

Health and Wellbeing Trust Limited

Annual Report and Financial Statements for the year ended 31st March 2024

Registered Number 06399506

Health and Wellbeing Trust Limited

Annual Report and Financial Statements for the year ended 31st March 2024

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Registered company number:

06399506

Registered charity number:

1122079

Annual Report

The Trustees present their report together with financial statements for the year ended 31 March 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees at 31st March 2024

Ann Patricia
Turton (Chair)
Marion Elizabeth
Reid
Dr Nicola Jane
Chatfield

Company Secretary

Joanna
Jane
Grant

Registered Office

Ham Green House,
Chapel Pill Lane,
Pill, Bristol BS20
0HH

Bankers

Triodos Bank,
Deanery Road,
Bristol BS1 5AS

1. STRUCTURE, GOVERNANCE AND MANAGEMENT

1.1 Governing Document

The Health and Wellbeing Trust (HWT) is a charitable company limited by guarantee, incorporated on 15 October 2007, and registered as a charity on 19 December 2007.

Objects:

The relief of persons who are sick, convalescent, disabled, handicapped or infirm by:

- a) Collating and evaluating information about complementary therapies, psychological support and self-help services and disseminating it to the general public and to the medical profession
- b) Educating the medical profession and general public about complementary medicine and proactive preventative healthcare
- c) Researching and advising and assisting in researching Integrative Medicine and publishing or assisting in the publication of the useful results of such research

- d) Assisting those in financial need with the provision of complementary therapies, psychological support and other self-help services, and in such other manner that the executive committee may from time-to-time think fit
- e) Providing day and residential care facilities and educational facilities for the provision of Integrative Healthcare, Education, Research and Health Promotion

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 2024 was 1.

1.2 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. Trustees who served during the year and since the year end are listed below:

- Roger Tooze (resigned 12th March 2024)
- Caroline Reed (resigned 12th March 2024)
- Ann Patricia Turton (appointed 12th December 2022)
- Marion Reid (appointed 12 December 2022)
- Helen Cooke (resigned 27th June 2023)
- Dr Nicola Jane Chatfield (appointed 27th June 2023)
- Ann Louise Musty (appointed 1st October 2024)

1.3 Risk Management

The strategic plan is reviewed annually, and 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.

1.4 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.

2. WORK OF THE TRUST AND ACHIEVEMENTS DURING THE YEAR

HWT offered the following services during 2023/24 to support the delivery of these objects:

- Provision of an e-learning platform which offers a course catalogue of Integrative Health Courses for healthcare professionals and members of the public.
- Clinical bursary support is currently offered to people with long-term conditions in financial difficulty. During 2023/24, HWT provided bursaries to 28 people living with cancer who were seeking Integrative Medicine services who would otherwise have been unable to access these services.
- Education bursary support is offered to learners wishing to study Integrative healthcare who would benefit from financial support. During 2023/24 HWT provided bursary support for 2 students needing help to fund their vocational training.

3. FINANCIAL REVIEW

During 2023/24 the charity received sufficient donations to achieve our strategic development aims and to maintain our core function and bursary provision.

3.1 Donors

It is with deep gratitude that we thank our donors, including RGCC and Weleda, who have donated funds to support the core costs of the charity; Gilly's Gift charity who have donated to the Clinical Bursary Fund; and Ann Hill Trust who have donated to support the development of the e-learning platform and supported 2 student bursaries.

3.2 Reserves Policy

It is the policy of the trustees to hold 3 months operating costs in reserve 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.

4. FUTURE PLANS

Going forward in 2024-25 the charity is now under new leadership of Trustees: Ann Patricia Turton (Chair), Marion Elizabeth Reid, Dr Nicola Jane Chatfield and Ann Louise Musty; and Project Leader, Dr Elizabeth Thompson.

Over the next three to five years the charity will focus on the further development of the e-learning platform and course programme, working towards it becoming self-financing and supporting the delivery of HWT's other charitable objects.

While we develop a new delivery model we will fundraise for:

- A £75,000 per annum three-year core funding allowance
- A £4,000 annual Clinical Bursary Fund
- A £4,000 Student Bursary Fund.

5. STATEMENT OF TRUSTEE RESPONSIBILITIES

5.1 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 the Charity SORP (FRS 102).

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; state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and prepare financial statements on a 'going concern' basis unless it is inappropriate to assume that the charitable company will continue in operation.

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.

5.2 Statement as to disclosure to our independent examiner

In so far as the Trustees are aware:

- there is no relevant independent examination information of which the charitable company's independent examiner is unaware.
- we have taken all steps that we ought to have taken to make ourselves aware of any relevant independent examination information and to establish that the independent examiner is aware of that information.

Finally, the Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United



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Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was 1.

6 SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

Approved by the Trustees on 28th October 2024 and signed on their behalf by:

Anne Patricia Turton (Chairperson)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the Trust for the year ended 31st March 2024, which are set out on pages 9 to 12

Respective responsibilities of trustees and examiner

The charity's trustees (who are also 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, as amended by the Charities Act 2011 (Accounts and Audit) Order 2015) and that an independent examination is needed. I am qualified to undertake the examination by being a fellow member of Association of Chartered Certified Accountants (FCCA).

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 Charities Act 2011;
- follow the procedures laid down in the General Directions given by the Charity Commissioners under section 145(5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 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:

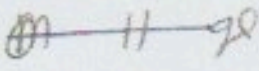
1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice (FRS 102)have not been met; or



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2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature 

Date 17th November 2024

Chewe Munkonge FCCA, MBA, 7 Grovelands Road, Headington, Oxford OX3 8HZ

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024
 (incorporating Income and Expenditure Account for the year)

		2023/24			2022/23
	Notes	Unrestricted	Restricted	Total	Total
		£	£	£	£
Income					
Voluntary income:					
Donations and grants (including Gift Aid)		57,378	32,840	90,218	12,006
Investment income:					
Bank interest		55	0	55	7
Charitable activities:					
Course fees		1,083	0	1,083	2,293
Total income		58,516	32,840	91,356	14,306
Expenditure					
Charitable activities	2	48,077	30,770	78,847	42,264
Total expenditure		48,077	30,770	78,847	42,264
Net income/-expenditure for the year		10,439	2,070	12,509	-27,958
Funds brought forward at 1st April 2023		1,063	60	1,123	29,081
Funds carried forward at 31st March 2024		11,502	2,130	13,632	1,123

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.

The notes on pages 11 & 12 form part of these accounts.

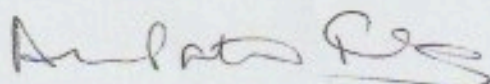
BALANCE SHEET AS AT 31 MARCH 2024

		2023/24			2022/23
	Note	Unrestricted	Restricted	Total	Total
		£	£	£	£
Current assets					
Debtors	3	1,147	0	1,147	0
Cash at bank and in hand		19,652	2,130	21,782	1,123
Net current assets		20,799	2,130	22,929	1,123
Liabilities					
Creditors: amounts falling due within one year	4	9,297	0	9,297	0
Total assets less current liabilities		11,502	2,130	13,632	1,123
Net assets		11,502	2,130	13,632	1,123
Capital and reserves					
Funds		11,502	2,130	13,632	1,123
Total charity funds		11,502	2,130	13,632	1,123

For the year ended 31 March 2024, the company was entitled to exemption from audit under the provisions of Section 477 (2) of the Companies Act 2006.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Trustees on 28th October 2024 and were signed on their behalf by:



Ann Patricia Turton (Chairperson)

The notes on pages 11 & 12 form part of these accounts

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with 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) – (Charities SOPR (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) Fixed Assets

The charity has no fixed assets.

c) Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity 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.

d) 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:

e) 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.

f) Taxation

The Health and Wellbeing 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.

g) Debtors

Debtors includes amounts due to the charity in the ordinary course of business and amounts required to be paid in advance by the charity for services it receives during the coming year.

h) Cash at bank and in hand

Cash at bank and in hand comprise bank deposits that are instantly accessible.

	2023/24			2022/23
	Unrestricted	Restricted	Total	Total
	£	£	£	£
2. Costs of charitable activities				
Costs of courses:				
IT, development and delivery	32,168	21,180	53,348	35,092
	<u>32,168</u>	<u>21,180</u>	<u>53,348</u>	<u>35,092</u>
Administration costs:				
Office expenses	9,599	3,820	13,419	5,627
Other Expenses (including bursaries)	6,310	5,770	12,080	1,545
	<u>15,909</u>	<u>9,590</u>	<u>25,499</u>	<u>7,172</u>
	<u>48,077</u>	<u>30,770</u>	<u>78,847</u>	<u>42,264</u>
3. Debtors				
Prepayments	1,147	0	1,147	0
	<u>1,147</u>	<u>0</u>	<u>1,147</u>	<u>0</u>
4. Creditors due within one year				
Sundry creditors and accruals	9,297	0	9,297	0
	<u>9,297</u>	<u>0</u>	<u>9,297</u>	<u>0</u>