

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

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FOR THE YEAR ENDED 31 DECEMBER 2022**

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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 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.

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 Unrestricted funds £	2021 Total 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
		14,453	843
CURRENT ASSETS			
Debtors	12	7,044	6,282
Cash at bank		182,979	220,710
		190,023	226,992
CREDITORS			
Amounts falling due within one year	13	(5,617)	(17,065)
NET CURRENT ASSETS		184,406	209,927
TOTAL ASSETS LESS CURRENT LIABILITIES		198,859	210,770
NET ASSETS		198,859	210,770
FUNDS	14		
Unrestricted funds		198,859	210,770
TOTAL FUNDS		198,859	210,770

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>

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

3. INVESTMENT INCOME

	2022	2021
	£	£
Investment income	1,288	624
	<u> </u>	<u> </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> </u>	<u> </u>
		68,570	79,256
		<u> </u>	<u> </u>

5. CHARITABLE ACTIVITIES COSTS

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

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>

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>

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.