

CHARITY COMMISSION June 2020 to June 2021

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain. It also provides for the individual rehabilitation of adults and children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to-one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication is made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score)

Group craft and art activities help address loneliness, create interest and new skills. They encourage self-confidence, friendship and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe. A Disability Benefits Advisor has provided expert help.

Trustees have made a note of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

Once established at its new base at Heronsgate Medical Centre in Thamesmead, a branch surgery of the Gallions Reach Health Centre, Kairos took on responsibility and care of the Medical Centre's garden and next door's Broadwater Village Hall's car park and garden.

The Covid pandemic dealt the year a blow with substantial consequences. For a period of 5 months, a *Force Majeur*, put in place by Circle MSK, our contract givers, stopped all new referrals and determined that all those on the waiting list had to be returned. Those already in treatment could continue initially virtually and by June 20, with revised Infection prevention and control measures implemented, in person appointments were made possible for patients who felt confident to come. Online and face to face consultations with the GP, art, massage and eurythmy therapists were offered throughout the year. Many physically and psychologically vulnerable patients had already decided to put their treatment on hold until conditions became less threatening and were contacted regularly by phone to see how they were managing. The *Force Majeur* was lifted in August 2020.

Covid-19 meant the prolonged closure of Broadwater Village Hall prompting the choir to go first online, then as the weather improved into the medical centre garden and finally in the waiting room with only humming permitted. The Hall's closure, reduced attendance and social distancing regulations put paid to attempts to expand social activities through *Kairos Works!* which faltered 3 months after starting. However, the National Gardens Award's dozen rose bushes, 3 climbers and fruit trees together with regular litter collection have cheered and given welcome to those visiting the Medical Centre and Broadwater Village Hall.

Capital plans to expand therapy accommodation with a modular Eurythmy Pavilion were foiled by the unexpected £4,000 + cost of planning. With the kind permission of all our donors funding for both projects could be put on hold.

Educational activities continued throughout the year. There was an online presentation to Greenwich GP Vocational Training Scheme while other health professionals visited to acquaint themselves with Kairos methods. Individual lectures were invited by national and international anthroposophic conferences. A case vignette was published in the journal *Der Merkurstab*: 'Reduction of psychotropic and analgesic medication using Eurythmy Therapy for a patient with multimorbidity.' Two Kairos staff continued their work on Councils responsible for the worldwide coordination of Anthroposophic Medical Research and of Eurythmy Therapy.



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|-----------------------------|---------|
| KAIROS REHABILITATION TRUST | 1157359 |
|-----------------------------|---------|

Receipts and payments accounts

CC16a

| | | | |
|---------------------|------------|----|------------|
| For the period from | 01/06/2020 | To | 31/05/2021 |
|---------------------|------------|----|------------|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 7,791 | | - | 7,791 | 24,401 |
| Contract income | 75,905 | | - | 75,905 | 73,300 |
| | | | - | - | - |
| Other | 1,117 | | - | 1,117 | 3,337 |
| Gift Aid | 4,010 | | - | 4,010 | - |
| Grants | | 6,000 | - | 6,000 | 647 |
| | | | - | - | - |
| | | | - | - | - |
| Sub total (Gross income for AR) | 88,823 | 6,000 | - | 94,823 | 101,685 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 88,823 | 6,000 | - | 94,823 | 101,685 |
| A3 Payments | | | | | |
| Therapists & other fees | 71,079 | | - | 71,079 | 47,599 |
| Rent | 8,888 | | - | 8,888 | 8,210 |
| Therapists & others materials | 6,868 | | - | 6,868 | 3,917 |
| Running costs | 3,967 | | - | 3,967 | 3,470 |
| Medicines | 222 | | - | 222 | 318 |
| Costs allocated to restricted funds | - | 2,730 | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| Sub total | 88,294 | 2,730 | - | 91,024 | 63,514 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 88,294 | 2,730 | - | 91,024 | 63,514 |
| Net of receipts/(payments) | 529 | 3,270 | - | 3,799 | 38,171 |
| A5 Transfers between funds | | | | | |
| A6 Cash funds last year end | 56,590 | 9,218 | - | 65,808 | 27,637 |
| Cash funds this year end | 57,119 | 12,488 | - | 69,607 | 65,808 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|----------------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Cash at Bank | 57,119 | 12,488 | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 57,119 | 12,488 | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |

| | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets | | - | | |
| | | - | | |
| | | - | | |
| | | - | | |
| | | - | | |
| | | - | | |
| | | - | | |

| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| B3 Investment assets | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---|------------------------|-----------------------------|-----------------|--------------------------|
| B4 Assets retained for the charity's own use | Office equipment | unrestricted | | |
| | Therapy room equipment | unrestricted | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

| | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|--------------------|---------------------------------|-----------------------|---------------------|
| B5 Liabilities | Payroll deductions | unrestricted | 1,246 | Jun-21 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|-----------|------------|------------------|
| | | |
| | | |



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Kairos Rehabilitation Trust

On accounts for the year
ended

31/5/21

Charity no
(if any)

1157359

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/5/2021

Responsibilities and
basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and, 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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:

Date:

14/3/21

Name:

Perry O'Callaghan

Relevant professional
qualification(s) or body
(if any):

ACMA

Address:

9 Court Lodge Cottages,

Lower Road, East Farleigh

MAIDSTONE, ME15 0JL



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Address:

9 Court Lodge Cottages,

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MAIDSTONE, ME15 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.