

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 2023
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 2023**

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B.S.C.A.H.

**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
Park House
200 Drake Street
Rochdale
Lancashire
OL16 1PJ

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

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 2023. 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, 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		46,397	106,461
EXPENDITURE ON			
Charitable activities	5		
Charitable Activity		71,883	118,372
NET INCOME/(EXPENDITURE)		(25,486)	(11,911)
RECONCILIATION OF FUNDS			
Total funds brought forward		198,859	210,770
TOTAL FUNDS CARRIED FORWARD		173,373	198,859

The notes form part of these financial statements

BALANCE SHEET
31 DECEMBER 2023

	Notes	2023 Unrestricted funds £	2022 Total funds £
FIXED ASSETS			
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)
NET CURRENT ASSETS		<u>162,576</u>	<u>184,406</u>
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		173,373	198,859
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
	<hr/> 35,622 <hr/>	<hr/> 36,603 <hr/>

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>106,461</u>

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
	<hr/>
NET INCOME/(EXPENDITURE)	(11,911)
	<hr/>
RECONCILIATION OF FUNDS	
Total funds brought forward	210,770
	<hr/>
TOTAL FUNDS CARRIED FORWARD	198,859
	<hr/> <hr/>

10. INTANGIBLE FIXED ASSETS

	Website design and development £
COST	
At 1 January 2023 and 31 December 2023	18,314
	<hr/>
AMORTISATION	
At 1 January 2023	4,578
Charge for year	4,579
	<hr/>
At 31 December 2023	9,157
	<hr/>
NET BOOK VALUE	
At 31 December 2023	9,157
	<hr/> <hr/>
At 31 December 2022	13,736
	<hr/> <hr/>

11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2023	992	-	992
Additions	-	1,375	1,375
	<hr/>	<hr/>	<hr/>
At 31 December 2023	992	1,375	2,367
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 1 January 2023	275	-	275
Charge for year	108	344	452
	<hr/>	<hr/>	<hr/>
At 31 December 2023	383	344	727
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31 December 2023	609	1,031	1,640
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 December 2022	717	-	717
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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
	<u> </u>	<u> </u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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
	<u> </u>	<u> </u>	<u> </u>
	198,859	(25,486)	173,373
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	198,859	(25,486)	173,373
	<u> </u>	<u> </u>	<u> </u>

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)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	46,397	(71,883)	(25,486)
	<u> </u>	<u> </u>	<u> </u>

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
	<u> </u>	<u> </u>	<u> </u>
	210,770	(11,911)	198,859
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	210,770	(11,911)	198,859
	<u> </u>	<u> </u>	<u> </u>

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.