

Report of the Trustees and
Financial Statements for the Year Ended 31 August 2023
for
School of Tai Chi Chuan London
(a Charitable Incorporated Organisation)

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for the Year Ended 31 August 2023

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Report of the Trustees
for the Year Ended 31 August 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2023. The trustees have adopted the provisions of 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document and is constituted as a Charitable Incorporated Organisation as defined by the Charities Act 2011.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE007175 (England and Wales)

Registered Charity number

1168505

Registered office

30 Arundel Garden
London
W11 2LB

Trustees

Barbara Carlisle
Danyal Sattar
Edward Johnson
Erica Crome
Sunil Hirani

Report of the Trustees
for the Year Ended 31 August 2023

Introduction

For over forty years, our group of teachers have been teaching T'ai Chi in London on a not-for-profit basis. We are pleased to present our seventh report and accounts as a charity.

We are part of an international network of T'ai Chi teachers through the T'ai Chi Foundation, a US not-for-profit. Our main European counterpart is our sister school in Amsterdam which is the Dutch equivalent of a charity, a Stichting. We have teachers in our network in the UK in St Albans and Hertfordshire, Lancaster and the Thames Valley. Their schools are not part of our legal structure but we recognise them as fellow teachers in our wider school.

Our objects

The objects of the CIO are:

- (i) To promote and protect the physical and mental health of people in the UK and internationally, through the study and teaching of T'ai Chi Chuan
- (ii) The promotion of community participation in healthy recreation in particular by the teaching of T'ai Chi Chuan for the benefit of the public.
- (iii) To advance the education of the public in general on the subject of T'ai Chi Chuan and particularly the Yang Style Short Form and associated health and meditation practices of the T'ai Chi Foundation

Public benefit

Our main benefit to the public is through teaching T'ai Chi. As well as a long historic tradition as a practice for health and wellbeing, there is increasing evidence from Western medicine of the benefits of T'ai Chi for physical health through exercise and stress reduction. Our classes in London teach T'ai Chi to the general public, allowing them to experience the effects of T'ai Chi themselves.

During the period, we have taught a range of classes in our curriculum, from the beginners' classes to more advanced T'ai Chi form classes as well as a residential summer holiday training.

With a strong team of up to 20 qualified T'ai Chi teachers to draw on, we expect to continue a good range of classes over the coming year as we did the last year.

As well as our regular central London classes at St Anne's Community Centre in Dean Steet, Soho, Central London, we continue with our new teaching location at Age Exchange in Blackheath, in Southeast London. Classes are proving popular in both venues.

We ran our second post pandemic residential Summer Holiday training in the summer of 2023, in Cheltenham. This activity has a significant impact on our finances, as set out in the next section.

Finances

This is the seventh period with charity accounts.

While our main activity is in delivering classes in our London locations, the biggest income and expenditure is from our summer training, across nine days. This is because all the expenditure of accommodation, board and lodging for participants is included in the income and expenditure of the training. We have been running summer programmes for over 40 years as a wider school and periodically, we in London take on the job of running a summer training for the wider school. We are running the training again in the summer of 2024, so our accounts next year will reflect this charitable trading once more. Overall, our finances are in good health for a small charity.

Risks

Our primary risk is the health and wellbeing of our students. Our primary protection against harm is the quality of our teaching. We have a safeguarding policy, to ensure that we are protecting potentially vulnerable students and adults who may attend our classes. A range of other risks are also covered.


Conclusion

School of T'ai Chi Chuan London
(a Charitable Incorporated Organisation)

Report of the Trustees
for the Year Ended 31 August 2023

We did well to continue teaching on-line during the pandemic and are building our in-person classes once more. We wish you all the very best health and wellbeing over the year to come.
On Behalf of the Trustees of the School of T'ai Chi Chuan, London.

Approved by order of the board of trustees on 28 April 2024 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'AW SMT' followed by a large diagonal stroke.

.....
Trustee

School of Tai Chi Chuan London
(a Charitable Incorporated Organisation)

Statement of Financial Activities
for the Year Ended 31 August 2023

	Notes	31.8.23 Unrestricted fund £	31.8.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		79,953	58,362
Investment income	2	14	1
Other income		-	(27)
Total		<u>79,967</u>	<u>58,336</u>
 EXPENDITURE ON			
Raising funds		58,619	49,961
Other		13,434	7,186
Total		<u>72,053</u>	<u>57,147</u>
 NET INCOME		7,914	1,189
 RECONCILIATION OF FUNDS			
Total funds brought forward		8,071	6,882
 TOTAL FUNDS CARRIED FORWARD		<u><u>15,985</u></u>	<u><u>8,071</u></u>

The notes form part of these financial statements

Balance Sheet
31 August 2023

	Notes	31.8.23 Unrestricted fund £	31.8.22 Total funds £
CURRENT ASSETS			
Stocks	5	642	465
Cash at bank		21,943	25,518
		<hr/>	<hr/>
		22,585	25,983
 CREDITORS			
Amounts falling due within one year	6	(6,600)	(17,912)
		<hr/>	<hr/>
NET CURRENT ASSETS		15,985	8,071
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		15,985	8,071
		<hr/>	<hr/>
NET ASSETS		15,985	8,071
		<hr/>	<hr/>
FUNDS	7		
Unrestricted funds		15,985	8,071
		<hr/>	<hr/>
TOTAL FUNDS		15,985	8,071
		<hr/>	<hr/>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2023.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on28 April 2024..... and were signed on its behalf by:



Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

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

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	31.8.23	31.8.22
	£	£
Interest receivable - trading	14	1
	<u> </u>	<u> </u>

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2023 nor for the year ended 31 August 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2023 nor for the year ended 31 August 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	58,362
Investment income	1
Other income	(27)
Total	<u>58,336</u>
EXPENDITURE ON	
Raising funds	49,961
Other	7,186
Total	<u>57,147</u>
NET INCOME	1,189
RECONCILIATION OF FUNDS	
Total funds brought forward	6,882
TOTAL FUNDS CARRIED FORWARD	<u><u>8,071</u></u>

5. STOCKS

	31.8.23 £	31.8.22 £
Stocks	<u>642</u>	<u>465</u>

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.8.23	31.8.22
	£	£
Accrued expenses	6,600	17,912
	<u> </u>	<u> </u>

7. MOVEMENT IN FUNDS

	At 1.9.22	Net movement in funds	At 31.8.23
	£	£	£
Unrestricted funds			
General fund	8,071	7,914	15,985
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>8,071</u>	<u>7,914</u>	<u>15,985</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	79,967	(72,053)	7,914
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>79,967</u>	<u>(72,053)</u>	<u>7,914</u>

Comparatives for movement in funds

	At 1.9.21	Net movement in funds	At 31.8.22
	£	£	£
Unrestricted funds			
General fund	6,882	1,189	8,071
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>6,882</u>	<u>1,189</u>	<u>8,071</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	58,336	(57,147)	1,189
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>58,336</u>	<u>(57,147)</u>	<u>1,189</u>

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.9.21 £	Net movement in funds £	At 31.8.23 £
Unrestricted funds			
General fund	6,882	9,103	15,985
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>6,882</u>	<u>9,103</u>	<u>15,985</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	138,303	(129,200)	9,103
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>138,303</u>	<u>(129,200)</u>	<u>9,103</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2023.

Detailed Statement of Financial Activities
for the Year Ended 31 August 2023

	31.8.23 £	31.8.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Course fees & related income	19,863	10,136
Summer residential training	60,090	48,226
	<hr/>	<hr/>
	79,953	58,362
Investment income		
Interest receivable - trading	14	1
Other income		
Exchange Difference	-	(27)
	<hr/>	<hr/>
Total incoming resources	79,967	58,336
EXPENDITURE		
Raising donations and legacies		
Summer residential training	56,458	46,217
Other trading activities		
Licensing	2,161	1,845
Other		
Rent & rates	9,558	7,186
Support costs		
Management		
Insurance	350	350
Telephone	168	159
Postage and stationery	75	89
	<hr/>	<hr/>
	593	598
Finance		
Bank charges	301	207
Other		
Entertainment	87	-
Other 2		
Advertising	497	-
Other 3		
Sundries	1,598	294
Governance costs		
Accountancy fees	800	800

School of Tai Chi Chuan London
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Detailed Statement of Financial Activities
for the Year Ended 31 August 2023

	31.8.23 £	31.8.22 £
Total resources expended	72,053	57,147
Net income	<u>7,914</u>	<u>1,189</u>