

**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

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

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# THE COLLEGE OF MEDICINE

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# THE COLLEGE OF MEDICINE

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

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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

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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

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**10th May 2020** - College of Medicine and the Mindful 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 Mindful 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

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**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 Mindful 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

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### **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 Khoroosi.

### **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

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### **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 Khorroosi, 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

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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

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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*

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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

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

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

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 £	£
<b>Current assets</b>					
Debtors	10	29,898		-	
Cash at bank and in hand		197,424		123,281	
		<u>227,322</u>		<u>123,281</u>	
<b>Creditors: amounts falling due within one year</b>	11	(28,436)		(25,547)	
Net current assets			198,886		97,734
<b>Income funds</b>					
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

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#### 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

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

### 5 Raising funds

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Fundraising and publicity		
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>
<b>Analysis by fund</b>		
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 £
<b>Amounts falling due within one year:</b>		
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>

### 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

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## Signed By

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**Signature Type:** Mouse or hand drawn

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**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.

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**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.

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