

PHOENIX HEALTH AND WELLBEING

England & Wales · Charity number 1154273

Details

Status Registered

Legal form CIO

Registered 2013-10-18

Register [View on the Charity Commission register](#)

Contact

Address Lower Ground Floor
30 Park Place
Leeds
West Yorkshire
LS1 2SP

Phone 01132340818

Email info@phoenixhealthandwellbeing.org.uk

Website www.phoenixhealthandwellbeing.org.uk

Activities

Objects: THE PRESERVATION AND PROTECTION OF GOOD HEALTH FOR THE PUBLIC BENEFIT BY SUPPORTING THE NEEDS OF THOSE PERSONS AFFECTED BY MENTAL, EMOTIONAL OR PHYSICAL HEALTH ISSUES THROUGH THE PROVISION OF COUNSELLING, SUPPORT, INFORMATION AND REFLEXOLOGY, REIKI, INDIAN HEAD MASSAGE AND SWEDISH MASSAGE AND THROUGH EDUCATION AND TRAINING TO MEMBERS OF SUCH PROFESSIONS IN ORDER TO ENSURE THE BENEFICIARIES RECEIVING SUCH TREATMENTS RECEIVE THE BEST POSSIBLE SERVICE.

Activities: Phoenix Health and Wellbeing support the needs of people affected by mental, emotional or physical health issues to promote their good health and wellbeing. This support is in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to other professionals involved in this field.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Leeds City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£221,932	£261,897	-	-
2024-03-31	£226,981	£215,668	-	-
2023-03-31	£192,834	£190,633	-	-
2022-03-31	£238,897	£190,884	-	-
2021-03-31	£182,249	£151,156	-	-

Trustees

Name	Role	Appointed
David Aspland	Chair	2018-09-07
Alison Grant		2024-12-01
Andy Hewitt		2020-10-08
Helen Matthews		2023-09-06
Michael Hall		2023-09-06
Rachel Dixon		2023-09-05

PHOENIX HEALTH AND WELLBEING

England & Wales - Charity number 1154273

Accounts

Phoenix Health and Wellbeing

Charity number 1154273

Annual Report and Financial Statements **for the year ended 31 March 2025**



Phoenix Health and Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2025

Contents	Page
Trustees' report	2 to 5
Examiner's report	6
Receipts and payments account	7
Statement of assets and liabilities	8
Notes to the accounts	9 to 10

Prepared by West Yorkshire Community Accountancy Service CIO

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2025

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Helen Kemp		Resigned 1 August 2024
Andy Hewitt		
Rachel Dixon		
Michael Hall		
Helen Matthews		
Alison Grant		Appointed 9 January 2025
Charity number	1154273	Registered in England and Wales
Registered and principal address	Bankers	
Lower Ground Floor	CAF Bank Limited	
30 Park Place	25 Kings Hill Avenue	
Leeds	Kings Hill,	
LS1 2SP	West Malling,	
	Kent ME19 4JQ	

Independent examiner

Rhys North ACA

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 October 2013 and amended on 7 September 2023 and is governed by a constitution.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2025

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year from 1st April 2024 to 31st March 2025, the charity delivered 5,825 sessions of support – either counselling, massage therapy or acupuncture to 729 people. The beneficiaries were referred for support due to their chronic health issues and low income. We continue to run our acupuncture and support group for prostate cancer patients. This group is free to access for clients and supports them through treatment side effects and recovery and facilitates peer support.

We support a 92 year old lady who credits the support she receives from the charity with being the reason why she is able to manage her painful health conditions and frailty and remains living independently in her home. We have also received a testimonial by one of our clients; Danny has been closely supported by the charity for the best part of the last year and we have seen him turn his life around completely.

Testimonial – Referred Client Danny

I have now been going to Phoenix Health and Wellbeing now for almost 2 years. In this time I have met some amazing people that work there who have always treated me really well and with so much respect. I have got to know all the staff here and they are so welcoming, friendly, kind and really lovely.

Massages:

When I first started to attend for the massage services I was so nervous, anxious, worried and had no confidence or self esteem but the staff was so understanding and put me at ease. The first massage I had made me want to keep coming back for more because it felt so God damn amazing and from then on, I was just hooked!

I became a regular client and was attending every week without fail and every massage I had was incredible. The massages always left me feeling so much better, more at ease and feeling so much lighter. The more I attended having massages it felt easier but more addictive. I noticed that having these massage sessions helped me so much by giving me back my confidence, comfort and self esteem which felt impossible to gain back before I started them. Throughout my time here I have tried many different massage therapists that work here and even having different massages such as deep tissue and relaxation and head massages and I can say that no matter who did these massages they was all really amazing, very enjoyable and so worth it.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance (continued)

I can honestly say that all the massages therapists are different and have their own different ways of doing massages but all equally are just exceptional at their job, extremely highly professional and they are the best at what they do whether it is giving deep tissue, relaxation or head massages. All the massages are just so incredibly phenomenal and out of this world. I can definitely see and feel a huge mental, emotional, physical and psychological improvement within me because of them.

Counselling:

During this time I have had life changing situations that have affected me and my mental health in a unhealthy and detrimental way and I felt so low and felt like I hit rock bottom with nowhere to go and no-one to confide in but after speaking with staff who had been a rock to me over the years, I decided to give some counselling a try. Although pessimistic about the whole counselling thing I gave it a go with Phoenix Health and Wellbeing and I am so glad that I did because it really helped me a lot in so many ways. Initially I completed my 15 sessions and to my surprise it strangely really helped and made a difference and once it finished the lovely female staff gave me an opportunity to continue it with another member of staff as there was a lot of stuff that I need to continue to work through which I am so happy that I grabbed with both hands. I am currently still attending these sessions and they are really helping.

The counselling really helped me so much and it was nice to have someone I get along with relatively well to listen to me without any judgements. I have been with two counsellors now and they both work differently but both equally fantastic at what they do.

Phoenix Health and Wellbeing:

Phoenix Health and Wellbeing is just by far the best place on earth and genuinely is a life changing and even a life saving service that I am so relieved it exists as I'd be lost without it. Attending Phoenix Health and Wellbeing has genuinely saved my life and has helped me massively and is continuing to do so.

Staff

I want to also take this opportunity to say a huge thank you to ALL the extraordinary staff (past and present that worked and) that works here for being so brilliant, understanding, helpful and supportive and really welcoming and friendly always making me feel better, happier and having a laugh with me it means the world to me and each and everyone of them deserves a medal as they're all incredibly special people and I will always be so very grateful so I want to say a massive thank you to everyone involved but especially to Zoe, Lizzie, Heather, Olga, Judita, Angie, Victoria, Alison and also Gill of course.

I appreciate you all so much

Financial review

The net payments for the year were £39,965 all on unrestricted funds.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2025

Reserves policy

The charity's free reserves, at the year end were £138,067.

The trustees propose to maintain the charity's general reserves at a level which is between six and twelve months operational expenditure and have done so having regards to its manner of operation of likely funding streams.

Based on budgeted 2025/2026 expenditure this equates to between £126,000 and £252,000.

If our reserves fall below the lower reserves target or exceed the upper target this will be flagged to the trustees for action to mitigate risk.

We have adopted this reserves policy because our funding comes from limited sources, primarily sales of our complementary therapies. If this income stalls, as it did during the Covid pandemic almost all of our income will cease. We need to ensure that we have resources to cover such scenarios.

The trustees recognise that the charity's reserves reduced during the year ending 31 March 2025 due to a combination of increasing cost pressures and increased levels of supported therapies, resulting in reduced receipts. These same pressures are being experienced in the 2025/2026 financial year. Given this the trustees are reviewing the charity's operational and financial plans to enable a recurrently balanced financial plan to be delivered in future financial years.

Approved by the board of trustees on 24/11/2025

David Aspland (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2025, which are set out on pages 7 to 10.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 130 of the Charities Act;
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Rhys North ACA

27/11/2025

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

**Phoenix Health and Wellbeing
Receipts and payments account
for the year ended 31 March 2025**

	2025 Total funds £	2024 Total funds £
Receipts		
Fund raising and donations	10,260	10,560
Acupuncture, counselling and massage services	195,778	189,121
Employee assistance programme	10,252	24,755
Room rental	1,950	2,088
Other income	57	137
Bank interest	3,635	320
Total receipts	<u>221,932</u>	<u>226,981</u>
 Payments		
Salaries NI and pensions	99,066	72,491
Therapists	114,721	101,725
Fund raising costs/donations	18	1,200
Rent and rates	19,763	12,868
Telephone, internet and website costs	1,780	1,409
Printing	453	974
Insurance	953	954
Utilities	7,554	5,992
Equipment	156	3,531
Independent examination	1,188	945
Marketing	131	695
Other operating costs	2,546	1,852
Training	859	936
Subscription and licence fees	4,275	4,505
Legal and professional fees	-	905
Premises costs	8,434	4,686
Total payments	<u>261,897</u>	<u>215,668</u>
Net receipts / (payments)	(39,965)	11,313
 Fund balances brought forward	<u>178,032</u>	<u>166,719</u>
Fund balances carried forward	<u>138,067</u>	<u>178,032</u>

**Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2025**

	2025	2024
	Total	Total
	£	£
Cash funds		
Cash at bank	138,067	178,032
Total cash funds	<u>138,067</u>	<u>178,032</u>
Debtors and prepayments	2025	
	£	
Debtors	745	
Prepayments	556	
	<u>1,301</u>	
Liabilities	2025	
	£	
Creditors	8,490	
Accruals	2,175	
	<u>10,665</u>	

The financial statements were approved by the board of trustees on 24/11/2025

David Aspland (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts

for the year ended 31 March 2025

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2025

2 Designated funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Property fund	50,000	-	-	(50,000)	-
	<u>50,000</u>	<u>-</u>	<u>-</u>	<u>(50,000)</u>	<u>-</u>

Fund name	Reason for designation
Property fund	To ringfence funds to enable alternative premises solutions for the delivery of services to be delivered.

3 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

PHOENIX HEALTH AND WELLBEING

England & Wales - Charity number 1154273

Accounts

Phoenix Health and Wellbeing

Charity number 1154273

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



Phoenix Health and Wellbeing

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

Contents	Page
Trustees' report	2 to 3
Examiner's report	4
Receipts and payments account	5
Statement of assets and liabilities	6
Notes to the accounts	7 to 8

Prepared by West Yorkshire Community Accountancy Service CIO

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2024

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Helen Kemp		
Andy Hewitt		
Hannah Howe		Resigned 26 February 2024
Rachel Dixon		Appointed 5 September 2023
Michael Hall		Appointed 6 September 2023
Helen Matthews		Appointed 6 September 2023

Charity number 1154273 Registered in England and Wales

Registered and principal address	Bankers
Lower Ground Floor 30 Park Place Leeds LS1 2SP	CAF Bank Limited 25 Kings Hill Avenue Kings Hill, West Malling, Kent ME19 4JQ

Independent examiner

Rhys North ACA

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 October 2013 and amended on 7 September 2023 and is governed by a constitution.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2024

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year ending 31 March 2024 our charity delivered 5,591 sessions of support to 570 people who were referred for support due to their chronic health issues and low incomes. The support sessions were as follows: 3,610 counselling sessions, delivered either in person or by telephone or Zoom, 1,981 massage or acupuncture sessions.

Financial review

The net receipts for the year were £11,313, all on unrestricted funds.

Reserves policy

The charity's free reserves, at the year end were £178,032.

The trustees propose to maintain the charity's general reserves at a level which is between six and twelve months operational expenditure and have done so having regards to its manner of operation of likely funding streams.

In addition, the trustees wish to explore alternative premises solutions for the delivery of therapy services. For this reason the charity has designated £50,000 of its reserves as a Property Fund.

Based on budgeted 2024/2025 expenditure this equates to between £107,900 and £215,800.

If our reserves fall below the lower reserves target or exceed the upper target this will be flagged to the trustees for action to mitigate risk.

We have adopted this reserves policy because our funding comes from limited sources, primarily sales of our complementary therapies. If this income stalls, as it did during the Covid pandemic almost all of our income will cease. We need to ensure that we have resources to cover such scenarios.

Approved by the board of trustees on 31/10/2024

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2024, which are set out on pages 5 to 8.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 130 of the Charities Act;
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Rhys North ACA

31/10/2024

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Phoenix Health and Wellbeing Receipts and payments account for the year ended 31 March 2024

	Notes	2024 Total funds £	2023 Total funds £
Receipts			
Grants	(2)	-	8,821
Fund raising and donations		10,560	14,913
Acupuncture, counselling and massage services		189,121	154,297
Employee assistance programme		24,755	11,075
Room rental		2,088	2,980
Other income		137	513
Bank interest		320	235
Total receipts		226,981	192,834
Payments			
Salaries NI and pensions		72,491	62,022
Therapists		101,725	84,721
Fund raising costs/donations		1,200	-
Rent and rates		12,868	22,342
Telephone, internet and website costs		1,409	1,290
Printing		974	337
Insurance		954	994
Utilities		5,992	3,920
Equipment		3,531	526
Independent examination		945	900
Marketing		695	1,023
Other operating costs		1,852	1,142
Training		936	953
Subscription and licence fees		4,505	5,005
Legal and professional fees		905	-
Premises costs		4,686	5,458
Total payments		215,668	190,633
Net receipts		11,313	2,201
Fund balances brought forward		166,719	164,518
Fund balances carried forward		178,032	166,719

**Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2024**

	2024	2023
	Total	Total
	£	£
Cash funds		
Cash at bank	178,032	166,719
Total cash funds	<u>178,032</u>	<u>166,719</u>
Debtors and prepayments	2024	
	£	
Debtors	2,510	
Prepayments - Insurance	556	
	<u>3,066</u>	
Liabilities	2024	
	£	
Creditors - Therapist fees	9,297	
Accruals :		
Rent	2,700	
Independent examination	1,188	
Utilities and hygiene costs	1,323	
	<u>14,508</u>	

The financial statements were approved by the board of trustees on 31/10/2024

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts

for the year ended 31 March 2024

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

**Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2024**

2 Grants and donations	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Leeds City Council	-	-	-	8,821
	<u>-</u>	<u>-</u>	<u>-</u>	<u>8,821</u>

3 Designated funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Property fund	-	-	-	50,000	50,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>50,000</u>	<u>50,000</u>

Fund name	Reason for designation
Property fund	To ringfence funds to enable alternative premises solutions for the delivery of services to be delivered.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

PHOENIX HEALTH AND WELLBEING

England & Wales - Charity number 1154273

Accounts

Phoenix Health and Wellbeing

Charity number 1154273

Annual Report and Financial Statements for the year ended 31 March 2023



Phoenix Health and Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2023

Contents	Page
Trustees' report	2 to 3
Examiner's report	4
Receipts and payments account	5
Statement of assets and liabilities	6
Notes to the accounts	7 to 8

Prepared by West Yorkshire Community Accountancy Service CIO

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Helen Kemp		
Andy Hewitt		
Hannah Howe		
Rachel Dixon		Appointed 5 September 2023
Michael Hall		Appointed 6 September 2023
Helen Matthews		Appointed 6 September 2023

Charity number 1154273 Registered in England and Wales

Registered and principal address	Bankers
Lower Ground Floor 30 Park Place Leeds LS1 2SP	CAF Bank Limited 25 Kings Hill Avenue Kings Hill, West Malling, Kent ME19 4JQ

Independent examiner

Rhys North ACA

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 October 2013 and is governed by a constitution.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2023

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year from 1st April 2022 to 31st March 2023 the charity delivered 4,366 sessions of support to 453 people who were referred for support due to their chronic health issues and low income. The support sessions were as follows: 2,874 counselling sessions, delivered either in person or by telephone or Zoom, 1,492 massage or acupuncture sessions.

Financial review

The net receipts for the year were £2,201 all on unrestricted funds.

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Reserves policy

The charity's free reserves, at the year end were £166,719.

The Trustees propose to maintain the Charity's General Reserves at a level which is at least equivalent to six months operational expenditure and have done so having regards to its manner of operation of likely funding streams.

Next year we estimate the average monthly costs of running the charity is £16,000 per month.

In order to ensure that we are financially secure we will hold reserves of 6 months total running costs or £96,000.

This policy will be reviewed annually or more frequently if there is a significant change to the charity's cost structure.

In these uncertain economic times the Board of Trustees have taken the decision to retain a higher level of reserves than absolutely necessary to allow for fluctuations in our traded income and ensure our ongoing existence. The trustees also plan to review the reserves policy during 2023/2024.

Approved by the board of trustees on 11/1/2024

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 5 to 8.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 130 of the Charities Act;
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Rhys North ACA

16/1/2024

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

**Phoenix Health and Wellbeing
Receipts and payments account
for the year ended 31 March 2023**

	Notes	2023 Total funds £	2022 Total funds £
Receipts			
Grants	(2)	8,821	17,986
Fund raising and donations		14,913	21,057
Accupuncture, counselling and massage services		154,297	152,874
Employee assistance programme		11,075	-
Room rental		2,980	13,935
Other income		513	45
Insurance claim		-	33,000
Bank interest		235	-
Total receipts		<u>192,834</u>	<u>238,897</u>
Payments			
Staffing costs		62,022	60,519
Therapies		84,721	75,479
Fund raising costs/donations		-	896
Rent and rates		22,342	27,379
Telephone and internet		1,290	1,728
Printing		337	806
Insurance		994	869
Utilities		3,920	3,133
Equipment		526	351
Independent examination		900	728
Marketing		1,023	4,785
Other operating costs		2,095	2,519
Subscription and licence fees		5,005	4,573
Premises costs		5,458	7,119
Total payments		<u>190,633</u>	<u>190,884</u>
Net movement in funds		<u>2,201</u>	<u>48,013</u>
Fund balances brought forward		<u>164,518</u>	<u>116,505</u>
Fund balances carried forward		<u>166,719</u>	<u>164,518</u>

**Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2023**

	2023	2022
	Total	Total
	£	£
Cash funds		
Cash at bank	166,719	164,518
Total cash funds	<u>166,719</u>	<u>164,518</u>
Debtors and prepayments	2023	
	£	
Debtors	6,975	
Prepayments - insurance	547	
	<u>7,522</u>	
Liabilities	2023	
	£	
Accruals Therapies and hygiene costs	8,851	
Independent examination	945	
Utilities	504	
	<u>10,301</u>	

The financial statements were approved by the board of trustees on 11/1/2024

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts

for the year ended 31 March 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

**Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2023**

2 Grants	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Leeds City Council	8,821	-	8,821	17,986
	<u>8,821</u>	<u>-</u>	<u>8,821</u>	<u>17,986</u>

3 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

PHOENIX HEALTH AND WELLBEING

England & Wales - Charity number 1154273

Accounts

Phoenix Health and Wellbeing

Charity number 1154273

Annual Report and Financial Statements for the year ended 31 March 2022



West Yorkshire Community Accounting Service

Phoenix Health and Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2022

Contents	Page
Trustees' report	2 to 3
Examiner's report	4
Receipts and payments account	5
Statement of assets and liabilities	6
Notes to the accounts	7 to 8

Prepared by West Yorkshire Community Accountancy Service CIO

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Helen Kemp		
Andy Hewitt		
Hannah Howe		Appointed 8 February 2022
Jon Woolmore		Resigned 8 July 2021
Lindsay Texel		Resigned 15 April 2021
Charity number	1154273	Registered in England and Wales
Registered and principal address	Bankers	
Lower Ground Floor	CAF Bank Limited	PayPal (Europe)
30 Park Place	25 Kings Hill Avenue	22-24 Boulevard Royal
Leeds	Kings Hill,	L-2449 Luxembourg
LS1 2SP	West Malling,	
	Kent ME19 4JQ	

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 Oct 2013.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2022

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year from 01/04/2021 to 31/03/2022 the charity delivered 3966 sessions of support to 431 people who were referred for support due to their chronic health issues and low income. The support sessions were as follows: 2813 counselling sessions, delivered either in person or by telephone or Zoom, 1153 massage or acupuncture sessions.

Our work was recognised this year with a Queen's Award for Enterprise in the category Sustainable Development. This Award is judged by a Panel and the Prime Minister before being ratified by the Queen.

Financial review

The net receipts for the year were £48,013, including net receipts of £54,088 on unrestricted funds and net payment of £6,075 on restricted funds.

The Covid 19 pandemic caused disruption to our social enterprise and charity in the previous financial year. The financial help from Central and Local Government provided great assistance and we were able to continue our operations. In the year 2021 to 2022 both our social enterprise and charity recovered and the volumes of clients visiting increased.

At the time of signing these accounts the charity has been impacted by the global Covid-19 virus. The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Reserves policy

The charity's free reserves at the year end were £164,518.

The Trustees propose to maintain the Charity's General Reserves at a level which is at least equivalent to six months operational expenditure and have done so having regards to its manner of operation of likely funding streams.

Next year we estimate the average monthly costs of running the charity is £16,000 per month.

In order to ensure that we are financially secure we will hold reserves of 6 months total running costs or £96,000.

Our premises are leased on a 5 year agreement which terminates in 2023. We need to ensure that we have capital to move premises if this is required. We therefore need to hold Premises Reserve of £60,000.

This would make our total reserves policy target £156,000.

This policy will be reviewed annually or more frequently if there is a significant change to the Charity's cost structure.

Approved by the board of trustees on 1/12/2022

David Aspland (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 5 to 8.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Simon Bostrom FCIE

1/12/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Phoenix Health and Wellbeing
Receipts and payments account
for the year ended 31 March 2022

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Grants	(2)	8,000	9,986	17,986	86,600
Fund raising / donations		21,057	-	21,057	3,552
Therapies		152,874	-	152,874	77,777
Room rental		13,935	-	13,935	13,720
Other income		45	-	45	600
Insurance claim		33,000	-	33,000	-
Total receipts		<u>228,911</u>	<u>9,986</u>	<u>238,897</u>	<u>182,249</u>
Payments					
Staffing costs		47,773	12,746	60,519	59,442
Therapies		72,404	3,075	75,479	50,706
Fund raising costs / donations		896	-	896	-
Rent and rates		27,379	-	27,379	10,800
Telephone and internet		1,728	-	1,728	1,393
Printing		806	-	806	359
Insurance		869	-	869	1,692
Utilities		3,133	-	3,133	2,128
Equipment		351	-	351	4,276
Accountancy		728	-	728	725
Marketing		4,545	240	4,785	10,475
Other operating costs		2,519	-	2,519	2,738
Subscriptions		4,573	-	4,573	3,390
Premises costs		7,119	-	7,119	3,032
Total payments		<u>174,823</u>	<u>16,061</u>	<u>190,884</u>	<u>151,156</u>
Net movement in funds		<u>54,088</u>	<u>(6,075)</u>	<u>48,013</u>	<u>31,093</u>
Fund balances brought forward		<u>110,430</u>	<u>6,075</u>	<u>116,505</u>	<u>85,412</u>
Fund balances carried forward	(3)	<u>164,518</u>	<u>-</u>	<u>164,518</u>	<u>116,505</u>

Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	164,518	-	164,518	116,505
Total cash funds	<u>164,518</u>	<u>-</u>	<u>164,518</u>	<u>116,505</u>
Amounts owed to the charity			£	
Rent prepayment			5,400	
Insurance prepayment			507	
			<u>5,907</u>	
Liabilities			£	
Independent examination			900	
			<u>900</u>	

The financial statements were approved by the board of trustees on 1/12/2022

David Aspland (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts

for the year ended 31 March 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2022

2 Grants and donations	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
National Lottery (NL) Community Fund	-	-	-	29,797
Leeds Community Foundation	-	-	-	10,000
Yorkshire Building Society	-	-	-	1,900
The Movement for Good	-	-	-	1,000
Sovereign Health Care	-	-	-	1,000
West Yorkshire Police and Crime Commissioner	-	-	-	3,985
Leeds Metropolitan District Council	8,000	9,586	17,586	24,826
Social Enterprise Support Fund	-	-	-	10,216
Leeds Economic Partnership	-	-	-	3,000
HM Revenue and Customs	-	400	400	876
	<u>8,000</u>	<u>9,986</u>	<u>17,986</u>	<u>86,600</u>

3 Restricted funds	Balance b/f	Receipts	Payments	Transfers	Balance c/f
	£	£	£	£	£
NL Community Fund	6,075	-	6,075	-	-
Kickstart grant	-	9,586	9,586	-	-
HMRC JRS	-	400	400	-	-
	<u>6,075</u>	<u>9,986</u>	<u>16,061</u>	<u>-</u>	<u>-</u>

Fund name	Purpose of restriction
NL Community Fund	To run prostate cancer support clinics.
Kickstart grant	Towards salary costs for the employees under Kickstart scheme.
HMRC JRS	For staff who have been furloughed due to Covid-19.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

£2,270 of receipts were received from Leeds Mind charity. Helen Kemp is the Chief Executive of Leeds Mind and also a trustee of Phoenix Health and Wellbeing. (Previous year : £4,045)

Phoenix Health and Wellbeing

Charity number 1154273

Annual Report and Financial Statements for the year ended 31 March 2022



West Yorkshire Community Accounting Service

Phoenix Health and Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2022

Contents	Page
Trustees' report	2 to 3
Examiner's report	4
Receipts and payments account	5
Statement of assets and liabilities	6
Notes to the accounts	7 to 8

Prepared by West Yorkshire Community Accountancy Service CIO

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Helen Kemp		
Andy Hewitt		
Hannah Howe		Appointed 8 February 2022
Jon Woolmore		Resigned 8 July 2021
Lindsay Texel		Resigned 15 April 2021
Charity number	1154273	Registered in England and Wales
Registered and principal address	Bankers	
Lower Ground Floor	CAF Bank Limited	PayPal (Europe)
30 Park Place	25 Kings Hill Avenue	22-24 Boulevard Royal
Leeds	Kings Hill,	L-2449 Luxembourg
LS1 2SP	West Malling,	
	Kent ME19 4JQ	

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 Oct 2013.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2022

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year from 01/04/2021 to 31/03/2022 the charity delivered 3966 sessions of support to 431 people who were referred for support due to their chronic health issues and low income. The support sessions were as follows: 2813 counselling sessions, delivered either in person or by telephone or Zoom, 1153 massage or acupuncture sessions.

Our work was recognised this year with a Queen's Award for Enterprise in the category Sustainable Development. This Award is judged by a Panel and the Prime Minister before being ratified by the Queen.

Financial review

The net receipts for the year were £48,013, including net receipts of £54,088 on unrestricted funds and net payment of £6,075 on restricted funds.

The Covid 19 pandemic caused disruption to our social enterprise and charity in the previous financial year. The financial help from Central and Local Government provided great assistance and we were able to continue our operations. In the year 2021 to 2022 both our social enterprise and charity recovered and the volumes of clients visiting increased.

At the time of signing these accounts the charity has been impacted by the global Covid-19 virus. The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Reserves policy

The charity's free reserves at the year end were £164,518.

The Trustees propose to maintain the Charity's General Reserves at a level which is at least equivalent to six months operational expenditure and have done so having regards to its manner of operation of likely funding streams.

Next year we estimate the average monthly costs of running the charity is £16,000 per month.

In order to ensure that we are financially secure we will hold reserves of 6 months total running costs or £96,000.

Our premises are leased on a 5 year agreement which terminates in 2023. We need to ensure that we have capital to move premises if this is required. We therefore need to hold Premises Reserve of £60,000.

This would make our total reserves policy target £156,000.

This policy will be reviewed annually or more frequently if there is a significant change to the Charity's cost structure.

Approved by the board of trustees on 1/12/2022

David Aspland (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 5 to 8.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Simon Bostrom FCIE

1/12/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Phoenix Health and Wellbeing
Receipts and payments account
for the year ended 31 March 2022

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Grants	(2)	8,000	9,986	17,986	86,600
Fund raising / donations		21,057	-	21,057	3,552
Therapies		152,874	-	152,874	77,777
Room rental		13,935	-	13,935	13,720
Other income		45	-	45	600
Insurance claim		33,000	-	33,000	-
Total receipts		<u>228,911</u>	<u>9,986</u>	<u>238,897</u>	<u>182,249</u>
Payments					
Staffing costs		47,773	12,746	60,519	59,442
Therapies		72,404	3,075	75,479	50,706
Fund raising costs / donations		896	-	896	-
Rent and rates		27,379	-	27,379	10,800
Telephone and internet		1,728	-	1,728	1,393
Printing		806	-	806	359
Insurance		869	-	869	1,692
Utilities		3,133	-	3,133	2,128
Equipment		351	-	351	4,276
Accountancy		728	-	728	725
Marketing		4,545	240	4,785	10,475
Other operating costs		2,519	-	2,519	2,738
Subscriptions		4,573	-	4,573	3,390
Premises costs		7,119	-	7,119	3,032
Total payments		<u>174,823</u>	<u>16,061</u>	<u>190,884</u>	<u>151,156</u>
Net movement in funds		<u>54,088</u>	<u>(6,075)</u>	<u>48,013</u>	<u>31,093</u>
Fund balances brought forward		<u>110,430</u>	<u>6,075</u>	<u>116,505</u>	<u>85,412</u>
Fund balances carried forward	(3)	<u>164,518</u>	<u>-</u>	<u>164,518</u>	<u>116,505</u>

Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	164,518	-	164,518	116,505
Total cash funds	<u>164,518</u>	<u>-</u>	<u>164,518</u>	<u>116,505</u>
Amounts owed to the charity			£	
Rent prepayment			5,400	
Insurance prepayment			507	
			<u>5,907</u>	
Liabilities			£	
Independent examination			900	
			<u>900</u>	

The financial statements were approved by the board of trustees on 1/12/2022

David Aspland (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts

for the year ended 31 March 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2022

2 Grants and donations	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
National Lottery (NL) Community Fund	-	-	-	29,797
Leeds Community Foundation	-	-	-	10,000
Yorkshire Building Society	-	-	-	1,900
The Movement for Good	-	-	-	1,000
Sovereign Health Care	-	-	-	1,000
West Yorkshire Police and Crime Commissioner	-	-	-	3,985
Leeds Metropolitan District Council	8,000	9,586	17,586	24,826
Social Enterprise Support Fund	-	-	-	10,216
Leeds Economic Partnership	-	-	-	3,000
HM Revenue and Customs	-	400	400	876
	<u>8,000</u>	<u>9,986</u>	<u>17,986</u>	<u>86,600</u>

3 Restricted funds	Balance b/f £	Receipts £	Payments £	Transfers £	Balance c/f £
NL Community Fund	6,075	-	6,075	-	-
Kickstart grant	-	9,586	9,586	-	-
HMRC JRS	-	400	400	-	-
	<u>6,075</u>	<u>9,986</u>	<u>16,061</u>	<u>-</u>	<u>-</u>

Fund name	Purpose of restriction
NL Community Fund	To run prostate cancer support clinics.
Kickstart grant	Towards salary costs for the employees under Kickstart scheme.
HMRC JRS	For staff who have been furloughed due to Covid-19.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

£2,270 of receipts were received from Leeds Mind charity. Helen Kemp is the Chief Executive of Leeds Mind and also a trustee of Phoenix Health and Wellbeing. (Previous year : £4,045)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 5 to 8.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Signed: 

Name: Simon Bostrom FCIE

1/12/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

PHOENIX HEALTH AND WELLBEING

England & Wales - Charity number 1154273

Accounts

Phoenix Health and Wellbeing

Charity number 1154273

Annual Report and Financial Statements for the year ended 31 March 2021



West Yorkshire Community Accounting Service

Phoenix Health and Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2021

Contents	Page
Trustees' report	2 to 4
Examiner's report	5
Receipts and payments account	6
Statement of assets and liabilities	7
Notes to the accounts	8 to 9

Prepared by West Yorkshire Community Accounting Service

Phoenix Health and Wellbeing

Trustees' report for the year ended 31 March 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
David Aspland	Chair	
Richard Lewis		Resigned 31 October 2020
Helen Kemp	Treasurer	
Jon Woolmore	Secretary	Resigned 8 July 2021
Lindsay Texel		Resigned 15 April 2021
Andy Hewitt		Appointed 9 July 2020

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1154273, on 18 Oct 2013.

Principal address

Lower Ground Floor
30 Park Place
Leeds
LS1 2SP

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill,
West Malling,
Kent ME19 4JQ

PayPal (Europe)
22-24 Boulevard Royal
L-2449 Luxembourg

Independent examiner

Claire Welling

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 18 Oct 2013.

Method of recruitment and appointment of trustees

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity's trustees.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Objectives and activities

The charity's objects

The object of the CIO is to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing. This support will be in the form of talking and complementary therapies and by providing information and support. Phoenix Health and Wellbeing will also provide information and training to members of such professions and organisations as are also concerned with the support of persons with mental, emotional or physical health issues.

The charity's main activities

Phoenix Health and Wellbeing provide support, in the form of counselling and complementary therapies to people who have chronic health issues and low incomes. The people who receive this support are referred to the organisation by medical and health care practitioners. The organisation is independent and funded by social enterprise, grant funding and fund raising.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular to support the needs of those persons affected by mental, emotional or physical health issues in the interest of promoting their good health and wellbeing.

Achievements and performance

In the year from 01/04/2020 to 31/03/2021 the charity delivered 3,833 sessions of support to 379 people who were referred for support due to their chronic health issues and low incomes. The support sessions were as follows: 3,407 counselling sessions, delivered either in person or by telephone or Zoom, 426 massage or acupuncture sessions.

For the first quarter we could not deliver therapy sessions from our premises due to COVID 19 and the restrictions of Lockdown 1. Prior to the pandemic all of our sessions were delivered face to face at our city centre premises. In the first month of Lockdown 1 we launched an online and telephone counselling service to continue to support our vulnerable clients. We also initiated befriending calls for those needing non-counselling support.

Our efforts during the pandemic were acknowledged by the Lord Lieutenant of West Yorkshire. Given the restrictions that we faced and the inability to generate the levels of income from our social enterprise that we were used to, we are extremely satisfied with our organisation's performance.

Financial review

The net receipts for the year were £31,093 all relating to unrestricted funds.

COVID 19 and the associated lockdown resulted in the cessation of usual activities at Phoenix Health and Wellbeing. In order to continue to support our vulnerable clients we implemented an online Counselling and Befriending Service that has recently received Lottery Funding to expand.

In addition, we received financial support from: Leeds Community Foundation, Leeds City Council, Sovereign Health Care, Safer Leeds, Yorkshire Building Society, The Movement for Good, Social Enterprise Support Fund and Leeds Economic Partnership.

Although we have undoubtedly been impacted by the COVID 19 pandemic we are not at any financial risk; we have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Phoenix Health and Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Reserves policy

The charity's free reserves, excluding fixed assets, at the year end were £110,430.

As a registered charity Phoenix Health and Wellbeing maintains a reserve policy in order to ensure that cash flow requirements can be met while ensuring that the charity does not hold reserves that are too high or too low for its needs.

The monthly running cost of Phoenix Health and Wellbeing can be split into fixed costs and variable costs.

The average monthly running cost of the charity is £21,545 made up of £11,000 fixed costs and £10,545 variable costs.

It is extremely unlikely that all costs, whether fixed or variable would have to be met as we derive our income from different income streams. Assuming that we will never see all of our revenues fall to zero simultaneously it seems reasonable to assume that a reserve of 60% of 6 months fixed costs would be sufficient for our purposes. On this basis a reserve of £39,600 is required.

At present the organisation is holding cash funds in excess of the amount required by the Reserves Policy. This is to ensure our organisation's continued existence in the uncertainty of the COVID 19 pandemic and in anticipation of additional property costs when our current lease expires.

Signed on behalf of the board of trustees on 10/1/2022

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Independent examiner's report to the trustees of Phoenix Health and Wellbeing

I report to the charity trustees on my examination of the accounts of the Trust for the year ended 31 March 2021, which are set out on pages 6 to 9.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts as carried out under section 145 of 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 130 of the Act; or
- 2 the accounts do not accord with those records.

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 accounts to be reached.

Claire Welling

11/1/2022

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Phoenix Health and Wellbeing
Receipts and payments account
for the year ended 31 March 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Receipts					
Grants	(2)	41,211	45,389	86,600	10,000
Fund raising / donations		3,552	-	3,552	6,724
Therapies		77,777	-	77,777	156,655
Room rental		13,720	-	13,720	37,932
Other income		600	-	600	1,105
Total receipts		<u>136,860</u>	<u>45,389</u>	<u>182,249</u>	<u>212,416</u>
Payments					
Staffing costs	(3)	52,714	6,728	59,442	62,525
Therapies		25,181	25,525	50,706	73,126
Fund raising costs / donations		-	-	-	1,170
Rent and rates		10,800	-	10,800	23,062
Telephone and internet		581	812	1,393	668
Printing		-	359	359	1,715
Insurance		1,692	-	1,692	706
Utilities		2,128	-	2,128	2,722
Equipment		446	3,830	4,276	2,344
Accountancy		725	-	725	720
Marketing		3,621	6,854	10,475	6,318
Other operating costs		2,403	335	2,738	4,999
Subscriptions		2,444	946	3,390	3,291
Premises costs		3,032	-	3,032	5,518
Total payments		<u>105,767</u>	<u>45,389</u>	<u>151,156</u>	<u>188,884</u>
Net movement in funds after transfers		<u>31,093</u>	<u>-</u>	<u>31,093</u>	<u>23,532</u>
Fund balances brought forward		<u>79,337</u>	<u>6,075</u>	<u>85,412</u>	<u>61,880</u>
Fund balances carried forward	(4)	<u>110,430</u>	<u>6,075</u>	<u>116,505</u>	<u>85,412</u>

Phoenix Health and Wellbeing
Statement of assets and liabilities
as at 31 March 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	110,430	6,075	116,505	85,412
Total cash funds	<u>110,430</u>	<u>6,075</u>	<u>116,505</u>	<u>85,412</u>
Other monetary assets			£	
Business disruption insurance			33,000	
Money owed			140	
			<u>33,140</u>	
Liabilities			£	
Independent examination			720	
			<u>720</u>	

Approval of the accounts

The financial statements were approved by the board of trustees on 10/1/2022

Helen Kemp (Trustee)

Phoenix Health and Wellbeing

Notes to the accounts continued

for the year ended 31 March 2021

1 Accounting

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

2 Grants

	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
National Lottery (NL) Community Fund	-	29,797	29,797	10,000
Leeds Community Foundation	10,000	-	10,000	-
Yorkshire Building Society	1,900	-	1,900	-
The Movement for Good	1,000	-	1,000	-
Sovereign Health Care	1,000	-	1,000	-
West Yorkshire Police and Crime Commissioner	3,985	-	3,985	-
Leeds Metropolitan District Council	23,326	1,500	24,826	-
Social Enterprise Support Fund	-	10,216	10,216	-
Leeds Economic Partnership	-	3,000	3,000	-
HM Revenue and Customs	-	876	876	-
	<u>41,211</u>	<u>45,389</u>	<u>86,600</u>	<u>10,000</u>

3 Staff costs and numbers

	2021 £	2020 £
Gross salaries	57,246	59,419
Social security costs	4,036	4,017
Employment allowance	(4,000)	(3,000)
Pensions	1,645	1,483
Payroll charges	515	606
	<u>59,442</u>	<u>62,525</u>

Phoenix Health and Wellbeing
Notes to the accounts continued
for the year ended 31 March 2021

4 Restricted funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
NL Community Fund	6,075	-	-	-	6,075
NL Covid 19 Response Fund	-	29,797	29,797	-	-
Social Enterprise Support Fund	-	10,216	10,216	-	-
West Yorkshire Combined Authority (WYCA) Fund	-	3,000	3,000	-	-
HMRC Job Retention Scheme	-	876	876	-	-
Kickstart scheme	-	1,500	1,500	-	-
	<u>6,075</u>	<u>45,389</u>	<u>45,389</u>	<u>-</u>	<u>6,075</u>

Fund name

Purpose of restriction

NL Community Fund	To run prostate cancer support clinics
NL Covid 19 Response Fund	To support sessions for clients
Social Enterprise Support Fund	Towards advertising, marketing and mobile sinks
WYCA Fund	Towards advertising
HMRC Job Retention Scheme	For staff who have been furloughed due to Covid-19
Kickstart scheme	Towards salary and training costs to get young unemployed people into work

5 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

£4,045 of receipts were received from Leeds Mind charity. Helen Kemp is the Chief Executive of Leeds Mind and also a trustee of Phoenix Health and Wellbeing.