

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

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

# THE COLLEGE OF MEDICINE

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# THE COLLEGE OF MEDICINE

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

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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

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### 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

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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

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### 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

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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

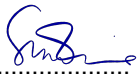
Dr Naveed Akhtar

(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

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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 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**

|                                       |       | Unrestricted<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
|---------------------------------------|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
|                                       | Notes |                                    |                                  |                    |                                    |                                  |                    |
| <b>Income from:</b>                   |       |                                    |                                  |                    |                                    |                                  |                    |
| 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              | -                                  | -                                | -                  |
| <b>Total income</b>                   |       | <u>135,176</u>                     | <u>-</u>                         | <u>135,176</u>     | <u>117,497</u>                     | <u>3,675</u>                     | <u>121,172</u>     |
| <b>Expenditure on:</b>                |       |                                    |                                  |                    |                                    |                                  |                    |
| Raising funds                         | 6     | 18,719                             | -                                | 18,719             | 19,742                             | -                                | 19,742             |
| Charitable activities                 | 7     | 140,501                            | -                                | 140,501            | 148,931                            | 2,115                            | 151,046            |
| <b>Total expenditure</b>              |       | <u>159,220</u>                     | <u>-</u>                         | <u>159,220</u>     | <u>168,673</u>                     | <u>2,115</u>                     | <u>170,788</u>     |
| <b>Net expenditure</b>                |       | (24,044)                           | -                                | (24,044)           | (51,176)                           | 1,560                            | (49,616)           |
| Transfers between funds               |       | -                                  | -                                | -                  | 9,707                              | (9,707)                          | -                  |
| <b>Net movement in funds</b>          |       | (24,044)                           | -                                | (24,044)           | (41,469)                           | (8,147)                          | (49,616)           |
| <b>Reconciliation of funds:</b>       |       |                                    |                                  |                    |                                    |                                  |                    |
| 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>     |
| <b>Fund balances at 31 March 2025</b> |       | <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<br>£      | £              | 2024<br>£      | £              |
|---|-------|----------------|----------------|----------------|----------------|
| <b>Current assets</b>                                 |       |                |                |                |                |
| Debtors   | 12    | 6,123          |                | 4,506          |                |
| Cash at bank and in hand                              |       | 135,185        |                | 156,279        |                |
|   |       | <u>141,308</u> |                | <u>160,785</u> |                |
| <b>Creditors: amounts falling due within one year</b> | 13    | (12,336)       |                | (7,769)        |                |
| <b>Net current assets</b>                             |       |                | 128,972        |                | 153,016        |
| <b>The funds of the charity</b>                       |       |                |                |                |                |
| Restricted income funds                               | 14    |                | 7,829          |                | 7,829          |
| Unrestricted funds                                    | 15    |                | 121,143        |                | 145,187        |
|   |       |                | <u>128,972</u> |                | <u>153,016</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**

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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 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

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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.

##### **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<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
|---------------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Donations and gifts | 90,077                             | -                                | 90,077             | 81,727                             | 3,675                            | 85,402             |

### 4 Income from charitable activities

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

### 5 Income from investments

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

### 7 Expenditure on charitable activities

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

### 8 Support costs allocated to activities

|                              | 2025<br>£ | 2024<br>£ |
|------------------------------|-----------|-----------|
| 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     |
|                              | 71,802    | 81,014    |
| <b>Analysed between:</b>     |           |           |
| Charitable activities        | 71,802    | 81,014    |

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<br>Number | 2024<br>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<br>£    | 2024<br>£    |
|---|--------------|--------------|
| <b>Amounts falling due within one year:</b> |              |              |
| 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<br>£     | 2024<br>£    |
|------------------------------|---------------|--------------|
| 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<br>2024<br>£ | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | At 31 March<br>2025<br>£ |
|--|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Nesta                                      | 4,032                   | -                          | -                          | -              | 4,032                    |
| Aim Foundation                             | 2,237                   | -                          | -                          | -              | 2,237                    |
| National Academy for Social<br>Prescribing | 1,560                   | -                          | -                          | -              | 1,560                    |
|  | <u>7,829</u>            | <u>-</u>                   | <u>-</u>                   | <u>-</u>       | <u>7,829</u>             |

| Previous year:                             | At 1 April<br>2023<br>£ | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | At 31 March<br>2024<br>£ |
|--|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| Nesta                                      | 4,032                   | -                          | -                          | -              | 4,032                    |
| George Farha                               | 9,707                   | -                          | -                          | (9,707)        | -                        |
| Aim Foundation                             | 2,237                   | -                          | -                          | -              | 2,237                    |
| National Academy for Social<br>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<br>2024<br>£ | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | At 31 March<br>2025<br>£ |
|---------------|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| General funds | <u>145,187</u>          | <u>135,176</u>             | <u>(159,220)</u>           | <u>-</u>       | <u>121,143</u>           |

| Previous year: | At 1 April<br>2023<br>£ | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | At 31 March<br>2024<br>£ |
|----------------|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| General funds  | <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<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ |
|------------------------------|------------------------------------|----------------------------------|--------------------|
| <b>At 31 March 2025:</b>     |                                    |                                  |                    |
| Current assets/(liabilities) | 121,143                            | 7,829                            | 128,972            |
|                              | <u>121,143</u>                     | <u>7,829</u>                     | <u>128,972</u>     |
|                              | <u>121,143</u>                     | <u>7,829</u>                     | <u>128,972</u>     |
|                              |                                    |                                  |                    |
|                              | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
| <b>At 31 March 2024:</b>     |                                    |                                  |                    |
| Current assets/(liabilities) | 145,187                            | 7,829                            | 153,016            |
|                              | <u>145,187</u>                     | <u>7,829</u>                     | <u>153,016</u>     |
|                              | <u>145,187</u>                     | <u>7,829</u>                     | <u>153,016</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:

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### 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.

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**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.

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