

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

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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

Charity number 1154273

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



West Yorkshire Community Accounting Service

Phoenix Health and Wellbeing

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Phoenix Health and Wellbeing

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Phoenix Health and Wellbeing

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Simon Bostrom FCIE

1/12/2022

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Phoenix Health and Wellbeing

Receipts and payments account

for the year ended 31 March 2022

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Phoenix Health and Wellbeing
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as at 31 March 2022

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Insurance prepayment			507	
			<u>5,907</u>	
Liabilities			£	
Independent examination			900	
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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

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Phoenix Health and Wellbeing

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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
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4 Related party transactions

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Phoenix Health and Wellbeing

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

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Independent examiner's statement

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- 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