

**FULL CIRCLE FUND THERAPIES
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2022**

**CHARITY NUMBER 1162010
COMPANY NUMBER 09554871**

FullCircleFund THERAPIES
Supporting quality of life

FULL CIRCLE FUND THERAPIES

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees:

B H Brennan
T L DI Lorenzo
A F P Dunn
M C McCann
G D Norton
K Prasad
S A Ruggles
N Sharma
F M Willis

Charity registration number: 1162010

Company registration number: 09554871

Registered office address: 12 Northfields Prospect
Putney Bridge Road
London
SW18 1PE

Operational address: c/o The Ruth Myles Unit
2nd Floor
St. James's Wing
St. George's University Hospitals NHS Foundation Trust
London
SW17 0QT

Independent examiner: **S B Chicksand, F.C.A**
Chicksand Gordon Avis Ltd
12 Northfields Prospect
Putney Bridge Road
London
SW18 1PE

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TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2022

The trustees who are also directors of the Charity for the purposes of the Companies Act 2006, present their report and the financial statements of the Charity for the year ended 30 April 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee governed by its memorandum and articles of association, a deed of trust and is registered as a Charity with the Charity Commission.

Recruitment and appointment of new trustees

New trustees are selected and appointed by the existing trustees. Appointment of members of the Committee is governed by the Constitution dated 22 April 2015. The Committee is authorised to appoint new members to fill vacancies arising through resignation or death of any existing member.

Relevant interests

Any trustee with a relevant interest is required to disclose such interest and withdraw from any decisions where conflict may arise.

Risk management

The trustees continue to assess and monitor the risks to which the Charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's twin objectives, as set out in the Governing Document, are

- a) to relieve those in need by reason of ill health, or disability, and to preserve the health of patients, carers and staff at St. Georges Hospital, London, and N.H.S. Hospitals regionally and nationally through funding and through the advancement of research into supportive and complementary therapies, and
- b) to advance the education of health care professionals, including supportive therapists, patients, their carers and the general public about the role and benefits of supportive and complementary therapies.

Public benefit

The trustees, as required by section 4 of the Charities Act 2006, have paid due regard to the Charity Commission's guidance on providing public benefit when reviewing the Charity's aims and objectives in deciding what activities the Charity should undertake and how the donations made have advanced the objects of the Charity.

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TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2022

It is with great pride that the Charity continued its post Covid-19 function: delivering highly skilled integrative know-how to increase support, coping, resilience and wellbeing for very sick patients with major, life limiting conditions and their NHS carers.

Full Circle's 'Wellbeing Hub' www.fullcirclefund.org.uk/wellbeing-hub which was set up as an immediate response to the pandemic continues to be a 'trusted resource' by our healthcare colleagues. During this year a total 5,900 site visits were recorded to the new Wellbeing Hub.

The Charity's primary base remains St. George's University Hospital Foundation Trust - one of the largest hospitals in Europe, this is where the majority of our 'proof of concept' work is developed, planned, and rolled out. We continue to pioneer holistic care for people of all ages with life-threatening conditions including cancers, sickle cell disorder, brain tumours, genetic conditions, haemophilia, and kidney transplant patients. Treatments were resumed safely post pandemic and were delivered by our team of highly skilled, expert Full Circle practitioners to patients receiving life-saving treatments on specialist cancer and transplant wards, and paediatric wards including paediatric intensive care. During this year our youngest patient was 7 weeks old and our eldest was 86 years old.

Full Circle is proud to be in two additional NHS cancer specific projects - at the Royal Sussex County Hospital, Brighton and Princess Royal Hospital, Hayward's Heath. These are generously funded by the Sussex Cancer Fund.

Despite the COVID restrictions implemented by the Trust, limiting the number of non-essential staff visiting patients, we were able to deliver a total of 1,366 treatments over the year and across three NHS sites.

However, there is a devastating aftermath within the NHS caused by the pandemic. Within our places of work, patient groups remain extremely frightened, vulnerable, and shielded, and courageous healthcare workers are exhausted with many reported to have symptoms of PTSD.

Throughout this period, we kept in close contact with our NHS colleagues and the patient groups that they care for, the following are just two of the many examples of how we adapted and responded directly to the urgent need:

1) Innovative conference for marginalised BAME patients with Sickle Cell Disorder

Since 2006 we have pioneered support for patients with Sickle Cell Disorder - a life threatening condition that disproportionately affects people with a sub-Saharan heritage. However, during the pandemic this highly vulnerable, shielded patient group and the healthcare workers caring for them were extremely concerned for their wellbeing and asked Full Circle to explore innovative ways to support this highly marginalised BAME patient group. In collaboration with the Trust's Sickle Cell psychologists and physiotherapists for paediatric and adult medicine, and patients and their carers we devised a series of online group workshops focused on 'strategies for self-care', this included

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TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2022

breath focused techniques to reduce stress and support lung health. As a response to multiple requests for help in understanding nutrition we brought in leading registered dietitian Claudine Matthews who is a global expert in nutrition in Sickle Cell. Together we set up the world's first conference 'Nutrition in Sickle Cell Disorder'. The proceedings were introduced by Dr lizzie Rhodes, Consultant Haematologist and Clinical Director for Specialist Medicine at St. George's Foundation Trust with over 200 attendees including Sickle Cell patients, healthcare workers and academics from across the UK, Africa, Australia, United States and Canada. The recording was specifically developed and made available as a permanent resource on our Website (www.fullcirclefund.org.uk) for this vulnerable patient group.

2) Expert Wellbeing Support for Exhausted Healthcare workers

Towards the end of 2021 as the NHS moved from pandemic to recovery, we were asked for our expert input by one of the St. George's Hospital's Medical Directors to develop a 'forward-focused' wellbeing plan to support around 9,000 exhausted NHS Healthcare workers. We undertook consultations with over 30 key stakeholders and lead clinicians who all voiced concern about the mental wellbeing of NHS staff, and requested our charity's urgent involvement. Our strategy will include the use of evidence-based therapies and biofeedback technology 'HeartMath' which has been used successfully in American hospitals to significantly reduce a range of symptoms in healthcare workers such as exhaustion, anxiety and depression.

The Charity received income of £78,949.

During this year Full Circle became the Mayor of Wandsworth Charity of the Year 2021-22 in total raising £25,320. We are extremely grateful to Richard Field for supporting the Charity during his time as Mayor of Wandsworth. We also received a very generous grant of £10,000 from the Sobell Foundation.

Additionally, we were delighted to be the beneficiary of two fundraising events: A new annual walking event - The River Ramble, and a Triathlon Festival of Endurance at Haver Castle, organised by Carrington Wealth Management, together raising a total of £13,349.

Trustees feel that the Charity is exceptionally well placed to continue to provide the level of integrative medicine and wellbeing support that very sick patients and - crucially - NHS healthcare workers need, during this extremely challenging time.

We remain committed to finding new, innovative, safe and responsive ways of supporting patients and their NHS healthcare workers both digitally and in-person.

The Charity has a proven track record in this 'twin-approach' to compassionate and resilience-based care in the medical environment and is at the front end of actively knowing about, contributing to, developing, and pioneering evidence-based approaches to support wellbeing and resilience.

The Full Circle model - an exemplar of holistic, integrative, evidence-based care - has never been more needed in today's NHS.

Approved by order of the board of trustees and signed on its behalf by:

T L Di Lorenzo - Treasurer and Trustee

18 January 2023

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INDEPENDENT EXAMINER' S REPORT TO THE TRUSTEES

I report on the accounts for the year ended 30 April 2022 set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

S B Chicksand, F.C.A
Chicksand Gordon Avis Ltd
12 Northfields Prospect
Putney Bridge Road
London
SW18 1PE

Date: 18 January 2023

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 APRIL 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income		28,998	26,122	55,120	69,976
Activities for generating funds		13,621	-	13,621	7,950
Coronavirus job retention scheme grant		10,208	-	10,208	21,231
Total incoming resources		52,827	26,122	78,949	99,157
RESOURCES EXPENDED					
Cost of generating funds					
Administration and fundraising		22,163	-	22,163	20,562
Charitable activities					
Therapists		1,783	18,364	20,147	4,830
Governance costs		36,962	-	36,962	38,417
Other resources expended		8,873	6,166	15,039	14,720
Total resources expended		69,781	24,530	94,311	78,529
NET (OUTGOING) / INCOMING RESOURCES	2	(16,954)	1,592	(15,362)	20,628
Total funds brought forward		28,827	37,180	66,007	45,379
TOTAL FUNDS CARRIED FORWARD		11,873	38,772	50,645	66,007

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BALANCE SHEET AS AT 30 APRIL 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Intangible assets	3	-	-
Tangible assets	4	-	-
		<u>-</u>	<u>-</u>
CURRENT ASSETS			
Cash at bank and in hand		55,775	71,815
CREDITORS			
Amounts falling due within one year		(5,130)	(5,808)
NET CURRENT ASSETS		<u>50,645</u>	<u>66,007</u>
NET ASSETS		<u>50,645</u>	<u>66,007</u>
FUNDS			
Unrestricted funds	5	11,873	28,827
Restricted funds	5	38,772	37,180
TOTAL FUNDS		<u>50,645</u>	<u>66,007</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 April 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 18 January 2023 and were signed on its behalf by:

S Ruggles - Trustee

T Di Lorenzo - Treas. / Trustee

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2022

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost over its expected useful life, as follows:

Computer Software 33.33% straight-line

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor/provider of funding or when funds are raised for particular restricted purposes.

2. NET INCOMING RESOURCES

This is stated after charging:

	2022 £	2021 £
Trustees remuneration	35,000	36,167

3. INTANGIBLE FIXED ASSETS

Trade mark: £

Cost

At 1 May 2021 and 30 April 2022 9,868

Amortisation

At 1 May 2021 and 30 April 2022 9,868

Net book value

At 1 May 2021 and 30 April 2022 —

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2022

4. TANGIBLE FIXED ASSETS

Equipment:

	£
Cost	
At 1 May 2021 and 30 April 2022	<u>1,683</u>
Depreciation	
At 1 May 2021 and 30 April 2022	<u>1,683</u>
Net book value	
At 1 May 2021 and 30 April 2022	<u>-</u>

5. MOVEMENT IN FUNDS

	2022 £	2021 £
Unrestricted funds		
Brought forward	28,827	36,361
Net (outgoing) resources for the year	(16,954)	(7,534)
	<u>11,873</u>	<u>28,827</u>
Carried forward	<u>11,873</u>	<u>28,827</u>
Restricted funds		
Brought forward	37,180	9,018
Net incoming resources for the year	1,592	28,162
	<u>38,772</u>	<u>37,180</u>
Carried forward	<u>38,772</u>	<u>37,180</u>

6. RELATED PARTY DISCLOSURES

During the year trustee' s salaries amounting to £35,000 were paid to S A Ruggles, as executive officer.

During the year the following trustees were paid fees:

T L DI Lorenzo - £9,491 as administrator

N Sharma - £12,570 as administrator