

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

**REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2025**

**CHARITY NUMBER 1162010  
COMPANY NUMBER 09554871**

**FullCircleFund** THERAPIES  
**Supporting quality of life**

## FULL CIRCLE FUND THERAPIES

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## **FULL CIRCLE FUND THERAPIES**

### **LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees:**

B H Brennan  
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

## **FULL CIRCLE FUND THERAPIES**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2025**

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 2025.

#### **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.

There is no means testing relating to provisions, support is available at the point of need to all referred to the Full Circle service at St. George's Hospital.

##### **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.

## FULL CIRCLE FUND THERAPIES

### TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2025

It is with much pride that the Charity continued its important function: delivering highly skilled integrative practitioners and know-how to support the resilience and wellbeing of very sick patients of all ages in the NHS, their families and NHS staff.

Our ongoing commitment is to support patients across multiple medical departments including haematology (blood cancers and sickle cell disorder), major trauma, palliative care and paediatric medicine.

#### Our current projects include:

1. **St George's University Hospitals Foundation Trust, Tooting.** St George's is one of the largest hospitals in Europe and has been our project's primary base for 25 years. Working collaboratively with clinicians, we offer an award-winning, evidence-informed integrative therapy approach that provides a positive counterbalance to the rigours of often invasive, frightening medical interventions to keep a person feeling human. Through ongoing evaluation, our interventions have been shown to significantly reduce anxiety and pain and improve sleep across multiple age groups and diagnoses. Central to our vision is to provide highly skilled Full Circle® practitioners to the hospital bedside in some of the most complex areas in medicine including:
  - **Haematology and Bone Marrow Transplant Unit.** Our longest running project supports over 250 blood and lymphatic cancer patients a year and is proudly supported by the Ruth Myles Ward Fund (a restricted fund in St George's Hospital Charity) and our Connecting Reiki with Medicine project. Due to the unique physical and mental impact of a haematology diagnosis, a blood cancer patient endures weeks and months in an isolation room following intensive full body chemotherapy. As a result, patients are often highly anxious as well as severely immune compromised for extensive periods. Haematology patients suffer with a range of debilitating side effects such as nerve pain caused by chemotherapy (chemotherapy induced peripheral neuropathy (CIPN)) as well as nausea, fatigue and insomnia.
  - **Haematology Day Care Unit** this project was designed to be available to support patients with **chemotherapy induced nerve damage** and to extend Full Circle person-centred support to patients who remain extremely vulnerable after **Stem Cell Transplantation**. This specific project was requested by haematology clinicians and proudly supported by Ruth Myles Fund.
  - **Major Trauma** project launched in August 2024. This is a *first its kind pilot project* in collaboration with Major Trauma's senior nurses, psychologists and medical teams. St George's is a major trauma centre part of the Southwest London and Surrey trauma network which covers a population of 2.6 million. Around 120 patients a month with the most severe injuries are taken to St George's often bypassing nearer hospitals. This project receives match-funding in our partnership with the Major Trauma Unit's Ward Fund (part of St George's Hospital Charity) and private donors to our Connecting Reiki with Medicine project.
  - **Sickle Cell Disorder** 2-year pilot project for patients diagnosed with sickle cell disorder (SCD) across five South West London Boroughs. Supporting patients with SCD has been a dedicated part of our vision since 2003. SCD is a life-threatening genetic condition which affects the red blood cells and is particularly common in people with an African or Caribbean family background. Working in collaboration with SCD psychologists and clinicians, we were invited to design a 2-year Full Circle® delivered integrative therapy project for adults with SCD. We were thrilled to be awarded NHS England funding of £18,000 for this important project, commencing January 2025.

#### 2. University Hospitals Sussex – Brighton, Hayward's Heath and Worthing

We are delighted to receive the continued enthusiastic support of the Sussex Cancer Fund. Building on the success of last year's project, we were invited to develop an expansion plan for their hospital-based cancer projects for:

- Royal Sussex County Hospital (Brighton)
- The Princess Royal Hospital, Hayward's Heath
- Worthing Hospital's Cancer Unit.

During this period a total of 1,279 Full Circle treatments were delivered to cancer patients across Sussex.

#### 3. Supporting 3 Children's Hospital Projects

- The Royal Alexandra Children's Hospital (Brighton)
- Kingston Hospital's Children's Unit (Surrey)
- St George's University Hospital Children's Unit (London)

## FULL CIRCLE FUND THERAPIES

### TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2025

We were delighted to continue our focus our expertise to support children with life-changing diagnoses and their families. With gratitude to a generous donation from the Raymond Charity and fundraising efforts from our annual cycling event The May Flyer organised by local cycling club the South Western Road Club. With this support, we were able to develop and launch our 3<sup>rd</sup> paediatric project - for Kingston Hospital Children's Unit - in January 2025.

Across all our projects we consistently receive highly engaged referral support from clinical teams on the ground and immense gratitude from those we support.

Our mission is to support children and adults and their carers when they are facing some of the most challenging weeks and months following diagnosis.

*"In a very stressful time, having access to Full Circle is a reprieve and heaven when I can switch off and reboot. We have spent the past 6 months in various different hospitals, and Full Circle is the best and most valuable support so far to parents. Hugely grateful. Thank you so much."*

**Mother of 10 yr old with cancer.**

#### 4. NHS Staff

We continue to respond to the demand from the frontline for our team's expertise to support exhausted NHS Staff. During the year, we have delivered regular monthly staff wellbeing support through our specialist Full Circle® Remedial Massage team. Special Staff Wellbeing Days were organised for Neuro Intensive Care, General Intensive Care and Haematology and Stem Cell Transplant teams throughout the year. A total of 271 staff treatments were given with fatigue, stress and sleep difficulties the most prevalent health challenges reported by healthcare professionals in this project.

These Full Circle NHS Staff projects were requested and supported by lead nurses and consultants and funded by each department's ward fund through St George's Hospital Charity.

Over the year and across six NHS sites we have delivered a total of 2,660 treatments which represents a 42% increase on our previous year's activity.

During this year we were honoured to receive £66,293 from a single, generous bequest to support and expand the work of our Connecting Reiki with Medicine project.

For the year to 30th April 2025, the Charity received income of £133,885.

During this year also it is with great pride that our Founder and CEO Suzanne Ruggles Redhead was honoured to receive a British Empire Medal given in recognition of her tireless work over the last 25 years pioneering integrative, holistic, patient-focused support for children and adults diagnosed with life threatening conditions in the NHS.

Trustees feel that the Charity is exceptionally well placed to continue to provide the level of integrative therapy expertise that very sick patients of all ages and – crucially - NHS healthcare workers need during challenging times for the NHS. Our charity's size and dedicated team allows us to adapt our evidence informed services to respond swiftly to the many urgent calls for our support from the frontline of care. Over the last 25 years of designing and delivering projects in some of the most complex medical areas in the NHS, our dedicated Full Circle® team's proven track record consistently demonstrates it is both possible – and needed.

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

**S A Ruggles – Trustee**

01 December 2025

## **FULL CIRCLE FUND THERAPIES**

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

I report on the accounts for the year ended 30 April 2025 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: 1 December 2025

# FULL CIRCLE FUND THERAPIES

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 APRIL 2025

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income		987	128,416	129,403	57,010
Activities for generating funds		3,636	846	4,482	6,236
<b>Total incoming resources</b>		<b>4,623</b>	<b>129,262</b>	<b>133,885</b>	<b>63,246</b>
<b>RESOURCES EXPENDED</b>					
<b>Cost of generating funds</b>					
Service delivery		98	9,072	9,170	275
<b>Charitable activities</b>					
Therapists		-	63,145	63,145	46,432
<b>Governance costs</b>		<b>1,200</b>	<b>-</b>	<b>1,200</b>	<b>960</b>
<b>Other resources expended</b>		<b>3,527</b>	<b>-</b>	<b>3,527</b>	<b>3,122</b>
<b>Total resources expended</b>		<b>4,825</b>	<b>72,217</b>	<b>77,042</b>	<b>50,789</b>
<b>NET INCOMING / (OUTGOING) RESOURCES</b>	2	<b>(202)</b>	<b>57,045</b>	<b>56,843</b>	<b>12,457</b>
Total funds brought forward		5,632	45,890	51,522	39,065
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>5,430</b>	<b>102,935</b>	<b>108,365</b>	<b>51,522</b>



## FULL CIRCLE FUND THERAPIES

### BALANCE SHEET AS AT 30 APRIL 2025

	Notes	2025 £	2024 £
<b>FIXED ASSETS</b>			
Intangible assets	3	-	-
Tangible assets	4	-	-
		<u>-</u>	<u>-</u>
<b>CURRENT ASSETS</b>			
Cash at bank and in hand		113,011	51,428
Debtors		<u>1,990</u>	<u>2,836</u>
		115,001	54,264
<b>CREDITORS</b>			
Amounts falling due within one year		(6,636)	(2,742)
<b>NET CURRENT ASSETS</b>		<u>108,365</u>	<u>51,522</u>
<b>NET ASSETS</b>		<u>108,365</u>	<u>51,522</u>
<b>FUNDS</b>			
Unrestricted funds	5	5,430	5,632
Restricted funds	5	102,935	45,890
<b>TOTAL FUNDS</b>		<u>108,365</u>	<u>51,522</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2025.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 April 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The accounts were approved by the Board of Trustees on 1 December 2025 and were signed on its behalf by:

S Ruggles - Trustee .....

## FULL CIRCLE FUND THERAPIES

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

#### 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
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##### Fund accounting

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

#### 2. NET INCOMING RESOURCES

This is stated after charging:

	2025	2024
	£	£
CEO remuneration	8,750	-

#### 3. INTANGIBLE FIXED ASSETS

Trade mark:

£

##### Cost

At 1 May 2024 and 30 April 2025

9,868

##### Amortisation

At 1 May 2024 and 30 April 2025

9,868

##### Net book value

At 1 May 2024 and 30 April 2025

-

## FULL CIRCLE FUND THERAPIES

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

#### 4. TANGIBLE FIXED ASSETS

##### Equipment:

	£
<b>Cost</b>	
At 1 May 2024 and 30 April 2025	<u>1,683</u>
<b>Depreciation</b>	
At 1 May 2024 and 30 April 2025	<u>1,683</u>
<b>Net book value</b>	
At 1 May 2024 and 30 April 2025	<u>-</u>

#### 5. MOVEMENT IN FUNDS

	2025 £	2024 £
<b>Unrestricted funds</b>		
Brought forward	5,632	2,020
Net (outgoing) / incoming resources for the year	(202)	3,612
	<u>5,430</u>	<u>5,632</u>
<b>Restricted funds</b>		
Brought forward	45,890	37,045
Net incoming resources for the year	<u>57,045</u>	<u>8,845</u>
Carried forward	<u>102,935</u>	<u>45,890</u>