hypnosis into their work, provide advice/support on cases and give them an opportunity to talk to experienced healthcare professionals who use clinical hypnosis in their daily work. We now offer zoom meetings every 2 months and have various WhatsApp groups to support different specialities. These have been very well attended and feedback suggests the membership find these meet ups useful to support their learning and practice.

BSCAH hosted two Meeting of Members in 2023. These meetings have given the management team the opportunity to meet with members, who have a wealth of expertise and experience. These meetings focus on strategy, sharing of information and experiences and networking.

FINANCIAL REVIEW

Financial position

BSCAH has two main income streams, donations from membership and by providing training courses to healthcare professionals. These are unrestricted funds which are utilised to further our charitable aims and objectives.

Governance and internal control

The major risks, to which the charity is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

Investment powers, policy and performance

The charity's powers of investment are governed by the Charities Act 2011. The trustees have considered the most appropriate policy for investing funds, and have found that a building society or bank deposit account meets their requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

FINANCIAL REVIEW

Reserves policy

BSCAHs reserves are to be set at £100,000 which are unrestricted funds that are freely available to spend on any of the charity's purposes. BSCAH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work
- to provide a level of funding for unexpected opportunities
- to develop the charity and it's aims and objectives
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The board of trustees will review the above criteria with reference to BSCAH's strategy and annual plan and determine the target level of free reserves to meet these on an annual basis.

The board of trustees will at times designate funds from free reserves for significant project costs, future employees, or replacement of major assets.

We envisage that our operational costs are going to increase significantly over the next few years to support our growth. Consequently a substantial reserve is deemed prudent to service these future projections.

Free reserves at 31 December 2023 were £162,576

FUTURE DEVELOPMENTS

The charity plans to continue the activities outlined above in forthcoming years. We intend on developing more specialised courses for specific areas of healthcare which focus on the techniques required for that area of specialism.

We aim to build on our relationships with the Royal Colleges and similar organisations in order to educate them and their members of the advantages of utilising clinical hypnosis within healthcare.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, as defined by the companies Act 2006, and is governed by its Memorandum and Articles of Association.

Organisational structure

The charity is managed by its trustees, who meet on a regular basis to promote the activities of the charity.

Approved by order of the board of trustees on 19/07/2024 and signed on its behalf by:



.....
Dr M Wall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
B.S.C.A.H.**

Independent examiner's report to the trustees of B.S.C.A.H. ('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

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.

Miss P. A. Richards F.C.A., D Ch.A

Wyatt Morris Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

Date:

B.S.C.A.H.

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

		2023 Unrestricted funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	35,622	36,603
Charitable activities	4		
Charitable Activity		10,325	68,570
Investment income	3	450	1,288
Total		<u>46,397</u>	<u>106,461</u>
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		<u>71,883</u>	<u>118,372</u>
NET INCOME/(EXPENDITURE)		(25,486)	(11,911)
RECONCILIATION OF FUNDS			
Total funds brought forward		198,859	210,770
TOTAL FUNDS CARRIED FORWARD		<u><u>173,373</u></u>	<u><u>198,859</u></u>

The notes form part of these financial statements

**BALANCE SHEET
31 DECEMBER 2023**

		2023	2022
		Unrestricted	Total
		funds	funds
		£	£
FIXED ASSETS	Notes		
Intangible assets	10	9,157	13,736
Tangible assets	11	1,640	717
		<u>10,797</u>	<u>14,453</u>
CURRENT ASSETS			
Debtors	12	8,010	7,044
Cash at bank		159,156	182,979
		<u>167,166</u>	<u>190,023</u>
CREDITORS			
Amounts falling due within one year	13	(4,590)	(5,617)
		<u>162,576</u>	<u>184,406</u>
NET CURRENT ASSETS			
		<u>173,373</u>	198,859
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>173,373</u>	<u>198,859</u>
NET ASSETS			
		<u>173,373</u>	<u>198,859</u>
FUNDS	14		
Unrestricted funds		<u>173,373</u>	<u>198,859</u>
TOTAL FUNDS		<u>173,373</u>	<u>198,859</u>

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.

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 19/07/2024 and were signed on its behalf by:


.....
Dr M Wall - Trustee

**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.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Website design and development

The website design and development costs are being amortised over 4 years on a straight line basis.

Tangible fixed assets

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

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 25% on cost

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.

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

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.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Gift aid	5,149	5,029
Subscriptions	30,473	31,574
	<u>35,622</u>	<u>36,603</u>

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

3. INVESTMENT INCOME

	2023	2022
	£	£
Investment income	450	1,288
	<u> </u>	<u> </u>

4. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022
	Activity	£	£
Events	Charitable Activity	-	8,140
Training income	Charitable Activity	10,055	59,972
Royalties received	Charitable Activity	202	318
Other income	Charitable Activity	68	140
		<u> </u>	<u> </u>
		10,325	68,570
		<u> </u>	<u> </u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Charitable Activity	64,131	7,752	71,883
	<u> </u>	<u> </u>	<u> </u>

6. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Depreciation - owned assets	452	126
Website design and development amortisation	4,579	4,578
	<u> </u>	<u> </u>

7. 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

A total of £188 was reimbursed to trustees for general expenses.

8. STAFF COSTS

The charity employs one member of staff. In previous years the secretarial work was undertaken by a third party it was brought in house during year ended 31 December 2021.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds
	£
INCOME AND ENDOWMENTS FROM	
Donations and legacies	36,603
Charitable activities	
Charitable Activity	68,570
Investment income	1,288
Total	<u> </u> 106,461

EXPENDITURE ON

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
funds
£

Charitable activities

Charitable Activity

118,372

NET INCOME/(EXPENDITURE)

(11,911)

RECONCILIATION OF FUNDS

Total funds brought forward

210,770

TOTAL FUNDS CARRIED FORWARD

198,859

10. INTANGIBLE FIXED ASSETS

Website
design
and
development
£

COST

At 1 January 2023 and 31 December 2023

18,314

AMORTISATION

At 1 January 2023

4,578

Charge for year

4,579

At 31 December 2023

9,157

NET BOOK VALUE

At 31 December 2023

9,157

At 31 December 2022

13,736

11. TANGIBLE FIXED ASSETS

Fixtures
and
fittings
£

Computer
equipment
£

Totals
£

COST

At 1 January 2023

992

-

992

Additions

-

1,375

1,375

At 31 December 2023

992

1,375

2,367

DEPRECIATION

At 1 January 2023

275

-

275

Charge for year

108

344

452

At 31 December 2023

383

344

727

NET BOOK VALUE

At 31 December 2023

609

1,031

1,640

At 31 December 2022

717

-

717

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Prepayments and accrued income	8,010	7,044

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other creditors	-	55
Accruals and deferred income	4,590	5,562
	4,590	5,617

14. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	At 31.12.23
	£	£	£
Unrestricted funds			
General fund	51,269	(25,486)	25,783
Marcia Degun-Mather Fund	147,590	-	147,590
	198,859	(25,486)	173,373
TOTAL FUNDS	198,859	(25,486)	173,373

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	46,397	(71,883)	(25,486)
TOTAL FUNDS	46,397	(71,883)	(25,486)

Comparatives for movement in funds

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	63,180	(11,911)	51,269
Marcia Degun-Mather Fund	147,590	-	147,590
	210,770	(11,911)	198,859
TOTAL FUNDS	210,770	(11,911)	198,859

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	106,461	(118,372)	(11,911)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>106,461</u>	<u>(118,372)</u>	<u>(11,911)</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

16. DESIGNATED FUNDS

The trustees have allocated the monies left to the society by Marcia Degun-Mather to further training and research into hypnosis. The interest earned on investments is included as general funds.

BSCAH

England & Wales - Charity number 1108372

Accounts

REGISTERED COMPANY NUMBER: 05120862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108372

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022
FOR
B.S.C.A.H.

Wyatt Morris Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 12

B.S.C.A.H.

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2022**

TRUSTEES	Dr J Boissiere Dr M P Tilford Dr M Wall Dr G M Smith Dr S Hanks (appointed 13.2.23)
REGISTERED OFFICE	Park House 200 Drake Street Rochdale Lancashire OL16 1PJ
REGISTERED COMPANY NUMBER	05120862 (England and Wales)
REGISTERED CHARITY NUMBER	1108372
INDEPENDENT EXAMINER	Wyatt Morris Golland Ltd Park House 200 Drake Street Rochdale Lancashire OL16 1PJ

**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

Charitable objects

The charity's principal objective as set out in its constitution is to; promote, for the public benefit, the study, teaching and use of clinical hypnosis in the fields of medicine, dentistry and psychology. In order to meet this objective, BSCAH encourages academic research into clinical hypnosis and provides training and a support network for healthcare professionals who have an interest in or utilise clinical hypnosis. In the field of clinical hypnosis in the UK, BSCAH is one of two UK organisations where eligibility for training and membership is restricted to healthcare professionals who must be members of an approved professional body. The education provided enables these professionals to utilise hypnotic techniques as an adjunct to their existing clinical practice.

BSCAH offers various educational pathways. BSCAH is working in conjunction with Birmingham City University to deliver the only University Accredited course in the UK at Level 6 and 7 AdvDip/GradCert/BSc/PgCert in Clinical Hypnosis and Related Techniques. This course is taught entirely by healthcare professionals and graduates exit with a university accredited 60 credit qualification at Level 6 or 7. For those healthcare professionals who don't wish to pursue an academic qualification but wish to learn some basic techniques to enhance their practice, they can opt to take a less onerous pathway via our online course Medical Hypnosis for Healthcare Professionals which is also delivered online by healthcare professionals, supported by some self-directed study via our new educational platform. This is a CPD course consisting of 3 modules which can be taken separately to give choice and flexibility.

BSCAH has always provided peer support to its members and alumni. However, since Covid-19, peer support has moved online, replacing the traditional branch meetings.

BSCAH collaborates closely with the Royal Society of Medicine, European Society of Hypnosis, and the International Society of Hypnosis. BSCAH also holds annual conferences during which lectures and workshops are delivered. BSCAH's peer reviewed scientific journal "Contemporary Hypnosis & Integrative Therapy" continues to be published by Crownhouse and is available to all BSCAH and European Society of Hypnosis (ESH) members.

Public benefit

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022**

ACHIEVEMENT AND PERFORMANCE

Review of activities and achievements

Throughout 2020 and 2021, BSCAH developed courses, suitable for an online delivery. It was decided that BSCAH would continue to deliver courses online in the future because they were convenient for busy healthcare professionals, had lower overheads and had a wider geographical reach. We ran one face to face course in London which was successful. We delivered specialist modules in oncology, dentistry, and trauma online which were all well attended, and feedback was very positive.

BSCAH was invited to provide a seminar at the Association of Anaesthetists and held a day's workshop "Emergency Hypnosis" with the Royal College of Emergency Medicine. We were very pleased to have the opportunity to work with the Royal College of Anaesthetists to produce some pre-operative audio resources to aid relaxation using hypnotic techniques for all pre-operative patients to listen to before surgery. It is planned that the results of the effect of these audios will be audited by the Royal College of Anaesthetists. We worked collaboratively with the Royal Society of Medicine (Section of hypnosis and psychosomatic medicine) with all events held at the RSM (Section of hypnosis and psychosomatic medicine) being in association with BSCAH. We also offered a mutual discount for each other's events.

In 2022 we ran a pilot days' workshop for dentists specialising in the application of clinical hypnosis in dentistry. This was highly successful, and feedback was positive. BSCAH formed a dental group to develop workshops, taster days and courses specifically for dental teams.

A Research and Audit group was formed by BSCAH to support academic research in healthcare and clinical hypnosis. This group consists of BSCAH members who are active in the field of research and audit.

Our monthly webinars have continued with great success. They cover a variety of topics and have proved popular as they give our members the opportunity to discuss cases and share experiences either as a named contributor or as a participant. These webinars are recorded and made available to members via our website so members can refer back to them or watch them in their own time.

The re-validation of our AdvDip/GradCert/BSc/PgCert in Clinical Hypnosis, Language and Communication Techniques in Healthcare (which replaced Clinical Hypnosis and Related Techniques) started in summer 2021 but wasn't finalised until Oct 2022 due to the event being postponed twice due to unforeseen circumstances. This meant the January 2023 intake had to be postponed to September 2023. However, the re-validation was successful, and our course was successfully accredited. The 2021-2022 course ran online successfully with a cohort of 22 healthcare professionals gaining a university qualification in Clinical Hypnosis & Related Techniques.

We also developed a peer support group to support our members and alumni in their journey of implementing clinical hypnosis into their work, provide advice on cases and give them an opportunity to talk to experienced healthcare professionals who use clinical hypnosis in their daily work. We used WhatsApp to conduct this peer support group however we quickly realised that WhatsApp was not the best media to use so we arranged zoom meetings every 2 months instead. These have been very well attended and feedback suggests the membership find these meet ups useful to support their learning and practice.

BSCAH hosted three Meeting of Members throughout 2022. These meetings have given the management team the opportunity to meet with members, who have a wealth of expertise and experience. These meetings focus on strategy, sharing of information and experiences and networking.

2022 saw the completion of a new website and educational platform which will be utilised to deliver our education more effectively and professionally. This was a big expenditure but was deemed a sensible investment to support our growth.

The CEO was successful in securing a place on the Pilotlight 360 mentorship programme which is due to start in 2023. Pilotlight 360 gives a charity the opportunity to work with a team of 4 senior business leaders over 10 months to review operations and strategy.

BSCAH held its first conference since Covid-19. Think it possible you may be mistaken; Challenging assumptions and developing new ideas & live stream AGM 2022. This was held at Dartington Hall, Devon. This conference had been arranged for 2020 but due to the pandemic was postponed. This conference gave BSCAH members and others the first opportunity to meet up face to face since Covid-19, network and learn about medical hypnosis from researchers, experts and clinicians in the field.

FINANCIAL REVIEW

Financial position

BSCAH has two main income streams, donations from membership and by providing training courses to healthcare professionals. These are unrestricted funds which are utilised to further our charitable aims and objectives.

Governance and internal control

The major risks, to which the charity is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022**

FINANCIAL REVIEW

Investment powers, policy and performance

The charity's powers of investment are governed by the Charities Act 2011. The trustees have considered the most appropriate policy for investing funds, and have found that a building society or bank deposit account meets their requirements.

Reserves policy

BSCAHs reserves are to be set at £150,000 which are unrestricted funds that are freely available to spend on any of the charity's purposes. BSCAH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work
- to provide a level of funding for unexpected opportunities
- to develop the charity and it's aims and objectives
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The board of trustees will review the above criteria with reference to BSCAH's strategy and annual plan and determine the target level of free reserves to meet these on an annual basis.

The board of trustees will at times designate funds from free reserves for significant project costs, future employees, or replacement of major assets.

We envisage that our operational costs are going to increase significantly over the next few years to support our growth. Consequently a substantial reserve is deemed prudent to service these future projections.

Free reserves at 31 December 2022 were £184,406.

FUTURE DEVELOPMENTS

The charity plans to continue the activities outlined above in forthcoming years. We intend on developing more specialised courses for specific areas of healthcare which focus on the techniques required for that area of specialism.

We aim to build on our relationships with the Royal Colleges and similar organisations in order to educate them and their members of the advantages of utilising clinical hypnosis within healthcare.

We hope that the Pilotlight 360 project will allow BSCAH the opportunity to assess our operations, processes, and strategies in depth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, as defined by the companies Act 2006, and is governed by its Memorandum and Articles of Association.

Organisational structure

The charity is managed by its trustees, who meet on a regular basis to promote the activities of the charity.

Approved by order of the board of trustees on 19 September 2023 and signed on its behalf by:

Dr M Wall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
B.S.C.A.H.**

Independent examiner's report to the trustees of B.S.C.A.H. ('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.

Miss P. A. Richards F.C.A., D Ch.A

Wyatt Morris Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

19 September 2023

B.S.C.A.H.**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

		2022	2021
		Unrestricted	Total
		funds	funds
		£	£
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	36,603	31,184
Charitable activities	4		
Charitable Activity		68,570	79,256
Investment income	3	1,288	624
Total		106,461	111,064
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		118,372	135,201
NET INCOME/(EXPENDITURE)		(11,911)	(24,137)
RECONCILIATION OF FUNDS			
Total funds brought forward		210,770	234,907
TOTAL FUNDS CARRIED FORWARD		198,859	210,770

The notes form part of these financial statements

**BALANCE SHEET
31 DECEMBER 2022**

	Notes	2022 Unrestricted funds £	2021 Total funds £
FIXED ASSETS			
Intangible assets	10	13,736	-
Tangible assets	11	717	843
		<u>14,453</u>	<u>843</u>
CURRENT ASSETS			
Debtors	12	7,044	6,282
Cash at bank		182,979	220,710
		<u>190,023</u>	<u>226,992</u>
CREDITORS			
Amounts falling due within one year	13	(5,617)	(17,065)
		<u>184,406</u>	<u>209,927</u>
NET CURRENT ASSETS			
		<u>198,859</u>	210,770
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>198,859</u>	<u>210,770</u>
NET ASSETS			
		<u>198,859</u>	<u>210,770</u>
FUNDS	14		
Unrestricted funds		198,859	210,770
TOTAL FUNDS		<u>198,859</u>	<u>210,770</u>

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.

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 September 2023 and were signed on its behalf by:

Dr M Wall - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Website design and development

The website design and development costs are being amortised over 4 years on a straight line basis.

Tangible fixed assets

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

Fixtures and fittings - 15% on reducing balance

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.

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

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.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Gift aid	5,029	3,691
Subscriptions	31,574	27,493
	<u>36,603</u>	<u>31,184</u>

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

3. INVESTMENT INCOME

	2022	2021
	£	£
Investment income	<u>1,288</u>	<u>624</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		2022	2021
	Activity	£	£
Events	Charitable Activity	8,140	-
Training income	Charitable Activity	59,972	78,761
Royalties received	Charitable Activity	318	229
Other income	Charitable Activity	140	266
		<u>68,570</u>	<u>79,256</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Charitable Activity	<u>114,184</u>	<u>4,188</u>	<u>118,372</u>

6. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Depreciation - owned assets	126	149
Website design and development amortisation	<u>4,578</u>	<u>-</u>

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

A total of £580 was reimbursed to trustees for general expenses.

8. STAFF COSTS

The charity employs one member of staff. In previous years the secretarial work was undertaken by a third party it was brought in house during the previous year.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	31,184
Charitable activities	
Charitable Activity	79,256
Investment income	624
Total	<u>111,064</u>

EXPENDITURE ON

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
funds
£

Charitable activities

Charitable Activity

135,201

NET INCOME/(EXPENDITURE)

(24,137)

RECONCILIATION OF FUNDS

Total funds brought forward

234,907

TOTAL FUNDS CARRIED FORWARD

210,770

10. INTANGIBLE FIXED ASSETS

Website
design
and
development
£

COST

Additions

18,314

AMORTISATION

Charge for year

4,578

NET BOOK VALUE

At 31 December 2022

13,736

At 31 December 2021

-

11. TANGIBLE FIXED ASSETS

Fixtures
and
fittings
£

COST

At 1 January 2022 and 31 December 2022

992

DEPRECIATION

At 1 January 2022

149

Charge for year

126

At 31 December 2022

275

NET BOOK VALUE

At 31 December 2022

717

At 31 December 2021

843

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	-	550
Prepayments and accrued income	7,044	5,732
	<u>7,044</u>	<u>6,282</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	55	-
Accruals and deferred income	5,562	17,065
	<u>5,617</u>	<u>17,065</u>

14. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	63,180	(11,911)	51,269
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>210,770</u>	<u>(11,911)</u>	<u>198,859</u>
TOTAL FUNDS	<u>210,770</u>	<u>(11,911)</u>	<u>198,859</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	106,461	(118,372)	(11,911)
	<u>106,461</u>	<u>(118,372)</u>	<u>(11,911)</u>
TOTAL FUNDS	<u>106,461</u>	<u>(118,372)</u>	<u>(11,911)</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	87,317	(24,137)	63,180
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>234,907</u>	<u>(24,137)</u>	<u>210,770</u>
TOTAL FUNDS	<u>234,907</u>	<u>(24,137)</u>	<u>210,770</u>

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	111,064	(135,201)	(24,137)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>111,064</u>	<u>(135,201)</u>	<u>(24,137)</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

16. DESIGNATED FUNDS

The trustees have allocated the monies left to the society by Marcia Degun-Mather to further training and research into hypnosis. The interest earned on investments is included as general funds.

BSCAH

England & Wales - Charity number 1108372

Accounts

REGISTERED COMPANY NUMBER: 05120862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108372

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021
FOR
B.S.C.A.H.

Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 12

B.S.C.A.H.

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2021**

TRUSTEES

Dr J Boissiere
Dr L R Brann (resigned 22.4.21)
Dr P L N Naish (resigned 23.4.21)
Dr A H M Williamson (resigned 22.4.21)
Dr C Woodward (resigned 13.2.21)
Dr D Kraft (resigned 22.4.21)
Mrs J E Rogerson (resigned 22.4.21)
Dr M P Tilford
Dr M Wall
Dr G M Smith (appointed 22.4.21)

REGISTERED OFFICE

Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

REGISTERED COMPANY NUMBER 05120862 (England and Wales)

REGISTERED CHARITY NUMBER 1108372

INDEPENDENT EXAMINER

Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**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

Charitable objects

The charity's principle objective as set out in its constitution is to promote, for the public benefit, the study, teaching and use of hypnosis in the fields of medicine, dentistry and psychology. In order to meet this objective, BSCAH encourages academic research into hypnosis. In the field of clinical hypnosis in the UK, BSCAH is unique in that its membership is restricted to healthcare professionals who must be members of an approved professional body. The training enables these professionals to utilise hypnotic techniques as an adjunct to their clinical specialties.

BSCAH runs various educational pathways to encourage BSCAH accreditation. Branches throughout the UK deliver Foundation Training which consists of 3 modules along with branch meetings and workshops throughout the year. BSCAH also delivers, in conjunction with Birmingham City University, the only University Accredited level 6 & 7 AdvDip/GradCert/BSc/PgCert in Clinical hypnosis, Communication Skills and Related Techniques course in the UK which is taught entirely by healthcare professionals.

We have expanded our educational programme to include online training courses and specialist modules. Peer support groups have been set up across the UK to support our trainees and members with supervision and networking opportunities. BSCAH collaborates closely with the Royal Society of Medicine, European Society of Hypnosis and the International Society of Hypnosis. BSCAH also holds annual conferences during which lectures and workshops are delivered. BSCAH's official journal Contemporary Hypnosis & Integrative Therapy is available to all members.

Public benefit

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

ACHIEVEMENT AND PERFORMANCE

Review of activities and achievements

In 2021 there were several structural changes to the charity, and we employed our first CEO. Terms of Reference were agreed with our Education Committee, and a Governance and Finance group were agreed. An Executive team was also developed. Several trustees resigned their post and are now helping BSCAH develop their educational offerings, run webinars and are on hand to give advice and help in any way they can.

Due to the Covid-19 pandemic BSCAH was forced to re-think its strategy and develop online courses in Clinical Hypnosis. Our first online course, designed to be delivered virtually was piloted in January 2021 with remarkable success to seventeen participants from the mental health teams of Cumbria Northumberland Tyne and Wear Foundation NHS Trust. This course used google classrooms for the theory and zoom for the face-to-face practical elements.

Since then, the Education Committee has continued to work diligently to further BSCAH's core business of educating healthcare professionals in clinical hypnosis. They delivered 4 online courses in 2021 in Clinical Hypnosis for Healthcare Professionals. They rolled out Specialist modules in oncology, trauma, pain, and functional bowel disorders. We intend on building on these specialist modules to help develop understanding of hypnosis in specialist areas.

Our Birmingham City University (Accred) level 6 & 7 AdvDip /GradCert /BSc /PgCert in Clinical Hypnosis and Related Techniques has been delivered online in line with the university covid policy for 2 years. The course has run for 5 years at BCU and is due for re-validation in 2022. The process of re-validation at Birmingham City University was started in summer 2021 and is due to be finalised summer 2022. We are applying for approval for an online and a blended course. We hope that this will widen our reach and give Healthcare Professionals who live further away the opportunity to complete the course online yet give an option for those who can attend the university the opportunity to do so as we feel that face to face interaction is important.

In 2021 we researched and sourced a new developer for a new website and educational platform. We have been using Google classroom for our online courses which is a free platform and we felt that investment on our own educational platform would give us the facility to develop our online offerings as well as giving us a place to host our monthly webinars. It is hoped that a new, more intuitive website will reduce time spent on administration. Our new website developer will also be developing our social media presence.

BSCAH has been providing its members (also available to non-members for a fee) with a monthly webinar on a variety of topics. These have proved very popular as they give members the opportunity to discuss case studies and share experiences either as a named contributor or as a participant. They are recorded and made available on the member's area of the website so members can refer back to them and watch them in their own time. BSCAH has been collaborating closely with the Royal Society of Medicine over the past year sharing our webinars with each other's members and offering discounted attendance fees.

In 2021 we were approached by the Royal College of Anaesthetist to collaborate to produce some pre-operative resources. This includes a webpage and audios for pre-operative patients.

Our Scientific National Conference "Think it possible you may be mistaken? Challenging assumptions & developing new ideas" was postponed to 2022.

We held our first virtual AGM which gave us the opportunity to attract a speaker from abroad; Susanna Carolusson.

We also held our first virtual "Meeting of Members", which provided a space for the BSCAH team and members to get together to discuss BSCAH's objectives. We are planning on running 2-3 Meeting of Members annually. It is hoped that these types of events will attract members who otherwise wouldn't get the opportunity to be involved and to encourage activity with the charity. We recognise that we are stronger as a team and that by sharing and collaborating with our members we can be successful. We have so much talent and expertise within our membership which we should be utilising.

It was decided that we would increase our subscription fee by £10 for 2022. This is the first time we have increased our subscription fee.

Our peer reviewed scientific journal 'Contemporary Hypnosis and Integrated Therapies' continues to be published by Crown House. Members receive a hard copy or can elect to have electronic access and it is also the European Society of Hypnosis's official journal.

The Society has an Accreditation process for peer assessment of members' skills in the clinical uses of hypnosis and several members have become Accredited in the past year.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

FINANCIAL REVIEW

Financial position

BSCAH has 2 main income streams both of which produce unrestricted funds which are utilised annually to further our charitable aims and objectives. These 2 streams include membership subscriptions and training courses/events. The income produced by training courses is usually earmarked for offering free meetings, training, and events to our members in line with our charitable objectives. During the first year of covid there was no income generated by our training courses and the charity survived on the membership subscriptions and some reserves alone. Due to covid we have spent a lot of time developing our educational offerings by moving our courses online and developing new educational pathways. This is an area which we will be investing in which will make our courses more accessible for busy healthcare professionals and attracting a wider geographical audience. We have trailed delivering online courses throughout 2021 with much success, producing a new income stream. Investment will be necessary for us to maximise the financial return by providing these new educational offerings to healthcare professionals.

The opportunity to collaborate with similar organisations have been opened in recent years and is an area we wish to utilise to its maximum potential. We recognise that collaboration with other organisations that have similar aims, objectives and values will further BSCAHs charitable aims. Funds may be required in the future to invest in joint conferences, training and events.

Governance and internal control

The major risks, to which the charity is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

Investment powers, policy and performance

The charity's powers of investment are governed by the Charities Act 2011. The trustees have considered the most appropriate policy for investing funds, and have found that a building society or bank deposit account meets their requirements.

Reserves policy

BSCAH has gone through some substantial changes since Covid hit (2020). We have taken on our first full time employee, and we have completed a society wide organisational re-structure. We are laying the foundations to support BSCAHs future growth and development. The funds kept in reserve will be used where and when necessary, to financially support our development as a charity.

BSCAHs reserves are set at £150,000 which are unrestricted funds that are freely available to spend on any of the charity's purposes. BSCAH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work
- to provide a level of funding for unexpected opportunities
- to develop the charity and it's aims and objectives
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The board of trustees will review the above criteria with reference to BSCAH's strategy and annual plan and determine the target level of free reserves to meet these on an annual basis.

The board of trustees will at times designate funds from free reserves for significant project costs, future employees, or replacement of major assets.

Currently BSCAH is not reliant on our charitable objectives to produce income to support our operational costs as proven when Covid hit. We are currently reliant on our membership subscriptions to pay for our annual operational costs. Further investment for increasing our membership by offering further membership benefits will be required to attract new members. We envisage that our operational costs are going to increase significantly over the next few years to support our growth so a good amount of reserves will be necessary to reduce risk in the future.

Free reserves at 31 December 2021 were £209,927.

Incorporation of Branches

During 2020 it was decided to rationalise activities and include branch income, expenses and bank accounts within the accounts of B.S.C.A.H. as the branches were utilising the charity registration status. Opening bank balances have been included within income as donations from branches.

FUTURE DEVELOPMENTS

BSCAH will be reviewing its Articles of Association. By Summer 2022 we hope the website and educational platform will be completed. By Summer 2022 we hope to have had our level 6 & 7 AdvDip /GradCert /BSc /PgCert in Clinical Hypnosis and Related Techniques approved by Birmingham City University. Our social media plan will be completed which we hope will increase our online presence. The trustees will be working on BSCAHs strategy and resource management and the development of our educational offerings.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, as defined by the companies Act 2006, and is governed by its Memorandum and Articles of Association.

Organisational structure

The charity is managed by its trustees, who meet on a regular basis to promote the activities of the charity.

Approved by order of the board of trustees on 18 July 2022 and signed on its behalf by:

Dr M Wall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
B.S.C.A.H.**

Independent examiner's report to the trustees of B.S.C.A.H. ('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.

Miss P. A. Richards F.C.A., D Ch.A
Chartered Accountant
Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

18 July 2022

B.S.C.A.H.

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

		2021 Unrestricted funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	31,184	132,465
Charitable activities	4		
Charitable Activity		79,256	27,076
Investment income	3	624	1,588
Total		111,064	161,129
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		135,201	81,125
NET INCOME/(EXPENDITURE)		(24,137)	80,004
RECONCILIATION OF FUNDS			
Total funds brought forward		234,907	154,903
TOTAL FUNDS CARRIED FORWARD		210,770	234,907

BALANCE SHEET
31 DECEMBER 2021

	Notes	2021 Unrestricted funds £	2020 Total funds £
FIXED ASSETS			
Tangible assets	9	843	-
CURRENT ASSETS			
Debtors	10	6,282	4,810
Cash at bank		<u>220,710</u>	<u>238,705</u>
		226,992	243,515
CREDITORS			
Amounts falling due within one year	11	(17,065)	(8,608)
NET CURRENT ASSETS		<u>209,927</u>	<u>234,907</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		210,770	234,907
NET ASSETS		<u>210,770</u>	<u>234,907</u>
FUNDS	12		
Unrestricted funds		<u>210,770</u>	<u>234,907</u>
TOTAL FUNDS		<u>210,770</u>	<u>234,907</u>

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.

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 18 July 2022 and were signed on its behalf by:

Dr M Wall - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

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.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Website design and development

The website design and development costs are being amortised over 4 years on a straight line basis.

Tangible fixed assets

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

Fixtures and fittings - 15% on reducing balance

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.

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

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.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations from branches	-	102,749
Gift aid	3,691	3,311
Subscriptions	27,493	26,405
	<u>31,184</u>	<u>132,465</u>

During 2020 it was decided to include branch income, expenses and bank accounts within the accounts of B.S.C.A.H. Opening bank balances have been included within income as donations from branches.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021**

3. INVESTMENT INCOME

	2021	2020
	£	£
Investment income	<u>624</u>	<u>1,588</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Training income	78,761	25,535
Royalties received	229	251
Other income	266	1,290
	<u>79,256</u>	<u>27,076</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Charitable Activity	<u>128,184</u>	<u>7,017</u>	<u>135,201</u>

6. NET INCOME/(EXPENDITURE)

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

	2021	2020
	£	£
Depreciation - owned assets	<u>149</u>	<u>-</u>

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

A total of £60 was reimbursed to trustees for attendance at council and other meetings, and for general expenses.
A total of £400 was reimbursed to trustees for other services, not relating to trustee duties.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	132,465
Charitable activities	
Charitable Activity	27,076
Investment income	<u>1,588</u>
Total	<u>161,129</u>
EXPENDITURE ON	
Charitable activities	
Charitable Activity	81,125
NET INCOME	<u>80,004</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
funds
£

RECONCILIATION OF FUNDS

Total funds brought forward 154,903

TOTAL FUNDS CARRIED FORWARD 234,907

9. TANGIBLE FIXED ASSETS

Fixtures
and
fittings
£

COST

Additions

992

DEPRECIATION

Charge for year

149

NET BOOK VALUE

At 31 December 2021

843

At 31 December 2020

-

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2021

2020

£

£

Trade debtors

550

-

Prepayments and accrued income

5,732

4,810

6,282

4,810

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2021

2020

£

£

Accruals and deferred income

17,065

8,608

12. MOVEMENT IN FUNDS

Net
movement
in funds
£

At 1.1.21
£

At
31.12.21
£

Unrestricted funds

General fund

87,317

(24,137)

63,180

Marcia Degun-Mather Fund

147,590

-

147,590

234,907

(24,137)

210,770

TOTAL FUNDS

234,907

(24,137)

210,770

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021**

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	111,064	(135,201)	(24,137)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	111,064	(135,201)	(24,137)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	7,313	80,004	87,317
Marcia Degun-Mather Fund	147,590	-	147,590
	<hr/>	<hr/>	<hr/>
	154,903	80,004	234,907
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	154,903	80,004	234,907
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,129	(81,125)	80,004
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	161,129	(81,125)	80,004
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

14. DESIGNATED FUNDS

The trustees have allocated the monies left to the society by Marcia Degun-Mather to further training and research into hypnosis. The interest earned on investments is included as general funds.

BSCAH

England & Wales - Charity number 1108372

Accounts

REGISTERED COMPANY NUMBER: 05120862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108372

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020
FOR
B.S.C.A.H.

Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 13

B.S.C.A.H.

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2020**

TRUSTEES

Dr J Boissiere
Dr L R Brann (resigned 22.4.21)
Dr P L N Naish (resigned 23.4.21)
Dr A H M Williamson (resigned 22.4.21)
Dr C Woodward (resigned 13.2.21)
Dr D Kraft (resigned 22.4.21)
Mrs J E Rogerson (resigned 22.4.21)
Dr M P Tilford
Dr M Wall
Dr G M Smith (appointed 22.4.21)

REGISTERED OFFICE

Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

REGISTERED COMPANY NUMBER 05120862 (England and Wales)

REGISTERED CHARITY NUMBER 1108372

INDEPENDENT EXAMINER

Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020**

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 2020. 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

Charitable objects

The charity's principle objective as set out in its constitution is to promote, for the public benefit, the study, teaching and use of hypnosis in the fields of medicine, dentistry and psychology. In order to meet this objective, BSCAH encourages academic research into hypnosis. In the field of clinical hypnosis in the UK, BSCAH is unique in that its membership is restricted to healthcare professionals who must be members of an approved professional body. The training enables these professionals to utilise hypnotic techniques as an adjunct to their clinical specialties.

BSCAH runs various educational pathways to encourage BSCAH accreditation. Branches throughout the UK deliver Foundation Training which consists of 3 modules along with branch meetings and workshops throughout the year. BSCAH also delivers, in conjunction with Birmingham City University, the only University Accredited level 6 & 7 AdvDip/GradCert/BSc/PgCert in Clinical hypnosis, Communication Skills and Related Techniques course in the UK which is taught entirely by healthcare professionals.

We have expanded our educational programme to include online training courses and specialist modules. Peer support groups have been set up across the UK to support our trainees and members with supervision and networking opportunities. BSCAH collaborates closely with the Royal Society of Medicine, European Society of Hypnosis and the International Society of Hypnosis. BSCAH also holds annual conferences during which lectures and workshops are delivered. BSCAH's official journal Contemporary Hypnosis & Integrative Therapy is available to all members.

Public benefit

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020**

ACHIEVEMENT AND PERFORMANCE

Review of activities and achievements

BSCAH had a number of training events to fulfil our charitable aims organised for 2020. But like all other organisations these were put on hold in March 2020 as face-to-face events were cancelled across the UK.

Prior to Covid, BSCAH had only ever felt comfortable teaching clinical hypnosis in a face-to-face environment. We quickly realised that this would not be possible for 2020 and so sought out new Covid safe techniques and delivery methods so the charity could carry on fulfilling its charitable aims and stay viable throughout the pandemic. It was also an opportunity to help those in the healthcare system deal with the pressures they were facing (from cleaners to management) and for those who were suffering due to Covid illness (both immediate effects and long covid).

BSCAH recognised immediately that we were in a position to help those who were suffering due to Covid and started to market the fact that we had a referral list of healthcare professionals who were willing to provide free consultations to all healthcare professionals and others (cleaners & management) who worked in the NHS.

BSCAH runs a website (www.bscah.com) that is a source of information, both to health professionals and members of the general public, on the applications of hypnosis in clinical care. We also have an integrated database where members can update their details and upload details of their CPD online.

In the past year we have produced a number of audio recordings to help with relaxation, sleep and imagery which were free to download to the public. We also made available to only healthcare professionals an ICU package which consisted of audio recordings which could be played on a phone or iPad to those who had been sedated and ventilated. These have proved extremely popular within ICU departments, and we have received very positive reports about the effectiveness of these recordings.

2020 was a very steep learning curve as we started to think about how we could train healthcare professionals virtually. Our Birmingham City University (Accred) level 6 & 7 AdvDip /GradCert /Bsc /Pg Cert had to be delivered online in line with the university covid policy. The tutors had to think of new non touch induction techniques to teach to the students. The numbers of students for 2020 was outstanding and we had to cap it at 30 students. The feedback from the students confirmed that by teaching online and not expecting them to attend university, had opened a whole new market for the Charity and it was surprising when we got such amazing results via video conferencing software. Positive results have also been reported from those on our referral list who have been practicing clinical hypnosis to help the public via video conferencing software.

With the success of the University course our branches were able to feel confident enough to deliver virtually also. The curriculum remained unchanged and we worked together to filter successful techniques and delivery methods to all branches who wanted to train throughout 2020.

A new course designed to be delivered virtually was written and was piloted in January 2021 with remarkable success to seventeen participants from the mental health teams of Cumbria Northumberland Tyne and Wear Foundation NHS Trust. This course used google classrooms for the theory and zoom for the face-to-face practical elements.

BSCAH provided Medical Hypnosis Seminars (one live pre Covid and one virtual post Covid) for the Association of Anaesthetists in 2020. These were extremely popular attracting 30-40 delegates on each occasion. A further similar seminar was provided for a group of 20 anaesthetists at St Georges Hospital. We have been providing these seminars and workshops for a number of years and they are becoming increasingly popular.

BSCAH has also been providing its members (also available to non-members for a fee) with a monthly webinar on a variety of topics voted for by the members. This has proved very popular and gives members the opportunity to discuss case studies and share experiences either as a named contributor or as a participant. They are also being recorded and made available on the member's area of the website. BSCAH has been collaborating closely with the Royal Society of Medicine over the past year sharing our webinars with each other's members and offering discounted attendance fees.

Our peer reviewed scientific journal 'Contemporary Hypnosis and Integrated Therapies' continues to be published by Crown House. Members receive a hard copy or can elect to have electronic access and it is also the European Society of Hypnosis's official journal.

The Society has an Accreditation process for peer assessment of members' skills in the clinical uses of hypnosis and several members have become Accredited in the past year.

National Office has run smoothly during the year despite the challenges of the pandemic thanks to our National Office Secretary.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020**

FINANCIAL REVIEW

Financial position

BSCAH has 2 main income streams both of which produce unrestricted funds which are utilised annually to further our charitable aims and objectives. These 2 streams include membership subscriptions and training courses/events. The income produced by training courses is usually earmarked for offering free meetings, training, and events to our members in line with our charitable objectives. During the first year of covid there was no income generated by our training courses and the charity survived on the membership subscriptions and some reserves alone. Due to covid we have spent a lot of time developing our educational offerings by moving our courses online and developing new educational pathways. This is an area which we will be investing in which will make our courses more accessible for busy healthcare professionals and attracting a wider geographical audience. We have trailed delivering online courses throughout 2021 with much success, producing a new income stream. Investment will be necessary for us to maximise the financial return by providing these new educational offerings to healthcare professionals.

The opportunity to collaborate with similar organisations have been opened in recent years and is an area we wish to utilise to its maximum potential. We recognise that collaboration with other organisations that have similar aims, objectives and values will further BSCAHs charitable aims. Funds may be required in the future to invest in joint conferences, training and events.

Governance and internal control

The major risks, to which the charity is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

Investment powers, policy and performance

The charity's powers of investment are governed by the Charities Act 2011. The trustees have considered the most appropriate policy for investing funds, and have found that a building society or bank deposit account meets their requirements.

Reserves policy

BSCAH has gone through some substantial changes since Covid hit (2020). We have taken on our first full time employee, and we have completed a society wide organisational re-structure. We are laying the foundations to support BSCAHs future growth and development. The funds kept in reserve will be used where and when necessary, to financially support our development as a charity.

BSCAHs reserves are set at £150,000 which are unrestricted funds that are freely available to spend on any of the charity's purposes. BSCAH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work
- to provide a level of funding for unexpected opportunities
- to develop the charity and it's aims and objectives
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The board of trustees will review the above criteria with reference to BSCAH's strategy and annual plan and determine the target level of free reserves to meet these on an annual basis.

The board of trustees will at times designate funds from free reserves for significant project costs, future employees, or replacement of major assets.

Current free reserves of £234,907.

Incorporation of Branches

During 2020 it was decided to rationalise activities and include branch income, expenses and bank accounts within the accounts of B.S.C.A.H. as the branches were utilising the charity registration status. Opening bank balances have been included within income as donations from branches.

FUTURE DEVELOPMENTS

BSCAH is hoping to be able to re-start running meetings again in person but it is highly likely that we will continue with some virtual on-line training events and webinars as these have proved popular especially with those who would normally be unable to physically attend such meetings.

We are running online module one trainings throughout the year (May, July and possibly September 2021) which will cover the basic skills needed to use hypnosis in anxiety management and further specialist modules are being planned. Online three module Foundation training is also scheduled for the autumn 2021.

We all look forward to holding our postponed annual conference in Dartington in 2022.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, as defined by the companies Act 2006, and is governed by its Memorandum and Articles of Association.

Organisational structure

The charity is managed by its trustees, who meet on a regular basis to promote the activities of the charity.

Approved by order of the board of trustees on 17 September 2021 and signed on its behalf by:

Dr M Wall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
B.S.C.A.H.**

Independent examiner's report to the trustees of B.S.C.A.H. ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

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.

Miss P. A. Richards F.C.A., D Ch.A
Chartered Accountant
Wyatt, Morris, Golland Ltd
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

17 September 2021

B.S.C.A.H.

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

		2020 Unrestricted funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	132,465	29,541
Charitable activities	4		
Charitable Activity		27,076	32,695
Investment income	3	1,588	1,532
Total		161,129	63,768
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		81,125	67,311
NET INCOME/(EXPENDITURE)		80,004	(3,543)
RECONCILIATION OF FUNDS			
Total funds brought forward		154,903	158,446
TOTAL FUNDS CARRIED FORWARD		234,907	154,903

The notes form part of these financial statements

**BALANCE SHEET
31 DECEMBER 2020**

	Notes	2020 Unrestricted funds £	2019 Total funds £
CURRENT ASSETS			
Debtors	11	4,810	6,785
Cash at bank		238,705	151,556
		243,515	158,341
CREDITORS			
Amounts falling due within one year	12	(8,608)	(3,438)
NET CURRENT ASSETS		234,907	154,903
TOTAL ASSETS LESS CURRENT LIABILITIES		234,907	154,903
NET ASSETS		234,907	154,903
FUNDS	13		
Unrestricted funds		234,907	154,903
TOTAL FUNDS		234,907	154,903

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 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.

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 17 September 2021 and were signed on its behalf by:

Dr M Wall - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

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.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Website design and development

The website design and development costs are being amortised over 4 years on a straight line basis.

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.

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

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.

2. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations from branches	102,749	-
Gift aid	3,311	3,335
Subscriptions	26,405	26,206
	<u>132,465</u>	<u>29,541</u>

During 2020 it was decided to include branch income, expenses and bank accounts within the accounts of B.S.C.A.H. Opening bank balances have been included within income as donations from branches.

B.S.C.A.H.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020**

3.	INVESTMENT INCOME	2020	2019
		£	£
	Investment income	1,588	1,532
		<u> </u>	<u> </u>

4.	INCOME FROM CHARITABLE ACTIVITIES	2020	2019
		£	£
	Events Charitable Activity	-	8,393
	Training income Charitable Activity	25,535	23,807
	Royalties received Charitable Activity	251	395
	Other income Charitable Activity	1,290	100
		<u> </u>	<u> </u>
		27,076	32,695
		<u> </u>	<u> </u>

5.	CHARITABLE ACTIVITIES COSTS	Direct Costs	Support costs	Totals
		£	£	£
	Charitable Activity	73,641	7,484	81,125
		<u> </u>	<u> </u>	<u> </u>

6.	GRANTS PAYABLE	2020	2019
		£	£
	Charitable Activity	-	2,880
		<u> </u>	<u> </u>

In previous years grants were made to branches of B.S.C.A.H. by way of capitation fees. During 2020 it was decided to include branch income, expenses and bank accounts within the accounts of B.S.C.A.H. Opening bank balances have been included within income as donations from branches.

7. NET INCOME/(EXPENDITURE)

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

	2020	2019
	£	£
Website design and development amortisation	-	6,474
	<u> </u>	<u> </u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

A total of £142 was reimbursed to trustees for attendance at council and other meetings, and for general expenses.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

9.	COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	Unrestricted funds £
	INCOME AND ENDOWMENTS FROM	
	Donations and legacies	29,541
	Charitable activities	
	Charitable Activity	32,695
	Investment income	1,532
	Total	<u>63,768</u>
	EXPENDITURE ON	
	Charitable activities	
	Charitable Activity	67,311
	NET INCOME/(EXPENDITURE)	<u>(3,543)</u>
	RECONCILIATION OF FUNDS	
	Total funds brought forward	158,446
	TOTAL FUNDS CARRIED FORWARD	<u><u>154,903</u></u>
10.	INTANGIBLE FIXED ASSETS	Website design and development £
	COST	
	At 1 January 2020 and 31 December 2020	<u>25,890</u>
	AMORTISATION	
	At 1 January 2020 and 31 December 2020	<u>25,890</u>
	NET BOOK VALUE	
	At 31 December 2020	<u><u>-</u></u>
	At 31 December 2019	<u><u>-</u></u>
11.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2020 £ 2019 £
	Prepayments and accrued income	<u><u>4,810</u></u> <u><u>6,785</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Accruals and deferred income	8,608	3,438

13. MOVEMENT IN FUNDS

	At 1.1.20	Net movement in funds	At 31.12.20
	£	£	£
Unrestricted funds			
General fund	7,313	80,004	87,317
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>154,903</u>	<u>80,004</u>	<u>234,907</u>
TOTAL FUNDS	<u>154,903</u>	<u>80,004</u>	<u>234,907</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	161,129	(81,125)	80,004
	<u>161,129</u>	<u>(81,125)</u>	<u>80,004</u>
TOTAL FUNDS	<u>161,129</u>	<u>(81,125)</u>	<u>80,004</u>

Comparatives for movement in funds

	At 1.1.19	Net movement in funds	At 31.12.19
	£	£	£
Unrestricted funds			
General fund	10,856	(3,543)	7,313
Marcia Degun-Mather Fund	147,590	-	147,590
	<u>158,446</u>	<u>(3,543)</u>	<u>154,903</u>
TOTAL FUNDS	<u>158,446</u>	<u>(3,543)</u>	<u>154,903</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	63,768	(67,311)	(3,543)
	<u>63,768</u>	<u>(67,311)</u>	<u>(3,543)</u>
TOTAL FUNDS	<u>63,768</u>	<u>(67,311)</u>	<u>(3,543)</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020**

14. RELATED PARTY DISCLOSURES

The directors of the ESH 2017 Limited, which was a 100% subsidiary of BSCAH, included Dr A. Williamson who was a trustee of BSCAH until April 2021. The ESH 2017 Ltd ceased on the 29 May 2019

15. DESIGNATED FUNDS

The trustees have allocated the monies left to the society by Marcia Degun-Mather to further training and research into hypnosis. The interest earned on investments is included as general funds.