

## **CHARITY COMMISSION**

### **Annual Report**

**June 2024 to June 2025**

#### **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 and multi-morbidity. 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; also, evidence for housing applications and occupational-related problems. 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 noted 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 has become better known. There were 140 new patients seen during the year. All consultations are face-to-face.

Kairos is a member of the AnthroMed network based in Switzerland. AnthroMed regulates standards of anthroposophic community clinics and hospitals in Europe. The Leader of the Medical Section made a day visit to meet staff and 20 patients to learn of the clinic's methods and achievements.

The GP and therapists contribute toward international trainings of the anthroposophic approach. Quarterly meetings with pain specialists and therapists practising in the UK, Switzerland, Germany and Holland allows sharing and exchange of ideas and experience.

Kairos continues to attract attention from local health professionals because of its apparent ability to successfully take forward the treatment and rehabilitation process for patients whose more conventional treatments are no longer benefitting. This has led to several requests for talks and discussions, especially with referring physiotherapists, and visits by a number of health professionals wishing to visit and observe the methods. The Kairos method was presented at the Integrative Personalised Medicine (IPM) International Congress, London in June.

The clinic's increasing popularity has led to a substantial increase in the number of NHS referrals and waiting times for admission. The need for more efficient teamwork as well as an increase in staffing and hours became evident in order to reduce waiting times. Plans were made and a start made to find another Lead GP and increase therapy hours.

The Patient-led Discussion/Support Group has not continued. The Art Group encourages patients and those discharged to practise a new skill, make friends, and to learn from and contribute to a circle of fellow sufferers.

Trustees are pleased to note another year of financial surplus. The charity is indebted to Dr McGavin for his generosity by giving of his time or donations that enable it's work and to the wider team who provide the award winning, highly effective and externally recognized and validated treatments, that patients are very appreciative of.

The principal source of income is from a contract with the main contractor providing Community MSK services in Greenwich. In early 2025 the NHS South East London Integrated Care Board (The Board) issued a tender for the renewal of the contract and in August announced that it had awarded the contract with the new provider expected to be in place by April 2026. The process has subsequently stalled and as a result no new patients are being referred to Kairos and consequently, income is reducing. The Board is supportive of Kairos' ongoing contribution to Greenwich MSK services. It is Trustees fervent hope that the hold-up will be resolved as soon as possible. In the meantime, mindful of their responsibilities, they are monitoring the situation and the level of financial reserves. For now, Kairos continues to treat some patients at its own cost.



KAIROS REHABILITATION TRUST	1157359
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## Receipts and payments accounts

CC16a

For the period from	31/05/2024	To	31/05/2025
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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 including Gift Aid	25,849			25,849	2,366
Contract income	141,371			141,371	150,767
Bank interest	743			743	51
Other	957			957	1,072
				-	-
				-	-
				-	-
				-	-
<b>Sub total (Gross income for AR)</b>	<b>168,920</b>	<b>-</b>	<b>-</b>	<b>168,920</b>	<b>154,256</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>168,920</b>	<b>-</b>	<b>-</b>	<b>168,920</b>	<b>154,256</b>
<b>A3 Payments</b>					
Therapists & other fees	94,813			94,813	91,144
Rent	18,703			18,703	14,841
Therapists & others materials	3,237			3,237	2,684
Running costs	6,725			6,725	9,561
				-	-
				-	-
GP costs	38,250			38,250	11,830
				-	-
				-	-
<b>Sub total</b>	<b>161,728</b>	<b>-</b>	<b>-</b>	<b>161,728</b>	<b>130,060</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Therapy room / Office equipment	1,224			-	2,404
				-	-
<b>Sub total</b>	<b>1,224</b>	<b>-</b>	<b>-</b>	<b>1,224</b>	<b>2,404</b>
<b>Total payments</b>	<b>162,952</b>	<b>-</b>	<b>-</b>	<b>162,952</b>	<b>132,464</b>
<b>Net of receipts/(payments)</b>	<b>5,968</b>	<b>-</b>	<b>-</b>	<b>5,968</b>	<b>21,792</b>
<b>A5 Transfers between funds</b>				-	-
<b>A6 Cash funds last year end</b>	<b>88,883</b>	<b>24,758</b>		<b>113,641</b>	<b>91,849</b>
<b>Cash funds this year end</b>	<b>94,851</b>	<b>24,758</b>		<b>119,609</b>	<b>113,641</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	94,851	24,758	-
	unbanked income		-	-
	unpresented payments		-	-
	<b>Total cash funds</b>	<b>94,851</b>	<b>24,758</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details			
		-		
		-		
		-		
		-		
		-		
<b>B3 Investment assets</b>	Details			
<b>B4 Assets retained for the charity's own use</b>	Details			
	Office equipment	unrestricted		
	Therapy room equipment	unrestricted		
<b>B5 Liabilities</b>	Details			
	Payroll deductions	unrestricted	2,660	Jun-25
	Uninvoiced rent	unrestricted	3,975	Jul-25
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



# 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**

31/5/25

**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 / 2025.

**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:**

9/3/26

**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