

# **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**

<b>Contents</b>	<b>Page</b>
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

<b>Registered and principal address</b>	<b>Bankers</b>
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 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 £
<b>Receipts</b>			
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	-
<b>Total receipts</b>		<u>192,834</u>	<u>238,897</u>
<b>Payments</b>			
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
<b>Total payments</b>		<u>190,633</u>	<u>190,884</u>
<b>Net movement in funds</b>		<u>2,201</u>	<u>48,013</u>
<b>Fund balances brought forward</b>		<u>164,518</u>	<u>116,505</u>
<b>Fund balances carried forward</b>		<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
	£	£
<b>Cash funds</b>		
Cash at bank	166,719	164,518
<b>Total cash funds</b>	<u>166,719</u>	<u>164,518</u>
 <b>Debtors and prepayments</b>	 2023	
	£	
Debtors	6,975	
Prepayments - insurance	547	
	<u>7,522</u>	
 <b>Liabilities</b>	 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.