

Approval Financial Statements

Charity registration number 1167453

TONIC HEALTH CIO

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

Approval Financial Statements
TONIC HEALTH CIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr M F Morris	
	Ms S Waltham	
	Ms F Meanwell	
	Mr M R Pilgrim	
	Mr R Wright	
	Mr N J Darwin	
	Mrs H Mason-Foster	(Appointed 13 January 2025)
	Ms E Moss	(Appointed 13 January 2025)
Charity number	1167453	
Principal address	6 Broadgate House Westlode Street Spalding Lincolnshire PE11 2AF	
Independent examiner	TC Group 1-4 London Road Spalding Lincolnshire PE11 2TA	

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TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MAY 2025

The Trustees present their annual report and financial statements for the year ended 31 May 2025.

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.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

Achievements and performance

A full report is available at <https://sway.cloud.microsoft/qFAXJqde0rIWAbXj>

As we reflect on another remarkable year at Tonic Health, I am filled with both pride and gratitude. The 2024–2025 period has been one of incredible growth, adaptation, and continued dedication to our mission—supporting health and wellbeing across our communities in South Lincolnshire.

At the heart of everything we do are the people – our beneficiaries, staff, volunteers, funders, partners, and stakeholders. Their unwavering belief in the power of connection and compassion is what makes Tonic Health more than just a charity – it makes us a lifeline, a listening ear, and a place where individuals feel seen, heard, and supported.

Our community connectors have gone above and beyond to bridge gaps and build trust across services. Their work has empowered countless individuals to access the help they need – sometimes at their most vulnerable moments. We have also welcomed a new site to the Tonic Health family – grade 2 listed, 14th century former manor house, Pescod Hall in Boston. Whilst we have just taken the keys to the building, our plans are to develop this into a flourishing Community Hub and be the home to the Boston Youth Hub. I look forward to seeing how this latest project grows and develops.

Of course, this impact would not be possible without the vital contributions from funders, local businesses, supporters, and volunteers. At a time when the cost of living and rising operational costs challenge many charities, your continued support means everything to us. It keeps our doors open, our services thriving, and our communities connected.

As we look to the year ahead, we remain committed to being agile, people-led, and driven by local voices. Whether through a new project, a chance conversation, or a moment of shared support – we know that small actions lead to lasting change.

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 consider 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 have 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

Mr M R Pilgrim

Mr R Wright

Mr N J Darwin

Mrs H Mason-Foster

(Appointed 13 January 2025)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

Ms E Moss

(Appointed 13 January 2025)

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.


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Mr M F Morris

Trustee

Dated: 26/09/2025.....

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 2025.

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: 1/10/25

Approval Financial Statements
TONIC HEALTH CIO

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	3	5,922	-	5,922	7,336	1,438	8,774
Charitable activities	4	156,336	415,125	571,461	165,645	274,845	440,490
Total income		162,258	415,125	577,383	172,981	276,283	449,264
Expenditure on:							
Charitable activities	5	181,530	357,681	539,211	129,275	284,566	413,841
Total expenditure		181,530	357,681	539,211	129,275	284,566	413,841
Net income/(expenditure) and movement in funds		(19,272)	57,444	38,172	43,706	(8,283)	35,423
Reconciliation of funds:							
Fund balances at 1 June 2024		17,435	67,785	85,220	(26,271)	76,068	49,797
Fund balances at 31 May 2025		(1,837)	125,229	123,392	17,435	67,785	85,220

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 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		23,264		28,640
Current assets					
Debtors	11	5,114		3,359	
Cash at bank and in hand		96,291		129,876	
		101,405		133,235	
Creditors: amounts falling due within one year	12				
		(1,277)		(76,655)	
Net current assets			100,128		56,580
Total assets less current liabilities			123,392		85,220
Net assets excluding pension liability			123,392		85,220
The funds of the Charity					
Restricted income funds	14	125,229		67,785	
Unrestricted funds		(1,837)		17,435	
		123,392		85,220	

The financial statements were approved by the Trustees on21/09/2025.....

.....
Mr M F Morris
Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2025

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, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 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 or grantors 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 2025

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

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

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
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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 the statement of financial activities.

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.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies

(Continued)

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.

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.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

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.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	5,922	-	5,922	7,336	1,438	8,774

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from charitable activities						
Sale of goods	91,260	-	91,260	62,743	-	62,743
Performance related grants	65,076	415,125	480,201	102,902	274,845	377,747
	156,336	415,125	571,461	165,645	274,845	440,490

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

5 Expenditure on charitable activities

	Expenditure for charitable activities 2025 £	Expenditure for charitable activities 2024 £
Direct costs		
Staff costs	301,211	200,239
Depreciation and impairment	5,376	5,376
Project expenditure	44,853	80,075
Contribution to costs	115,722	92,632
Utilities	2,291	2,997
Light, heat and power	30,187	26,119
Repairs	17,957	18,905
Project expenditure (unrestricted)	77,690	24,209
Telephone	1,932	1,688
Office expenses, cleaning and refreshments	6,434	5,938
Trade subscriptions, licences and management fees	859	1,034
Sundry expenses	6,348	9,086
Marketing	4,408	5,535
Contribution to costs	(115,722)	(92,632)
Legal and professional	14,065	1,750
Bank charges	8	92
Rent and insurance	25,592	30,798
	<u>539,211</u>	<u>413,841</u>
Analysis by fund		
Unrestricted funds	181,530	129,275
Restricted funds	357,681	284,566
	<u>539,211</u>	<u>413,841</u>
6 Net movement in funds	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	<u>5,376</u>	<u>5,376</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

7 Trustees

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

8 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	36	29
	<u> </u>	<u> </u>
Employment costs	2025	2024
	£	£
Wages and salaries	301,211	200,239
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

Michael Morris gross salary £24,000 for the year ended 31 May 2025

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

10 Tangible fixed assets

	Leasehold land and buildings £
Cost	
At 1 June 2024	55,520
At 31 May 2025	55,520
Depreciation and impairment	
At 1 June 2024	26,880
Depreciation charged in the year	5,376
At 31 May 2025	32,256
Carrying amount	
At 31 May 2025	23,264
At 31 May 2024	28,640

11 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Trade debtors	5,114	3,359

12 Creditors: amounts falling due within one year

	Notes	2025 £	2024 £
Other taxation and social security		(2,560)	(37)
Deferred income	13	-	67,855
Other creditors		3,837	8,837
		1,277	76,655

13 Deferred income

	2025 £	2024 £
Other deferred income	-	67,855

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

13 Deferred income

(Continued)

Deferred income is included in the financial statements as follows:

	2025 £	2024 £
Deferred income is included within:		
Current liabilities	-	67,855
Movements in the year:		
Deferred income at 1 June 2024	67,855	-
Released from previous periods	(67,855)	-
Resources deferred in the year	-	67,855
Deferred income at 31 May 2025	-	67,855

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 June 2024 £	Incoming resources £	Resources expended £	At 31 May 2025 £
Safe Places	(94,866)	309,192	(285,808)	(71,482)
Dementia	89,650	39,573	(31,548)	97,675
Events	-	-	(5,439)	(5,439)
Core funding	40,882	-	(2,957)	37,925
Surfleet GNS	-	20,404	-	20,404
Youth	32,119	38,236	(31,929)	38,426
Talk stick	-	7,720	-	7,720
	67,785	415,125	(357,681)	125,229

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

14 Restricted funds

(Continued)

Previous year:	At 1 June 2023	Incoming resources	Resources expended	At 31 May 2024
	£	£	£	£
Safe Places	(25,075)	171,321	(241,112)	(94,866)
Dementia	69,348	47,767	(27,465)	89,650
Core funding	25,483	22,619	(7,220)	40,882
Youth	6,312	34,576	(8,769)	32,119
	<u>76,068</u>	<u>276,283</u>	<u>(284,566)</u>	<u>67,785</u>

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 June 2024	Incoming resources	Resources expended	At 31 May 2025
	£	£	£	£
General funds	<u>17,435</u>	<u>162,258</u>	<u>(181,530)</u>	<u>(1,837)</u>
Previous year:	At 1 June 2023	Incoming resources	Resources expended	At 31 May 2024
	£	£	£	£
General funds	<u>(26,271)</u>	<u>172,981</u>	<u>(129,275)</u>	<u>17,435</u>

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2025	2025	2025
	£	£	£
At 31 May 2025:			
Tangible assets	23,264	-	23,264
Current assets/(liabilities)	<u>(25,101)</u>	<u>125,229</u>	<u>100,128</u>
	<u>(1,837)</u>	<u>125,229</u>	<u>123,392</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MAY 2025

16 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 May 2024:			
Tangible assets	28,640	-	28,640
Current assets/(liabilities)	(11,205)	67,785	56,580
	<u>17,435</u>	<u>67,785</u>	<u>85,220</u>

17 Related party transactions

During the year Michael F Morris Ltd was charged £2,849 (2024: £3,685) for room hire. As at 31 May 2025 the charity owed Michael F Morris £3,387 (2024: £8,387). All transactions are on full commercial terms.

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

