



core clapton

# Centre for Osteopathic Research and Excellence

(A CIO governed by its constitution, charity number 1166246)

## Financial Statements and Trustees' Report

for the year ended 31 December 2021

Company number: CE006067  
Charity number: 1166246

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for the year ended 31 December 2021

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# Centre for Osteopathic Research and Excellence

(A CIO governed by its constitution, charity number 1166246)

## Charity Information

for the year ended 31 December 2021

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Status:	Centre for Osteopathic Research and Excellence is a charitable incorporated organisation (CIO) governed by its constitution and registered with the Charity Commission for England and Wales under number 1166246
Charity name:	Centre for Osteopathic Research and Excellence
Other operating names:	CORE / Core Clapton
Charity registration number:	1166246
Registered office:	161 Northwold Road London E5 8RL
Operations address:	161 Northwold Road London E5 8RL
Trustees who held office during the period to the date of these accounts:	Charlotte Gower (joined 05 May 2021) Daniel Orchard Darryl Harper (joined 05 May 2021) Emilie Devienne Emily Haynes (resigned 05 May 2021) Julia Jones Peter Sharp Shruthi John (joined 05 May 2021) Tessa Dwyer (joined 05 May 2021) Verity Stroud
Independent Examiner:	Christine Cheung Poston Flat 48, Samford House Charlotte Terrace Islington London N1 0JF
Solicitors:	Paul Hastings 100 Bishopsgate London EC2N 4AG
Bankers:	The Co-operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP

## Trustees' Report

for the year ended 31 December 2021

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The Trustees submit their report and the financial statements of Centre for Osteopathic Research and Excellence ("the Charity") for the year ended 31 December 2021. The Charity is a charitable incorporated organisation. The financial statements have been prepared in the format prescribed by the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP2015 (FRS102)) and the Financial Reporting Standard 102.

### Activities

We believe that everyone deserves to be free of injury, chronic pain or physical stress, whatever their income.

We exist because we understand that osteopathy can transform the daily experience of people living with injury, chronic pain or physical stress for the better. Yet it is often those who would benefit the most from osteopathy who can't afford it.

We work locally from our clinic in the London Borough of Hackney to provide affordable osteopathic treatment to people on low incomes. Our work is led by a hands-on team who share a vision of building a healthy, active community, free from pain.

We acknowledge that pain needs to be treated with empathy, education, and empowering strategies to promote healthy behaviours. Osteopathy uses this holistic approach to pain management to restore health and function to the whole body.

### Structure, Governance and Management

The Trustees meet at least four times annually to discuss a full range of matters relating to strategy, project work, recruitment, finance and general information.

The induction process for any individual newly-appointed to the Board of Trustees comprises an initial meeting with at least two of the trustees and receipt of copies of:

- The memorandum and articles of association
- The most recent financial statements
- The organisation's strategic objectives for the period
- The Charity Commission's guidance 'The Essential Trustee'

Trustees are selected mainly by recruitment programmes organised by the East London Business Alliance (ELBA). In 2022 the Board will begin to utilise their local community pool to draw a wider, more representative demographic of trustee.

All trustees except Daniel Orchard give of their time freely and no remuneration or expenses were paid in the year. As a new start-up charity, Daniel Orchard is also the founder and CEO and as such his immediate presence on the board is deemed essential but will be reviewed in due course with the aim of officially separating the board from senior management.

### Supporters

We would like to say a huge thanks to our supporters, those who have paid the full fee or hired our space, and all the volunteers and corporate support we have received.

Special thanks goes to: Ernst & Young for providing us with accountancy advice as part of their volunteer scheme; Paul Hastings for their continued legal support; East London Business Alliance for helping us find such dedicated trustees, and L&Q Foundation for continued funding of our older adults project.

### Governing Document

Centre for Osteopathic Research and Excellence is a charitable incorporated organisation (CIO). It was established under a constitution dated 14 March 2016 which sets out the objects and powers of the charity.

### Risk Management

The Trustees acknowledge that they have a responsibility for the identification and proper management of the risks faced by the Charity in achieving its primary aims. The Trustees have therefore assessed the major risks to which the Charity is exposed, in particular to those relating to the specific operation areas of the Charity and its finances. The Trustees believe that, by monitoring reserve levels, by ensuring that controls exist over key financial systems, by creating and reviewing a risk register, and by examining the operational risks faced by the Charity, they have established effective systems and procedures to mitigate those risks.

## Trustees' Report

for the year ended 31 December 2021

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### OUR MISSION

CORE stands for the Centre for Osteopathic Research and Excellence and has the dual aim of making osteopathy accessible to all whilst researching drug-free treatments for chronic pain. We offer specialist treatment to individuals on an income-based fee scale, helping people suffering from chronic pain get back to doing what they enjoy most. We also provide affordable wellness classes to encourage a healthier and happier community.

Our mission is to be exemplary in how we educate the community, improve access to osteopathy, lead research and strive for excellence.

Our vision is to give everybody the right to a pain-free life and make osteopathy accessible to all.

### Our beneficiaries

Core Clapton is our flagship wellness centre in East London, providing affordable osteopathy to the local community and beyond. We help people to live healthy and happy lives through movement and activities that encourage physical and mental wellbeing.

While leading a healthy lifestyle has become a choice for many people in London, the cost of accessing support is often prohibitive for many others. Core Clapton offers a space for the local community to access services usually reserved for those who can afford it.

Since our inception in 2017 we have helped over 3,500 people receive expert osteopathic healthcare. We now see an average of 39% of patients who are from BAME communities (slight increase from 2020) and have a satisfaction rating of 4.8/5 for our osteopathic services (similar to 2020 levels)

### WHAT WE DO

#### **C is for Community. We raise awareness of osteopathy as an effective treatment for pain.**

Osteopathy is a gentle and effective hands-on approach to healthcare, based on the principle that the way your body moves influences how it functions.

Osteopaths are highly competent healthcare professionals, recognised by the NHS as fully qualified to diagnose and treat independently.

In a 2014 YouGov poll commissioned by the General Osteopathic Council, less than half of UK adults reported being aware that osteopaths were regulated. When asked about their confidence in osteopaths, only 52% reported positively as opposed to GPs (87%) and physiotherapists (73%). This increased to 76% when the 'don't knows' were removed suggesting a need for increasing awareness of osteopathy amongst the public.

Conversely, the overall level of satisfaction amongst osteopathic patients is high (96%) compared with GPs (91%) and physiotherapists (77%).

Through marketing and community outreach projects we have been increasing awareness of osteopathy amongst the local population.

In 2021 we gave talks to a broad range of community groups, such as:

- University of the Third Age and Caxton Hall community centre, to share ideas around pain management for osteoarthritis;
- Hackney Social Radio to explain to their listeners about osteopathy and the benefits it can bring;
- Cycle Sisters webinar to help women from the local Muslim population learn about injury prevention;
- Stroke Support group to give advice about movement and pain management;
- Young family support groups to discuss strategies to function in everyday life despite persistent pain.

We have also visited local businesses to discuss the importance of posture and taking breaks to prevent back pain, promoted our health and wellbeing blogs in local community newsletters, such as Hackney Seniors and Growing Communities vegetable scheme, and given a series of webinars to local Social Prescribers and Health & Wellbeing Coaches around the benefits of osteopathy and our approach to treating chronic pain.

In 2021 we provided 4,433 osteopathic treatments and saw 842 new patients use our services (333 of which were completely new to osteopathy). This was up from 2,959 treatments and 633 new patients in 2020.

## Trustees' Report

for the year ended 31 December 2021

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### Here are what some of our happy service users have said:

'Core Clapton has been a great service to refer patients we work with. It is the only service providing free treatment of complementary therapies/osteopathy outside the NHS in Hackney. A big proportion of our service users are living with chronic pain and has been great to offer them the option of osteopathy that otherwise would have not been affordable to them. Most of the service users who I referred to 'Core Clapton' has given a very positive feedback of the treatment; they also have appreciated your flexibility to accommodate their needs/difficulties and really valued your welcoming warm approach that often don't get anywhere else. They also like the fact that they could continue after treatment with a low fee.

My experience has been very positive, sensitive in dealing with service users with complex health needs, including mental health. prompt in responding to any queries, issues and provided summaries of service user's treatment outcome. Overall excellent communication with our service. And I also appreciate how easy is the process of referring. Thank you for your great service! ' (Borja Ramirez-Cardenas, Wellbeing coordinator, Hackney Social Prescribing Service, Family Action)

"Me and my osteopath shared a plan and an aim, and together we worked towards our goal. He gave me great exercises, supported me when I was feeling low, soothed my muscles when they were sore, and, though there have been ups and downs throughout the recovery, I am back to feeling connected. Core Clapton has been amazing." (Stephen, 73, Patient)

"I've had lots of aches and pains and I wasn't getting anywhere... so it was the right time for trying osteopathy. And it came at the perfect time because I was also having trouble with my balance and it was affecting my mood as I want to go out, join the choir, enjoy myself. Core Clapton has been a great help, my muscles feel relaxed, I move better, and my mood is high again. I cannot recommend it enough, it got me to a brighter place mentally and physically." (Jean, 84, Patient)

### O is for Osteopathy. We make osteopathy affordable and accessible to all.

Over 30,000 people every day visit an osteopath suffering from a variety of conditions including neck or back pain, joint or muscular pain, sports injuries, recurring headaches and more.

Unfortunately, osteopathy on the NHS is a postcode lottery with only 17% of the population receiving free osteopathic care. All major private health insurance companies provide osteopathy as one of their services yet for most people osteopathy is unaffordable.

In order to make osteopathy affordable to all we offer concessionary rate treatment to those on low-income or unemployed and their dependants.

In 2021 we provided over 1,462 concessionary treatments at 40% of the standard cost of treatment and saw an increased uptake of osteopathy by 150 concessionary patients new to osteopathy.

We also provided almost 700 treatment sessions free of charge to people suffering intractable chronic pain that were referred to us as part of our social prescriber pathway. Social Prescribers sit within local GP practices and are tasked to find free or low-cost solutions to frequently returning patients with chronic conditions that are unable to be managed by usual medical care.

### R is for Research. We gather and publish osteopathy-focused research.

As part of our mission to make osteopathy accessible to the wider community we aim to increase the available research on the effectiveness of osteopathy in different patient groups.

In 2021 we completed our small-scale study, financed by the L&Q Foundation, looking at the effects of osteopathy in older adults with chronic musculoskeletal pain. The study saw 20 older adults receive 6 free sessions of osteopathy and showed that osteopathy can be highly successful at improving the quality of life in this older age group.

Due to the increasing global burden of chronic pain, in 2020 CORE established a referral pathway for patients with chronic pain and 'medically unexplained symptoms' to receive six free sessions of osteopathy. Patients are referred to us by GPs, Social Prescribers and Health and Wellbeing Coaches working in City & Hackney Medical Practices, and as part of our service, we are collecting data to gauge the effectiveness of osteopathy on these complex patients.

In 2021 the number of patients referred to us via the above pathway that showed a clinically meaningful change in 1 or more objective measure of quality of life (pain, function or overall quality of life using the Musculoskeletal Health Questions, or MSK-HQ) was 80, or 76% of those referred to us with intractable chronic pain who had not found relief elsewhere.

## Trustees' Report

for the year ended 31 December 2021

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### **E is for Excellence. We raise the profile of osteopathy as a profession.**

Around 30,000 people currently consult osteopaths every working day. Public opinion surveys show that 88% of respondents feel the NHS should provide osteopathic treatment, or believe that it is already doing so.

In 2021, the number of patients completing our end-of-treatment outcome and satisfaction questionnaires was 326, or 38% of all cases. While this may seem low, to put it into perspective the NHS, which provides a free physiotherapy service, has a response rate of nearer to 20%. Of those 326 patients, 94% were 'very satisfied' with the treatment they received and 76% showed an improvement in their symptoms. Considering the chronic nature of many of our service user's symptoms, we feel this is something to be proud of.

As part of our mission to make osteopathy more accessible we feel it is essential to help develop the profession and provide a supportive environment for personal reflection and learning. Peer support and osteopathic mentoring ensures that our associate osteopaths have the opportunity to keep growing in their osteopathic practice. Associates are encouraged to share and reflect on their clinical experiences with their peers. Mentors are available to support our osteopaths to increase the depth of their practical and theoretical knowledge.

We continue to build our Graduate Learning Programme (a form or preceptorship year that currently does not exist within the osteopathic profession outside of our charity), with 6 volunteer osteopaths joining in September 2021.

### **FINANCIAL REVIEW**

Funding for the Charity comes mainly from voluntary income, event fundraising, loans, grants and rental of additional space.

2021 continued to be a very challenging year due to COVID-19. A major revenue stream for CORE is event space hire, which was down due to the constraints to hospitality imposed by COVID. Income over the first 6 months was significantly lower than pre-COVID but it started to pick up in July once lockdown was lifted. The biggest hit was in Event space hire and in particular weddings. No full-scale weddings took place in early 2021, but the latter half of the year saw a substantial increase. Wellness classes and therapies were also affected by closure during 2020 lockdowns and improved in the second half of 2021 but not to pre-COVID levels. Osteopathy was similarly affected although as a primary healthcare profession osteopathy was able to continue throughout the 2 lockdowns and so numbers were not affected as much. However, due to the difficulty distinguishing the symptoms of COVID from standard colds, cancellations were unnaturally high.

Despite the difficulties of COVID and thanks in part to several grants and donations, along with the government's furlough scheme and hospitality grants, we were able to turn a £20k profit and so liabilities were marginally decreased.

### **Financial Activity and Financial Position**

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows a profit for the year of £18,554 and reserves of £(100,337).

Event space hire rose from £72,944 in 2020 to £174,151 in 2021 with the ending of COVID hospitality restrictions. Osteopathy grew from £89,461 to £156,986 in the same period. Grants and donations were up from £91,207 in 2020 to £117,231 due to the government's furlough scheme, other hospitality grants and the L&Q Foundation grant as well some SITR investors donating their investment and foregoing 50% of accumulated interest.

### **Tangible fixed assets for use by the charity.**

Fixed assets are set out in Note 9 to the accounts.

### **Reserves Policy**

The Trustees have examined the requirements for free reserves, i.e. those unrestricted funds not invested in tangible fixed assets. The Trustees previously considered that, given the nature of the Charity's funding, free reserves should be equivalent to 3 months' general fund expenditure which includes costs relating to employment, plus committed future expenditure on other projects, where funds permit. The Trustees were of the opinion that this provided sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. However, at the end of the 2021 financial year we had not met these reserves and at the time of writing (October 2022) we still do not have this level of reserves in place due to the continued economic constraints brought about by COVID-19. As a result, the Trustees are currently investigating whether this is a suitable reserve policy for CORE given the unique nature of the charity and its strong trading activity.

## Trustees' Report

for the year ended 31 December 2021

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### Principal funding sources and how expenditure supports the charity's key objectives

The principal funding sources remained event space hire, osteopathy, therapies and activity classes which covered the main overheads of running the building and employing staff. Income from these, as well as emergency grants, went towards subsidising osteopathy and wellness classes for low-income earners.

We were also the recipient of a £25,000 grant by the Lloyds Market Charity Awards that Verity Stroud, one of our trustees, won for her personal endeavour with our charity and by highlighting all the good that we do for our community. We also received two £500 donations from Credit Suisse thanks to the involvement on the board of two of their employees. And we received £6,678 from the L&Q foundation as part of our second older adults' project.

### Plans for future periods

Despite the pandemic we have continued to build the foundations of our research goals.

In 2022 we aim to complete a similar-sized study (also funded by L&Q) but this time with formal NHS research ethics so we can publish the results in a peer-reviewed journal. This will then help determine the sample size needed for a full-sized study into osteopathy for older adults that we will run in 2023. This will ultimately determine if the excellent results achieved in the pilot are reproducible, and therefore statistically significant, for this demographic of patients.

We have also been using our general clinic data gathering to assess outcomes and experience of full fee-paying patients who utilise osteopathy to benchmark it against current NHS provision, something we will be applying for research ethics in 2023 to be able to publish the results so they can be used by the wider medical community.

Finally, we will be increasing the number of graduates on our preceptorship year graduate programme in 2022 to 10 (from 6 in 2021).

### Going concern

At the end of 2021, the charity continued to operate with a deficit of funds due to the initial start-up costs and the impact of COVID. The charity's income is mainly derived from self-generated sources such as health services and venue hire. Despite the pandemic, and thanks to government grants, the generosity of Hackney Council, and the aforementioned charitable grants from Lloyds, L&Q and Credit Suisse were able to minimise our financial losses to £22k, which, together with other fiscal measures, provided the trustees the confidence that the charity would be able to meet financial obligations and reduce overall deficit in 2022 and beyond. Therefore, as of Dec 31st 2021 there were no material uncertainties.

Since the onset of the vaccination programme against coronavirus we have seen the restrictions on large gatherings lifted and an increase in hospitality events and future bookings such that August 2021 was our busiest month on record. In addition, Osteopathy returned to the pre-pandemic growth trajectory. As such, the trustees consider that there are no material uncertainties about the demand for, and the charity's ability to continue to provide, its services, and accordingly, the accounts have been prepared on a going concern basis.

### Independent Examiner

The Independent Examiner, Christine Cheung Poston, has indicated her willingness to be proposed for re-appointment. The financial statements were approved by the Board of Trustees on 27 October 2022 and signed on its behalf by:



Shruthi John  
Trustee



## Statement of Trustees' Responsibilities

for the year ended 31 December 2021

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The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required by law to prepare financial statements for each financial period which give a true and fair view of the financial activities of the charity and of its financial position at the end of that period. In preparing those financial statements the trustees are required to:

- a. Select suitable accounting policies and apply them consistently;
- b. Observe the methods and principles in the Charities SORP;
- c. Make judgements and estimates that are reasonable and prudent;
- d. Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts;
- e. Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and financial information included in the Charity's website.

## Independent Examiner's Report for the year ended 31 December 2021

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I report on the accounts of Centre for Osteopathic Research and Excellence for the period from 1 January 2021 to 31 December 2021, which are set out on pages 1 to 19.

This report is made solely to the charity's trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity's trustees as a body, for my examination, for this report, or for the opinions I have formed.

### Respective responsibilities of trustees and examiner

As described on page 8, the trustees 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 of the Charities Act and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

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

- a. examine the accounts under section 145 of the 2011 Act,
- b. 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
- c. to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

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 the 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 statement below.

### Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



Christine Cheung Poston

Dated:

Flat 48, Samford House  
Charlotte Terrace  
Islington  
London  
N1 0JF

Statement of Financial Activities  
for the year ended 31 December 2021

				2021	2020
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
<b>Income from:</b>					
Donations and legacies	3	117,231	-	117,231	91,207
Charitable activities	4	182,127	-	182,127	95,506
Trading activities	5	199,667	-	199,667	95,477
<b>Total Income</b>		<b>499,025</b>	<b>-</b>	<b>499,025</b>	<b>282,190</b>
<b>Expenditure on:</b>					
Raising funds	6	37,562	-	37,562	28,694
Charitable activities	7	442,909	-	442,909	276,221
<b>Total Expenditure</b>		<b>480,471</b>	<b>-</b>	<b>480,471</b>	<b>304,915</b>
<b>Net income/(expenditure) and movement in funds</b>		18,554	-	18,554	(22,725)
<b>Reconciliation of funds:</b>					
Total funds brought forward	15	(118,891)	-	(118,891)	(96,166)
<b>Total funds carried forward</b>	14	(100,337)	-	(100,337)	(118,891)

All incoming resources and resources expended are derived from continuing activities  
The accompanying accounting policies and notes form an integral part of these financial statements.

Statement of Financial Position  
for the year ended 31 December 2021

		31 December 2021		31 December 2020	
	Notes	£	£	£	£
<b>Fixed assets:</b>					
Tangible assets	9		84,088		122,556
<b>Total fixed assets</b>			84,088		122,556
<b>Current assets</b>					
Debtors	10	11,210		8,937	
Cash at bank and in hand	11	84,527		47,159	
<b>Total current assets</b>		95,737		56,096	
<b>Creditors: amounts falling due within one year</b>	12	230,058		169,869	
<b>Net current assets/(liabilities)</b>			(134,321)		(192,281)
<b>Total assets less current liabilities</b>			(50,233)		(69,725)
<b>Creditors: amounts falling due after more than one year</b>	13		50,104		49,167
<b>Total net assets</b>			(100,338)		(118,891)
<b>The funds of the charity:</b>					
Unrestricted funds	15		(100,338)		(118,891)
<b>Total charity funds</b>	16		(100,338)		(118,891)

The financial statements were approved by the Board of Trustees on 17 October 2021 and signed on its behalf by:

Daniel Orchard  
Dated:

Statement of Cash Flows  
for the year ended 31 December 2021

	2021	2020
	£	£
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	18,554	(22,725)
<b>Adjustments for:</b>		
Depreciation charges	43,524	37,734
(Profit)/loss on disposal of fixed assets	-	(3,250)
(Increase)/decrease in debtors	(2,273)	3,342
Increase/(decrease) in creditors	10,879	(49,940)
<b>Net cash provided by/(used in) operating activities</b>	<b>70,684</b>	<b>(34,839)</b>
<b>Cash flows from investing activities:</b>		
Proceeds on sale of fixed assets	-	130
Purchase of property, plant and equipment	(5,056)	(23,046)
<b>Net cash provided by/(used in) investing activities</b>	<b>(5,056)</b>	<b>(22,916)</b>
<b>Cash flows from financing activities:</b>		
Increase/(decrease) in borrowing	(28,260)	82,613
<b>Net cash provided by/(used in) financing activities</b>	<b>(28,260)</b>	<b>82,613</b>
<b>Change in cash and cash equivalents in the reporting period</b>	<b>37,368</b>	<b>24,857</b>
<b>Cash and cash equivalents at the beginning of the reporting period</b>	<b>47,159</b>	<b>22,301</b>
<b>Cash and cash equivalents at the end of the reporting period</b>	<b>84,527</b>	<b>47,159</b>
<b>Analysis of cash and cash equivalents</b>		
Bank and cash in hand	84,527	47,159
<b>Total cash and cash equivalents</b>	<b>84,527</b>	<b>47,159</b>

## Accounting Policies

for the year ended 31 December 2021

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### Basis of preparation

The financial statements have been prepared in accordance with:

- Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)'.
- Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102);
- The Charities Act 2011.

### Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

### Going concern

The charity has a deficit of funds. The charity's income is mainly derived from self-generated sources such as health services and venue hire. Income has increased after the year end and that together with other fiscal measures gives the trustees confidence that the charity will be able to meet its debts as they fall due whilst reducing the deficit. The trustees consider that there are no material uncertainties about the demand for, and the charity's ability to continue to provide, its services, and accordingly, the accounts have been prepared on a going concern basis.

### Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

The income from trading activities includes venue hire. Non-refundable deposits and payments received in advance are deferred to the period in which the hiring takes place.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

### Deferred income

Income received which is contractually or otherwise not expendable until a future period is deferred to the period in which it meets the criteria for income recognition.

### Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

### Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

### Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

### Tangible Fixed Assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold improvements	over the period of the lease
Plant & machinery	10% on cost
Computer equipment	20% on cost
Office equipment	20% on cost

Assets are only capitalised where the purchase price exceeds £100.

Notes to the Accounts  
for the year ended 31 December 2021

**1 Incoming resources**

The incoming resources and surplus are attributable to the principal activities of the charity.

**2 Net incoming resources**

	2021	2020
<i>Net incoming resources are stated after charging:</i>	£	£
Independent Examiner's fees - reporting service	250	1,200
Independent Examiner's fees - other services	-	-
Depreciation & amortisation	43,910	37,734

			2021	2020	
3	Income from donations and legacies	Unrestricted	Restricted	Total	Total
				£	£
	Grants & donations	117,231	-	117,231	91,207
		117,231	-	117,231	91,207

			2021	2020	
4	Income from charitable activities	Unrestricted	Restricted	Total	Total
				£	£
	Osteopathy treatments	156,986	-	156,986	89,461
	Other treatments	25,142	-	25,142	6,045
	Training and seminars	-	-	-	-
		182,127	-	182,127	95,506

			2021	2020	
5	Income from trading activities	Unrestricted	Restricted	Total	Total
				£	£
	Events	174,151	-	174,151	72,944
	Activities	12,316	-	12,316	15,732
	Kitchen Let	13,200	-	13,200	6,800
		199,667	-	199,667	95,477

				2021	2020
6	Expenditure on raising funds	Unrestricted	Restricted	Total	Total
				£	£
	Fundraising	180	-	180	202
	Events	12,598	-	12,598	6,673
	Osteopathy expenses	13,297	-	13,297	9,903
	Activities	8,711	-	8,711	11,143
	Rental commision	2,776	-	2,776	774
		37,562	-	37,562	28,694

## Notes to the Accounts

for the year ended 31 December 2021

7 Expenditure on charitable activities		Unrestricted	Restricted	2021 Total £	2020 Total £
	Personnel	261,463		261,463	185,538
	Premises	97,896		97,896	8,387
	Office expenses	13,591		13,591	10,087
	COVID-19 refunds	7,140		7,140	7,007
	Advertising & marketing	9,707		9,707	14,831
	Travel, accommodation & subsistence	327		327	106
	Sundry expenses	1,034		1,034	503
	Cost recovery	-		-	-
	Finance costs	3,792		3,792	1,706
	Loan interest	2,035		2,035	5,703
	Accountancy & bookkeeping	900		900	1,200
	Consulting	1,500		1,500	1,950
	Amortisation	41,812		41,812	36,205
	Depreciation	1,712		1,712	1,528
	Loss on disposal of fixed assets	-		-	1,469
		442,909	-	442,909	276,221

8 Remuneration	2021	2020
Employees paid in excess of £60,000 during the 2021 and 2020:	None	None

9 Tangible fixed assets	Leasehold	Plant & Machinery	Computer Equipment	Office Equipment	Total
Cost					
As of 1st January 2021	212,136	10,348	2,871	1,270	226,624
Additions	4,420	506	-	130	5,056
Disposals	-	-	-	-	-
As of 31st December 2021	216,556	10,853	2,871	1,399	231,679
Depreciation					
As of 1st January 2021	100,985	1,515	988	580	104,068
Charge for the year	41,812	1,076	487	149	43,524
Disposals	-	-	-	-	-
As of 31st December 2021	142,797	2,591	1,474	729	147,592
Net book value					
As at 31 December 2021	73,760	8,262	1,396	670	84,088
As at 31 December 2020	111,151	8,833	1,883	689	122,556



## Notes to the Accounts

for the year ended 31 December 2021

<b>10 Debtors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	£	£
Accounts receivable	10,494	8,937
Prepayments	716	-
	<b>11,210</b>	<b>8,937</b>
<b>11 Bank and cash in hand</b>	<b>2021</b>	<b>2020</b>
	£	£
Charity bank account	83,974	45,695
PayPal	134	1,270
Stripe	165	59
Petty cash	63	45
Cash in hand	191	90
	<b>84,527</b>	<b>47,159</b>
<b>12 Creditors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	£	£
Accounts payable	19,129	11,179
Refundable deposits	4,550	3,475
Other creditors	1,993	4,500
VAT	6,559	7,453
Payroll taxes	7,722	9,038
Net Salaries	0	0
Rent accruals	14,872	10,146
Other accruals	4,709	4,899
Hall hire in advance	92,289	61,581
Income in advance	567	
Loan from trustee	2,890	6,571
Social investment loan: accrued interest	-	19,557
Pensions payable	1,003	368
Goldman Sachs Easymatch	13,777	13,777
Social investment loans	60,000	95,000
Bounce Back Loan	-	833
	<b>230,058</b>	<b>248,377</b>
<b>13 Creditors: amounts falling due after one year</b>	<b>2021</b>	<b>2020</b>
	£	£
Bounce back loan	50,104	49,167
	<b>50,104</b>	<b>49,167</b>

## Notes to the Accounts

for the year ended 31 December 2021

### 14 The funds of the charity: 2021

	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
Unrestricted funds	-	-	-	-	-
General funds	(118,891)	499,025	(480,471)		(100,337)
	(118,891)	499,025	(480,471)	-	(100,337)

### 15 The funds of the charity: 2020

	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
Unrestricted funds	-	-	-	-	-
General funds	(96,166)	282,190	(304,915)	-	(118,891)
	(96,166)	282,190	(304,915)	-	(118,891)

### 16 Net assets attributable to funds: 2021

	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
Tangible fixed assets	84,088	-	-	-	84,088
Current assets	95,737	-	-	-	95,737
Current liabilities	(230,058)	-	-	-	(230,058)
Long term liabilities	(50,104)				(50,104)
Net assets attributed to funds	(100,338)	-	-	-	(100,338)

### 17 Net assets attributable to funds: 2020

	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
Tangible fixed assets	122,556	-	-	-	122,556
Current assets	56,096	-	-	-	56,096
Current liabilities	(248,377)	-	-	-	(248,377)
Long term liabilities	(49,167)	-	-	-	(49,167)
Net assets attributed to funds	(118,891)	-	-	-	(118,891)

## Notes to the Accounts

for the year ended 31 December 2021

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### 18 Adjustments to previously filed accounts

The previously filed 2020 accounts contained an understatement of the VAT liability to HMRC of £4919 and so the comparative 2020 figures have been restated in full. This consequently adjusted the total funds carried forwards from (£114,286) to (£118,891). Any other additional adjustments for the previous period are considered immaterial and therefore not highlighted.

### 19 Taxation

The organisation is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

### 20 Other financial commitments

Total operating lease commitments

At 31 December 2021, the charity had total commitments under non-cancellable operating leases as detailed:

	2021	2020
	£	£
Property lease ending October 2023 at £80,000pa	146,667	226,667

### 21 Contingent liabilities

The charity had no material contingent liabilities at 31 December 2021 nor at 31 December 2020.

### 22 Related parties

During the year the charity used the financial and bookkeeping services of Patrick Orchard who is the brother of Daniel Orchard, a trustee. All services were provided on arms-length terms.

### 23 Transactions with trustees

During the year (2021) Daniel Orchard, a trustee, was paid of £45,000 (2020: £39,000).

Payments were made in respect of his capacity as CEO and manager of the site and not for his service as a trustee.

### 24 Gifts in kind and volunteers

During the year the charity benefited from unpaid work performed by volunteers.

### 25 Statutory status

The organisation is a charitable incorporated organisation.