

## **CHARITY COMMISSION June 2023 to June 2024**

### **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 mainly of adults and a few 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 are 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). Results were last reported in 2022-23.

Group social activities have been used to 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.

As the time for discharge approaches, efforts are made to link patients with activities, organised by other organisations, whereby they may be able to continue their rehabilitation process.

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 140 new patients seen during the year. All consultations are face-to-face.

Kairos is a member of the AnthroMed network of anthroposophic community clinics and hospitals in Europe. It has continued quarterly meetings with pain specialists and therapists practising in the UK, Switzerland, Germany and Holland. These meetings have learning, updating and teaching role for Kairos.

A chapter entitled "Multidisciplinary Rehabilitation in Complex Chronic Pain – a Role for Therapeutic Arts Counselling" was contributed with case studies from Kairos to the recently published book "Anthroposophische Maltherapie : Grundlagen – Indikationen – Durchführung"

Kairos attended the first Greenwich Clinical Leads Summit where local health leaders from the NHS and Voluntary Sector shared experience and ideas for future provision in the Borough. Local health professionals, students and children planning to study medicine have attended from time to time to witness Kairos' methods of rehabilitation

Social activities for patients have included a weekly Patient-led Discussion/Support Group and an art group with occasional outings to local places of interest. These groups provide valuable opportunity for patients to meet, make friends, find understanding and take advice from fellow sufferers of chronic pain.

KAIROS REHABILITATION TRUST - SUMMARY ACCOUNTS

2022/23		INCOME		2023/24	
£	-	<b>Donations</b>	Dr D McGavin	£	500
£	-		Gift Aid	£	638
£	3,069	£	3,069	Other	£ 1,228 £ 2,366
		£ 116,170	<b>Contract Income</b>	Circle	£ 150,767
		£	-	<b>Bank Interest</b>	£ 51
			<b>Other</b>	Grants	
£	-		Courses	£	72
£	1,245	£	1,245	Reimbursements/Treatment	£ 1,000 £ 1,072
		£ 120,484	<b>TOTAL</b>		£ 154,256 28%

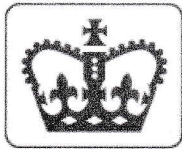
2022/23		EXPENDITURE		2023/24	
£	80,239	<b>Fees</b>	Therapy	£	91,144
£	-		Training	£	3,500
£	3,200	£ 83,439	GP	£	11,830 £ 106,474
		£ 10,230	<b>Rent</b>		£ 14,841
		£ 1,884	<b>Materials</b>	Therapists/Meds	£ 2,684
				Massage table	£ 1,890
£	989	£ 2,873	Craft/Garden	£	2,401 £ 6,975
		£ 2,427	<b>Running costs</b>	Phone/IT	£ 979
		£ 1,234		Stationery	£ 1,433
		£ 505		Insurance	£ -
£	511	£ 4,677	Other	£	1,762 £ 4,174
		£ 101,219	<b>TOTAL</b>		£ 132,464 31%

2022/23	RECONCILIATION		2023/24
£ 72,584	Opening Reserves B/F		£ 91,849
£ 120,484	Income		£ 154,256
-£ 101,219	Expenditure		-£ 132,464
£ 91,849	<b>Closing Reserves</b>		£ 113,641
£ 547	Unbanked receipts		£ 105
£ 1,929	Unpresented cheques		£ 425
£ 93,231	<b>Bank statement</b>		£ 113,961
2022/23	Reserves Policy		2023/24
91,849	Closing Reserves		113,641
- 9,218	Less: Restricted Funds		- 9,218
- 15,540	Less: Other ET Pavillion Donations		- 15,540
£ 67,091	<b>Free reserves</b>		£ 88,883
101,219	Total expenditure		132,464
-	Less: Restricted expenditure		-
-	Less: Capital expenditure		-
£ 101,219	<b>Operational expenditure</b>		£ 132,464
8	No of months ( Free reserves/OpEx)		8

Income rose by £34k (28%) driven by an increase in contract income with income from other sources neutral; this included some bank interest after a savings account was opened in Feb 24

Expenditure increased by £31k (32%). Notable increases were: 1) therapist fees higher with inflation, increased hours for Ingrid & Suzanne; 2) David started charging for GP services from Apr 24; 3) rent following the increase from TMA (note they were behind in invoicing for 1 quarter (£3855) which they caughtup in Sep 24) ; 4) charity/clinic running costs up with greater use of Broadwater Hall, a new massage table and some office furniture; IT costs however were down following last year's kit purchases. Note: the insurance was paid in the new financial year with a new provider but at an increased premium of £903.

With income again > expenditure the bank balance increased by £20k to £113k. The closing balance includes some £25k of restricted funding/donations initially given for the Eurythmy room. The remaining funds, when expressed over unrestricted operational expenses, represent an adequate 8 months of free reserves, unchanged on last year. The restricted funds include unspent grants (ASofGB, CGrace Trust, London Catalyst) plus the donations for the Eurythmy room



# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Kairos Rehabilitation Trust

On accounts for the year  
ended

31/5/24

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 / 2024.

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:

12/3/25

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