

# HEALTH AND WELLBEING TRUST LIMITED

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# HEALTH AND WELLBEING TRUST LIMITED

**Registered number:**  
**Trustees Annual Report**

**06399506**

The Trustees present their report together with financial statements for the year ended 31 March 2022.

## REFERENCE AND ADMINISTRATIVE DETAILS

|                             |   |
|-----------------------------|---|
| <b>Trustees</b>             | Roger Tooze - Chair<br>Caroline Reed<br>Chris Smith<br>Fiona Jane Parashar  |
| <b>Company Secretary</b>    | Chris Smith   |
| <b>Registered Office</b>    | 13 Ashley Road, Bathford, Bath BA1<br>7TT   |
| <b>Independent Examiner</b> | Jayne Mulligan ACMA CGMA (Director) JDM Accountancy<br>Ltd, The Barn, Bangle Farm, Stoney Lane, Chantry, Frome.<br>Somerset. BA11 3LH |
| <b>Bankers</b>              | Triodos Bank, Deanery Road, Bristol<br>BS1 5AS  |

## STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document - the Trust is a charitable company limited by guarantee, incorporated on 15 March 2007, and registered as a charity on 19 December 2007. The affairs of the charitable company are governed by its Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Members guarantee to contribute an amount not exceeding £10 to the assets of the charitable company in the event of winding up. The total number of such guarantees at 31 March 2022 was 2.

**Directors and Trustees** - the Directors of the company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. The present membership of the Board of Trustees is listed above.

**Risk Management policy** - the Trustees have a risk management strategy which comprises an annual review of the risks the charity may face, systems and procedures to mitigate those risks identified in the plan, and procedures designed to minimise any potential impact on the charity should those risks materialise. The Trustees have examined the major strategic, business and operational risks that the Trust faces and are satisfied that systems are in place to mitigate these risks.

**Public Benefit**- the Trustees have reviewed the Charity Commission's guidance on the requirement to report on public benefit. They are satisfied that the work of the Trust, as described below, accords with its stated objects and provides tangible public benefit to an appropriate section of those who reside within the Trust's area of benefit; they believe that the criteria used to assess those who may benefit are not unreasonably restrictive.

# HEALTH AND WELLBEING TRUST LIMITED

## VISION AND AIMS

The Health and Wellbeing Trust exists to provide support for the promotion of vocational training for healthcare professionals through provision of:

- Regenerative Healthcare Education
- Regenerative Healthcare information
- Regenerative and supportive healthcare services and education bursary support

Bursary support is currently offered to:

- People with long-term and life-threatening conditions in financial difficulty
- Students wishing to study Integrative healthcare that are in financial difficulty

## ACHIEVEMENTS DURING THE YEAR

During this year the charity has created online courses, news posts, monthly bulletins, an evidence database and a resource directory within its digital education and information platforms for doctors, nurses, healthcare practitioners and the public.

The aims of these platforms is to promote 'sustainable healthcare solutions for the 21st century' that will empower the public in healthy self-care and help to take the strain off over-stretched NHS resources.

During this year, the charity has also maintained its bursary support for students needing help to fund their vocational training and people with long-term conditions seeking holistic medical, therapy and mentoring services who would otherwise have been unable to access these services.

It is with deep gratitude that we thank our donors, in particular from the Pelegrine Trust, Sir Charles Jessel Charity, the Christopher Pilkington Charity, Weleda UK, Cytoplan, RGCC Laboratories and private donors who have donated funds to facilitate the building of the online education and information platforms; and from Gilly's Gift charity who have donated dedicated funds to the Patient Bursary Fund and the Education Bursary Fund. We would also like to thank especially our core Member Donors who have continued to contribute month after month to ensure the success of the charity.

## FINANCIAL REVIEW

During 2021-22 the charity received sufficient donations to achieve our strategic development aims and to maintain our core function and bursary provision.

Reserves policy - it is the policy of the trustees to hold reserves in unrestricted funds in order to establish an appropriate level of working capital and to protect the future operations of the Trust from the effects of any unforeseen material financial events.

## FUTURE PLANS

Going forward in 2022-23 the charity is now under new leadership of Trustees Professor Roger Tooze, Caroline Reed, Chris Smith and Project Leader, Dr Rosy Daniel.

# HEALTH AND WELLBEING TRUST LIMITED

Over the next three years the charity will continue to focus upon the launch of our online education and information platforms aimed at helping to fulfil the CPD requirements of healthcare practitioners whilst also providing empowering information to the public as to how best they can avoid debilitating and costly lifestyle illness. The student and patient bursary funds will continue to operate. To these ends we will continue to fund raise for:

A £75,000 per annum three-year core funding allowance

A £1,000 annual Patient Bursary Fund and a £1,000 Student Bursary Fund.

## STATEMENT OF TRUSTEE RESPONSIBILITIES

The Trustees (who are also Directors of The Health and Wellbeing Trust for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year.

In preparing these financial statements, the Trustees are required to: select suitable accounting policies and then apply them consistently; observe the methods and principles in the Charities SORP; make judgements and estimates that are reasonable and prudent;

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## INDEPENDENT EXAMINER

Jayne Mulligan has kindly offered her services for this financial year for free and was duly appointed as our Independent Examiner.

## SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions for small companies under Section 415a of the Companies Act 2006.

Approved by the Trustees at their meeting on September 27<sup>th</sup>, 2022 and signed on their behalf by:



R Daniel – Project Leader

# HEALTH AND WELLBEING TRUST LIMITED

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE HEALTH AND WELLBEING TRUST FOR THE YEAR ENDED 31 MARCH 2022

I report on the accounts of the Trust for the year ended 31 March 2022 set out on pages 7 to 11.

### Respective responsibilities of Trustees and Examiner

The Trustees (who are also the Directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Management Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to examine the accounts under section 145 of the 2011 Act; to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5b) of the 2011 Act; and to state whether particular matters have come to my attention.

### Basis of Independent Examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent Examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 & 387 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 394 & 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*J. Mulligan*

**Jayne Mulligan** - Jayne Mulligan ACMA CGMA Director

JDM Accountancy Ltd, The Barn, Bangle Farm, Stoney Lane, Chantry, Frome, Somerset BA11 3LH

# HEALTH AND WELLBEING TRUST LIMITED

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

(incorporating Income and Expenditure Account for the year)

|   | Note | Unrestricted | 2021-22<br>Restricted | Total   | 2020-21<br>Total |
|---|------|--------------|-----------------------|---------|------------------|
|   |      | £            | £                     | £       | £                |
| <b>Incoming Resources</b>                               |      |              |                       |         |                  |
| Voluntary income:                                       |      |              |                       |         |                  |
| Donations and grants                                    | 1    | 56,383       | -                     | 56,383  | 77,063           |
| Investment income - bank interest                       |      | 44           | -                     | 44      | 10               |
| From charitable activities:                             |      |              |                       |         |                  |
| Course fees   |      | 4,160        | -                     | 4,160   | -                |
| Misc  |      | 3,339        | -                     | 3,339   | -                |
| Total incoming resources                                |      | 63,926       | 0                     | 63,926  | 77,073           |
| <b>Resources expended</b>                               |      |              |                       |         |                  |
| Costs of charitable activities                          | 2    | 66,078       | -                     | 66,078  | 63,134           |
| Governance costs  | 3    | -            | -                     | 0       | 0                |
| Total resources expended                                |      | 66,078       | 0                     | 66,078  | 63,134           |
| <b>Net outgoing resources and net loss for the year</b> |      | (2,152)      | -                     | (2,152) | 13,939           |
| <b>Funds brought forward</b>                            |      | 30,483       | 750                   | 31,233  | 17,294           |
| <b>Funds carried forward</b>                            |      | 28,331       | 750                   | 29,081  | 31,233           |

The above results relate wholly to continuing activities.

There were no recognised gains or losses other than those included above.

The statement of financial activities also complies with the requirement to prepare an income and expenditure account contained in the Companies Act 2006.

# HEALTH AND WELLBEING TRUST LIMITED

## BALANCE SHEET AS AT 31 MARCH 2022

|  | Note | General       | 2021-22<br>Restricted | Total         | 2020-21<br>Total |
|--|------|---------------|-----------------------|---------------|------------------|
|  |      | £             | £                     | £             | £                |
| <b>Current Assets</b>                        |      |               |                       |               |                  |
| Debtors and prepayments                      | 6    | 327           | -                     | 327           | -                |
| Bank balances                                |      | 28,754        | -                     | 28,754        | 31,233           |
|  |      | 29,081        | -                     | 29,081        | 31,233           |
| Creditors: due within one year:              |      |               |                       |               |                  |
| Creditors and accruals                       | 7    | -             | -                     | -             | -                |
| <b>Total assets less current liabilities</b> |      | <b>29,081</b> | <b>-</b>              | <b>29,081</b> | <b>31,233</b>    |
| <b>Fund Balances</b>                         |      | <b>29,081</b> | <b>-</b>              | <b>29,081</b> | <b>31,233</b>    |

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

For the year ended 31 March 2022, the charitable company is entitled to exemption from the requirement to have an audit under the provisions of Section 477 of the Companies Act 2006 and no notice has been deposited with the charitable company under section 476 of that Act requiring an audit to be carried out.

The Directors acknowledge their responsibilities for (i) ensuring the charitable company keeps accounting records which comply with the Companies Act 2006; and (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of the financial period and of its incoming resources and applications of resources for the period, in accordance with the requirements of the Companies Act 2006, and which otherwise comply with the requirements of that Act relating to accounts so far as they are applicable to the charitable company.

These financial statements were approved by the Trustees at their meeting held on October 27<sup>th</sup> 2022 and were signed on their behalf by:



R Daniel – Project Leader

# HEALTH AND WELLBEING TRUST LIMITED

The accompanying accounting policies and notes form an integral part of these financial statements



# HEALTH AND WELLBEING TRUST LIMITED

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 1. PRINCIPAL ACCOUNTING POLICIES

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), the Companies Act 2006, the Charities Act 2011 and the requirements of the Statement of Recommended Practice: "Accounting and Reporting by Charities" (SORP FRSE 2015).

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the period.

**Tangible Fixed Assets** - Tangible fixed assets are capitalised and included at cost, together with any incidental expenses of acquisition. Depreciation is calculated so as to write off the cost of tangible fixed assets over their expected useful economic lives. The principal rates used are: All asset categories - 25% Straight Line basis

**Incoming resources** - all incoming resources are included in the statement of financial activities when the Trust is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and gifts and is included in full in the statement of financial activities when receivable.
- Course fees represent tuition and other fees charged for courses run by the Faculty of Integrative Medicine. Course fees are billed at the commencement of courses, which run over a period of years, and can be paid by instalments; as participants may drop out and not pay the balance of fees outstanding, the decision has been taken to adopt a prudent approach and only include in income those fees actually received by the year-end.

**Resources expended** - Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

**Fund Accounting** - Restricted Funds are held to be used for specified purposes, as indicated by the donors. General Funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust.

**Taxation** - The Trust is a registered charity and as such tax exemption applies to the income arising from and expended on charitable activities and to its investment income and gains.

# HEALTH AND WELLBEING TRUST LIMITED

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

|   | 2021-22       |            |               | 2020-21       |
|---|---------------|------------|---------------|---------------|
|   | Unrestricted  | Restricted | Total         | Total         |
|   | £             | £          | £             | £             |
| <b>1. Voluntary income - donations and grants</b> |               |            |               |               |
| Private donations (including Gift Aid)            | 56,383        | -          | 56,383        | 77,073        |
| Trusts  | -             | -          | 0             | -             |
|   | <b>56,383</b> | <b>-</b>   | <b>56,383</b> | <b>77,073</b> |
| <b>2. Charitable expenditure</b>                  |               |            |               |               |
| Costs of courses:                                 |               |            |               |               |
| Venues, course materials etc                      | 59,178        | -          | 59,178        | 48,825        |
|   | <b>59,178</b> | <b>-</b>   | <b>59,178</b> | <b>48,825</b> |
| Administration costs:                             |               |            |               |               |
| Post, Stationery and office expenses              | 5,931         | -          | 5,931         | 14,047        |
| Sundry expenses                                   | 969           | -          | 969           | 261           |
| Accountancy and bookkeeping                       | -             | -          | 0             | -             |
|   | <b>6,900</b>  | <b>-</b>   | <b>6,900</b>  | <b>14,308</b> |
| Bursaries - Patient Support                       | -             | -          | 0             | -             |
|   | <b>66,078</b> | <b>-</b>   | <b>66,078</b> | <b>63,133</b> |
| <b>3. Governance costs</b>                        |               |            |               |               |
| Independent Examiners fee                         | -             | -          | 0             | -             |

### 4. Tangible Fixed Assets

The Trust has spent a total of £15,960 on equipment, computer software and website; these costs had all been fully depreciated in previous years.

### 5. Investments

There was an investment of £300 being the whole share capital of the British College of Integrative Medicine Limited - this company has never traded, so the investment was fully written off in 2011-12.

### 6. Debtors: all falling due within one year

|                                   | 2021-22      |            |            | 2020-21  |
|-----------------------------------|--------------|------------|------------|----------|
|                                   | Unrestricted | Restricted | Total      | Total    |
|                                   | £            | £          | £          | £        |
| Course fees banked after year-end | 327          | -          | 327        | -        |
| Gift Aid reclaimable on donations | -            | -          | -          | -        |
|                                   | <b>327</b>   | <b>-</b>   | <b>327</b> | <b>-</b> |

As stated in the Accounting Policies, course fees were billed at the commencement of courses, which run over a period of years, and can be paid by instalments; as participants may drop out and not pay the balance of fees outstanding, the decision has been taken to adopt a prudent approach and only include in income those fees actually subsequently received.

# HEALTH AND WELLBEING TRUST LIMITED

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 7. Creditors: all falling due within one year

|                               | 2021-22      |            |       | 2020-21 |
|-------------------------------|--------------|------------|-------|---------|
|                               | Unrestricted | Restricted | Total | Total   |
|                               | £            | £          | £     | £       |
| Accruals and sundry creditors | -            | -          | -     | -       |

### 8. Restricted funds

No further donations were made to the Bursary Fund during the year; £0 remained unspent at the year-end.

### 9. Capital commitments and contingent liabilities

There were no capital commitments or contingent liabilities at 31 March 2022 (2021 - none).

### 10. Trustee remuneration and expenses

The trustees did not receive any remuneration from the Trust (2021 nil) or reimbursement for expenses incurred on behalf of the Trust (2021 nil).