

**TONIC HEALTH CIO**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2023**

**LEGAL AND ADMINISTRATIVE INFORMATION**

---

<b>Trustees</b>	Mr M F Morris Ms S Waltham Ms F Meanwell Mr M R Pilgrim Mr R Wright Mr N J Darwin	(Appointed 1 August 2022)
-----------------	--	---------------------------

<b>Charity number</b>	1167453
-----------------------	---------

<b>Principal address</b>	6 Broadgate House Westlode Street Spalding Lincolnshire PE11 2AF
--------------------------	--

<b>Independent examiner</b>	TC Group 1-4 London Road Spalding Lincolnshire PE11 2TA
-----------------------------	---

---

**APPROVAL Financial Statements**  
**TONIC HEALTH CIO**

**CONTENTS**

---

	<b>Page</b>
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 13

---

**TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31 MAY 2023**

---

The Trustees present their report and financial statements for the year ended 31 May 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Charities Act 2011 and "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 2019)".

**Objectives and activities**

Tonic Health is a charity community hub for health and wellbeing, situated close to Spalding town centre. It houses a complementary therapy clinic, hosts a number of exercise classes, provides a range of community based projects and offers hire of facilities to other local organisations.

The charity's objects are:

The advancement of health and the relief of those in need by reason of youth, age, ill-health, disability or financial hardship by the operation and maintenance of a complementary health centre and services for public benefit in Spalding, its surrounding areas and beyond; more specifically

- To provide services to members of the public for the relief of old age, injury, disease and/or disability (such as providing specialist treatment, advice, education and drop in centres);
- To provide facilities for healthy recreation including mental stimulation, conventional and/or complimentary, alternative or holistic medical treatment and care for the public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

**Achievements and performance**

A full report is available at <https://issuu.com/tonichealth/docs/zix8e9mxoly>

**Financial review**

It is the policy of the Charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the Charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The Trustees has assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

**Structure, governance and management**

The Charity is a company limited by guarantee ....

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mr M F Morris

Ms S Waltham

Ms F Meanwell

(Appointed 1 August 2022)

Mr M R Pilgrim

Mr R Wright

**APPROVAL Financial Statements**  
**TONIC HEALTH CIO**

**TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 MAY 2023**

---

Mr N J Darwin

The power to appoint new trustees is vested in the trustees for the time being. The trustees normally meet bi monthly.

When new trustees are appointed, they are given an overview of the trust and an outline of both its operational and financial activities. New trustees are selected in order to gain benefit from their skills and experience, to complement the existing trustees, and to provide succession.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Trade creditors of the company at the year end were equivalent to 0.7 day's purchases, based on the average daily amount invoiced by suppliers during the year.

The charity is a Charitable Incorporated Organisation, first registered on 3 June 2016. It is constituted as a Foundation and is governed in accordance with its model constitution dated 4 December 2015.

The trustees who served during the year and up to the date of signature of the financial statements were:

MF Morris

S Waltham

N Darwin

R Wright

MR Pilgrim

The Trustees' report was approved by the Board of Trustees.

.....

**Mr M F Morris**

Trustee

Dated: 8/3/2024

**APPROVAL Financial Statements  
TONIC HEALTH CIO**

**INDEPENDENT EXAMINER'S REPORT**

**TO THE TRUSTEES OF TONIC HEALTH CIO**

---

I report to the Trustees on my examination of the financial statements of Tonic Health CIO (the Charity) for the year ended 31 May 2023.

**Responsibilities and basis of report**

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do 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 no concerns and 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 financial statements to be reached.



Peter Wright FCCA  
TC Group  
1-4 London Road  
Spalding  
Lincolnshire  
PE11 2TA

Dated: 14/3/2024

**APPROVAL Financial Statements**  
**TONIC HEALTH CIO**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**INCLUDING INCOME AND EXPENDITURE ACCOUNT**

**FOR THE YEAR ENDED 31 MAY 2023**

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
<b>Income from:</b>							
Donations and legacies	3	530	1,261	1,791	12,994	2,430	15,424
Charitable activities	4	105,430	169,145	274,575	90,833	131,676	222,509
<b>Total income</b>		<b>105,960</b>	<b>170,406</b>	<b>276,366</b>	<b>103,827</b>	<b>134,106</b>	<b>237,933</b>
<b>Expenditure on:</b>							
Charitable activities	5	108,965	283,343	392,308	90,143	251,736	341,879
<b>Net expenditure for the year/ Net movement in funds</b>		<b>(3,005)</b>	<b>(112,937)</b>	<b>(115,942)</b>	<b>13,684</b>	<b>(117,630)</b>	<b>(103,946)</b>
Fund balances at 1 June 2022		(23,266)	189,005	165,739	(36,950)	306,635	269,685
<b>Fund balances at 31 May 2023</b>		<b>(26,271)</b>	<b>76,068</b>	<b>49,797</b>	<b>(23,266)</b>	<b>189,005</b>	<b>165,739</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

**APPROVAL Financial Statements**  
**TONIC HEALTH CIO**

**BALANCE SHEET**

**AS AT 31 MAY 2023**

	Notes	2023 £	£	2022 £	£
<b>Fixed assets</b>					
Tangible assets	8		34,016		39,392
<b>Current assets</b>					
Debtors	9	12,585		10,261	
Cash at bank and in hand		16,796		132,758	
		<u>29,381</u>		<u>143,019</u>	
<b>Creditors: amounts falling due within one year</b>	10	<u>(13,600)</u>		<u>(16,672)</u>	
Net current assets			15,781		126,347
<b>Total assets less current liabilities</b>			<u>49,797</u>		<u>165,739</u>
<b>Income funds</b>					
Restricted funds	11		76,068		189,005
Unrestricted funds			(26,271)		(23,266)
			<u>49,797</u>		<u>165,739</u>

The financial statements were approved by the Trustees on 8/3/24

  
 .....  
 Mr M F Morris  
 Trustee



**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MAY 2023**

---

**1 Accounting policies**

**Charity information**

Tonic Health CIO is a foundation registered 3 June 2016 and subsequently amended and approved on 2 August 2018.

**1.1 Accounting convention**

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011 and "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 2019)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

**1.2 Going concern**

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

**1.4 Income**

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 MAY 2023**

---

**1 Accounting policies**

**(Continued)**

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

**1.5 Expenditure**

**1.6 Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	10% straight line
------------------------------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

**1.7 Impairment of fixed assets**

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

**1.8 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

**1.9 Financial instruments**

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

---

**1 Accounting policies**

(Continued)

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

**1.10 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**2 Critical accounting estimates and judgements**

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 MAY 2023**

**3 Donations and legacies**

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	530	1,261	1,791	10,711	2,430	13,141
Government grants	-	-	-	2,283	-	2,283
	<u>530</u>	<u>1,261</u>	<u>1,791</u>	<u>12,994</u>	<u>2,430</u>	<u>15,424</u>

**4 Charitable activities**

	Charitable Income 2023 £	Charitable Income 2022 £
Sales within charitable activities	73,690	90,833
Performance related grants	200,885	131,676
	<u>274,575</u>	<u>222,509</u>
Analysis by fund		
Unrestricted funds	105,430	90,833
Restricted funds	169,145	131,676
	<u>274,575</u>	<u>222,509</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

5 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Staff costs	195,314	168,741
Depreciation and impairment	5,376	5,376
Project expenditure	67,370	73,759
Contribution to costs	97,255	46,680
Utilities	4,366	3,780
Light, heat and power	19,014	14,838
Repairs	17,467	1,788
Project expenditure (unrestricted)	19,829	21,309
Telephone	1,848	2,907
Office expenses, cleaning and refreshments	7,806	1,782
Trade subscriptions, licences and management fees	760	4,211
Sundry expenses	9,077	4,281
Marketing	1,648	1,143
Contribution to costs	(97,255)	(46,680)
Legal and professional	3,468	13,623
Bank charges	128	139
Rent and insurance	38,837	24,202
	<u>392,308</u>	<u>341,879</u>
	<u>392,308</u>	<u>341,879</u>
<b>Analysis by fund</b>		
Unrestricted funds	108,965	90,143
Restricted funds	283,343	251,736
	<u>392,308</u>	<u>341,879</u>

6 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

**7 Employees**

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	29	23
	<u>29</u>	<u>23</u>

**Employment costs**

	2023 £	2022 £
Wages and salaries	195,314	168,741
	<u>195,314</u>	<u>168,741</u>

**8 Tangible fixed assets**

	Leasehold land and buildings £
<b>Cost</b>	
At 1 June 2022	55,520
At 31 May 2023	<u>55,520</u>
<b>Depreciation and impairment</b>	
At 1 June 2022	16,128
Depreciation charged in the year	5,376
At 31 May 2023	<u>21,504</u>
<b>Carrying amount</b>	
At 31 May 2023	<u>34,016</u>
At 31 May 2022	<u>39,392</u>

**9 Debtors**

	2023 £	2022 £
<b>Amounts falling due within one year:</b>		
Trade debtors	12,585	10,261
	<u>12,585</u>	<u>10,261</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	(237)	(2,855)
Trade creditors	-	690
Other creditors	13,837	18,837
	<u>13,600</u>	<u>16,672</u>

11 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 June 2021 £	Incoming resources £	Resources expended £	Balance at 1 June 2022 £	Incoming resources £	Resources expended £	Balance at 31 May 2023 £
Safe Places	211,269	58,811	(185,924)	84,156	117,054	(226,285)	(25,075)
Dementia	61,157	54,742	(35,285)	80,614	13,228	(24,494)	69,348
Core funding	34,209	29,991	(39,965)	24,235	27,783	(26,535)	25,483
Youth	-	-	-	-	12,342	(6,030)	6,312
	<u>306,635</u>	<u>143,544</u>	<u>(261,174)</u>	<u>189,005</u>	<u>170,407</u>	<u>(283,344)</u>	<u>76,068</u>

12 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 May 2023 are represented by:						
Tangible assets	34,016	-	34,016	39,392	-	39,392
Current assets/ (liabilities)	<u>15,781</u>	<u>-</u>	<u>15,781</u>	<u>126,347</u>	<u>-</u>	<u>126,347</u>
	<u>49,797</u>	<u>-</u>	<u>49,797</u>	<u>165,739</u>	<u>-</u>	<u>165,739</u>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

***FOR THE YEAR ENDED 31 MAY 2023***

---

**13 Related party transactions**

During the year Michael F Morris Ltd was charged £3,874 (2022: £3,630) for room hire. As at 31 May 2023 the charity owed Michael F Morris £13,837 (2022: £18,837). All transactions are on full commercial terms.

M Morris, a trustee, is a director of Michael F Morris Ltd.



## Document Activity Report

**Document Sent**

Thu, 14 Mar 2024 12:22:49 GMT

### Document Activity History

Document history shows most recent activity first

**Date**

**Activity**

You can verify that this is a genuine Portal document by uploading it to the following secure web page:

**<http://tcgroup2.accountantspace.co.uk/messages/VerifyDocument>**