

## **CHARITY COMMISSION June 2021 to June 2022**

### **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 social 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**

Patient numbers have continued to increase as the service is better known among GP's  
There were 103 new patients seen during the year. All consultations have returned to face-to-face since the Covid-19 epidemic.

Kairos has been accepted a part of the European 'AnthroMed Clinic Network', a registered trademark requiring high standards of performance in anthroposophic medicine including delivery, teamwork & evaluation

A newly formed group, initiated by Kairos, of European Pain community and hospital pain clinics met for the first time in Berlin in May with representatives from the UK, Switzerland, Germany and Holland.

A chapter on the role of art in chronic pain management has been accepted in a forthcoming book on Anthroposophic Art Therapy.

Two Kairos staff continued their work on Councils responsible for the worldwide coordination of Anthroposophic Medical Research and of Eurythmy Therapy.

Social activities for patients have included individual and group sessions, over 3 months with a visiting music therapy graduate. A weekly Patient Support Group has been initiated by an enthusiastic former patient whose experience of leading groups at MIND, has made it a valuable weekly opportunity for patients to meet, make friends and find understanding from fellow sufferers of chronic pain.



KAIROS REHABILITATION TRUST	1157359
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## Receipts and payments accounts

CC16a

For the period from	01/06/2021	To	31/05/2022
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### 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 £
<b>A1 Receipts</b>					
Donations	4,436		-	4,436	7,791
Contract income	84,510		-	84,510	75,905
			-	-	-
Other	2,688		-	2,688	1,117
Gift Aid	2,361		-	2,361	4,010
Grants			-	-	6,000
			-	-	-
			-	-	-
<b>Sub total (Gross income for AR)</b>	<b>93,995</b>	<b>-</b>	<b>-</b>	<b>93,995</b>	<b>94,823</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>93,995</b>	<b>-</b>	<b>-</b>	<b>93,995</b>	<b>94,823</b>
<b>A3 Payments</b>					
Therapists & other fees	72,029		-	72,029	71,079
Rent	9,936		-	9,936	8,888
Therapists & others materials	6,553		-	6,553	6,868
Running costs	2,389		-	2,389	3,967
Medicines	111		-	111	222
Costs allocated to restricted funds	-	-	-	-	-
			-	-	-
			-	-	-
			-	-	-
<b>Sub total</b>	<b>91,018</b>	<b>-</b>	<b>-</b>	<b>91,018</b>	<b>91,024</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>91,018</b>	<b>-</b>	<b>-</b>	<b>91,018</b>	<b>91,024</b>
<b>Net of receipts/(payments)</b>	<b>2,977</b>	<b>-</b>	<b>-</b>	<b>2,977</b>	<b>3,799</b>
<b>A5 Transfers between funds</b>					
<b>A6 Cash funds last year end</b>	<b>44,849</b>	<b>24,758</b>	<b>-</b>	<b>69,607</b>	<b>65,808</b>
<b>Cash funds this year end</b>	<b>47,826</b>	<b>24,758</b>	<b>-</b>	<b>72,584</b>	<b>69,607</b>

## 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 £
<b>B1 Cash funds</b>	Cash at Bank	47,826	24,758	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>47,826</b>	<b>24,758</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-		
		-		
		-		
		-		
		-		
		-		

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>				

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Payroll deductions	unrestricted	1,692	Jun-22

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

Kairos Rehabilitation Trust

On accounts for the year  
ended

31/5/22

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/ 05 / 2022.

Responsibilities and  
basis of report

As the charity trustees of the Trust, 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 carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12/2/23

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

**Section B****Disclosure**

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 brief details of any items that the examiner wishes to disclose.**

None