

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

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FOR THE YEAR ENDED 31 DECEMBER 2020**

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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 BSCAH's 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 BSCAH's future growth and development. The funds kept in reserve will be used where and when necessary, to financially support our development as a charity.

BSCAH's 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 its 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
	<hr/> 132,465 <hr/>	<hr/> 29,541 <hr/>

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 2020

3. INVESTMENT INCOME

	2020	2019
	£	£
Investment income	1,588	1,532
	<u><u> </u></u>	<u><u> </u></u>

4. INCOME FROM CHARITABLE ACTIVITIES

		2020	2019
	Activity	£	£
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>27,076</u></u>	<u><u>32,695</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> </u></u>	<u><u> </u></u>

6. GRANTS PAYABLE

	2020	2019
	£	£
Charitable Activity	-	2,880
	<u><u> </u></u>	<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>	<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>4,810</u>	<u>6,785</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
	<u><u>8,608</u></u>	<u><u>3,438</u></u>

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><u>154,903</u></u>	<u><u>80,004</u></u>	<u><u>234,907</u></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><u>161,129</u></u>	<u><u>(81,125)</u></u>	<u><u>80,004</u></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><u>158,446</u></u>	<u><u>(3,543)</u></u>	<u><u>154,903</u></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><u>63,768</u></u>	<u><u>(67,311)</u></u>	<u><u>(3,543)</u></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.