

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

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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	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.

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		<u>226,981</u>	<u>192,834</u>
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		<u>215,668</u>	<u>190,633</u>
Net receipts		11,313	2,201
Fund balances brought forward		166,719	164,518
Fund balances carried forward		<u>178,032</u>	<u>166,719</u>

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
	-	-	-	8,821

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

Fund name

Property fund

Reason for designation

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.