

THE COLLEGE OF MEDICINE

England & Wales · Charity number 1145676

Details

Status	Registered
Legal form	Charitable company
Company number	07081491
Registered	2012-01-30
Register	View on the Charity Commission register

Contact

Address	The College of Medicine 9th Floor Borough Wing Guy's Hospital Great Maze Pond London
Phone	08448737388
Email	info@collegeofmedicine.org.uk
Website	www.collegeofmedicine.org.uk

Activities

Objects: TO ADVANCE HEALTH FOR THE PUBLIC BENEFIT

Activities: The College aims to bring together clinicians, scientists, practitioners, students & patients as equal partners, putting the patient at the heart of health & care; promote service & vocation in health across society as a whole; support & involve clinicians, students & practitioners throughout their careers; promote an evidence-based & economically-sustainable approach to healthcare.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£135,176	£159,220	-	-
2024-03-31	£121,172	£170,788	-	-
2023-03-31	£212,824	£195,550	-	-
2022-03-31	£174,318	£187,846	-	-
2021-03-31	£262,070	£160,918	-	-

Trustees

Name	Role	Appointed
Dr Crystal Elizabeth Oldman		2005-10-24
Dr Michael Dooley		2022-01-04
Dr Naveed Akhtar		2025-01-07
SIR ANTHONY HERBERT EVERINGTON		2025-10-24

THE COLLEGE OF MEDICINE

England & Wales - Charity number 1145676

Accounts

Charity registration number 1145676 (England and Wales)

Company registration number 07081491

THE COLLEGE OF MEDICINE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

THE COLLEGE OF MEDICINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr M Dixon CVO OBE MA FRCGP FRCP(Hon) Mrs S Bazin OBE FCSP Mr S Fielding OBE DO Mr Michael Dooley LVO Dr Naveed Akhtar	(Appointed 9 January 2025)
Charity number (England and Wales)	1145676	
Company number	07081491	
Registered office	Nile House Nile Street Brighton BN1 1HW	
Independent examiner	West & Berry Limited Nile House Nile Street Brighton BN1 1HW	

THE COLLEGE OF MEDICINE

CONTENTS

	Page
Trustees' report	1 - 5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 15

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The College of Medicine's purpose as set out in the objects of the Company's memorandum of association is to advance health for the public benefit.

The College of Medicine was founded in 2010 to reform healthcare so that it works for everyone in a way that's inclusive, progressive and compassionate. We're redefining medicine beyond pills and procedures and re-connecting patients and practitioners, conventional and non-conventional approaches and people and their environments. The College is a coming together of the brightest minds in the UK including NHS pioneers, scientists, CAM professionals, students and members of the public.

The main objective for the reporting period was to provide a source of information and learning through supporting development and use of evidence to enhance clinical and cost-effectiveness in health service delivery, providing public and educational events to support health professionals in their working lives, patients in their recovery and self-care and students in their future career, recognising and rewarding outstanding achievements by clinicians, students, and service providers for new approaches and practices in patient-centred care and inputting to Government consultation and policies on health services.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The College of Medicine remains unique in its inclusive approach to membership recognising that everyone, including patients and carers as well as all disciplines of health and social care professionals, play an important role in the issues surrounding health. The Council, Trustees and the Executive have continued with the delivery of online events and activities showcasing interactive ways of supporting our community, in addition to planning face-to-face events for 2025/26. Online events have included lifestyle medicine, hypnotherapy and yoga as well as daily exercise sessions. In addition, the College has provided a number of discrete webinars on a range of topics.

While we still advocate that there needs to be a new attitude to healthcare: one which forges partnerships across society and emphasises prevention and a multi-faceted approach, our main focus in the past year has been on how we can best support our membership through these unsettling times of conflicts across the globe, and economic uncertainty.

Aside from the challenges posed by global events, the year under review has seen a continuation of the revised structured governance approach to financial management. The Trustees have provided a strong structured governance approach alongside ongoing support from the College and its members and supporters.

The College Trustees have continued to undertake a governance review of all of the teachers and educators that had been helping to strengthen the College's education offering. There has been a focus to ensure that third party collaborators share the College's values and to work on building membership.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

Significant activities and achievements against objectives

Events and Collaborations in 2024-2025:

- **April 2024** – a series of online laughter yoga sessions provided by College member Sara Kay to coincide with Stress Awareness Month. Repeated throughout August to October.
- **April 2024** – daily online exercise classes throughout the year led by Sarah Bazin, a Chartered Physiotherapist and HCPC registered member, who also serves as a Trustee and Council Member of the College.
- **April 2024** – Lu Jong Yoga and Shine Meditation Classes, led by College member Dr. Deniah Pachai.
- **From 26th April 2024** – Freddy's Free Friday Therapy at Four: free online Hypnotherapy Sessions provided by College member and Hypnotherapist Freddy Jacquin throughout the year.
- **27th-28th April 2024** – Master Unconscious Communication: Transform Your Practice: 2-day unconscious communication course offered independently by College members and experienced integrative health practitioners Dr. Wong and Dr. Akhtar.
- **From May 2024** – the College supported the National Centre for Integrative Medicine's Integrative Healthcare Forums, which also form part of the Diploma in Integrative Healthcare (also supported by the College).
- **From May 2024** – three days of free practice for College members as part of the trial membership at the Qigong Academy, run by College member John Millar.
- **4th-6th June 2024** – 'Dial Medicine for Murder' Criminal Consultation. Three performances featuring the leading forensic psychiatrist Dr. Andrew Johns and general practitioner Dr. Harry Brünjes, Vice-President of the College.
- **6th-8th June 2024** – Integrative & Personalised Medicine 24 Congress, including the College's conference *Food on Prescription*.
- **19th-20th June 2024** – 5th International Social Prescribing Conference. The conference, hosted by the National Academy for Social Prescribing, the Social Prescribing Network, and the University of Westminster, and supported by the College.
- **20th June 2024** – British Herbal Medicine Association Webinar entitled Regulatory & Scientific Updates from Across the Herbal Sector, is organised by the BHMA and supported by the College.
- **5th-7th July 2024** – Havening Techniques training provided by College member Louise Carmi.
- **6th September 2024** – Create the Best You: a course by Dr. Jo Waddell, College member, former GP and specialist in stress management, resilience and trauma.
- **19th-21st September 2024** – The College supported the annual conference of the British Society of Lifestyle Medicine, with a theme of *Start Well, Live Well, Age Well*.
- **From October 2024** – Integrative Herbal Medicine Clinic at Whipps Cross Hospital. An opportunity for medical and other clinicians to observe online, every second Wednesday, led by College member and medical herbalist Alex Laird.
- **5th October 2024** – the College supported the British Association for Holistic Medicine and Healthcare's annual conference, celebrating its 40th anniversary.
- **From October 2024** – From Surviving to Thriving in the NHS: A Weekend for Qualified Health Professionals. A series of retreats supported by the College, and led by College members Derek and Sandy Chase, both experienced NHS professionals.
- **24th-25th October 2024** – The College supported the 2024 Ayurveda Summit as part of its ongoing commitment to recognized Complementary and Alternative Medicine (CAM) therapies.
- **19th November 2024** – The Rethinking Health campaign was launched at the House of Lords. The campaign, alongside the College of Medicine's Hope for the Future campaign (marking the College as an "incubator" of this project) advocates for a transformative vision of health professional education.
- **30th November 2024** – The Bodymind Faculty Study Day was a one-day symposium, the first face-to-face event from the recently initiated Bodymind Faculty of the College, offering a unique opportunity to explore diverse approaches to innovative bodymind interventions and support self-care.
- **23rd December 2024** – Lifestyle Medicine for Musculoskeletal Pain. A series of webinars, led by Dr. George Ampat, Consultant Orthopaedic Spinal Surgeon at Royal Liverpool University Hospitals and College Council member.
- **From February 2025** – Infant Massage Instructor Course. A series of online courses, created by College member Sonya Elnaschie, a Physiotherapist, Medical Herbalist, and Nutritional Therapist.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Other collaboratives:

- Beyond Pills Campaign – launched by the College of Medicine in 2022 at the Integrated & Personalised Medicine Congress, calling for urgent Government intervention on over-prescribing in the NHS. This is now known as the Beyond Pills Alliance and is the non-parliamentary wing of the Beyond Pills All Party Parliamentary Group which launched in December 2023, bringing together the APPG for Prescribed Drug Dependence and the College of Medicine Beyond Pills Campaign. A webinar hosted by the All Party Parliamentary Group (APPG) 'Beyond Pills', in particular by Lord Crisp was held on 14th May 2024.
- Twin Farm Project- started in 2022 with a Project Objective to demonstrate the potential role of healthy food, engaging with the outside environment, farming and sustainable food production with improving individual health and healing. To take groups of 6 patients on 6 occasions at 2 weekly intervals to the farms. A three partnered event between the Sustainable Food Trust, University of Bristol and the College of Medicine.
- Faiths/Kings Fund- Initial meeting held in March 2024 bringing together eight people who are in the forefront of social prescribing and around 15 of the different Faiths to explore how we can progress social prescribing and how we can maximise the input of the Faiths to it. A follow-up meeting was hosted at the House of Lords.
- Nurses Roundtable/NHS England – *A school nurse for every school* – The College joined forces with the Queen's Nursing Institute and the School and Public Health Nurses Association to build support, canvass ideas and plan a way forward to show how investing in school nursing is the key to reversing the decline in children's health with production of report. A petition calling for a nurse in every school was handed in to Downing Street.
- Green Social Prescribing (GSP) – *Green Social Prescribing* (GSP) aims to improve people's health by immersing them in nature, utilises the natural resources of The Great Field - and potentially other nature locations in and around Poundbury.
- Creating Health & Harmony in the Community – The aim of CHHC is to encourage individuals to live in harmony with ourselves, the natural and built world, with the land, plant and animal kingdoms as well as with our fellow human beings. We also aim to create and encourage healthy happy equal safe future generations to live in a healthy happy safe sustainable environment and community.
- Eatwell Community is a whole community approach for a given geographical area including school initiatives, gardening projects and a commitment that anyone who wants to grow things can, connection to farms, buy in from local shops/supermarkets, etc.
 - Three-year project, starting at Cambridge City Foodbank
 - "Fruit and Veg on Prescription" with collaborations including farms, allotments, community kitchens.
- GP Practice SAGE - Create nurturing supportive group where GPs can meet and share experiences and ideas
- Intelligent Health – The College is collaborating with Intelligent Health (Roots Academy) on projects to offer wellness plus resilience and mental health (all about workplace mental health), green spaces, health, and nature via Zoom.
- A Commonwealth Young Leaders Summit was held in June 2024 and marked the launch of two key initiatives: The Commonwealth Young Health Leaders Fellowship and the Commonwealth Leadership Institute (Health). These initiatives aim to provide platforms for young leaders to advance ongoing dialogues on health, foster innovation, and forge partnerships to enhance the well-being of the Commonwealth's 1.6 billion young people.
- The College has been involved in the Future Health Leaders Programme; an initiative aimed at cultivating the next generation of healthcare leaders. This year-long program includes virtual sessions and culminates in a two-day event at Windsor Castle. Participants engaged with renowned speakers, collaborated on future projects, and received mentorship to enhance their leadership capabilities.

Membership Review

Membership income has remained stable for the year at £23,875 (2024: £24,770)

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Financial review

The College of Medicine is grateful to the ongoing support for its sponsors, donors and members. Donations from Vitabiotics, Nelsons, Make My Day Better, and a number of private donations have enabled the College to deliver its aims of creating and promoting sustainable healthcare through supporting and delivering educational events to demonstrate “what good looks like” in health creating communities. A private donation continued to provide support for Twinned farms & Future Health Leaders Projects.

A further donation has allowed for us to hold a RoundTable discussion on Childhood Nutrition which sits within our Eatwell Communities Project

The statement of financial activities shows a deficit for the period of £24,044 (2024 deficit: £49,616). General reserves stand at £121,143 (2024: £145,187).

Reserves policy

The charity's policy on reserves is to maintain a level of reserves so that the charity holds a level of working capital to operate effectively. The trustees believe six months operating costs should achieve this goal and has achieved this with its current level of reserves. The financial stability of the College remains a core focus for the Trustees and Executive and events planned for next financial year will be targeted to cover current issues and areas of topical interest to encourage uptake and participation across a broad spectrum of interested bodies.

The College has received personal donations via The College website.

Financial controls include authorisation of all transactions and projects, dual bank signatories and a formal approval process for expenses and payment of invoices. In line with the continuing risk assessment process undertaken at least annually, the Board of Trustees remain confident in the financial governance which is monitored through the production and review of management accounts and risk register.

Where appropriate, systems and procedures are in place to mitigate identified risks. External risk in terms of funding is monitored regularly, through the Executive team, Governing Council and Board of Trustees alongside the business planning process which reviews the opportunities to promote diversification of funding through a combination of corporate sponsorship and donations and a focus on core strategic activities that generate further membership and/or revenue. Internal risks are minimised.

Structure, governance and management

The charity is a company limited by guarantee. The charity is registered by the Charity Commission for England and Wales. Under the requirements of the Memorandum and Articles of Association, the Board of Directors are elected to serve a period of three years after which they are electable for two consecutive terms.

The board has the relevant skill mix to support the work of the College, including, medicine, health policy, research, business and consultancy.

All directors are familiar with the practical work of the College. As directors retire and/or new directors join the board, adequate induction and familiarisation will be arranged.

The College has an elected Governing Council comprising up to 20 volunteer members, all practising clinicians who provide the strategic reference and input and sector intelligence. The Council meets at least four times a year (often virtual). The College also has the following committees and advisory councils (members are all volunteers): Scientific Advisory Council, Co-badge/Ethics Committee, Nominations Committee (all ad hoc) and recently re-established Student Council.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr M Dixon CVO OBE MA FRCGP FRCP(Hon)

Mrs S Bazin OBE FCSP

Mr S Fielding OBE DO

Mr Michael Dooley LVO

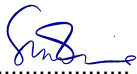
Dr Naveed Akhtar

(Appointed 9 January 2025)

Recruitment and appointment of trustees

None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity and guarantee to contribute £1 in the event of wind up. This report is prepared in accordance with the small company regime (Section 419(2)) of the Companies Act 2006. On behalf of the board of trustees.

The trustees' report was approved by the Board of Trustees.



.....
Mr S Fielding OBE DO

Trustee

Date: 21 Jul 2025

THE COLLEGE OF MEDICINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE COLLEGE OF MEDICINE

I report to the trustees on my examination of the financial statements of The College of Medicine (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA
West & Berry Limited

Nile House
Nile Street
Brighton
BN1 1HW

Dated: .21..Jul.2025...

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	90,077	-	90,077	81,727	3,675	85,402
Charitable activities	4	43,549	-	43,549	35,770	-	35,770
Investments	5	1,550	-	1,550	-	-	-
Total income		<u>135,176</u>	<u>-</u>	<u>135,176</u>	<u>117,497</u>	<u>3,675</u>	<u>121,172</u>
Expenditure on:							
Raising funds	6	18,719	-	18,719	19,742	-	19,742
Charitable activities	7	140,501	-	140,501	148,931	2,115	151,046
Total expenditure		<u>159,220</u>	<u>-</u>	<u>159,220</u>	<u>168,673</u>	<u>2,115</u>	<u>170,788</u>
Net expenditure		(24,044)	-	(24,044)	(51,176)	1,560	(49,616)
Transfers between funds		-	-	-	9,707	(9,707)	-
Net movement in funds		(24,044)	-	(24,044)	(41,469)	(8,147)	(49,616)
Reconciliation of funds:							
Fund balances at 1 April 2024		<u>145,187</u>	<u>7,829</u>	<u>153,016</u>	<u>186,656</u>	<u>15,976</u>	<u>202,632</u>
Fund balances at 31 March 2025		<u>121,143</u>	<u>7,829</u>	<u>128,972</u>	<u>145,187</u>	<u>7,829</u>	<u>153,016</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE COLLEGE OF MEDICINE

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	12	6,123		4,506	
Cash at bank and in hand		135,185		156,279	
		<u>141,308</u>		<u>160,785</u>	
Creditors: amounts falling due within one year	13	(12,336)		(7,769)	
Net current assets			128,972		153,016
			<u><u>128,972</u></u>		<u><u>153,016</u></u>
The funds of the charity					
Restricted income funds	14		7,829		7,829
Unrestricted funds	15		121,143		145,187
			<u>128,972</u>		<u>153,016</u>
			<u><u>128,972</u></u>		<u><u>153,016</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

21 Jul 2025

The financial statements were approved by the trustees on

Sarah Bazin

.....
Mrs S Bazin OBE FCSP
Trustee

S Fielding

.....
Mr S Fielding OBE DO
Trustee

Company registration number 07081491 (England and Wales)

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

The College of Medicine is a private company limited by guarantee incorporated in England and Wales. The registered office is Nile House, Nile Street, Brighton, BN1 1HW.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the statement of Financial Activities on an accruals basis inclusive of any VAT that cannot be recovered.

The charitable activities comprise expenditure on the charities primary purposes as described in the Trustees Report ie. to advance health for the public benefit. It includes costs that can be allocated directly to such activities and those indirect costs necessary to support them.

Governance costs relate to the running of the charity and include examiners fees, legal advice for Trustees and costs associated with statutory requirements such as preparation of the annual accounts.

Fixed asset additions with a value under £2,000 are not capitalised.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	90,077	-	90,077	81,727	3,675	85,402

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Charitable activities		
Seminars, conferences and other income	19,674	11,000
Membership income	23,875	24,770
	<u>43,549</u>	<u>35,770</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	1,550	-

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

6 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Seeking donations, grants and legacies	18,719	19,742
	<u>18,719</u>	<u>19,742</u>

7 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Direct costs	68,699	70,032
Share of support and governance costs (see note 8)		
Support	70,134	79,394
Governance	1,668	1,620
	<u>71,802</u>	<u>81,014</u>
	<u>140,501</u>	<u>151,046</u>
Analysis by fund		
Unrestricted funds	140,501	148,931
Restricted funds	-	2,115
	<u>140,501</u>	<u>151,046</u>

8 Support costs allocated to activities

	2025 £	2024 £
Administration	34,450	39,952
Operations and finance	23,426	22,882
Communications and strategic	8,524	12,860
Computer and IT	3,734	3,700
Governance costs	1,668	1,620
	<u>71,802</u>	<u>81,014</u>
Analysed between:		
Charitable activities	<u>71,802</u>	<u>81,014</u>

Governance costs includes payments to the independent examiners of £1,390 + VAT (2024: £1,350 + VAT).

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. The charity paid £5,288 travel expenses to one trustee during the year (2024: £8,012 to one trustee).

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Trade debtors	2,861	4,506
Other debtors	2,160	-
Prepayments and accrued income	1,102	-
	<u>6,123</u>	<u>4,506</u>

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	10,667	6,119
Accruals and deferred income	1,669	1,650
	<u>12,336</u>	<u>7,769</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
Nesta	4,032	-	-	-	4,032
Aim Foundation	2,237	-	-	-	2,237
National Academy for Social Prescribing	1,560	-	-	-	1,560
	<u>7,829</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>7,829</u>

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Nesta	4,032	-	-	-	4,032
George Farha	9,707	-	-	(9,707)	-
Aim Foundation	2,237	-	-	-	2,237
National Academy for Social Prescribing	-	3,675	(2,115)	-	1,560
	<u>15,976</u>	<u>3,675</u>	<u>(2,115)</u>	<u>(9,707)</u>	<u>7,829</u>

During the year a transfer was made between restricted and unrestricted funds in respect of unrestricted income previously treated as restricted.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	145,187	135,176	(159,220)	-	121,143
	<u>145,187</u>	<u>135,176</u>	<u>(159,220)</u>	<u>-</u>	<u>121,143</u>

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	186,656	117,497	(168,673)	9,707	145,187
	<u>186,656</u>	<u>117,497</u>	<u>(168,673)</u>	<u>9,707</u>	<u>145,187</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

16 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Current assets/(liabilities)	121,143	7,829	128,972
	<u>121,143</u>	<u>7,829</u>	<u>128,972</u>
	<u><u>121,143</u></u>	<u><u>7,829</u></u>	<u><u>128,972</u></u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	145,187	7,829	153,016
	<u>145,187</u>	<u>7,829</u>	<u>153,016</u>
	<u><u>145,187</u></u>	<u><u>7,829</u></u>	<u><u>153,016</u></u>

17 Related party transactions

Donations without conditions were received from trustees totalling £Nil (2024: £200). There were no other disclosable related party transactions during the year (2024 - none).

Tamper Verification

To check if this file has been modified after being signed, please go to:

<https://www.encyro.com/my/esign/verify>

Upload the file. The result will indicate if the file contents have been tampered with.

File 1 of 2: col103 accounts for signature 2025 v2.pdf

Signed By

Signer: Simon Fielding (janefielding2015@gmail.com)

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Sarah Bazin (sarah_bazin@hotmail.com)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Michelle Westbury (documents@westandberry.co.uk)

Identity Check: Login with account

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

Jul 21, 2025, 10:26:18 AM - Email notification sent to Simon Fielding (janefielding2015@gmail.com).

Jul 21, 2025, 10:26:22 AM - Email notification sent to Sarah Bazin (sarah_bazin@hotmail.com).

Jul 21, 2025, 10:26:29 AM - Email notification delivered to Simon Fielding (janefielding2015@gmail.com).

Jul 21, 2025, 10:26:32 AM - Email notification delivered to Sarah Bazin (sarah_bazin@hotmail.com).

Jul 21, 2025, 10:32:12 AM - Simon Fielding (janefielding2015@gmail.com) opened the email notification (estimated), from 142.250.32.7.

Jul 21, 2025, 10:32:12 AM - Simon Fielding (janefielding2015@gmail.com) opened the email notification (estimated), from 142.250.32.7.

Jul 21, 2025, 10:32:12 AM - Simon Fielding (janefielding2015@gmail.com) opened the email notification (estimated), from 142.250.32.7.

Jul 21, 2025, 10:32:12 AM - Simon Fielding (janefielding2015@gmail.com) viewed the document(s), from 163.172.112.188.

Jul 21, 2025, 11:07:45 AM - Simon Fielding (janefielding2015@gmail.com) electronically signed or completed the document(s), from 86.19.14.218.

Jul 21, 2025, 11:34:43 AM - Michelle Westbury (documents@westandberry.co.uk) viewed the document(s), from 81.159.236.249.

Jul 21, 2025, 1:32:08 PM - Sarah Bazin (sarah_bazin@hotmail.com) viewed the document(s), from 86.162.47.33.

Jul 21, 2025, 1:33:13 PM - Sarah Bazin (sarah_bazin@hotmail.com) electronically signed or completed the document(s), from 86.162.47.33.

Continued on next page.

Continued from previous page.

Jul 21, 2025, 1:42:07 PM - Michelle Westbury (documents@westandberry.co.uk) electronically signed or completed the document(s), from 81.159.236.249.

END OF LOG

THE COLLEGE OF MEDICINE

England & Wales - Charity number 1145676

Accounts

Charity registration number 1145676

Company registration number 07081491 (England and Wales)

THE COLLEGE OF MEDICINE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

THE COLLEGE OF MEDICINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Michael Dixon CVO OBE FRCGP Ms Sarah Bazin OBE S Mr Simon Fielding OBE DO. Mr Michael Dooley LVO
Charity number	1145676
Company number	07081491
Registered office	Nile House Nile Street Brighton BN1 1HW
Independent examiner	West & Berry Limited Nile House Nile Street Brighton BN1 1HW

THE COLLEGE OF MEDICINE

CONTENTS

	Page
Trustees' report	1 - 5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 15

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The College of Medicine's purpose as set out in the objects of the Company's memorandum of association is to advance health for the public benefit.

The College of Medicine was founded in 2010 to reform healthcare so that it works for everyone in a way that's inclusive, progressive and compassionate. We're redefining medicine beyond pills and procedures and re-connecting patients and practitioners, conventional and non-conventional approaches and people and their environments. The College is a coming together of the brightest minds in the UK including NHS pioneers, scientists, CAM professionals, students and members of the public.

The main objective for the reporting period was to provide a source of information and learning through supporting development and use of evidence to enhance clinical and cost-effectiveness in health service delivery, providing public and educational events to support health professionals in their working lives, patients in their recovery and self-care and students in their future career, recognising and rewarding outstanding achievements by clinicians, students, and service providers for new approaches and practices in patient-centred care and inputting to Government consultation and policies on health services.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The College of Medicine remains unique in its inclusive approach to membership recognising that everyone, including patients and carers as well as all disciplines of health and social care professionals, play an important role in the issues surrounding health. The Council, Trustees and the Executive have continued with the delivery of online events and activities showcasing interactive ways of supporting our community, in addition to planning face-to-face events for 2023/24. Online events have included nutrition, art therapy, hypnotherapy and yoga as well as daily exercise sessions. In addition, the College has provided a number of discrete webinars, including those on the use of supplements for health, and a series on understanding food related issues for UK social prescribing link workers and health & wellbeing coaches.

While we still advocate that there needs to be a new attitude to healthcare: one which forges partnerships across society and emphasises prevention and a multi-faceted approach, our main focus in the past year has been on how we can best support our membership through these uncertain times of conflict in Europe and the resultant economic downturn.

Aside from the challenges posed by global events, the year under review has seen a continuation of the revised structured governance approach to financial management. The Trustees have provided a strong structured governance approach alongside ongoing support from the College and its members and supporters.

The College Trustees have continued to undertake a governance review of all of the teachers and educators that had been helping to strengthen the College's education offering. There has been a focus to ensure that third party collaborators share the College's values and to work on building membership.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Significant activities and achievements against objectives

Events and Collaborations in 2023-2024:

Free daily online exercise session provided by College member Sarah Bazin

28th April 2023-29th December 2023 - Freddy's Free Friday Therapy at Four: free online Hypnotherapy Sessions provided by College member and Hypnotherapist Freddy Jacquin.

15th April 2023 and 27th May 2023 - free online Laughter Yoga sessions provided by College member Sara Kay.

10th May 2023 - workshop held in London with Dr Sat Bir Khalsa in collaboration with The Minded Institute: Yoga for Sleep and Sleep Disorders: Science, Research and Application

13th May 2023 - workshop held in Bristol with the National Centre for Integrative medicine, supported by the College: Evolving Consciousness: a Deeper Way to Health

19th -21st May 2023 - course at the Ratford Retreat Centre in Wiltshire facilitated by Derek and Sandy Chase: From Surviving to Thriving in the NHS

24th May 2023 - online session provided by College member Stephan Hein: TGL – The Medicine of Creative Consciousness

31st May 2023 - 28th July 2023 - online sessions provided by College member Stephan Hein: "Singing Sounds of Yoga" and Yoga Nidra

7th June 2023 - conference at Bournemouth University supported by the College: Creating Health and Harmony in the Community

21st June 2023 - online masterclass with the Food for the Brain Foundation, supported by the College: Nutrition Solutions for Autism and Neurodivergence

22nd June 2023 - nutrition webinar provided by College member Heather Richards

22nd June 2023 - College of Medicine webinar sponsored by Nelsons: Bach Flower Essences

29th June 2023-1st July 2023 - Integrative and Personalised Medicine conference in London

30th June 2023-2nd July 2023 - conference hosted by The University of Wales Trinity Saint David in Wales, supported by the College: Yoga, Ayurveda, and the Cultivation of Harmony

19th July 2023 - College of Medicine Annual Meeting

8th-10th September 2023 - course at the Ratford Retreat Centre in Wiltshire facilitated by Derek and Sandy Chase: From Surviving to Thriving in the NHS

14th and 21st September 2023 - online course for social prescribing link workers organised by IMA, supported by the College: Whistle-Stop Tour Through Complementary Therapies

13th-15th October 2023 - course at the Ratford Retreat Centre in Wiltshire facilitated by Derek and Sandy Chase: Mindfulness and Resilience for Student Health Professionals

23rd October-1st November 2023 - four day online course with Nelsons: Level 1 Bach International Education

10th November 2023 - online Integrative Health Convention supported by the College: Integrative Health: Living Longer & Better

11th November 2023 - seminar in London provided by the College of Practitioners of Phytotherapy (CPP), supported by the College: Phytotherapy Using Schedule 20 Part 2 and Restricted Herbs

26th January-28th January 2024 - course at the Ratford Retreat Centre in Wiltshire facilitated by Derek and Sandy Chase: From Surviving to Thriving in the NHS

17th February 2024 - The Student Conference in London, sponsored by Waitrose

March 2024 - 3 x weekly Lu Jong Yoga and Shiné Meditation classes, provided by College member Dr Deniah Pachai

13th March 2024 - free online session in association with Freddy Jacquin: Quit Smoking and/or Vaping Hypnotherapy Session

14th March 2024 - online event provided by College Lead for MSK Faculty Dr George Ampat: Can Exercise Decrease the Need for Total Hip and Knee Replacements?

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Other collaboratives:

- Beyond Pills Campaign – launched by the College of Medicine in 2022 at Integrated & Personalised Medicine Congress, calling for urgent Government intervention on over-prescribing in the NHS. This is now known as Beyond Pills Alliance and is the non-parliamentary wing of the Beyond Pills All Party Parliamentary Group which launched in December 2023, bringing together the APPG for Prescribed Drug Dependence and the College of Medicine Beyond Pills Campaign.
- Food for Mood Project – created with the assistance of Dr Uma Naidoo, a food pamphlet looking at eat well guidance, inequalities, labelling and food banks & launched at Integrated & Personalised Medicine Congress 2023
- Twin Farm Project - started in 2022
 - Project Objective
 - To demonstrate the potential role of healthy food, engaging with the outside environment, farming and sustainable food production with improving individual health and healing.
 - To take groups of 6 patients on 6 occasions at 2 weekly intervals to the farms
 - A three partnered event:
 - Sustainable Food Trust
 - University of Bristol
 - College of Medicine
- Faiths/Kings Fund - Initial meeting held in March 2024 bringing together 8 people who are in the forefront of social prescribing and around 15 of the different Faiths to explore how we can progress social prescribing and how we can maximise the input of the Faiths to it.
- Nurses Roundtable/NHS England - A school nurse for every school - The College joined forces with the Queen's Nursing Institute and the School and Public Health Nurses Association to build support, canvass ideas and plan a way forward to show how investing in school nursing is the key to reversing the decline in children's health with production of report. - Initial RoundTable held in December 2023
- Green Social Prescribing (GSP) – Green Social Prescribing (GSP) aims to improve people's health by immersing them in nature, utilises the natural resources of The Great Field - and potentially other nature locations in and around Poundbury.
- Creating Health & Harmony in the Community – The aim of CHHC is to encourage individuals to live in harmony with ourselves, the natural and built world, with the land, plant and animal kingdoms as well as with our fellow human beings. We also aim to create and encourage healthy happy equal safe future generations to live in a healthy happy safe sustainable environment and community.
- Eatwell Community is a whole community approach for a given geographical area including school initiatives, gardening projects and a commitment that anyone who wants to grow things can, connection to farms, buy in from local shops/supermarkets, etc.
 - 3-year project, starting at Cambridge City Foodbank
 - "Fruit and Veg on Prescription" with collaborations including farms, allotments, community kitchens.
- GP Practice SAGE - Create nurturing supportive group where GPs can meet and share experiences and ideas
- Intelligent Health – The College is collaborating with Intelligent Health on projects to offer wellness plus resilience and mental health (all about workplace mental health), green spaces, health, and nature via Zoom.

Membership continues and has brought both finances and raised awareness to the movement. Gross membership income for the year was just under £24,800 a decrease of £2,900 on the previous year.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Financial review

The College of Medicine is grateful to the ongoing support for its sponsors, donors and members. Donations from Vitabiotics, Nelsons, and a number of private donations have enabled the College to deliver its aims of creating and promoting sustainable healthcare through supporting and delivering educational events to demonstrate “what good looks like” in health creating communities. A private donation continued to provide Three Schools project and Twinned farms project.

A further donation has allowed for the launch of the Future Health Leaders work, which will provide mentorship and leadership training for its first cohort in 2024. 2023 saw the mapping stage.

The College was successful in delivering many collaborative online events and conferences to forward the movement of The College.

The statement of financial activities shows a deficit for the period of £49,616 (2023 surplus: £17,274). General reserves stand at £145,187 (2023: £186,656).

Reserves policy

The charity's policy on reserves is to maintain a level of reserves so that the charity holds a level of working capital to operate effectively. The trustees believe twelve months operating costs should achieve this goal and has achieved this with its current level of reserves. The financial stability of the College remains a core focus for the Trustees and Executive and events planned for next financial year will be targeted to cover current issues and areas of topical interest to encourage uptake and participation across a broad spectrum of interested bodies.

The College has received personal donations via The College website.

The growth and development of student led activities will remain as a unique opportunity to further the promotion of interdisciplinary learning among health and social care students and continue to be a focus of the College's energies. A Student Conference was held in February 2024 which was hosted & organised by College of Medicine student members and was well attended and the programme included experts sharing their knowledge to equip them in their future professional roles.

All transactions and projects are subject to authorisation, which includes dual bank signatories and a formal approval process for expenses and payment of invoices. In line with the continuing risk assessment process undertaken at least annually, the Board of Trustees remain confident in the financial governance which is monitored through the production and review of management accounts and risk register. Where appropriate, systems and procedures are in place to mitigate identified risks. External risk in terms of funding is monitored regularly, through the Executive team, Governing Council and Board of Trustees alongside the business planning process which reviews the opportunities to promote diversification of funding through a combination of corporate sponsorship and donations and a focus on core strategic activities that generate further membership and/or revenue. Internal risks are minimised.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

The charity is a company limited by guarantee. The charity is registered by the Charity Commission for England and Wales. Under the requirements of the Memorandum and Articles of Association, the Board of Directors are elected to serve a period of three years after which they are electable for two consecutive terms.

The board has the relevant skill mix to support the work of the College, including, medicine, health policy, research, business and consultancy.

All directors are familiar with the practical work of the College. As directors retire and/or new directors join the board, adequate induction and familiarisation will be arranged.

The College has an elected Governing Council comprising up to 20 volunteer members, all practising clinicians who provide the strategic reference and input and sector intelligence. The Council meets at least four times a year (often virtual). The College also has the following committees and advisory councils (members are all volunteers): Scientific Advisory Council, Co-badge/Ethics Committee, Nominations Committee (all ad hoc) and Student Strategy Group (currently moribund).

The Scientific Advisory Council, a group of 20 professors from a broad spectrum of academia all leaders in their field, led by the eminent Professor Stephen Holgate, Medical Research Council Clinical Professor of Immunopharmacology at the Faculty of Medicine, Southampton, UK, continues to feed ideas to the Council. The group meets informally and is called upon to give advice and academic rigour to the College's endeavours.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Michael Dixon CVO OBE FRCGP

Ms Sarah Bazin OBE S

Mr Simon Fielding OBE DO.

Mr L Gooblar

(Resigned 1 January 2024)

Mr Michael Dooley LVO

Recruitment and appointment of trustees

None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity and guarantee to contribute £1 in the event of wind up. This report is prepared in accordance with the small company regime (Section 419(2)) of the Companies Act 2006. On behalf of the board of trustees.

The trustees' report was approved by the Board of Trustees.

Simon Fielding

.....
Mr Simon Fielding OBE DO.

Trustee

14/08/2024

Date:

THE COLLEGE OF MEDICINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE COLLEGE OF MEDICINE

I report to the trustees on my examination of the financial statements of The College of Medicine (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA

West & Berry Limited

Nile House

Nile Street

Brighton

BN1 1HW

14/08/2024

Dated:

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	81,727	3,675	85,402	150,968	-	150,968
Charitable activities	4	35,770	-	35,770	61,856	-	61,856
Total income		<u>117,497</u>	<u>3,675</u>	<u>121,172</u>	<u>212,824</u>	<u>-</u>	<u>212,824</u>
Expenditure on:							
Raising funds	5	19,742	-	19,742	18,937	-	18,937
Charitable activities	6	148,931	2,115	151,046	156,320	20,293	176,613
Total expenditure		<u>168,673</u>	<u>2,115</u>	<u>170,788</u>	<u>175,257</u>	<u>20,293</u>	<u>195,550</u>
Net income/(expenditure)		<u>(51,176)</u>	<u>1,560</u>	<u>(49,616)</u>	<u>37,567</u>	<u>(20,293)</u>	<u>17,274</u>
Transfers between funds		9,707	(9,707)	-	-	-	-
Net movement in funds		<u>(41,469)</u>	<u>(8,147)</u>	<u>(49,616)</u>	<u>37,567</u>	<u>(20,293)</u>	<u>17,274</u>
Reconciliation of funds:							
Fund balances at 1 April 2023		<u>186,656</u>	<u>15,976</u>	<u>202,632</u>	<u>149,089</u>	<u>36,269</u>	<u>185,358</u>
Fund balances at 31 March 2024		<u>145,187</u>	<u>7,829</u>	<u>153,016</u>	<u>186,656</u>	<u>15,976</u>	<u>202,632</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

The College of Medicine is a private company limited by guarantee incorporated in England and Wales. The registered office is Nile House, Nile Street, Brighton, BN1 1HW.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the statement of Financial Activities on an accruals basis inclusive of any VAT that cannot be recovered.

The charitable activities comprise expenditure on the charities primary purposes as described in the Trustees Report ie. to advance health for the public benefit. It includes costs that can be allocated directly to such activities and those indirect costs necessary to support them.

Governance costs relate to the running of the charity and include examiners fees, legal advice for Trustees and costs associated with statutory requirements such as preparation of the annual accounts.

Fixed asset additions with a value under £2,000 are not capitalised.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	81,727	3,675	85,402	150,968	-	150,968

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Charitable activities		
Seminars, training and events	11,000	34,185
Membership income	24,770	27,671
	<u>35,770</u>	<u>61,856</u>

5 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Seeking donations, grants and legacies	19,742	18,937

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Seminars, training and events	70,032	100,075
Share of support and governance costs (see note 7)		
Support	79,394	74,918
Governance	1,620	1,620
	<u>151,046</u>	<u>176,613</u>
Analysis by fund		
Unrestricted funds	148,931	156,320
Restricted funds	2,115	20,293
	<u>151,046</u>	<u>176,613</u>

7 Support costs allocated to activities

	2024 £	2023 £
Administration	39,952	37,806
Operations and finance	22,882	21,217
Communications and strategic	12,860	10,891
Computer and IT	3,700	5,004
Governance costs	1,620	1,620
	<u>81,014</u>	<u>76,538</u>
Analysed between:		
Charitable activities	<u>81,014</u>	<u>76,538</u>

Governance costs includes payments to the independent examiners of £1,350 + VAT (2023: £1,350 + VAT).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. The charity paid £8,012 travel expenses to one trustee during the year (2022: £7,141 to one trustee).

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

9 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Total	-	-
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	4,506	23,377
Other debtors	-	240
	<u> </u>	<u> </u>
	4,506	23,617
	<u> </u>	<u> </u>

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Payments received on account	-	10,000
Trade creditors	6,119	11,790
Accruals and deferred income	1,650	1,650
	<u> </u>	<u> </u>
	7,769	23,440
	<u> </u>	<u> </u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Nesta	4,032	-	-	-	4,032
George Farha	9,707	-	-	(9,707)	-
Aim Foundation	2,237	-	-	-	2,237
National Academy for Social Prescribing	-	3,675	(2,115)	-	1,560
	<u>15,976</u>	<u>3,675</u>	<u>(2,115)</u>	<u>(9,707)</u>	<u>7,829</u>

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
Nesta	4,171	-	(139)	-	4,032
George Farha	19,607	-	(9,900)	-	9,707
Aim Foundation	12,491	-	(10,254)	-	2,237
	<u>36,269</u>	<u>-</u>	<u>(20,293)</u>	<u>-</u>	<u>15,976</u>

During the year a transfer was made between restricted and unrestricted funds in respect of unrestricted income previously treated as restricted.

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
General funds	186,656	117,497	(168,673)	9,707	145,187
	<u>186,656</u>	<u>117,497</u>	<u>(168,673)</u>	<u>9,707</u>	<u>145,187</u>

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
General funds	149,089	212,824	(175,257)	-	186,656
	<u>149,089</u>	<u>212,824</u>	<u>(175,257)</u>	<u>-</u>	<u>186,656</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	145,187	7,829	153,016
	<u>145,187</u>	<u>7,829</u>	<u>153,016</u>
	<u><u>145,187</u></u>	<u><u>7,829</u></u>	<u><u>153,016</u></u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Current assets/(liabilities)	186,656	15,976	202,632
	<u>186,656</u>	<u>15,976</u>	<u>202,632</u>
	<u><u>186,656</u></u>	<u><u>15,976</u></u>	<u><u>202,632</u></u>

16 Related party transactions

Donations without conditions were received from trustees totalling £200 (2023: £nil). There were no other disclosable related party transactions during the year (2023 - none).

Tamper Verification

To check if this file has been modified after being signed, please go to:

<https://www.encyro.com/esign/verify>

Upload the file. The result will indicate if the file contents have been tampered with.

Signed By

Signer: Simon Fielding (simonfielding@blueyonder.co.uk)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Sarah Bazin (sarah_bazin@hotmail.com)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Michelle Westbury FCCA (michelle@westandberry.co.uk)

Identity Check: Login with account

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

Jul 31, 2024, 9:47:50 AM - Email notification sent to Simon Fielding (simonfielding@blueyonder.co.uk).

Jul 31, 2024, 9:47:52 AM - Email notification delivered to Simon Fielding (simonfielding@blueyonder.co.uk).

Aug 14, 2024, 9:32:02 AM - Simon Fielding (simonfielding@blueyonder.co.uk) opened the email notification (estimated).

Aug 14, 2024, 9:33:34 AM - Simon Fielding (simonfielding@blueyonder.co.uk) electronically signed or completed the document, from 90.213.68.48.

Aug 14, 2024, 9:33:48 AM - Email notification sent to Sarah Bazin (sarah_bazin@hotmail.com).

Aug 14, 2024, 9:33:50 AM - Email notification delivered to Sarah Bazin (sarah_bazin@hotmail.com).

Aug 14, 2024, 11:40:10 AM - Sarah Bazin (sarah_bazin@hotmail.com) opened the email notification (estimated).

Aug 14, 2024, 11:41:18 AM - Sarah Bazin (sarah_bazin@hotmail.com) electronically signed or completed the document, from 31.53.109.11.

Aug 14, 2024, 11:41:33 AM - Email notification sent to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Aug 14, 2024, 11:41:36 AM - Email notification delivered to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Aug 14, 2024, 11:50:52 AM - Michelle Westbury FCCA (michelle@westandberry.co.uk) viewed the document, from 185.22.253.132.

Aug 14, 2024, 11:51:04 AM - Michelle Westbury FCCA (michelle@westandberry.co.uk) electronically signed or completed the document, from 185.22.253.132.

END OF LOG

THE COLLEGE OF MEDICINE

England & Wales - Charity number 1145676

Accounts

Charity registration number 1145676

Company registration number 07081491 (England and Wales)

THE COLLEGE OF MEDICINE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

THE COLLEGE OF MEDICINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Michael Dixon LVO OBE FRCGP Ms Sarah Bazin OBE S Mr Simon Fielding OBE DO. Mr L Gooblar Mr M M Dooley
Charity number	1145676
Company number	07081491
Registered office	Mocatta House Trafalgar Place Brighton BN1 4DU
Independent examiner	West & Berry Limited Mocatta House Trafalgar Place Brighton BN1 4DU

THE COLLEGE OF MEDICINE

CONTENTS

	Page
Trustees' report	1 - 4
Independent examiner's report	5
Statement of financial activities	6 - 7
Balance sheet	8
Notes to the financial statements	9 - 14

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The College of Medicine's purpose as set out in the objects of the Company's memorandum of association is to advance health for the public benefit.

The College of Medicine was founded in 2010 to reform healthcare so that it works for everyone in a way that's inclusive, progressive and compassionate. We're redefining medicine beyond pills and procedures and re-connecting patients and practitioners, conventional and non-conventional approaches and people and their environments. The College is a coming together of the brightest minds in the UK including NHS pioneers, scientists, CAM professionals, students and members of the public.

The main objective for the reporting period was to provide a source of information and learning through supporting development and use of evidence to enhance clinical and cost-effectiveness in health service delivery, providing public and educational events to support health professionals in their working lives, patients in their recovery and self-care and students in their future career, recognising and rewarding outstanding achievements by clinicians, students, and service providers for new approaches and practices in patient-centred care and inputting to Government consultation and policies on health services.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The College of Medicine remains unique in its inclusive approach to membership recognising that everyone, including patients and carers as well as all disciplines of health and social care professionals, play an important role in the issues surrounding health. After the COVID-19 pandemic the Council, Trustees and the Executive have continued with the delivery of online events and activities showcasing interactive ways of supporting our community, in addition to planning face-to-face events for 2023. Online events have included nutrition, art therapy, hypnotherapy and yoga as well as daily exercise sessions. In addition, the College has provided a number of discrete webinars, including those on the use of supplements for health, and a series on understanding food related issues for UK social prescribing link workers and health & wellbeing coaches.

While we still advocate that there needs to be a new attitude to healthcare: one which forges partnerships across society and emphasises prevention and a multi-faceted approach, our main focus in the past year has been on how we can best support our membership through these uncertain times of conflict in Europe and the resultant economic downturn.

Aside from the challenges posed by global events, the year under review has seen a continuation of the revised structured governance approach to financial management. The Trustees have provided a strong structured governance approach alongside ongoing support from the College and its members and supporters.

The College Trustees have continued to undertake a governance review of all of the teachers and educators that had been helping during the pandemic to strengthen the College's education offering. There has been a focus to ensure that third party collaborators share the College's values and to work on building membership.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Events and Collaborations in 2022-2023:

1st April 2022-31st March 2023 – Free Weekday Online Exercise Sessions, provided by College member Sarah Bazin.

25th April-13th June 2022 – Understanding Food Related Issues for UK Social Prescribing Link Workers and Health & Wellbeing Coaches.

25th April 2022 – College of Medicine Webinar sponsored by Nelsons – The Role of Iron.

25th April 2022 – Art Journeys “Art Bloom” provided by College members Catriona Alderton and Nour Saleh.

29th April 2022-31st March 2023 – Freddy's Free Friday Therapy at Four: free online Hypnotherapy Sessions provided by College member and Hypnotherapist Freddy Jacquin.

6th May 2022-25th March 2023 – A number of free online Laughter Yoga sessions provided by College member Sara Kay.

13th May 2022 – Mental Health Awareness. A free online session provided by College member and Mental Health First Aid England accredited instructor Dr A.J. Yates.

16th May-14th November 2022 – Online Yoga Nidra sessions with Stephan Hein, a holistic health & well-being practitioner.

21st/22nd May 2022 – Introduction to Hypnosis & NLP in Healthcare provided by College members Dr Naveed Akhtar and Dr Toh Wong.

18th June 2022 – Food on Prescription – the College's fourth one-day conference on food & nutrition, held as part of the Integrative & Personalised Medicine congress.

23rd June 2022 – Health Eating for Sleep. A free online session provided by College member and registered nutritionist Heather Richards.

18th July 2022 – College of Medicine Webinar sponsored by Nelsons – Bach Flower Remedies.

22nd-24th July 2022 – Lu Jong yoga retreat, provided by College members Dr Mike Cummings and Dr Deniah Pachai.

28th July 2022 – Magnesium for Women's Health. A free online session provided by College member and registered nutritionist Heather Richards.

23rd September 2022 – Living Well in Later Life. Integrative Healthcare Forum event run in collaboration by the National Centre for Integrative Medicine.

6th-9th October 2022 – Self Cultivation Retreat provided by College member John Millar.

7th-8th October 2022 – Personalised Medicine via the Microbiome, Genome & Biomarkers. A summit supported by the College, held by the National Medicine Institute.

24th October 2022 – Introduction to Havening Techniques® provided by College member Louise Carmi.

31st October 2022-28th November 2022 – Singing Sounds of Yoga. Online sessions with Stephan Hein, a holistic health & well-being practitioner.

14th November 2022 – College of Medicine Webinar sponsored by Nelsons – Focus on Sleep Management.

23rd January 2023 – Using Our Brains for a Change. Free online experiential workshop provided by College member Dr Mark Chambers.

17th February 2023 – Understanding Inflammation and It's Role in Chronic Disease. Integrative Healthcare Forum event run in collaboration by the National Centre for Integrative Medicine.

18th March 2023 – The Therapeutic Relationship and Practitioner Resilience. College of Practitioners of Phytotherapy event supported by the College.

27th March 2023 – College of Medicine Webinar sponsored by Nelsons – The Role of Iron in Women.

Other collaboratives:

- Beyond Pills Campaign – launched by the College of Medicine, calling for urgent Government intervention on over-prescribing in the NHS.
- Food for Mood Project – created with the assistance of Dr Uma Naidoo, a food pamphlet looking at eat well guidance, inequalities, labelling and food banks.

Membership continues to increase and has brought both finances and raised awareness to the movement. The change to a flat fee for membership of £30 did not result in a drop off of member numbers. Gross membership income for the year was just over £27,600, an increase of just over £3,500 from the previous year.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

The College of Medicine is grateful to the ongoing support for its sponsors, donors and members. Donations from VitaBiotics, Nelsons, and a number of private donations have enabled the College to deliver its aims of creating and promoting sustainable healthcare through supporting and delivering educational events to demonstrate “what good looks like” in health creating communities. A private donation provided the Three Schools project and Twinned farms project. The College was successful in delivering many collaborative online events and conferences to forward the movement of The College.

The statement of financial activities shows net expenditure for the period of £17,274 (2022: £13,528 net income). General reserves stand at £186,656 (2022:149,089)

The charity's policy on reserves is to maintain a level of reserves so that the charity holds a level of working capital to operate effectively. The trustees believe six months operating costs should achieve this goal and has achieved this with its current level of reserves. The financial stability of the College remains a core focus for the Trustees and Executive and events planned for next financial year will be targeted to cover current issues and areas of topical interest to encourage uptake and participation across a broad spectrum of interested bodies.

The College has developed charitable relationships with PayPal Giving Fund and Amazon Smile (before it was wound up). In addition, the College has received personal donations via The College website.

The growth and development of student led activities will remain as a unique opportunity to further the promotion of interdisciplinary learning among health and social care students and continue to be a focus of the College's energies. A private individual, a former student of The College who is now a young doctor, has set up the College of Medicine's Young Fellows.

Authorisation of all transactions and projects, which include dual bank signatories and a formal approval process for expenses and payment of invoices. In line with the continuing risk assessment process undertaken at least annually, the Board of Trustees remain confident in the financial governance which is monitored through the production and review of management accounts and risk register. Where appropriate, systems and procedures are in place to mitigate identified risks. External risk in terms of funding is monitored regularly, through the Executive team, Governing Council and Board of Trustees alongside the business planning process which reviews the opportunities to promote diversification of funding through a combination of corporate sponsorship and donations and a focus on core strategic activities that generate further membership and/or revenue. Internal risks are minimised.

Structure, governance and management

The charity is a company limited by guarantee. The charity is registered by the Charity Commission for England and Wales. Under the requirements of the Memorandum and Articles of Association, the Board of Directors are elected to serve a period of three years after which they are electable for two consecutive terms.

The board has the relevant skill mix to support the work of the College, including, medicine, health policy, research, business and consultancy.

All directors are familiar with the practical work of the College. As directors retire and/or new directors join the board, adequate induction and familiarisation will be arranged.

The College has an elected Governing Council comprising up to 20 volunteer members, all practising clinicians who provide the strategic reference and input and sector intelligence. The Council meets at least four times a year (often virtual). The College also has the following committees and advisory councils (members are all volunteers): Scientific Advisory Council, Co-badge/Ethics Committee, Nominations Committee (all ad hoc) and Student Strategy Group (currently moribund).

The Scientific Advisory Council, a group of 20 professors from a broad spectrum of academia all leaders in their field, led by the eminent Professor Stephen Holgate, Medical Research Council Clinical Professor of Immunopharmacology at the Faculty of Medicine, Southampton, UK, continues to feed ideas to the Council. The group meets informally and is called upon to give advice and academic rigour to the College's endeavours.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Michael Dixon LVO OBE FRCGP
Ms Sarah Bazin OBE S
Mr Simon Fielding OBE DO.
Mr L Gooblar
Mr M M Dooley

None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity and guarantee to contribute £1 in the event of wind up. This report is prepared in accordance with the small company regime (Section 419(2)) of the Companies Act 2006. On behalf of the board of trustees.

The trustees' report was approved by the Board of Trustees.



.....
Mr Simon Fielding OBE DO.

Trustee

Date: 31 Aug 2023
.....

THE COLLEGE OF MEDICINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE COLLEGE OF MEDICINE

I report to the trustees on my examination of the financial statements of The College of Medicine (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA

West & Berry Limited

Mocatta House

Trafalgar Place

Brighton

BN1 4DU

4 Sep 2023

Dated:

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
	Notes				
<u>Income from:</u>					
Donations and legacies	3	150,968	-	150,968	119,290
Charitable activities	4	61,856	-	61,856	55,028
Total income		<u>212,824</u>	<u>-</u>	<u>212,824</u>	<u>174,318</u>
<u>Expenditure on:</u>					
Raising funds	5	18,937	-	18,937	16,259
Charitable activities	6	156,320	20,293	176,613	171,587
Total expenditure		<u>175,257</u>	<u>20,293</u>	<u>195,550</u>	<u>187,846</u>
Net income/(expenditure) for the year/ Net movement in funds		37,567	(20,293)	17,274	(13,528)
Fund balances at 1 April 2022		<u>149,089</u>	<u>36,269</u>	<u>185,358</u>	<u>198,886</u>
Fund balances at 31 March 2023		<u><u>186,656</u></u>	<u><u>15,976</u></u>	<u><u>202,632</u></u>	<u><u>185,358</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes			
Income from:				
Donations and legacies	3	87,483	31,807	119,290
Charitable activities	4	55,028	-	55,028
Total income		142,511	31,807	174,318
Expenditure on:				
Raising funds	5	16,259	-	16,259
Charitable activities	6	114,858	56,729	171,587
Total expenditure		131,117	56,729	187,846
Net income/(expenditure) for the year/ Net movement in funds		11,394	(24,922)	(13,528)
Fund balances at 1 April 2021		137,695	61,191	198,886
Fund balances at 31 March 2022		149,089	36,269	185,358

THE COLLEGE OF MEDICINE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	11	23,617		3,773	
Cash at bank and in hand		202,455		197,203	
		<u>226,072</u>		<u>200,976</u>	
Creditors: amounts falling due within one year	12	(23,440)		(15,618)	
Net current assets			<u>202,632</u>		<u>185,358</u>
Income funds					
Restricted funds	13		15,976		36,269
Unrestricted funds			186,656		149,089
			<u>202,632</u>		<u>185,358</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

31 Aug 2023

The financial statements were approved by the Trustees on

Sarah Bazin

Ms Sarah Bazin OBE S
Trustee

Simon Fielding

Mr Simon Fielding OBE DO.
Trustee

Company registration number 07081491

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

The College of Medicine is a private company limited by guarantee incorporated in England and Wales. The registered office is Mocatta House, Trafalgar Place, Brighton, BN1 4DU.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the statement of Financial Activities on an accruals basis inclusive of any VAT that cannot be recovered.

The charitable activities comprise expenditure on the charities primary purposes as described in the Trustees Report ie. to advance health for the public benefit. It includes costs that can be allocated directly to such activities and those indirect costs necessary to support them.

Governance costs relate to the running of the charity and include examiners fees, legal advice for Trustees and costs associated with statutory requirements such as preparation of the annual accounts.

Fixed asset additions with a value under £2,000 are not capitalised.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2023	2022	2022	2022
	£	£	£	£
Donations and gifts	150,968	87,483	31,807	119,290

4 Charitable activities

	Charitable Income	Charitable Income
	2023	2022
	£	£
Seminars, training and events	34,185	30,950
Membership income	27,671	24,078
	61,856	55,028

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Fundraising and publicity		
Seeking donations, grants and legacies	18,937	16,259
	18,937	16,259

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

6 Charitable activities

	Seminar, training and events 2023 £	Seminar, training and events 2022 £
Seminars, training and events	100,075	116,228
Share of support costs (see note 7)	74,918	53,709
Share of governance costs (see note 7)	1,620	1,650
	<u>176,613</u>	<u>171,587</u>
Analysis by fund		
Unrestricted funds	156,320	114,858
Restricted funds	20,293	56,729
	<u>176,613</u>	<u>171,587</u>

7 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Administration	37,806	-	37,806	25,511	-	25,511
Operations and finance	21,217	-	21,217	20,160	-	20,160
Communications and strategic	10,891	-	10,891	4,828	-	4,828
Computer and IT	5,004	-	5,004	3,210	-	3,210
Independent examination	-	1,620	1,620	-	1,650	1,650
	<u>74,918</u>	<u>1,620</u>	<u>76,538</u>	<u>53,709</u>	<u>1,650</u>	<u>55,359</u>
Analysed between Charitable activities	<u>74,918</u>	<u>1,620</u>	<u>76,538</u>	<u>53,709</u>	<u>1,650</u>	<u>55,359</u>

Governance costs includes payments to the examiners of £1,350 + VAT (2022 £1,375 + VAT).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. The charity paid £7,141 (2022: £5,187) travel expenses to one trustee during the year.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	23,377	1,451
Other debtors	240	2,322
	<u>23,617</u>	<u>3,773</u>

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Payments received on account	10,000	-
Trade creditors	11,790	13,968
Accruals and deferred income	1,650	1,650
	<u>23,440</u>	<u>15,618</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds					
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Resources expended £	Balance at 31 March 2023 £
Nesta	13,785	(4,000)	(5,614)	4,171	(139)	4,032
Emergence Foundation	6,066	10,563	(16,629)	-	-	-
George Farha	40,000	-	(20,393)	19,607	(9,900)	9,707
Aim Foundation	1,340	25,244	(14,093)	12,491	(10,254)	2,237
	<u>61,191</u>	<u>31,807</u>	<u>(56,729)</u>	<u>36,269</u>	<u>(20,293)</u>	<u>15,976</u>

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:					
Current assets/(liabilities)	186,656	15,976	202,632	36,269	185,358
	<u>186,656</u>	<u>15,976</u>	<u>202,632</u>	<u>36,269</u>	<u>185,358</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

Tamper Verification

To check if this file has been modified after being signed, please go to:

<https://www.encyro.com/esign/verify>

Upload the file. The result will indicate if the file contents have been tampered with.

Signed By

Signer: Simon Fielding (simonfielding@blueyonder.co.uk)

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Sarah Bazin (sarah_bazin@hotmail.com)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Michelle Westbury FCCA (michelle@westandberry.co.uk)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

Aug 31, 2023, 5:45:13 PM - Email notification sent to Simon Fielding (simonfielding@blueyonder.co.uk).

Aug 31, 2023, 5:45:14 PM - Email notification delivered to Simon Fielding (simonfielding@blueyonder.co.uk).

Aug 31, 2023, 5:49:09 PM - Simon Fielding (simonfielding@blueyonder.co.uk) opened the email notification (estimated).

Aug 31, 2023, 6:05:56 PM - Simon Fielding (simonfielding@blueyonder.co.uk) electronically signed or completed the document, from 92.232.239.42.

Aug 31, 2023, 6:06:07 PM - Email notification sent to Sarah Bazin (sarah_bazin@hotmail.com).

Aug 31, 2023, 6:06:09 PM - Email notification delivered to Sarah Bazin (sarah_bazin@hotmail.com).

Sep 1, 2023, 6:17:33 PM - Sarah Bazin (sarah_bazin@hotmail.com) opened the email notification (estimated).

Sep 3, 2023, 10:06:47 PM - Sarah Bazin (sarah_bazin@hotmail.com) electronically signed or completed the document, from 86.178.86.94.

Sep 3, 2023, 10:07:19 PM - Email notification sent to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Sep 3, 2023, 10:07:21 PM - Email notification delivered to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Sep 4, 2023, 7:43:48 AM - Michelle Westbury FCCA (michelle@westandberry.co.uk) electronically signed or completed the document, from 86.169.195.197.

END OF LOG

THE COLLEGE OF MEDICINE

England & Wales - Charity number 1145676

Accounts

Charity registration number 1145676

Company registration number 07081491 (England and Wales)

THE COLLEGE OF MEDICINE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

THE COLLEGE OF MEDICINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Michael Dixon LVO OBE FRCGP Ms Sarah Bazin OBE S Mr Simon Fielding OBE DO. Mr L Gooblar Mr M M Dooley (Appointed 1 May 2021)
Charity number	1145676
Company number	07081491
Registered office	Mocatta House Trafalgar Place Brighton BN1 4DU
Independent examiner	West & Berry Limited Mocatta House Trafalgar Place Brighton BN1 4DU

THE COLLEGE OF MEDICINE

CONTENTS

	Page
Trustees' report	1 - 5
Statement of trustees' responsibilities	6
Independent examiner's report	7
Statement of financial activities	8 - 9
Balance sheet	10
Notes to the financial statements	11 - 16

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The College of Medicine's purpose as set out in the objects of the Company's memorandum of association is to advance health for the public benefit.

The College aims to bring together clinicians, scientists, practitioners, students and patients as equal partners, putting the patient at the heart of health and care; promote service and vocation in health across society as a whole; support and involve clinicians, students and practitioners throughout their careers; promote an evidence-based and economically-sustainable approach to healthcare; and advocate a broader approach to health and well-being.

The main objective for the reporting period was to provide a source of information and learning through supporting development and use of evidence to enhance clinical and cost-effectiveness in health service delivery, providing public and educational events to support health professionals in their working lives, patients in their recovery and self-care and students in their future career, recognising and rewarding outstanding achievements by clinicians, students, and service providers for new approaches and practices in patient-centred care and inputting to Government consultation and policies on health services. The objectives were focussed on supporting members during the COVID-19 global pandemic.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The College of Medicine remains unique in its inclusive approach to membership recognising that everyone, including patients and carers as well as all disciplines of health and social care professionals, play an important role in the issues surrounding health. As the country started to come out of the COVID-19 pandemic the Council, Trustees and the Executive continued with the delivery of online events and activities showcasing interactive ways of supporting our community, in addition to planning face-to-face events for 2022. Online events have included Thought Field Therapy (TFT), Hypnotherapy and Yoga as well as daily Qi Gong, and exercise sessions. In addition, the College has provided a number of discrete webinars, including those on nutrition, and the use of supplements for health.

While we still advocate that there needs to be a new attitude to healthcare: one which forges partnerships across society and emphasises prevention and a multi-faceted approach, our main focus in the past year has been on how we can best support our membership through these challenging times, many of whom lost their main source of income as restrictions were enforced.

Aside from the challenges posed by the pandemic the year under review has seen a continuation of the revised structured governance approach to financial management. The Trustees have provided a strong structured governance approach alongside ongoing support from the College and its members and supporters.

The College Trustees have continued to undertake a governance review of all of the teachers and educators that had been helping during the pandemic to strengthen the College's education offering. There has been a focus to ensure that third party collaborators share the College's values and to work on building membership.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

Events and Collaborations in 2021-2022:

9th March – 28th April 2021 – AYURYOGA. The College continued its AYUSH Collaboration Projects in association with a free online 8-week programme on yoga, breathing and Ayurvedic lifestyle.

1st April 2021 – First Thursday Lecture – Advanced Communication Skills for the management of sleep problems.

1st April 2021-31st March 2022 – Free Weekday Online Zhineng Qigong Sessions, provided by College member John Millar.

1st April 2021-31st March 2022 – Free Weekday Online Exercise Sessions, provided by College member Sarah Bazin.

22nd April 2021 – Harmony in Living and Dying Approach - HILDA workshop: “How we live, how we die – connecting our elements”.

28th April 2021 – College of Medicine Webinar sponsored by Nelsons – Bach® Original Flower Remedies.

28th April 2021-30th March 2022 – Online Yoga Nidra sessions with Stephan Hein, a holistic health & well-being practitioner, held on the last Wednesday of every month.

30th April 2021-25th March 2022 – Freddy's Free Friday Therapy at Four: free online Hypnotherapy Sessions provided by College member and Hypnotherapist Freddy Jacquin.

13th May 2021 – First Thursday Lecture – Advanced Communication Skills for the management of addictions.

17th May-18th October 2021 – A number of free online Laughter Yoga sessions provided by College member Sara Kay.

19th May 2021 – In Conversation With... Dr Michael Dixon interviewed by Dr Harry Brünjes looking back over their careers, as well as discussing what the future holds for them – both professionally and personally.

1st June - 21st June 2021 – AYURYOGA. The College continued its AYUSH Collaboration Projects in association with a free online 8-week programme on yoga, breathing and Ayurvedic lifestyle.

3rd June 2021 – First Thursday Lecture – Advanced Communication Skills: Create Your Ideal Body.

5th June 2021 – Free online Lu Jong Yoga session, provided by College member Dr. Deniah Pachai.

17th June 2021 – “Healthy Living, Healthy Dying” – a Harmony in Living and Dying Approach (HILDA) Online Event, provided by College member Dr Eleni Tsiompanou.

22nd June 2021 – Art Journeys – tackle blues in art. Online session provided by College members Catriona Alderton and Nour Saleh.

29th June 2021 – Art Journeys – finding light and gratitude through art in these challenging times. Online session provided by College members Catriona Alderton and Nour Saleh.

7th September-27th October 2021 – AYURYOGA. The College continued its AYUSH Collaboration Projects in association with a free online 8-week programme on yoga, breathing and Ayurvedic lifestyle.

7th October 2021 – Qigong for Personal Wellbeing, provided by College member John Millar.

16th October 2021 – Death and Integrative Healthcare: Approaching the Final Frontier. An Integrative Healthcare Forum provided by the National Centre for Integrative Medicine in collaboration with the College of Medicine.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18th October 2021 – In Conversation With... Dame Donna Kinnair interviewed by Dr Harry Brünjes looking back over their careers, as well as discussing what the future holds for them – both professionally and personally.

4th November-7th November 2021 – The 13th European Congress for Integrative Medicine. The congress aims to bring together medical doctors, practitioners, healthcare professionals, scientists, researchers, practitioners and health politicians to facilitate the advancement of healthcare systems, and was supported by the College of Medicine.

4th November 2021 – Qigong for Personal Wellbeing, provided by College member John Millar.

9th November 2021 – Stop Calorie Counting: a webinar providing some practical tips on how to get foods into your diet that can help, provided by College member Heather Richards.

17th November-25th November 2021 – Understanding Food Related Issues for UK Social Prescribing Link Workers and Health & Wellbeing Coaches. The first of five cohorts this year held in collaboration with the Social Prescribing Network, funded by The AIM Foundation, covering topics including the impact different types of food have on your mind and body; theory behind behavioural change; community approaches to food and nutrition, professional boundaries and selfcare.

17th November 2021 – College of Medicine Webinar sponsored by Nelsons – Sleep Matters.

30th November 2021 – Healthy Cholesterol Levels: a webinar providing some practical tips on how to get foods into your diet that can help, provided by College member Heather Richards.

18th January 2022 – Boost Your Mood: a webinar providing some practical tips on how to get foods into your diet that can help, provided by College member Heather Richards.

25th January 2022 – Art Journeys – 'Metamorphosis / Art Morphosis'. Online session provided by College members Catriona Alderton and Nour Saleh.

11th February 2022 – Integrative Health Convention, supported by the College of Medicine.

4th March 2022 – Integrative Approaches to Pregnancy and Birth. An Integrative Healthcare Forum provided by the National Centre for Integrative Medicine in collaboration with the College of Medicine.

5th March 2022 – Thought Field Therapy & Dynamic Energy Workshop, provided by College member Janet Thomson.

10th March 2022 – 4th International Social Prescribing Network Conference. Run by the Social Prescribing Network, in collaboration with the College of Medicine, reporting on the latest experiences and data across a wide range of social prescribing both locally and internationally.

Other collaboratives:

- AYURYOGA - Free Health and Wellness support programs within the Ayurveda Professional Association (APA) collaboration.
- The Food Manifesto - The CoM and ITN Productions Industry News are co-producing The Food Manifesto a news-style programme championing the value of holistic health to improve physical and mental wellbeing.
- Integrative Oncology UK - an international conference, organised by Progressive Communications in association with the British Society for Integrative Oncology and in collaboration with the College of Medicine.

Membership continues to increase and has brought both finances and raised awareness to the movement. From 1st December 2021, the flat fee for membership increased to £30 per year. If the current paying members remain the same, the new projected income will be £36,540 per year.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Financial review

The College of Medicine is grateful to the ongoing support for its sponsors, donors and members. Donations from VitaBiotics, Nelsons, and a number of private donations have enabled the College to deliver its aims of creating and promoting sustainable healthcare through supporting and delivering educational events to demonstrate “what good looks like” in health creating communities. An AIM Foundation grant enabled to The College to deliver a nutrition programme through the Social Prescribing Network and a private donation provided the Three Schools project. The College was successful in delivering many collaborative online events and conferences to forward the movement of The College.

The statement of financial activities shows net expenditure for the period of £13,528 (2021: £101,152 net income). General reserves stand at £149,089 (2021:137,695)

The charity's policy on reserves is to maintain a level of reserves so that the charity holds a level of working capital to operate effectively. The trustees believe six months operating costs should achieve this goal and has achieved this with its current level of reserves. The financial stability of the College remains a core focus for the Trustees and Executive and events planned for next financial year will be targeted to cover current issues and areas of topical interest to encourage uptake and participation across a broad spectrum of interested bodies.

The College has developed charitable relationships with Amazon Smile, PayPal Giving Fund and personal donations via The College website.

The growth and development of student led activities will remain as a unique opportunity to further the promotion of interdisciplinary learning among health and social care students and continue to be a focus of the College's energies. A private individual, a former student of The College who is now a young doctor, has now donated a private sum to run the College of Medicine fellowship support scheme for students.

Authorisation of all transactions and projects, which include dual bank signatories and a formal approval process for expenses and payment of invoices. In line with the continuing risk assessment process undertaken at least annually, the Board of Trustees remain confident in the financial governance which is monitored through the production and review of management accounts and risk register. Where appropriate, systems and procedures are in place to mitigate identified risks. External risk in terms of funding is monitored regularly, through the Executive team, Governing Council and Board of Trustees alongside the business planning process which reviews the opportunities to promote diversification of funding through a combination of corporate sponsorship and donations and a focus on core strategic activities that generate further membership and/or revenue. Internal risks are minimised.

Structure, governance and management

The charity is a company limited by guarantee. The charity is registered by the Charity Commission for England and Wales. Under the requirements of the Memorandum and Articles of Association, the Board of Directors are elected to serve a period of three years after which they are electable for two consecutive terms.

The board has the relevant skill mix to support the work of the College, including, medicine, health policy, research, business and consultancy.

All trustees are familiar with the practical work of the College. As trustees retire and/or new trustees join the board, adequate induction and familiarisation will be arranged.

The College has an elected Governing Council comprising up to 20 volunteer members, all practising clinicians who provide the strategic reference and input and sector intelligence. The Council meets at least four times a year (often virtual). The College also has the following committees and advisory councils (members are all volunteers): Scientific Advisory Council, Co-badge/Ethics Committee, Nominations Committee (all ad hoc) and Student Strategy Group (currently moribund).

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

The Scientific Advisory Council, a group of 20 professors from a broad spectrum of academia all leaders in their field, led by the eminent Professor Stephen Holgate, Medical Research Council Clinical Professor of Immunopharmacology at the Faculty of Medicine, Southampton, UK, continues to feed ideas to the Council. The group meets informally and is called upon to give advice and academic rigour to the College's endeavours.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Michael Dixon LVO OBE FRCGP

Ms Sarah Bazin OBE S

Mr Simon Fielding OBE DO.

Mr L Gooblar

Mr M M Dooley

(Appointed 1 May 2021)

Mr Michael Dooley (Treasurer) was invited to become a trustee of the College at the Trustees' Meeting on Thursday 29th April 2021. He accepted with immediate effect on Saturday 1st May 2021.

None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity and guarantee to contribute £1 in the event of wind up. This report is prepared in accordance with the small company regime (Section 419(2)) of the Companies Act 2006. On behalf of the board of trustees.

The trustees' report was approved by the Board of Trustees.



.....
Mr Simon Fielding OBE DO.

Trustee

10/24/2022

Date:

THE COLLEGE OF MEDICINE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of The College of Medicine for the purpose of company law, are responsible for preparing the Trustees' 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that 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 the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE COLLEGE OF MEDICINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE COLLEGE OF MEDICINE

I report to the trustees on my examination of the financial statements of The College of Medicine (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA

West & Berry Limited

Mocatta House

Trafalgar Place

Brighton

BN1 4DU

10/25/2022

Dated:

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes				
Income from:					
Donations and legacies	3	87,483	31,807	119,290	183,603
Charitable activities	4	55,028	-	55,028	78,467
Total income		<u>142,511</u>	<u>31,807</u>	<u>174,318</u>	<u>262,070</u>
Expenditure on:					
Raising funds	5	16,259	-	16,259	16,182
Charitable activities	6	114,858	56,729	171,587	144,736
Total expenditure		<u>131,117</u>	<u>56,729</u>	<u>187,846</u>	<u>160,918</u>
Net income/(expenditure) for the year/ Net movement in funds		11,394	(24,922)	(13,528)	101,152
Fund balances at 1 April 2021		<u>137,695</u>	<u>61,191</u>	<u>198,886</u>	<u>97,734</u>
Fund balances at 31 March 2022		<u><u>149,089</u></u>	<u><u>36,269</u></u>	<u><u>185,358</u></u>	<u><u>198,886</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes			
Income from:				
Donations and legacies	3	97,047	86,556	183,603
Charitable activities	4	78,467	-	78,467
Total income		<u>175,514</u>	<u>86,556</u>	<u>262,070</u>
Expenditure on:				
Raising funds	5	16,182	-	16,182
Charitable activities	6	102,262	42,474	144,736
Total expenditure		<u>118,444</u>	<u>42,474</u>	<u>160,918</u>
Net income/(expenditure) for the year/ Net movement in funds		57,070	44,082	101,152
Fund balances at 1 April 2020		80,625	17,109	97,734
Fund balances at 31 March 2021		<u><u>137,695</u></u>	<u><u>61,191</u></u>	<u><u>198,886</u></u>

THE COLLEGE OF MEDICINE

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	10	3,773		29,898	
Cash at bank and in hand		197,203		197,424	
		<u>200,976</u>		<u>227,322</u>	
Creditors: amounts falling due within one year	11	(15,618)		(28,436)	
Net current assets			185,358		198,886
Income funds					
Restricted funds	12		36,269		61,191
Unrestricted funds			149,089		137,695
			<u>185,358</u>		<u>198,886</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

09/29/2022

The financial statements were approved by the Trustees on



Ms Sarah Bazin OBE S
Trustee



Mr Simon Fielding OBE DO.
Trustee

Company registration number 07081491

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

The College of Medicine is a private company limited by guarantee incorporated in England and Wales. The registered office is Mocatta House, Trafalgar Place, Brighton, BN1 4DU.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the statement of Financial Activities on an accruals basis inclusive of any VAT that cannot be recovered.

The charitable activities comprise expenditure on the charities primary purposes as described in the Trustees Report ie. to advance health for the public benefit. It includes costs that can be allocated directly to such activities and those indirect costs necessary to support them.

Governance costs relate to the running of the charity and include examiners fees, legal advice for Trustees and costs associated with statutory requirements such as preparation of the annual accounts.

Fixed asset additions with a value under £2,000 are not capitalised.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	87,483	31,807	119,290	97,047	86,556	183,603

4 Charitable activities

	Charitable Income	Charitable Income
	2022	2021
	£	£
Seminars, training and events	30,950	61,807
Membership income	24,078	16,660
	<u>55,028</u>	<u>78,467</u>

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Seeking donations, grants and legacies	16,259	16,182
	<u>16,259</u>	<u>16,182</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

6 Charitable activities

	Seminar, training and events 2022 £	Seminar, training and events 2021 £
Seminars, training and events	116,228	85,850
Share of support costs (see note 7)	53,709	57,386
Share of governance costs (see note 7)	1,650	1,500
	<u>171,587</u>	<u>144,736</u>
Analysis by fund		
Unrestricted funds	114,858	102,262
Restricted funds	56,729	42,474
	<u>171,587</u>	<u>144,736</u>

7 Support costs

	Support costs £	Governance costs £	2022 Support costs		Governance costs £	2021 £
	£	£	£	£	£	£
Administration	25,511	-	25,511	24,798	-	24,798
Operations and finance	20,160	-	20,160	19,763	-	19,763
Communications and strategic	4,828	-	4,828	7,106	-	7,106
Computer and IT	3,210	-	3,210	5,719	-	5,719
Independent examination	-	1,650	1,650	-	1,500	1,500
	<u>53,709</u>	<u>1,650</u>	<u>55,359</u>	<u>57,386</u>	<u>1,500</u>	<u>58,886</u>
Analysed between Charitable activities	<u>53,709</u>	<u>1,650</u>	<u>55,359</u>	<u>57,386</u>	<u>1,500</u>	<u>58,886</u>

Governance costs includes payments to the examiners of £1,375 + VAT (2021 £1,250 + VAT).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. The charity paid £5,187 (2021: £1,485) travel expenses to one trustee during the year.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

10 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	1,451	18,833
Other debtors	2,322	11,065
	<u>3,773</u>	<u>29,898</u>

11 Creditors: amounts falling due within one year

	2022 £	2021 £
Payments received on account	-	4,000
Trade creditors	13,968	15,436
Other creditors	-	7,500
Accruals and deferred income	1,650	1,500
	<u>15,618</u>	<u>28,436</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 March 2022
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
Nesta	7,229	6,556	-	13,785	(4,000)	(5,614)	4,171
Emergence Foundation	9,880	-	(3,814)	6,066	10,563	(16,629)	-
George Farha	-	40,000	-	40,000	-	(20,393)	19,607
NHS England	-	20,000	(20,000)	-	-	-	-
Aim Foundation	-	10,000	(8,660)	1,340	25,244	(14,093)	12,491
Make My Day Better	-	10,000	(10,000)	-	-	-	-
	<u>17,109</u>	<u>86,556</u>	<u>(42,474)</u>	<u>61,191</u>	<u>31,807</u>	<u>(56,729)</u>	<u>36,269</u>

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)	149,089	36,269	185,358	137,695	61,191	198,886
	<u>149,089</u>	<u>36,269</u>	<u>185,358</u>	<u>137,695</u>	<u>61,191</u>	<u>198,886</u>

14 Related party transactions

During the year Dr H Brunjes, Vice President of the college, supported the charity with an interest free loan facility. A balance of £Nil (2021 £7,500) was outstanding at the balance sheet date.

Tamper Verification

To check if this file has been modified after being signed, please go to:

<https://www.encyro.com/esign/verify>

Upload the file. The result will indicate if the file contents have been tampered with.

Signed By

Signer: simonfielding@blueyonder.co.uk

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: sarah_bazin@hotmail.com

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC-00:00, Europe/London (Greenwich Mean Time)

Signer: Michelle Westbury FCCA (michelle@westandberry.co.uk)

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

Oct 24, 2022, 8:12:58 AM - Email notification sent to sarah_bazin@hotmail.com.

Oct 24, 2022, 8:12:58 AM - Email notification sent to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Oct 24, 2022, 8:12:58 AM - Email notification sent to simonfielding@blueyonder.co.uk.

Oct 24, 2022, 8:13:00 AM - Email notification delivered to simonfielding@blueyonder.co.uk.

Oct 24, 2022, 8:13:01 AM - Email notification delivered to sarah_bazin@hotmail.com.

Oct 24, 2022, 8:13:02 AM - Email notification delivered to Michelle Westbury FCCA (michelle@westandberry.co.uk).

Oct 24, 2022, 8:41:48 AM - sarah_bazin@hotmail.com opened the email notification (estimated).

Oct 24, 2022, 8:51:52 AM - simonfielding@blueyonder.co.uk opened the email notification (estimated).

Oct 24, 2022, 8:58:02 AM - simonfielding@blueyonder.co.uk electronically signed or completed the document, from 85.255.236.125.

Oct 25, 2022, 6:22:48 AM - Michelle Westbury FCCA (michelle@westandberry.co.uk) electronically signed or completed the document, from 86.143.5.73.

Oct 31, 2022, 4:15:50 PM - sarah_bazin@hotmail.com electronically signed or completed the document, from 86.178.86.66.

END OF LOG

THE COLLEGE OF MEDICINE

England & Wales - Charity number 1145676

Accounts

Charity Registration No. 1145676

Company Registration No. 07081491 (England and Wales)

THE COLLEGE OF MEDICINE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

THE COLLEGE OF MEDICINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Michael Dixon LVO OBE FRCGP Ms Sarah Bazin OBE S Mr Simon Fielding OBE DO. Mr L Gooblar
Charity number	1145676
Company number	07081491
Registered office	Mocatta House Trafalgar Place Brighton BN1 4DU
Independent examiner	West & Berry Limited Mocatta House Trafalgar Place Brighton BN1 4DU

THE COLLEGE OF MEDICINE

CONTENTS

	Page
Trustees' report	1 - 8
Statement of trustees' responsibilities	9
Independent examiner's report	10
Statement of financial activities	11 - 12
Balance sheet	13
Notes to the financial statements	14 - 19

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "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

The College of Medicine's purpose as set out in the objects of the Company's memorandum of association is to advance health for the public benefit.

The College aims to bring together clinicians, scientists, practitioners, students and patients as equal partners, putting the patient at the heart of health and care; promote service and vocation in health across society as a whole; support and involve clinicians, students and practitioners throughout their careers; promote an evidence-based and economically-sustainable approach to healthcare; and advocate a broader approach to health and well-being.

The main objective for the reporting period was to provide a source of information and learning through supporting development and use of evidence to enhance clinical and cost-effectiveness in health service delivery, providing public and educational events to support health professionals in their working lives, patients in their recovery and self-care and students in their future career, recognising and rewarding outstanding achievements by clinicians, students, and service providers for new approaches and practices in patient-centred care and inputting to Government consultation and policies on health services. The objectives were focussed on supporting members during the COVID-19 global pandemic.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The College of Medicine remains unique in its inclusive approach to membership recognising that everyone, which includes patients and carers as well as all disciplines of health and social care professionals, play an important role in the issues surrounding health. With the continuation of the pandemic of COVID-19 Coronavirus the Council, Trustees and the Executive continued with the delivery of online events and activities showcasing interactive ways of supporting our community. By the end of March 2020 the Government had brought into force, wide ranging restrictions and urged all non-essential persons to "stay at home" for an initial three week period. By this time The College had in place several events planned for later in the year and a decision was taken not to take bookings for these at this time and plans were well advanced to offer other services to its members online including daily ... Lu Jong Yoga, Mindfulness and Thought Field Therapy (TFT). We soon made further plans to offer weekly cooking classes, Qi Gong, hypnotherapy, daily exercise and other "one off" classes to help our members to manage their health and wellbeing. Following that as some restrictions were lifted the College of Medicine continued to offer additional events with Friday Hypnotherapy sessions with Freddy Jacquin.

While we still advocate that there needs to be a new attitude to healthcare: one which forges partnerships across society and emphasises prevention and a multi-faceted approach, our main focus in the past year has been on how we can best support our membership through these challenging times, many of whom lost their main sources of income as restrictions were enforced.

Aside from the challenges posed by the pandemic the year under review has seen a continuation of the revised structured governance approach with a smaller management team and a new in-house accounts appointment. The Trustees have provided a strong structured governance approach alongside ongoing support from the College and its members and supporters.

In the Autumn of 2020 the College Trustees undertook a governance review of all of the teachers and educators that had been helping during the pandemic to strengthen the College's education offering. This Governance exercise will be reviewed regularly.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

During the first half of the period in question an exercise to reinforce the College's branding and communications was completed, to ensure consistency and adding value to the College's proposition. This exercise will continue to ensure that third party collaborators share the College's values and to work on building membership.

Achievements and performance

Events and Collaborations in 2020-2021:

2nd April 2020 - Michael Dixon spoke on HealthFlix online series - Re-connecting at a Time of Personal Disconnection.

6th April 2020 – 19th April 2020 - Free Daily Online Hypnotherapy Sessions

As part of our ongoing programme to explore prospects for improved healthcare, the College is pleased to announce free online hypnotherapy sessions independently provided by College member and hypnotherapist Freddy Jacquin. During the current lock-down Freddy is offering free live 30-minute demonstrations via Zoom every day at 11am for fourteen days starting on Monday 6th April 2020 to help with pain, both physical and emotional, anxiety, stress, irrational fear, relaxation, sleep and techniques intended to help tap into our own natural abilities to boost the immune system.

6th April 2020 – 20th April 2020 Free Daily Online Lu Jong Sessions

6th April 2020 – 7th May 2020 Free Online Thought Field Therapy Sessions

As part of our ongoing programme to explore prospects for improved healthcare, the College is pleased to announce free online TFT – a "Tapping" therapy - independently provided by College member Janet Thomson.

During the current lockdown Janet is offering free live demonstrations of TFT via Zoom each weekday at 10:30am to help overcome negative feelings such as fear and anxiety.

6th April 2020 – 31st May 2020 Free Daily Online Mindfulness Practice

6th April 2020 – 26th June 2020 Free Weekday Online Zhineng Qigong Sessions

8th April 2020 - The College announced that Simon Mills had updated the COVID-19 section of the Our Health Directory.

16th April 2020 - Free online workshop run by Eleni Tsiompanou - Finding Harmony in a Time of Crisis

20th April 2020 – 29th May 2020 Free Weekday Online Exercise for All Sessions

As part of our ongoing programme to explore prospects for improved healthcare, the College is pleased to announce free half-hour sessions independently provided by College Trustee and Council Member, Chartered Physiotherapist, Sarah Bazin. These free half hour sessions, which will run each weekday at 11am (BST) - will address each aspect, include gentle exercise and finish with a period of relaxation.

20th April 2020 – 22nd June 2020 Nine-Week Mindful Self-Compassion Programme

24th – 26th April 2020 Mindfulness and Resilience for Student Health Professionals

1st May 2020 – 5th June 2020 Freddy's Free Friday Therapy at Four

As part of our ongoing programme to explore prospects for improved healthcare, the College is pleased to announce free online hypnotherapy sessions independently provided by College member and hypnotherapist Freddy Jacquin.

2nd May 2020 - Free online workshop for health professionals on natural breathing, run by Eleni Tsiompanou.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

10th May 2020 - College of Medicine and the Minded Institute ran a free online wellbeing and skills session for GPs and healthcare professionals.

11th May 2020 - The College was able to offer free apps (Sleepio and Daylight) to College members.

22nd May 2020 - The College - in association with the Chelsea Physic Garden and Living Medicine - ran an online digital panel discussion exploring food in health and medicine.

27th May 2020 - The Minded Institute began running the free online breath practice sessions every week moving forward.

2nd June 2020 - The College released a list of Books That Changed Our Lives - reading tips from the College's previous Foundation Course alumni.

30th June 2020 – Harmony in Health Workshops

Interactive Zoom workshop with Dr Eleni Tsiompanou, where you will explore certain principles of harmony and how they can be applied in a practical way to promoting health and wellbeing, drawing on ancient wisdom and modern disciplines from East and West.

9th July 2020 -- Fertility Wellbeing Programme The Prince's Foundation supported by the College of Medicine and in association with The Poundbury Clinic designed an online Fertility Wellbeing Programme, encouraging couples to make lifestyle changes to improve chances of conceiving and achieving a healthy pregnancy.

10th – 12th July 2020 From Surviving to Thriving in the NHS

This weekend course provides an environment for relaxation, for revitalising and for exploring with colleagues how you can move forward and build on your personal and professional life. Come and feel nourished not only with great food but also by the stunning environment and a safe space for talking and sharing. The weekend is run by Derek and Sandy, one a generalist with experience in stress management and mindfulness, the other a specialist; both have a wealth of experience in the NHS including senior management and education positions in addition to a lifelong commitment to high quality care.

11th July 2020 Saturday Morning Retreat – Yoga, Breathwork and Meditation Heather Mason, YIHA will be offering a free morning guided retreat to help people balance their mind and explore techniques for enduring calm.

15th September 2020 Zoom Workshop on Natural Breathing Harmony in Health is repeating its popular workshop as part of the Eventbrite Online Wellness Festival: Do Well.

25th – 27th September 2020 Mindfulness and Resilience for Student Health Professionals

26th – 28th September 2020 Your Life and Cancer

A brand new online interactive event highlighting the benefits of combining lifestyle and complementary approaches with conventional cancer treatment.

Featuring live interactive presentations on the importance of nutrition and managing stress; the benefits of physical exercise; exploring mindfulness and the science behind it; to the role of cannabinoids and the potential of medicinal mushrooms in cancer care and much more.

4th October 2020 AYUSH HardTalk: 'Why this conflict between modern medicine and Ayurveda'

10th – 12th October 2020 Your Life and Cancer

Second of a series of live interactive presentations on the importance of nutrition and managing stress; the benefits of physical exercise; exploring mindfulness and the science behind it; to the role of cannabinoids and the potential of medicinal mushrooms in cancer care and much more.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7th January 2021 First Thursday Lecture - Advanced Communication Skills Workshops - Exploring Effective Consulting CoM members GPs Dr. Mark Chambers, Dr. Naveed Akhtar, and hypnotherapist Freddy Jacquin are putting together a series of 1-hour on-line presentation to explain how knowledge of the principles and practice of some advanced communication skills can be introduced into the conversations with patients and clients. The specific theme, Chronic Pain, is aimed at GPs and health professionals who work with people suffering from chronic physical or psychological pain, stress and/or anxiety. Freddy is demonstrating a very effective technique that he has developed for addressing chronic pain.

12th January, 6th April 2021 Free Pukka Webinar on Immune Resilience and Staying Bright and Active How can herbs increase immune resilience in a post pandemic world? and How herbs can support cognition and help manage acute and chronic pain? presented by Simon Mills Pukka's Herbal Strategist and Medical Herbalist and Sebastian Pole, Pukka's Co-founder and Master Herbsmith.

14th January 2021 Harmony in Health: A Doctor's View

The event, 'Understanding intergenerational health and wellbeing through the lens of Harmony', organised by The Harmony Project in collaboration with Consultant Obstetrician and Gynaecologist, Mr Michael Dooley and The College of Medicine.

28th January 2021 Harmony in Health – Sharing Wither Traditions

Sharing traditions with Julia Outlaw, who introduced three presenters talking about the rich winter traditions of Poland, Norway and Persia.

29th January 2021 Freddy's Free Friday Therapy at Four

The College has facilitated free online hypnotherapy sessions independently provided by the CoM member and hypnotherapist Freddy Jacquin. Freddy's session is themed *Tenacity* and is also introducing the Arrow Technique, designed to help people overcome, decrease or eliminate, chronic pain, including emotional pain, anxiety, stress and irrational fear.

Every weekday, 2021

Free online session from College Members

Free Qigong Sessions - provided by John Millar, using simple Qigong movements and ideas to relax the body, Qigong meditation, and Full Qigong practice session.

Free Mindfulness Sessions - provided by Dr Mark Chambers and Jennie Thornton, for reducing anxiety, stress and irritability, improving the quality of sleep, and boosting immune function.

Free Breath Practice Sessions - provided by Heather Mason from The Minded Institute, through techniques helping our respiratory system to be strong and healthy.

Free Lu Jong Sessions - provided by Dr Deniah Pachai, using all her Five Elements Movements classes.

Free Thought Field Therapy Sessions - provided by Janet Thomson, using non-invasive technique of tapping on certain meridian points that could help counter negative emotions and thoughts.

Free Exercise Sessions - provided by Sarah Bazin, a HCPC registered Physiotherapist.

4th February 2021 First Thursday Lecture - Psycho-Somatic Medicine - Chronic Fatigue

One-hour online presentation organized by the CoM members GPs Dr. Mark Chambers, Dr. Naveed Akhtar, and hypnotherapist Freddy Jacquin. Dr Mark Chambers is discussing Chronic Fatigue and related issues as a model in order to investigate possible approaches in the consultation to the array of "medically-unexplained symptoms" and psychosomatic medicine in general.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

5th February 2021 NCIM Integrative Healthcare Forum

Students of College of Medicine are offered online teaching day to know more about Integrative Medicine in the area of Men's Health.

11th February, 3rd March, 31st March, 28th April, 26th May 2021 Yoga Nidra – the creative medicine

Online Yoga Nidra session with Stephan Hein, a holistic health & well-being practitioner. He pioneers an integrated well-being model "The medicine of creative consciousness". It is an innovative project that speaks to body, mind and soul alike, offering inspiring tools that can teach us how to use our human faculties of awareness and consciousness more intentionally for deep and transformational self-healing, creative self-mastery and the healing of community.

20th – 21st February 2021 How Do You Do ...That?' An Introduction to NLP

A 2-Day Experiential Course provided by College members Dr Mark Chambers and Piers Day, teaches you skills in communication using Neuro Linguistic Programming (NLP). It is helpful personal development tool that enhances communication, is easy to master and can be very quickly incorporated into our private and professional life with patients/clients.

23rd February 2021 De-stress and Decompress Audio

Free to download audio aimed at frontline workers, provided by College member and hypnotherapist Freddy Jacquin as a small show of gratitude to all our frontline workers, who are risking their life to help us all get through the COVID crisis.

24th February 2021 Harmony in Health Event on Rhythm

The session explores the insights of 'Being together in rhythm' with Bartosz Nowakowski, 'the rhythm of the brain' with Dr. Hanna Poikonen and 'World Rhythms' with Sara Khorooosi.

26th February 2021 Freddy's Free Friday Therapy at Four

A hypnotherapist and the CoM member Freddy Jacquin is presenting a tool for overcoming negative habitual thinking patterns, worry, anxiety and irrational fear, as well as his Arrow Technique.

27th February 2021 Harmony in Living and Dying Approach - Oneness and Love

Online HILDA session, provided by Dr Eleni Tsiompanou and the HILDA team, offers personal, meaningful and practical explorations about the sacred mystery of death, the process of dying and the conscious realisation of the miracle of living.

March - May 2021 Free online Laughter Yoga sessions

The sessions are provided by College member and Laughter Yoga Teacher, Sara Kay. Laughter Yoga is a great exercise that gets much easier the more you practice - and have fun doing it! The special online Laughter Yoga session was provided on 20th March 2021 to help celebrate International Day of Happiness and on 13th May 2021 to help promote Mental Health Awareness Week.

4th - 5th March 2021 - 3rd International Social Prescribing Network Conference: Social prescribing & community - beyond the pandemic

3rd March 2021

RSM Webinar with Professor Dame Donna Kinnair

The webinar provided by the College of Medicine Nursing Lead, Prof Kinnair and Professor Roger Kirby, a president of the Royal Society of Medicine about the nursing workforce crisis, the difficulties and joys of advising on legal and governmental committees, and Prof Kinnair thoughts on the COVID-19 pandemic and how this has affected the nursing community.

9th March 2021 Free Magnificent Magnesium for Stress & Anxiety

The webinar is presented by Heather Richards College of Medicine nutrition lead, Director of Nutrition, Sano School of Culinary Medicine, and Registered Nutritionist mBANT. The webinar provides some practical tips on how to get foods into diet that can help, gives practical solutions that can be applied to patients.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

9th March – August 2021 AYURYOGA

AYUSH Collaboration Projects in association with the College of Medicine provides free online 8-week programme on yoga, breathing and ayurvedic lifestyle. The AYURYOGA project is designed to help patients and professionals support their physical and emotional wellness and ability to support their resilience to cope with the turmoil created by COVID, including long COVID, using the traditional principles of Yoga and Ayurveda.

10th March 2021 Inner Harmony for Health Professionals

Free online workshop for health professionals provided by Harmony in Health in association with the CoM and the Harmony project. The workshop discovers four ways to help deal with stress and bring yourself back into balance: Calming effects of rhythm, with Bartosz Nowakowski; Alexander Technique with Julia Outlaw and Sara Khorooi, Nutritional medicine with Dr Eleni Tsiompanou and Singing For Stress Relief with Ruth Routledge.

11th March 2021 First Thursday Lecture - Advanced Communication Skills for the management of stress, anxiety, panic and phobias

The third session of series of presentations exploring approaches and techniques from the world of communication skills and hypnosis. Freddy Jacquin is introducing a range of ideas for the management of stress, anxiety, panic and phobias, with the contribution of Drs Mark Chambers and Naveed Akhtar.

12th and 19th March 2021 Joined-Up Health in Primary Care

College member Dr Andrew Morrice explores prospects for improved healthcare. The course gives an introduction to integrative, lifestyle and holistic approaches and is suitable for all primary care professionals supporting patients with chronic and complex conditions. The course draws on primary biomedical sciences, insights from neuroscience and psychology, the history of medicine, and decades of clinical experience to give a practical new perspective on our work and our own wellbeing.

20th March 2021 COVID-19: The contribution of Phytotherapy in the short - and long-term The webinar provided by the College of Practitioners of Phytotherapy and supported by the CoM.

22th March 2021 The College of Medicine's Manifesto is Launched!

Hope for the future, The College of Medicine Manifesto for the next ten years, where patients, people and communities come first.

24th March 2021 The Journey: Four Cusps, Spirituality, Pilgrimage and Chant

Live Zoom Presentation by Richard Smith, MD, consultant gynaecological surgeon for a talk examining a four-cusp approach to cancer care and the interaction of psychology, religion and spirituality.

25th March 2021 Workshop: "On Beauty & Nature: Inner and Outer

Harmony in Living and Dying Approach (HILDA) in association with the CoM and The Harmony Project organizes an online workshop about personal, meaningful and practical explorations about the sacred mystery of death, the process of dying and the conscious realisation of the miracle of living.

25th March 2021 Navigating a Path Back to Health A practical support for long covid sufferers workshop provided by Harmony in Health in association with the CoM and the Harmony project.

26th March 2021 Freddy's Free Friday Therapy at Four

A free online session organized by a hypnotherapist and the CoM member Freddy Jacquin is introducing hypnotherapy tools aimed at *Being Happy Now!*

30th March 2021 Health Emergency of Climate Change

The webinar provided by the Royal Society of Medicine and supported by the CoM gives healthcare professionals the opportunity to understand the links between climate change and health and recognise how they can help combat climate change and its effects.

Approximately 500 people have attended the online classes, with 220 being current members of the college. From the classes we gained over 30 new members.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

English National Opera Launches ENO Breathe, a partnership between a leading arts organisation and an NHS Trust. What started as a Zoom meeting of four College of Medicine physicians; Dr Michael Dixon, Sir Sam Everington, Professor Ajit Lalvani and Dr Harry Brunjes, ended as a new nationwide initiative. The combined forces of ENO and Imperial will provide crucial support to people rehabilitating from Coronavirus. The scheme will bring together medical and musical expertise and the pilot scheme is already underway.

From end of October 2020 Freddy Jacquin began an 8-week course titled: Creating the body that you want.

- AYURYOGA - Free Health and Wellness support programs within the Ayurveda Professional Association (APA) collaboration.
- The Food Manifesto - The CoM and ITN Productions Industry News are co-producing The Food Manifesto a news-style programme championing the value of holistic health to improve physical and mental wellbeing.
- Integrative Oncology UK - an international conference, organised by Progressive Communications in association with the British Society for Integrative Oncology and in collaboration with the CoM.
- Balens *Specialist Insurance Brokers* in collaboration with the CoM were co-organising a conference focused on Mental Health and Well-Being.

Membership continues to increase and has brought both finances and raised awareness to the movement.

Financial review

The College of Medicine is grateful to the ongoing support for its sponsors, donors and members. Donations from VitaBiotics, Nelsons, Pukka Herbs, and a number of private donations have enabled the College to deliver its aims of creating and promoting sustainable healthcare through supporting and delivering educational events to demonstrate “what good looks like” in health creating communities. The statement of financial activities shows a surplus for the year of £101,152 (2020: £32,255), the unrestricted surplus being £57,070. General reserves stand at 137,695 (2020: £80,625).

The charity's policy on reserves is to maintain a level of reserves so that the charity holds a level of working capital to operate effectively. The trustees believe six months operating costs should achieve this goal. The unrestricted reserves at the year end include project expenditure delayed to due COVID-19. The financial stability of the College remains a core focus for the Trustees and Executive and events planned for next financial year will be targeted to cover current issues and areas of topical interest to encourage uptake and participation across a broad spectrum of interested bodies.

The growth and development of student led activities will remain as a unique opportunity to further the promotion of interdisciplinary learning among health and social care students and continue to be a focus of the College's energies.

It is planned to establish a fundraising committee to focus on this activity. In October the College celebrated its 10th anniversary and some small financial donations were received for the College.

The growth and development of student led activities will remain as a unique opportunity to further the promotion of interdisciplinary learning among health and social care students and continue to be a focus of the College's energies.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Authorisation of all transactions and projects, which include dual bank signatories and a formal approval process for expenses and payment of invoices. In line with the continuing risk assessment process undertaken at least annually, the Board of Trustees remain confident in the financial governance which is monitored through the production and review of management accounts and risk register.

THE COLLEGE OF MEDICINE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Where appropriate, systems and procedures are in place to mitigate identified risks. External risk in terms of funding is monitored regularly, through the exec team, Governing Council and Board of Trustees alongside the business planning process which reviews the opportunities to promote diversification of funding through a combination of corporate sponsorship and donations and a focus on core strategic activities that generate further membership and/or revenue. Internal risks are minimised.

Structure, governance and management

The charity is a company limited by guarantee. The charity is registered by the Charity Commission for England and Wales. Under the requirements of the Memorandum and Articles of Association, the Board of Directors are elected to serve a period of three years after which they are electable for two consecutive terms.

The board has the relevant skill mix to support the work of the College, including, medicine, health policy, research, business and consultancy.

All directors are familiar with the practical work of the College. As directors retire and/or new directors join the board, adequate induction and familiarisation will be arranged.

The College has an elected Governing Council comprising up to 20 volunteer members, all practising clinicians who provide the strategic reference and input and sector intelligence. The Council meets at least four times a year. The College also has the following committees and advisory councils (members are all volunteers): Scientific Advisory Council, Co-badge/ethics Committee, Nominations Committee (all ad hoc) and Student Strategy Group (currently moribund).

The Scientific Advisory Council, a group of 22 professors from a broad spectrum of academia all leaders in their field, led by the eminent Professor Stephen Holgate, Medical Research Council Clinical Professor of Immunopharmacology at the Faculty of Medicine, Southampton, UK, continues to feed ideas to the Council. The group meets informally and is called upon to give advice and academic rigour to the College's endeavours.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Michael Dixon LVO OBE FRCGP
Ms Sarah Bazin OBE S
Mr Simon Fielding OBE DO.
Mr L Gooblar

The trustees' report was approved by the Board of Trustees.



Mr Simon Fielding OBE DO.

Trustee

Dated: 22 July 2021

THE COLLEGE OF MEDICINE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

The trustees, who are also the directors of The College of Medicine for the purpose of company law, are responsible for preparing the Trustees' 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that 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 the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE COLLEGE OF MEDICINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE COLLEGE OF MEDICINE

I report to the trustees on my examination of the financial statements of The College of Medicine (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

M D Westbury FCCA
West & Berry Limited

Mocatta House
Trafalgar Place
Brighton
BN1 4DU

Dated: 22 July 2021

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

Current financial year

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
	Notes				
<u>Income from:</u>					
Donations and legacies	3	97,047	86,556	183,603	99,000
Charitable activities	4	78,467	-	78,467	84,742
Total income		<u>175,514</u>	<u>86,556</u>	<u>262,070</u>	<u>183,742</u>
<u>Expenditure on:</u>					
Raising funds	5	16,182	-	16,182	6,327
Charitable activities	6	102,262	42,474	144,736	145,160
Total resources expended		<u>118,444</u>	<u>42,474</u>	<u>160,918</u>	<u>151,487</u>
Net income for the year/ Net movement in funds		57,070	44,082	101,152	32,255
Fund balances at 1 April 2020		80,625	17,109	97,734	65,479
Fund balances at 31 March 2021		<u><u>137,695</u></u>	<u><u>61,191</u></u>	<u><u>198,886</u></u>	<u><u>97,734</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE COLLEGE OF MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

Prior financial year

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
	Notes			
<u>Income from:</u>				
Donations and legacies	3	71,500	27,500	99,000
Charitable activities	4	84,742	-	84,742
Total income		<u>156,242</u>	<u>27,500</u>	<u>183,742</u>
<u>Expenditure on:</u>				
Raising funds	5	6,327	-	6,327
Charitable activities	6	134,769	10,391	145,160
Total resources expended		<u>141,096</u>	<u>10,391</u>	<u>151,487</u>
Net income for the year/ Net movement in funds		15,146	17,109	32,255
Fund balances at 1 April 2019		<u>65,479</u>	-	<u>65,479</u>
Fund balances at 31 March 2020		<u><u>80,625</u></u>	<u><u>17,109</u></u>	<u><u>97,734</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE COLLEGE OF MEDICINE

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Current assets					
Debtors	10	29,898		-	
Cash at bank and in hand		197,424		123,281	
		<u>227,322</u>		<u>123,281</u>	
Creditors: amounts falling due within one year					
	11	<u>(28,436)</u>		<u>(25,547)</u>	
Net current assets			<u>198,886</u>		<u>97,734</u>
Income funds					
Restricted funds	12		61,191		17,109
Unrestricted funds			137,695		80,625
			<u>198,886</u>		<u>97,734</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 22 July 2021

Sarah Bazin

Ms Sarah Bazin OBE S
Trustee

Simon Fielding

Mr Simon Fielding OBE DO.
Trustee

Company Registration No. 07081491

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

The College of Medicine is a private company limited by guarantee incorporated in England and Wales. The registered office is Mocatta House, Trafalgar Place, Brighton, BN1 4DU.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the statement of Financial Activities on an accruals basis inclusive of any VAT that cannot be recovered.

The charitable activities comprise expenditure on the charities primary purposes as described in the Trustees Report ie. to advance health for the public benefit. It includes costs that can be allocated directly to such activities and those indirect costs necessary to support them.

Governance costs relate to the running of the charity and include examiners fees, legal advice for Trustees and costs associated with statutory requirements such as preparation of the annual accounts.

Fixed asset additions with a value under £2,000 are not capitalised.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Donations and gifts	97,047	86,556	183,603	71,500	27,500	99,000

4 Charitable activities

	Charitable Income	Charitable Income
	2021	2020
	£	£
Seminars, training and events	61,807	65,802
Membership income	16,660	18,940
	78,467	84,742

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
<u>Fundraising and publicity</u>		
Seeking donations, grants and legacies	16,182	6,327
	16,182	6,327

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

6 Charitable activities

	Seminar, training and events 2021 £	Seminar, training and events 2020 £
Seminars, training and events	85,850	86,711
Share of support costs (see note 7)	57,386	56,949
Share of governance costs (see note 7)	1,500	1,500
	<u>144,736</u>	<u>145,160</u>
Analysis by fund		
Unrestricted funds	102,262	134,769
Restricted funds	42,474	10,391
	<u>144,736</u>	<u>145,160</u>

7 Support costs

	Support costs £	Governance costs £	2021 £	Support costs £	Governance costs £	2020 £
Administration	24,798	-	24,798	24,606	-	24,606
Operations and finance	19,763	-	19,763	31,912	-	31,912
Communications and strategic	7,106	-	7,106	431	-	431
Computer and IT	5,719	-	5,719	-	-	-
Independent examination	-	1,500	1,500	-	1,500	1,500
	<u>57,386</u>	<u>1,500</u>	<u>58,886</u>	<u>56,949</u>	<u>1,500</u>	<u>58,449</u>
Analysed between Charitable activities	<u>57,386</u>	<u>1,500</u>	<u>58,886</u>	<u>56,949</u>	<u>1,500</u>	<u>58,449</u>

Governance costs includes payments to the examiners of £1,250 + VAT (2020 £1,250 + VAT).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. The charity paid £1,485 (2020: £8,749) travel expenses to one trustee during the year.

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

9 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	-	-

10 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Trade debtors	18,833	-
Other debtors	11,065	-
	<u>29,898</u>	<u>-</u>

11 Creditors: amounts falling due within one year

	2021 £	2020 £
Payments received on account	4,000	8,000
Trade creditors	15,436	8,547
Other creditors	7,500	7,500
Accruals and deferred income	1,500	1,500
	<u>28,436</u>	<u>25,547</u>

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources £	Resources expended £	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Nesta	15,000	(7,771)	7,229	6,556	-	13,785
Emergence Foundation	12,500	(2,620)	9,880	-	(3,814)	6,066
George Farha	-	-	-	40,000	-	40,000
NHS England	-	-	-	20,000	(20,000)	-
Aim Foundation	-	-	-	10,000	(8,660)	1,340
Make My Day Better	-	-	-	10,000	(10,000)	-
	<u>27,500</u>	<u>(10,391)</u>	<u>17,109</u>	<u>86,556</u>	<u>(42,474)</u>	<u>61,191</u>

THE COLLEGE OF MEDICINE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

13 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 March 2021 are represented by:						
Current assets/ (liabilities)	137,695	61,191	198,886	80,625	17,109	97,734
	<u>137,695</u>	<u>61,191</u>	<u>198,886</u>	<u>80,625</u>	<u>17,109</u>	<u>97,734</u>
	<u><u>137,695</u></u>	<u><u>61,191</u></u>	<u><u>198,886</u></u>	<u><u>80,625</u></u>	<u><u>17,109</u></u>	<u><u>97,734</u></u>

14 Related party transactions

During the year Dr H Brunjes, former Vice President of the college, supported the charity with an interest free loan facility. A balance of £7,500 (2019 £7,500) was outstanding at the balance sheet date.

Tamper Verification

To check if this file has been modified after being signed, please go to:

<https://www.encyro.com/esign/verify>

Upload the file. The result will indicate if the file contents have been tampered with.

Signed By

Signer: simonfielding@blueyonder.co.uk

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: michelle@westandberry.co.uk

Identity Check: Login with account

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: sarah_bazin@hotmail.com

Identity Check: Email Authentication

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

Jul 22, 2021, 3:54 PM - Email notification sent to simonfielding@blueyonder.co.uk.

Jul 22, 2021, 3:54 PM - Email notification sent to michelle@westandberry.co.uk.

Jul 22, 2021, 3:54 PM - Email notification sent to sarah_bazin@hotmail.com.

Jul 22, 2021, 3:54 PM - Email notification delivered to sarah_bazin@hotmail.com.

Jul 22, 2021, 3:54 PM - Email notification delivered to simonfielding@blueyonder.co.uk.

Jul 22, 2021, 3:54 PM - Email notification delivered to michelle@westandberry.co.uk.

Jul 22, 2021, 4:45 PM - simonfielding@blueyonder.co.uk opened the email notification (estimated).

Jul 22, 2021, 4:46 PM - simonfielding@blueyonder.co.uk electronically signed or completed the document, from 82.38.238.181.

Jul 22, 2021, 4:59 PM - sarah_bazin@hotmail.com electronically signed or completed the document, from 86.136.223.60.

Jul 23, 2021, 10:45 AM - michelle@westandberry.co.uk viewed the document, from 86.172.87.233.

Jul 23, 2021, 10:46 AM - michelle@westandberry.co.uk electronically signed or completed the document, from 86.172.87.233.

END OF LOG