

OPTIMI

England & Wales · Charity number 1184859

Details

Status Registered

Legal form CIO

Registered 2019-08-12

Register [View on the Charity Commission register](#)

Contact

Address Oaklands
Cardeston
Ford
Shrewsbury
SY5 9NN

Phone 07708297850

Email admin@optimi.org.uk

Website www.optimi.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND THE PROMOTION OF HEALTH AMONG THOSE SUFFERING WITH NEUROMOTOR AND NEUROMUSCULAR DISORDERS, BY MEANS OF:A) ADVANCING THE EDUCATION OF PROFESSIONALS, SPECIFICALLY TO PROMOTE, SUSTAIN AND INCREASE INDIVIDUAL AND COLLECTIVE KNOWLEDGE AND UNDERSTANDING OF SPECIFIC AREAS OF STUDY, SKILLS AND EXPERTISE RELATING TO THE MODEL OF PHYSIOTHERAPY KNOWN AS TARGETED TRAINING. B) NURTURING THE CONCERNS OF ALL THOSE, WORLDWIDE, WHO HAVE INTEREST AND/OR INVOLVEMENT IN THE SEQUENTIAL AND SEGMENTAL APPROACH TO THE DEVELOPMENT OF HUMAN MOVEMENT CONTROL.C) THE CREATION, MONITORING AND ENCOURAGEMENT OF MAINTENANCE OF CLINICAL STANDARDS OF THE MODEL OF PHYSIOTHERAPY KNOWN AS TARGETED TRAINING.

Activities: Optimi provides information about Targeted Training therapy for families and therapists. This therapy helps promote postural control in children with movement difficulties. Optimi also hosts online teaching materials for therapists and provides a forum for exchange of information and questions/answers.

Classification

- **How:** Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes

Geography

- Australia
- Brazil
- China
- Colombia
- Denmark
- Germany
- Hong Kong
- Hungary
- India
- Ireland
- Malaysia
- Netherlands
- New Zealand
- Northern Ireland
- Scotland
- Singapore
- Spain
- United States
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£1,387	£1,980	-	-
2024-01-31	£1,740	£2,195	-	-
2023-01-31	£425	£2,375	-	-
2022-01-31	£755	£2,715	-	-
2021-01-31	£7,128	£1,566	-	-

Trustees

Name	Role	Appointed
Richard Edward Major	Chair	2019-08-12
Christine Margaret Nelson Ball		2020-08-11
Dr Penelope Barbara BUTLER		2019-08-12
John Stallard		2019-08-12

OPTIMI

England & Wales - Charity number 1184859

Accounts

OPTIMI

Trustees Annual Report for the year ending 31 January 2025

Reference and Administrative Information

Charity Name: OPTIMI

Charity Registration Number: 1184859

Registered Office: Oaklands
Cardeston
Ford
Shrewsbury
Shropshire
SY5 9NN

Charity Trustees

Mr RE Major Chair

Dr PB Butler Secretary/Treasurer

Prof J Stallard

Mrs CMN Ball

Management Accountant: Mr Chris Hoare

Our Objectives and Aims

The **Objective** of our charity is set out in our Constitution:

‘The relief of sickness and the promotion of health among those suffering with neuromotor and neuromuscular disorders.’

There are three strands by which this Objective is achieved:

- a) advancing the education of professionals in specific areas of study, skills and expertise relating to the model of physiotherapy known as Targeted Training and the accompanying Segmental Assessment of Trunk Control (SATCo).
- b) nurturing the concerns of all those, worldwide, who have interest and/or involvement in the sequential and segmental approach to the development of human movement control.
- c) the creation, monitoring and encouragement of maintenance of clinical standards of the model of physiotherapy known as Targeted Training.

The **Aim** of our charity is, in simple terms, to enable as many people as possible who have disabilities that might respond in some part to Targeted Training therapy, to have access to this physiotherapy approach. Our aim fully reflects our Objective.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report encompasses our achievements over our third year as a Registered Charity. We review the progress of each key activity and how this contributes to benefit those groups of people we are set up to help. We refer to the Charity Commission’s general guidance on public benefit.

The focus of our work

The strategies we have defined to meet our objective included:

- Creation and delivery of distance learning educational programmes for professionals, such as physiotherapists, occupational therapists and others such as paediatricians and bioengineers

- Creation and delivery of face-to-face educational programmes for professionals, such as physiotherapists and occupational therapists
- Creation and delivery of a forum for those who have an interest in this area
- Creation and establishment of clinical standards for delivery of Targeted Training therapy

How our activities deliver public benefit

All our charitable activities deliver public benefit by the broadening of information and knowledge about Targeted Training and the sequential and segmental approach to the development of human movement control. The benefit accrued by an individual as a result of Targeted Training has impact beyond the immediate gain by the individual: families also benefit as a result of greater independence of the individual and wider society can benefit from reduction in costs of equipment and medical care required. An increase in movement control and function can lead to greater access to employment, with consequent public benefit. The expertise held by Trustees, encompassing many aspects of the management of disability and particularly of individuals with Cerebral Palsy, provides a resource of Patient and Public Involvement and Engagement for those engaging in research activities and Knowledge Exchange.

Achievements and Performance

Mr Richard Major and Dr Penny Butler were invited to contribute to a three-day global online event organised by Dr Mindy Silva in New Zealand. Two presentations were submitted and both accepted : “Fixed ankle foot orthoses: How to get much more from tuning....” and “My therapy strategy has no need for biomechanics! Chicken or egg?”. This Clinical Excellence Summit provided an excellent opportunity to reach a wide audience, with a total of 6468 registered attendees from 22 countries (mainly USA, Australia, UK, NZ and Canada). These were watched live by over 900 and 600 attendees respectively and to date, including replays, 965 and 623 (24/9/24). In addition to the pre-recorded presentations there were live panel discussions, ‘Collab hubs’ and other events in which both Penny Butler and Richard Major participated.

TurnTo: This is an information repository and exchange forum for issues associated with Cerebral Palsy. It has worldwide participation by families, doctors and therapists. TurnTo is broad ranging, including highlights of latest research, practical tips shared by families and information on various therapy strategies. The latter are often introduced with an invited short video by a therapist who uses a particular modality. Audience questions are submitted and these questions, generally reduced to around seven by the TurnTo team, are then answered by the therapist in a series of short videos. This provides an excellent means of providing detailed information about a therapy strategy to a wide audience and engaging with that audience.

Dr Penny Butler was invited to contribute on the Segmental Assessment of Trunk Control (SATCo) and Targeted Training. These videos were met with appreciation and comments posted included:

“Thanks so much! Your answer was in depth and made so much sense to me. Appreciate it!”

“It really appeals to me how systematic Targeted Training is.”

“It’s exciting to hear about the possibility of something that shows improvement in children with greater severity of disability. I’m looking forward to learning more!”

Face-to-face educational opportunities

1. Sandwell: a presentation about SATCo has been given to staff of the community paediatric physiotherapy team in Sandwell. Due to various external factors, the audience was small but many questions were asked.
2. Israel: contact was made by the lead physiotherapist for community paediatrics in Israel, already known to Optimi. Their specific interest was how the Leckey Therapy Bench can best be utilised for SATCo and training (TT). A presentation with voice over was used with follow up question and answer session.

Other educational avenues

- The group of physiotherapists in Spain* who have an interest in SATCo have presented, by invitation, at a conference in Madrid. This aimed at increasing

knowledge about and interest in SATCo. Their presentations were enthusiastically received.

- A poster entitled 'Validity and reliability of the Spanish version of the Segmental Assessment of Trunk Control (SATCo) : preliminary data' was presented at the 2024 Conference of the European Academy of Childhood Disability (Bruges, May/June 2024). Authors were V González-Vila, I González-Eiroa, PB Butler and V Robles-García.

Translations of SATCo

In addition to the translations of the SATCo score sheet previously reported, translations this year have included Greek, Slovenian and commencement of translation to Turkish. The teams in Greece and in Spain have also completed translation of supporting material available in conjunction with the free-to-view training videos.

* Vanesa González-Vila, Irene González-Eiro, and Verónica Robles-García

Communication between therapists and creation and establishment of clinical standards

The means of monitoring delivery of Targeted Training will be considered once the full teaching package is in place.

Serious Incident Report

In November 2024, Trustees submitted a Serious Incident Report to both the Information Commissioner's Office and to the Charity Commission. This was as a consequence of a video on the Optimi website being used on another website, without first obtaining Optimi consent.

The transfer was detected within 24 hours and steps were taken immediately to remove the video from the receiving site at Optimi's request, substantially reducing the risk of this material being accessed by others beyond that site.

The report was made as:

- a. The incident could potentially harm a contributor to our work
- b. It could also potentially harm the reputation of Optimi

Optimi has followed the recommendations and action suggested by both the Information Commissioner's Office and the Charity Commission, both of which have closed the incident.

Future Plans

The charity plans to continue the activities outlined above in the forthcoming years subject to satisfactory income from distance learning course participation and commissioned teaching.

Structure, Governance and Management

Governing Document

OPTIMI is a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees: it was registered on 12 August 2019. The charity's Constitution states that, in the event of the charity being wound up, trustees have no financial or personal liability.

Recruitment and Appointment of Trustees

Dr Penny Butler retired this year and was reappointed. Trustees may be re-elected for a maximum of three consecutive terms with an interval of one year before a fourth term commences. A term constitutes a three year period.

All trustees give their time voluntarily and received no benefits from the charity.

The trustee body seeks to ensure that the needs of professionals and their client groups are met through the diversity of the trustee body alongside business and management skills. To help maintain this broad skill mix, Trustees provide a list of their skills (updated each year): if specific skills are required or lost due to retirement, individuals are approached to offer themselves for election.

Trustees have met six times during the year, with all meetings taking place virtually.

Trustees have been mindful of the issues of succession planning and meetings have been held during the year to discuss this issue.

Trustee Induction and Training

New trustees are invited because of interest expressed in our work and/or specific skills that would be of value to the charity. Potential trustees are provided with information about the charity's objectives and activities and with information from the Charity Commission about the responsibilities of trustees, including the publication 'The Essential Trustee'. New trustees are provided with the Constitution of the CIO along with the latest financial statements.

Risk Management

Trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is updated annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions.

In this context, Trustees have reviewed the financial situation of Optimi and taken strategies to reduce outgoings by, first, engaging a Chartered Accountant to act on a voluntary basis and, second, by using a registered office address rather than that of the previous accountancy firm.

Quinquennial Review of Constitution of Optimi

This review was undertaken in accordance with the requirements of the Constitution, resulting in minor changes appropriate to current means of communication.

Policies

Trustees have reviewed and approved the Risk Register and Trustee Skill Mix. Policies on Public Benefit, Risk Management, Financial Management, Conflicting Interests, Confidentiality, Equality and Diversity and posts within Optimi for Ex-Offenders were updated and approved during the year. All policies are reviewed at defined intervals and are available to view at <https://optimi.org.uk/policies/>

Responsibilities of trustees

The CIO is required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the CIO as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the CIO will continue on that basis.

Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the CIO and to enable them to ensure that the financial statements comply with the Companies Act 2006. Trustees are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the relevant legislation, as the trustees of the charity, we certify that:

- so far as we are aware, there is no relevant financial information of which the CIO's Independent Examiner is unaware; and
- as the trustees of the CIO we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information

and to establish that the CIO's Independent Examiner is aware of that information.

OPTIMI
BALANCE SHEET
AS AT 31 JANUARY 2025

	2025	2024
Fixed Assets		
Intangible Assets	£ -	£ 931
Current Assets		
Prepayments	£ 546	£ 393
Cash in bank and at hand	£ 3,322	£ 3,137
	<u>£ 3,868</u>	<u>£ 3,530</u>
Creditors		
Amount due within 12 months	<u>-£ 3,265</u>	<u>-£ 3,265</u>
Net Current Assets/-Liabilities	<u>£ 603</u>	<u>£ 265</u>
Total Assets less Liabilities	<u>£ 603</u>	<u>£ 1,196</u>
Income Funds		
Unrestricted Funds	<u>£ 603</u>	<u>£ 1,196</u>
Total Funds	<u>£ 603</u>	<u>£ 1,196</u>

OPTIMI**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31 JANUARY 2025**

	2025	2024
Incoming Resources		
<u>Voluntary Income</u>		
Donations	£ 1,137	£ 240
	<u>£ 1,137</u>	<u>£ 240</u>
<u>Income from Charitable Activities</u>		
Sales within charitable activities	£ 250	£ 1,500
	<u>£ 250</u>	<u>£ 1,500</u>
Total Incoming resources	<u><u>£ 1,387</u></u>	<u><u>£ 1,740</u></u>
Resources Expended		
<u>Charitable expenditure</u>		
Amortisation	£ 931	£ 930
Computer Expenses	£ 838	£ 798
Paypal fees	£ 20	£ 44
Insurance	£ 156	£ 243
Accountancy/Legal	£ 35	£ 180
Total Expenditure	<u><u>£ 1,980</u></u>	<u><u>£ 2,195</u></u>
Net Income/-Loss	<u><u>-£ 593</u></u>	<u><u>-£ 455</u></u>

OPTIMI

England & Wales - Charity number 1184859

Accounts

OPTIMI

Trustees Annual Report for the year ending 31 January 2024

Reference and Administrative Information

Charity Name: OPTIMI

Charity Registration Number: 1184859

Registered Office: 5 Brayford Square
LONDON
E1 0SG

Charity Trustees

Mr RE Major Chair

Dr PB Butler Secretary/Treasurer

Prof J Stallard

Prof PS Holmes (Retired 21 September 2023)

Mrs CMN Ball

Management Accountant: Mr Chris Hoare

Our Objectives and Aims

The **Objective** of our charity is set out in our Constitution:

‘The relief of sickness and the promotion of health among those suffering with neuromotor and neuromuscular disorders.’

There are three strands by which this Objective is achieved:

- a) advancing the education of professionals in specific areas of study, skills and expertise relating to the model of physiotherapy known as Targeted Training and the accompanying Segmental Assessment of Trunk Control (SATCo).
- b) nurturing the concerns of all those, worldwide, who have interest and/or involvement in the sequential and segmental approach to the development of human movement control.
- c) the creation, monitoring and encouragement of maintenance of clinical standards of the model of physiotherapy known as Targeted Training.

The **Aim** of our charity is, in simple terms, to enable as many people as possible who have disabilities that might respond in some part to Targeted Training therapy, to have access to this physiotherapy approach. Our aim fully reflects our Objective.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report encompasses our achievements over our third year as a Registered Charity. We review the progress of each key activity and how this contributes to benefit those groups of people we are set up to help. We refer to the Charity Commission’s general guidance on public benefit.

The focus of our work

The strategies we have defined to meet our objective included:

- Creation and delivery of distance learning educational programmes for professionals, such as physiotherapists, occupational therapists and others such as paediatricians and bioengineers

- Creation and delivery of face-to-face educational programmes for professionals, such as physiotherapists and occupational therapists
- Creation and delivery of a forum for those who have an interest in this area
- Creation and establishment of clinical standards for delivery of Targeted Training therapy

How our activities deliver public benefit

All our charitable activities deliver public benefit by the broadening of information and knowledge about Targeted Training and the sequential and segmental approach to the development of human movement control. The benefit accrued by an individual as a result of Targeted Training has impact beyond the immediate gain by the individual: families also benefit as a result of greater independence of the individual and wider society can benefit from reduction in costs of equipment and medical care required. An increase in movement control and function can lead to greater access to employment, with consequent public benefit. The expertise held by Trustees, encompassing many aspects of the management of disability and particularly of individuals with Cerebral Palsy, provides a resource of Patient and Public Involvement and Engagement for those engaging in research activities and Knowledge Exchange.

Achievements and Performance

Distance learning

Our Aim to help those who have conditions that may respond to Targeted Training therapy can realistically only be met by training local therapists in the rationale and techniques of this therapy approach. This education programme is initially directed towards helping children with these movement control problems, through training specialist children's therapists. This web-based teaching uses many video examples of children: these videos are hosted on Vimeo and use of this platform ensures that these videos remain secure. This is vital since the uploaded videos are of children whose families have given permission for their use in this context only.

This has been a fulfilling year for Optimi, with a sharp increase in interest from therapists worldwide.

Our Distance Learning courses now include Intermediate 1, comprising four modules that focus on biomechanics. This has been followed by a further module on Gait and Ankle Foot Orthoses* to form an addition to Intermediate 1 as the subjects are closely related. Biomechanics is generally poorly taught to therapy students, using correct biomechanical principles but with no relevance created between the taught theory and therapy practice. Therapists who have taken Intermediate 1 have almost universally contacted Optimi with the comment 'I wish I had been taught this in therapy school!' Another student fed-back that they 'enjoyed the simplicity and logic' of the modules.

* Bracing the foot and ankle to enhance walking performance

Face-to-face educational opportunities

Trustees continue to maintain close contact with therapists internationally, ensuring that the educational material produced meets the needs of therapists of different nationalities and cultures and for whom English is not their first language.

A key focus for Optimi is the spread of Targeted Training worldwide but this brings the challenge of helping therapists in countries with less even access to healthcare and where obtaining specific therapy equipment is both difficult and costly. SATCo and Targeted Training continue to be used widely in the USA, Brazil, India, South-East Asia, Australasia and Europe.

Optimi was invited to teach a Wired On Development* 5 Day Challenge. Therapists signed up to this free event worldwide, meeting with other therapists in groups and taking a daily challenge: this involved reading/exploring/thinking about a subject based on a given video recording, made previously by Optimi, and materials presented for the day. Dr Penny Butler and Mr Richard Major responded to questions that arose and fed in more information as the days progressed, including a Q&A session. These Q&A have since been uploaded to the Optimi website (with permission) as a free-to-view tuition.

Optimi offered free access to the Foundation Learning for the two therapists whose comments seemed the most apt. One winner was from Hungary, working in a context where children are not allowed to progress until they have achieved basic goals (i.e. child is not permitted to try to sit until they have mastered rolling on the floor). The other winner was from the USA.

These sessions also included 2 minute videos from professionals with knowledge of SATCo and/or Targeted Training. These videos were willingly contributed by a Consultant Paediatric Orthopaedic Surgeon (UK), a Paediatric Physiotherapist and innovation lead for paediatric physiotherapy (Denmark), a Professor in Oregon USA and a paediatric physiotherapist and researcher (Spain). A longer interview was recorded between Dr Silva and Dr Tania Sakanaka (Movement Scientist) and Professor Ian Loram, project lead at Manchester Metropolitan University. This was about the quantification of SATCo analysis currently being undertaken at Manchester Metropolitan University. This project will result in the first objective, quantified measure of head and trunk control that is suitable for use in a clinical environment.

Comments following the 5 Day Challenge included:

'The statements are so clear and concise I would think they make it hard to argue against! I find this quite freeing to know there is a clear pathway forward for this child's therapy approach!'

'For the first time in a while, I've felt like there is an approach that marries in with what I've learnt and what I want to learn. Targeted Training seems both practical and simple - the very fact that it relies on the parent's input and participation gets me excited. Lastly, it also makes more sense in the research field, again, linking clinical and theoretical approaches.'

* The Wired Collective/Wired On Development is a website hosted by Dr Mindy Silva, a paediatric physiotherapist based in New Zealand. It is a knowledge hub for paediatric physiotherapists and includes interviews and 'Master Classes' from leaders in the field.

A section on SATCo and on Targeted Training by a contributor to 'Physiopedia*' The global remit of this website gives Optimi excellent exposure.

*Physiopedia is the therapy 'equivalent' of Wikipedia. It is a UK charity, with a worldwide presence, offering accredited courses on a wide range of physiotherapy subjects. There is a focus on reaching out to low and middle income countries. "Every month, over 3 million individuals from nearly every country in the world learn from the Physiopedia website."

It was recognised that SATCo should ideally be available at no cost and sufficiently comprehensive for immediate, if not expert, use. This has led to development of a free-to-view SATCo page on the Optimi website with training videos and downloadable SATCo score sheets. In addition, guidelines have been produced to help therapists create a device to stabilise the pelvis for SATCo, with the client sitting on a therapy bench. More in-depth learning will be provided as a paid for module on the Optimi website.

This free-to-view material was greeted by a University lecturer based in Oregon, USA as follows:

"This is brilliant, I will assign your SATCo training to all of my new research group. I will also start referring others to this site for this training!"

Other educational avenues

- Two joint posters by the Universidade da Coruña, Spain and Optimi were presented at the European Academy of Childhood Disability 35th Annual Meeting in Ljubljana, Slovenia, May 2023. The posters were entitled 'Implementation of the ICF approach to target participation in a child with Cockayne syndrome: a case report' and 'Implementation of evidence-based in a rare condition: case report of a child with duplication 15q syndrome (invdup(15))'.
- This group also have a joint authored poster accepted for the European Academy of Childhood Disability 35th Annual Meeting in Bruges, 2024. The poster is entitled 'Validity and reliability of the Spanish version of the Segmental Assessment of Trunk Control: preliminary data'.

- A group of physiotherapists in Greece, led by Dr Vasileios Skoutelis, Paediatric Physiotherapist at Attikon University General Hospital, Athens and Academic Scholar at the University of West Attica, Athens are embarking on a transcultural translation of the SATCo into Greek. Optimi support has been offered and gratefully accepted.

Communication between therapists and creation and establishment of clinical standards

The means of monitoring delivery of Targeted Training will be considered once the full teaching package is in place.

Future Plans

The charity plans to continue the activities outlined above in the forthcoming years subject to satisfactory income from distance learning course participation and commissioned teaching.

Structure, Governance and Management

Governing Document

OPTIMI is a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees: it was registered on 12 August 2019. The charity's Constitution states that, in the event of the charity being wound up, trustees have no financial or personal liability.

Recruitment and Appointment of Trustees

Mr Richard Major and Mrs Christine Ball retired this year and both were reappointed. Trustees may be re-elected for a maximum of three consecutive terms with an interval of one year before a fourth term commences. A term constitutes a three year period.

All trustees give their time voluntarily and received no benefits from the charity.

The trustee body seeks to ensure that the needs of professionals and their client groups are met through the diversity of the trustee body alongside business and management skills. To help maintain this broad skill mix, Trustees provide a list of their skills (updated each year): if specific skills are required or lost due to retirement, individuals are approached to offer themselves for election.

Trustees have met four times during the year: three meetings have been virtual with one meeting incorporating a visit to the Movement Laboratory at Manchester Metropolitan University:

Trustees have been mindful of the issues of succession planning and meetings have been held during the year to discuss this issue.

Trustee Induction and Training

New trustees are invited because of interest expressed in our work and/or specific skills that would be of value to the charity. Potential trustees are provided with information about the charity's objectives and activities and with information from the Charity Commission about the responsibilities of trustees, including the publication 'The Essential Trustee'. New trustees are provided with the Constitution of the CIO along with the latest financial statements.

Risk Management

Trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is updated annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions.

In this context, Trustees have reviewed the financial situation of Optimi and taken strategies to reduce outgoings by, first, engaging a Chartered Accountant to act on a voluntary basis and, second, by using a registered office address rather than that of the previous accountancy firm.

Policies

Trustees have reviewed and approved the Risk Register and Trustee Skill Mix. Policies on Conflict of Interest and Complaints Handling were updated and approved during the year. All policies are reviewed at defined intervals and are available to view at <https://optimi.org.uk/policies/>

Responsibilities of trustees

The CIO is required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the CIO as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the CIO will continue on that basis.

Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the CIO and to enable them to ensure that the financial statements comply with the Companies Act 2006. Trustees are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the relevant legislation, as the trustees of the charity, we certify that:

- so far as we are aware, there is no relevant financial information of which the CIO's Independent Examiner is unaware; and
- as the trustees of the CIO we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the CIO's Independent Examiner is aware of that information.

Optimi Financial Statements Year ending 31 January 2024

OPTIMI

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDING 31 JANUARY 2024

	2024	2023
Incoming Resources		
<u>Voluntary Income</u>		
Donations	£ 240	£ 155
	<u>£ 240</u>	<u>£ 155</u>
<u>Income from Charitable Activities</u>		
Sales within charitable activities	£ 1,500	£ 270
	<u>£ 1,500</u>	<u>£ 270</u>
Total Incoming resources	<u><u>£ 1,740</u></u>	<u><u>£ 425</u></u>
Resources Expended		
<u>Charitable expenditure</u>		
Amortisation	£ 930	£ 930
Computer Expenses	£ 798	£ 805
Paypal fees	£ 44	£ 8
Insurance	£ 243	£ 272
Accountancy/Legal	£ 180	£ 360
Total Expenditure	<u><u>£ 2,195</u></u>	<u><u>£ 2,375</u></u>
Net Income/-Loss	<u><u>-£ 455</u></u>	<u><u>-£ 1,950</u></u>

Optimi Financial Statements Year ending 31 January 2024

OPTIMI BALANCE SHEET AS AT 31 JANUARY 2024

	2024	2023
Fixed Assets		
Intangible Assets	£ 931	£ 1,861
Current Assets		
Prepayments	£ 393	£ 341
Cash in bank and at hand	<u>£ 3,137</u>	<u>£ 3,075</u>
	£ 3,530	£ 3,416
Creditors		
Amount due within 12 months	<u>-£ 3,265</u>	<u>-£ 3,625</u>
Net Current Assets/-Liabilities	<u>£ 265</u>	<u>-£ 209</u>
Total Assets less Liabilities	<u><u>£ 1,196</u></u>	<u><u>£ 1,652</u></u>
Income Funds		
Unrestricted Funds	<u>£ 1,196</u>	<u>£ 1,652</u>
Total Funds	<u><u>£ 1,196</u></u>	<u><u>£ 1,652</u></u>

OPTIMI

England & Wales - Charity number 1184859

Accounts

Charity Registration No. 1184859

OPTIMI
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR 31 JANUARY 2023

OPTIMI

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Stallard Professor P S Holmes Dr P B Butler Mrs C M Ball Mr R E Major
Charity number	1184859
Company number	CE018501
Accountants	Azets 5 - 7 Beatrice Street Oswestry Shropshire United Kingdom SY11 1QE

OPTIMI

CONTENTS

	Page
Trustees' report	1 - 5
Accountants' report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 14

OPTIMI

TRUSTEES' REPORT

FOR THE YEAR 31 JANUARY 2023

The trustees present their report and financial statements for the year 31 January 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

The **OBJECTIVE** of our charity is set out in our constitution:

'The relief of sickness and the promotion of health among those suffering with neuro-motor and neuromuscular disorders.'

There are three strands by which this objective is achieved:

a) advancing the education of professionals, specifically to promote, sustain and increase individual and collective knowledge and understanding of specific areas of study, skills and expertise relating to the model of physiotherapy known as Targeted Training.

b) nurturing the concerns of all those, worldwide, who have interest and/or involvement in the sequential and segmental approach to the development of human movement control.

c) the creation, monitoring and encouragement of maintenance of clinical standards of the model of physiotherapy known as Targeted Training.

The **AIM** of our charity is, in simple terms, to enable as many people as possible who have disabilities that might respond in some part to Targeted Training therapy, to have access to this physiotherapy approach. Our aim fully reflects the purposes that the charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report looks at our achievements over our third year as a registered charity. The report looks at the progress of each key activity, the way in which this is contributing towards fulfilling our objective and aim and the benefits they have brought to those groups of people we are set up to help. The report also helps us ensure our objective, aim and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when defining our objective and aim and in planning our future activities.

The focus of our work

The strategies we have defined to meet our objective included:

- Creation and delivery of distance learning educational programmes for professionals, such as physiotherapists, occupational therapists and others such as paediatricians and bioengineers.
- Creation and delivery of face-to-face educational programmes for professionals, such as physiotherapists and occupational therapists.
- Creation and delivery of a forum for those who have an interest in this area.
- Creation and establishment of clinical standards for delivery of Targeted Training therapy.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2023

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on the furthering of information and knowledge about Targeted Training and the sequential and segmental approach to the development of human movement control and are undertaken to further our charitable purposes for the public benefit. Any benefit accrued by an individual as a result of Targeted Training has impact beyond the immediate gain by the individual: families also benefit as a result of greater independence of the individual and wider society can benefit from the reduction in costs of equipment and medical care required. An increase in movement control and function can lead to greater access to employment, with consequent public benefit. The expertise held by Trustees, encompassing many aspects of the management of disability and particularly of individuals with Cerebral Palsy, provides a resource of patient and public involvement and engagement for those engaging in research activities and knowledge exchange.

Achievements and performance

Distance learning

Our aim to help those who have conditions that may respond to Targeted Training therapy is realistically only met by training local therapists in the background, rationale and techniques of this therapy approach. This education programme is initially directed towards helping children with these movement control problems, through training specialist children's therapists. This web-based teaching uses many video examples of children: these videos are hosted on Vimeo and use of this platform ensures that these videos remain secure. This is vital since the uploaded videos are of children whose families have given permission for their use in this context only.

Teaching material has been produced and uploaded by Trustees to the OPTIMI website. The framework is, first, a collection of free-to-view material directed at both therapists and families. The more formal teaching material is currently divided into fundamental and intermediate learning. The fundamental learning consists of two modules, providing an overview of the subject with clinical applications. The intermediate learning takes a more in depth approach to enable therapists to build on their skills and, thereby, help children with movement control problems to benefit.

Each module has specific learning objectives and self assessment in the form of multiple choice questions. A variety of teaching methods is used, including occasional inclusion of a cartoon format. Intermediate Learning is now loaded with just a few minor links needed and will be launched shortly.

Our membership has increased steadily over the year, with purchase of the fundamental learning at a satisfactory rate. Feedback from users of the website and of the modules is vital to ensure the material is presented in a clear, logical and informative manner. Comments from users have included:

"As a team already working with trunk control, we found the teaching material very useful to better understand the importance, for example, of the upright position and the difficulties we see every day in children with neurodevelopmental disorders. The material online goes from very basic concepts to more difficult ones, so is suitable for both clinicians and researchers working for children with disabilities."

"Without a doubt, an enriching experience that has increased knowledge about the correct evaluation of trunk control through SATCO."

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2023

Face-to-face educational programmes

A group of three physiotherapists (Professor and two post-graduate students) at the Universidade da Coruña, Spain, completed the Fundamental Learning and requested two follow-up face-to-face seminars, which were delivered virtually. This group have completed a translation of the Segmental Assessment of Trunk Control (SATCo) into European Spanish and are validating this work by conducting SATCos on typically developing children and children with cerebral palsy. Prior to the first face-to-face session, they sent recordings of SATCos (with parental consent). The improvement in their SATCo assessment technique and analysis following this session, as verified at the second face-to-face session, was substantial. This dual method of online and face-to-face seminar will be promoted in future.

Trustees continue to maintain close contact with therapists internationally, ensuring that the educational material produced meets the needs of therapists of different nationalities and cultures and for whom English is not their first language.

A key focus for Optimi is the spread of Targeted Training worldwide but this brings the challenge of helping therapists in countries with less even access to healthcare and where obtaining specific therapy equipment is both difficult and costly. This contact has revealed that SATCo and Targeted Training are being used widely in the USA, Brazil, India, South-East Asia, Australasia and Europe.

Other educational avenues

A poster was presented at the European Academy of Childhood Disability 34th Annual Meeting in Barcelona, May 2022. This poster, 'Transcultural translation and validation of Segmental Assessment of Seated Postural & Reaching Control Test (SP&R-co) resulted from the work at the Universidade da Coruña, Spain and was presented by one of their team.

A workshop was given at the European Seating Symposium 2022 (held over from 2020). Croke Park Stadium, Dublin, June. This workshop 'Application of the Segmental Assessment of Trunk Control (SATCo) to maximise participation in the seated posture' was by Dr Laura Finney (Leckey/ETAC), and Dr Penny Butler (Optimi/Manchester Metropolitan University).

Planning is ongoing for communication between therapists, including 'seeking help from experts' and exchange of information on new developments.

Creation and establishment of clinical standards

The means of monitoring delivery of Targeted Training will be considered once the full teaching package is in place.

Risk management

Trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions.

Policies

Trustees have reviewed and approved the Risk Register and Trustee Skill Mix. Policies on Public Benefit, Risk Management and Financial Management were updated and approved during the year. Several new policies were drafted following Charity Commission guidelines and approved. These included policies relating to: Donations, Confidentiality, Equality and Diversity, Ex-offenders, Reimbursement and payment of expenses, Volunteers and for providers of Targeted Training.

All policies will be reviewed at defined intervals and are available on request to: admin@optimi.org.uk

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2023

Plans for the future

The charity plans on continuing the activities outlined above in the forthcoming years subject to satisfactory income from distance learning course participation and commissioned teaching.

Structure, governance and management

Governing document

OPTIMI is a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees: it was registered on 12 August 2019. The charity's constitution states that, in the event of the charity being wound up, trustees have no financial or personal liability.

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

Professor J Stallard

Professor P S Holmes

Dr P B Butler

Mrs C M Ball

Mr R E Major

Recruitment and appointment of Trustees

Under the requirements of the Constitution, the first three trustees were elected to serve for a period of four years (Dr P Butler), three years (Mr R Major) and two years (Professor J Stallard). Professor Stallard thus retired this year and was reappointed. Trustees may be re-elected for a maximum of three consecutive terms with an interval of one year before a fourth term commences. A term constitutes a three year period.

All trustees give their time voluntarily and received no benefits from the charity.

The work of the charity focusses on physiotherapy of human movement control, the biomechanics of human movement control and the education of professionals in these specialist areas. The trustee body seeks to ensure that the needs of professionals and their client groups are met through the diversity of the trustee body alongside the more traditional business and management skills. To help maintain this broad skill mix, Trustees are requested to provide a list of their skills (and update it each year) and in the event of specific skills required or skills being lost due to retirement, individuals are approached to offer themselves for election.

Trustees have met five times during the year: all meetings have been virtual.

Trustees have been mindful of the issues of succession planning and meetings have been held during the year to discuss this issue.

Trustee induction and training

New trustees are invited because of interest expressed in our work and/or specific skills that would be of value to the charity. Potential trustees are provided with information about the charity's objectives and activities and with information from the Charity Commission about the responsibilities of trustees, including the publication 'The Essential Trustee'. New trustees are provided with the Constitution of the CIO along with the latest financial statements.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2023

Responsibilities of trustees

The CIO is required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the CIO as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the CIO will continue on that basis.

Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the CIO and to enable them to ensure that the financial statements comply with the Companies Act 2006. Trustees are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the relevant legislation, as the trustees of the charity, we certify that:

- so far as we are aware, there is no relevant financial information of which the CIO's accountants are unaware; and
- as the trustees of the CIO we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the CIO's accountants are aware of that information.

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

.....
Mr R E Major

Chair

Dated:

OPTIMI

ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF OPTIMI FOR THE YEAR 31 JANUARY 2023

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of OPTIMI for the year 31 January 2023, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at <http://www.icaew.com/en/members/regulations-standards-and-guidance/>

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 31 August 2020. Our work has been undertaken solely to prepare for your approval the financial statements of OPTIMI and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than OPTIMI and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that OPTIMI has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and deficit of OPTIMI. You consider that OPTIMI is exempt from the statutory audit requirement for the period to 31 January 2022, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of OPTIMI. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Azets

.....

Oswestry
Shropshire
SY11 1QE
United Kingdom

OPTIMI

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR 31 JANUARY 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Income from:</u>			
Donations and legacies	2	155	50
Charitable activities	3	270	705
		<hr/>	<hr/>
Total income		425	755
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	4	2,375	2,715
		<hr/>	<hr/>
Net expenditure for the year/ Net movement in funds		(1,950)	(1,960)
Fund balances at 1 February 2022		3,602	5,562
		<hr/>	<hr/>
Fund balances at 31 January 2023		1,652	3,602
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the period ended 31 January 2021.

All income and expenditure derive from continuing activities.

OPTIMI

BALANCE SHEET

AS AT 31 JANUARY 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Intangible assets	7		1,861		2,791
Current assets					
Debtors	8	341		342	
Cash at bank and in hand		3,075		4,454	
		<u>3,416</u>		<u>4,796</u>	
Creditors: amounts falling due within one year	9	<u>(3,625)</u>		<u>(3,985)</u>	
Net current (liabilities)/assets			(209)		811
Total assets less current liabilities			<u>1,652</u>		<u>3,602</u>
Income funds					
Unrestricted funds			1,652		3,602
			<u>1,652</u>		<u>3,602</u>

The financial statements were approved by the Trustees on

.....
Mr R E Major
Chair

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR 31 JANUARY 2023

1 Accounting policies

Charity information

OPTIMI is a Charitable Incorporated Organisation. The registered office is 5-7 Beatrice Street, Oswestry, Shropshire, SY11 1QE

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.

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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR 31 JANUARY 2023

1 Accounting policies

(Continued)

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.

1.5 Research and development expenditure

Research expenditure is written off against profits in the year in which it is incurred. Identifiable development expenditure is capitalised to the extent that the technical, commercial and financial feasibility can be demonstrated.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation 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:

Development costs	20% straight line
-------------------	-------------------

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible 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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR 31 JANUARY 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.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	155	50
	=====	=====

3 Charitable activities

	Charitable Income	Charitable Income
	2023	2022
	£	£
Sales within charitable activities	270	705
	=====	=====

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR 31 JANUARY 2023

4 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Depreciation and impairment	930	930
Computer expenses	805	910
Paypal fees	8	7
Insurance	272	508
	<u>2,015</u>	<u>2,355</u>
Governance costs (Accountancy)	360	360
	<u>2,375</u>	<u>2,715</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period ended 31 January 2023.

6 Employees

The average monthly number of employees during the period ended 31 January 2023 was:

	2023 Number	2022 Number
Total	-	-

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

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR 31 JANUARY 2023

7 Intangible fixed assets

	Development costs £
Cost	
At 1 February 2022 and 31 January 2023	4,651
	<hr/>
Amortisation and impairment	
At 1 February 2022	1,860
Amortisation charged for the period	930
	<hr/>
At 31 January 2023	2,790
	<hr/>
Carrying amount	
At 31 January 2023	1,861
	<hr/> <hr/>
At 31 January 2022	2,791
	<hr/> <hr/>

8 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Prepayments and accrued income	341	342
	<hr/> <hr/>	<hr/> <hr/>

9 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	3,265	3,265
Accruals and deferred income	360	720
	<hr/> <hr/>	<hr/> <hr/>
	3,625	3,985
	<hr/> <hr/>	<hr/> <hr/>

OPTIMI

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2023

	2023 £	2022 £
Incoming Resources		
<u>Voluntary income</u>		
Donations and gifts	155	50
	<hr/> 155	<hr/> 50
<u>Income from charitable activities</u>		
Sales within Charitable activity	270	705
	<hr/> 270	<hr/> 705
Total incoming resources	425	755
	<hr/>	<hr/>
Resources expended		
<u>Charitable expenditure</u>		
Amortisation	930	930
Computer expenses	805	910
Paypal fees	8	7
Insurance	272	508
Accountancy	360	360
	<hr/> 2,375	<hr/> 2,715
Total resources expended	2,375	2,715
	<hr/>	<hr/>
Net income/(expenditure)	(1,950)	(1,960)
	<hr/> <hr/>	<hr/> <hr/>

OPTIMI

England & Wales - Charity number 1184859

Accounts

Charity Registration No. 1184859

OPTIMI
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR 31 JANUARY 2022

OPTIMI

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees
Professor J Stallard
Professor P S Holmes
Dr P B Butler
Mrs C M Nelson Ball
Mr R E Major *REM*

Charity number 1184859

Company number CE018501

Accountants
Azets
5 - 7 Beatrice Street
Oswestry
Shropshire
United Kingdom
SY11 1QE

OPTIMI

CONTENTS

	Page
Trustees' report	1 - 6
Accountants' report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10 - 15

OPTIMI

TRUSTEES' REPORT

FOR THE YEAR 31 JANUARY 2022

The trustees present their report and financial statements for the year 31 January 2022.

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

The **OBJECTIVE** of our charity is set out in our constitution:

'The relief of sickness and the promotion of health among those suffering with neuro-motor and neuromuscular disorders.'

There are three strands by which this objective is achieved:

- a) advancing the education of professionals, specifically to promote, sustain and increase individual and collective knowledge and understanding of specific areas of study, skills and expertise relating to the model of physiotherapy known as Targeted Training.
- b) nurturing the concerns of all those, worldwide, who have interest and/or involvement in the sequential and segmental approach to the development of human movement control.
- c) the creation, monitoring and encouragement of maintenance of clinical standards of the model of physiotherapy known as Targeted Training.

The **AIM** of our charity is, in simple terms, to enable as many people as possible who have disabilities that might respond in some part to Targeted Training therapy, to have access to this physiotherapy approach. Our aim fully reflects the purposes that the charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report looks at our achievements over our second year as a registered charity. The report looks at the progress of each key activity, the way in which this is contributing towards fulfilling our objective and aim and the benefits they have brought to those groups of people we are set up to help. The report also helps us ensure our objective, aim and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when defining our objective and aim and in planning our future activities.

The focus of our work

The strategies we have defined to meet our objective included:

- Creation and delivery of distance learning educational programmes for professionals, such as physiotherapists, occupational therapists and others such as paediatricians and bioengineers.
- Creation and delivery of face-to-face educational programmes for professionals, such as physiotherapists and occupational therapists.
- Creation and delivery of a forum for those who have an interest in this area.
- Creation and establishment of clinical standards for delivery of Targeted Training therapy.

OPTIMI

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR 31 JANUARY 2022

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on the furthering of information and knowledge about Targeted Training and the sequential and segmental approach to the development of human movement control and are undertaken to further our charitable purposes for the public benefit. Any benefit accrued by an individual as a result of Targeted Training has impact beyond the immediate gain by the individual: families also benefit as a result of greater independence of the individual and wider society can benefit from the reduction in costs of equipment and medical care required. An increase in movement control and function can lead to greater access to employment, with consequent public benefit. The expertise held by Trustees, encompassing many aspects of the management of disability and particularly of individuals with Cerebral Palsy, provides a resource of patient and public involvement and engagement for those engaging in research activities and knowledge exchange.

Achievements and performance

Distance learning

Our aim to help those who have conditions that may respond to Targeted Training therapy is realistically only met by training local therapists in the background, rationale and techniques of this therapy approach. This education programme is initially directed towards helping children with these movement control problems, through training specialist children's therapists. This web-based teaching uses many video examples of children: these videos are hosted on Vimeo and use of this platform ensures that these videos remain secure. This is vital since the uploaded videos are of children whose families have given permission for their use in this context only.

Teaching material has been produced and uploaded by Trustees to the OPTIMI website. The framework is, first, a collection of free-to-view material directed at both therapists and families. The more formal teaching material is currently divided into fundamental and intermediate learning. The fundamental learning consists of two modules, providing an overview of the subject with clinical applications. The intermediate learning takes a more in depth approach to enable therapists to build on their skills and, thereby, help children with movement control problems to benefit.

Each module has specific learning objectives and self assessment in the form of multiple choice questions. A variety of teaching methods is used, including occasional inclusion of a cartoon format. Creation of the intermediate learning is progressing and due to be uploaded shortly.

Our membership has increased steadily over the year, with purchase of the fundamental learning at a satisfactory rate. Feedback from users of the website and of the modules is vital to ensure the material is presented in a clear, logical and informative manner. Comments from users have included:

"I just want to congratulate you on the content of this module, which has been clear and very interesting to me."

"The content was very clear and very interesting. I think it's great to have videos and real life case studies to refer to, to help with learning."

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

Face-to-face educational programmes

Although distance learning is likely to form the majority of education uptake, requests for face-to-face teaching are welcomed. This also forms a valuable follow on from the online learning. A seminar was given to the therapy staff of Bumble Bee Physio Ltd, who are based in London, each of whom had taken the fundamental learning online. Due to the limitations of covid, this was a virtual session but enabled question and answer, resolving issues for the participants. Responses to the question "would you recommend the seminar to others?" included:

"Definitely. Really helpful to talk things through and ask questions. Also, to have a practical go at things."

"Definitely! I've found it's brought a new perspective to assessing and treating kids."

Confirmation of the value of therapists taking the online training, followed by a face-to-face session was confirmed by comments such as:

"Useful to have the online course prior to the seminar, to allow time to practice what we've learnt on kids. This raised more conversation and questions during the seminar on problems that arose when applying in practice, that may not have been raised otherwise."

This dual method of online and face-to-face seminar will be promoted in future.

Trustees maintain close contact with therapists internationally, ensuring that the educational material produced meets the needs of therapists of different nationalities and cultures and for whom English is not their first language.

A key focus for Optimi is the spread of Targeted Training worldwide but this brings the challenge of helping therapists in countries with less even access to healthcare and where obtaining specific therapy equipment is both difficult and costly. Trustees were pleased to receive a contact from a therapist in India, who was already aware of Targeted Training and has been trying some of the principles using a device created by a local carpenter. A virtual meeting has been held with this therapist and her staff to explore some of these issues. She has already enrolled for the fundamentals module to increase her understanding of the basic principles. Further meetings are anticipated to discuss clinical issues and how best to approach equipment manufacture, managing the local constraints and costs while abiding by local regulations on equipment provided for children with disabilities.

Other teaching avenues

Occasions have arisen where therapists or others require specific instruction for their needs. Examples include a therapist who will be doing some teaching around Targeted Training and SATCo and an undergraduate and a postgraduate student writing a project about robotic assistance for SATCo. The latter, in particular, do not need the type of information provided by the foundation modules, while the former would be helped by more precise detail. All these people are helped by video and/or instruction specific to their needs.

This has led to a system of creation of a webpage on the Optimi site that can be accessed only by the named person. Relevant information can be loaded to this page and shared by an Optimi Trustee for virtual tutorials. This novel use of the Optimi website has proved very beneficial.

A forum for those interested in sequential and segmental human movement control

An integral aspect of Targeted Training is the assessment of children to define the precise control status in the head and trunk. This is done using a validated, internationally recognised test called the Segmental Assessment of Trunk Control (SATCo). This test was developed as part of the Targeted Training programme but was further refined and validated in 2010, when it was formally published. The appendices to this paper give the test procedure and assessment sheet.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

SATCo has become a well-known assessment tool worldwide. It is one of the recommended instruments for children with cerebral palsy and spinal cord injury-pediatric by The National Institute of Neurological Disorders and Stroke (NINDS) (US). Several therapists worldwide are in the process of, or have completed, translations of SATCo: this enables more therapists to understand and use this assessment, with translations also reflecting transcultural issues.

Translations already completed include Brazilian, Portuguese and Danish with work ongoing on translations to European Spanish and European Portuguese. All authors have agreed to their translations being held on the Optimi website, enabling access to this material through a central source.

Planning is ongoing for communication between therapists, including 'seeking help from experts' and exchange of information on new developments.

Creation and establishment of clinical standards

The means of monitoring delivery of Targeted Training will be considered once the full teaching package is in place.

Risk management

Trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions.

Policies

Trustees have approved an additional policy addressing the issues of donations: this, in line with existing policies, was drafted following Charity Commission guidelines.

All policies will be reviewed at defined intervals and are available on request to: admin@optimi.org.uk.

Plans for the future

The charity plans on continuing the activities outlined above in the forthcoming years subject to satisfactory income from distance learning course participation and commissioned teaching.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

Structure, governance and management

Governing document

OPTIMI is a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees: it was registered on 12 August 2019. The charity's constitution states that, in the event of the charity being wound up, trustees have no financial or personal liability.

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

Professor J Stallard

Professor P S Holmes

Dr P B Butler

Mrs C M Nelson Ball

Mr R E Major

Recruitment and appointment of Trustees

Under the requirements of the Constitution, the first three trustees were elected to serve for a period of four years (Dr P Butler), three years (Mr R Major) and two years (Professor J Stallard). Trustees may be re-elected for a maximum of three consecutive terms with an interval of one year before a fourth term commences. A term constitutes a three year period.

All trustees give their time voluntarily and received no benefits from the charity.

The work of the charity focusses on physiotherapy of human movement control, the biomechanics of human movement control and the education of professionals in these specialist areas. The trustee body seeks to ensure that the needs of professionals and their client groups are met through the diversity of the trustee body alongside the more traditional business and management skills. To help maintain this broad skill mix, Trustees are requested to provide a list of their skills (and update it each year) and in the event of specific skills required or skills being lost due to retirement, individuals are approached to offer themselves for election.

Trustees have met four times during the year, all meetings have been virtual due to the ongoing limitations imposed by Covid-19.

Trustee induction and training

New trustees are invited because of interest expressed in our work and/or specific skills that would be of value to the charity. Potential trustees are provided with information about the charity's objectives and activities and with information from the Charity Commission about the responsibilities of trustees, including the publication 'The Essential Trustee'. New trustees are provided with the Constitution of the CIO along with the latest financial statements.

OPTIMI

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR 31 JANUARY 2022

Responsibilities of trustees

The CIO is required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the CIO as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

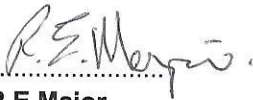
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the CIO will continue on that basis.

Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the CIO and to enable them to ensure that the financial statements comply with the Companies Act 2006. Trustees are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the relevant legislation, as the trustees of the charity, we certify that:

- so far as we are aware, there is no relevant financial information of which the CIO's accountants are unaware; and
- as the trustees of the CIO we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the CIO's accountants are aware of that information.

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



.....
Mr R E Major

Chair

Dated: 8/3/22

OPTIMI

ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF OPTIMI FOR THE YEAR 31 JANUARY 2022

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of OPTIMI for the year 31 January 2022, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at <http://www.icaew.com/en/members/regulations-standards-and-guidance/>

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 31 August 2020. Our work has been undertaken solely to prepare for your approval the financial statements of OPTIMI and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than OPTIMI and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that OPTIMI has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and deficit of OPTIMI. You consider that OPTIMI is exempt from the statutory audit requirement for the period to 31 January 2022, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of OPTIMI. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Azets

.....

Oswestry
Shropshire
SY11 1QE
United Kingdom

OPTIMI

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR 31 JANUARY 2022

		Unrestricted funds 2022 £	Unrestricted funds 2021 £
<u>Income from:</u>	Notes		
Donations and legacies	2	50	4,087
Charitable activities	3	705	3,041
Total income		<u>755</u>	<u>7,128</u>
<u>Expenditure on:</u>			
Charitable activities	4	2,715	1,566
Net (expenditure)/income for the year/ Net movement in funds		(1,960)	5,562
Fund balances at 1 February 2021		5,562	-
Fund balances at 31 January 2022		<u><u>3,602</u></u>	<u><u>5,562</u></u>

The statement of financial activities includes all gains and losses recognised in the period ended 31 January 2021.

All income and expenditure derive from continuing activities.

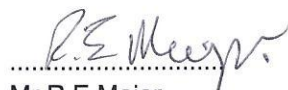
OPTIMI

BALANCE SHEET

AS AT 31 JANUARY 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Intangible assets	7		2,791		3,721
Current assets					
Debtors	8	342		342	
Cash at bank and in hand		4,454		5,124	
		<u>4,796</u>		<u>5,466</u>	
Creditors: amounts falling due within one year	9	<u>(3,985)</u>		<u>(3,625)</u>	
Net current assets			811		1,841
Total assets less current liabilities			<u>3,602</u>		<u>5,562</u>
Income funds					
Unrestricted funds			3,602		5,562
			<u>3,602</u>		<u>5,562</u>

The financial statements were approved by the Trustees on



Mr R E Major
Chair

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR 31 JANUARY 2022

1 Accounting policies

Charity information

OPTIMI is a Charitable Incorporated Organisation. The registered office is 5-7 Beatrice Street, Oswestry, Shropshire, SY11 1QE

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.

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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

1 Accounting policies

(Continued)

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 Research and development expenditure

Research expenditure is written off against profits in the year in which it is incurred. Identifiable development expenditure is capitalised to the extent that the technical, commercial and financial feasibility can be demonstrated.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation 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:

Development costs	20% straight line
-------------------	-------------------

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible 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.

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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

1 Accounting policies

(Continued)

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.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	50	4,087
	<u>50</u>	<u>4,087</u>

3 Charitable activities

	Charitable Income	Charitable Income
	2022	2021
	£	£
Sales within charitable activities	705	3,041
	<u>705</u>	<u>3,041</u>

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR 31 JANUARY 2022

4 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Depreciation and impairment	930	930
Computer expenses	910	256
Paypal fees	7	20
Insurance	508	-
	<u>2,355</u>	<u>1,206</u>
Governance costs (Accountancy)	360	360
	<u>2,715</u>	<u>1,566</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period ended 31 January 2021.

6 Employees

The average monthly number of employees during the period ended 31 January 2021 was:

	2022 Number	2021 Number
Total	-	-

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR 31 JANUARY 2022

7 Intangible fixed assets

	Development costs £
Cost	
At 1 February 2021 and 31 January 2022	4,651

Amortisation and impairment	
At 1 February 2021	930
Amortisation charged for the period	930

At 31 January 2022	1,860

Carrying amount	
At 31 January 2022	2,791
	=====
At 31 January 2021	3,721
	=====

8 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Prepayments and accrued income	342	342
	=====	=====

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	3,265	3,265
Accruals and deferred income	720	360
	-----	-----
	3,985	3,625
	=====	=====

OPTIMI

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2022

	2022 £	2021 £
Incoming Resources		
<u>Voluntary income</u>		
Donations and gifts	50	4,087
	<u>50</u>	<u>4,087</u>
<u>Income from charitable activities</u>		
Sales within Charitable activity	705	3,041
	<u>705</u>	<u>3,041</u>
Total incoming resources	755	7,128
Resources expended		
<u>Charitable expenditure</u>		
Amortisation	930	930
Computer expenses	910	256
Paypal fees	7	20
Insurance	508	-
Accountancy	360	360
	<u>2,715</u>	<u>1,566</u>
Total resources expended	2,715	1,566
Net income/(expenditure)	<u>1,960</u>	<u>5,562</u>

OPTIMI

England & Wales - Charity number 1184859

Accounts

OPTIMI
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

OPTIMI

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Stallard Professor P S Holmes Dr P B Butler Mrs C M Nelson Ball Mr R E Major	(Appointed 12 August 2019) (Appointed 11 August 2020) (Appointed 12 August 2019) (Appointed 11 August 2020) (Appointed 12 August 2019)
Charity number	1184859	
Company number	CE018501	
Accountants	Azets 5 - 7 Beatrice Street Oswestry Shropshire SY11 1QE	

OPTIMI

CONTENTS

	Page
Trustees' report	1 - 5
Accountants' report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 13

OPTIMI

TRUSTEES' REPORT

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

The trustees present their report and financial statements for the period 12 August 2019 to 31 January 2021.

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

The **OBJECTIVE** of our charity is set out in our constitution:

'The relief of sickness and the promotion of health among those suffering with neuro-motor and neuromuscular disorders.'

There are three strands by which this objective is achieved:

- a) advancing the education of professionals, specifically to promote, sustain and increase individual and collective knowledge and understanding of specific areas of study, skills and expertise relating to the model of physiotherapy known as Targeted Training.
- b) nurturing the concerns of all those, worldwide, who have interest and/or involvement in the sequential and segmental approach to the development of human movement control.
- c) the creation, monitoring and encouragement of maintenance of clinical standards of the model of physiotherapy known as Targeted Training.

The **AIM** of our charity is, in simple terms, to enable as many people as possible who have disabilities that might respond in some part to Targeted Training therapy, to have access to this physiotherapy approach. Our aim fully reflects the purposes that the charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report looks at our achievements over our first year as a registered charity. The report looks at the progress of each key activity, the way in which this is contributing towards fulfilling our objective and aim and the benefits they have brought to those groups of people we are set up to help. The report also helps us ensure our objective, aim and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when defining our objective and aim and in planning our future activities.

The focus of our work

The strategies we have defined to meet our objective included:

- Creation and delivery of distance learning educational programmes for professional, such as physiotherapists, occupational therapists and others such as paediatricians and bioengineers.
- Creation and delivery of face-to-face educational programmes for professionals, such as physiotherapists and occupational therapists.
- Creation and delivery of a forum for those who have an interest in this area.
- Creation and establishment of clinical standards for delivery of Targeted Training therapy.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on the furthering of information and knowledge about Targeted Training and the sequential and segmental approach to the development of human movement control and are undertaken to further our charitable purposes for the public benefit. Any benefit accrued by an individual as a result of Targeted Training has impact beyond the immediate gain by the individual: families also benefit as a result of greater independence of the individual and wider society can benefit from the reduction in costs of equipment and medical care required. An increase in movement control and function can lead to greater access to employment, with consequent public benefit. The expertise held by Trustees, encompassing many aspects of the management of disability and particularly of individuals with Cerebral Palsy, provides a resource of patient and public involvement and engagement for those engaging in research activities and knowledge exchange.

Achievements and performance

Distance learning

Our aim to help those who have conditions that may respond to Targeted Training therapy is realistically only met by training local therapists in the background, rationale and techniques of this therapy approach. This education programme is initially directed towards helping children with these movement control problems. Trustees recognise that this worldwide education of professionals is clearly only practical with extensive use of the internet. To that end, we identified a web designer, selecting Hunter Bevan Ltd from a short list of four. This action was supported by opening a PayPal account enabling payments to be received but also providing a means to pay for services from Vimeo, a video-hosting platform. This platform ensures that videos supporting our web-based teaching remain secure. This is vital since the uploaded videos are of children whose families have given permission for their use in this context only.

Web design progressed and the basic platform was handed over just before the Covid-19 lockdown in March 2020. Teaching material has been produced, by Trustees, and uploaded by Trustees to the OPTIMI website. These modules and free-to-view material have been accessed by many therapists and families, with very positive feedback. This first stage in worldwide therapist training is being followed up by further material to enable therapists to build on their skills and, thereby, help children with movement control problems to benefit. Each module has specific learning objectives and self assessment in the form of multiple choice questions.

We have been supported in this work by the enthusiasm of many colleagues and we now have seven advisors who willingly give up their time to review and critique the website and material. This is invaluable and we are most grateful to them for their expertise.

Two trustees participated, by invitation, in a round table session organised by the Wired Collective: this is an online therapist support structure based in New Zealand. This was followed by a structural interview about motor control and motor learning. Both events were attended by therapists worldwide. These events also resulted in the promotion of the OPTIMI website on other online therapist resources with worldwide participation.

The distance learning modules are primarily directed towards therapists specialising in paediatrics. Covid-19 has had a major worldwide impact on this sector, with schools and clinics closed and therapists unable to visit these vulnerable children with movement control problems at home. Many therapists have been seconded to other roles. At the time of this report, this situation is far from normal, with schools slow to allow therapists on site and families, understandably, remaining cautious. In turn, this has impacted our evolution, with therapists not in a position to access any form of training beyond their critical care roles.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

Face-to-face educational programmes

Although distance learning is likely to form the majority of education uptake, requests for face-to-face teaching more locally has continued and OPTIMI was commissioned to deliver three seminars on the Segmental Assessment of Trunk Control (SATCo). The first of two were delivered in Manchester and Birmingham, respectively. Feedback from these two seminars was very positive, with comments including:

- 'SATCo is a great assessment and objective tool. Increases specifically to segmental training.'
- 'I really enjoyed all aspects; it was very interesting to learn about trunk control and how to assess this to enable specific treatment. I enjoyed the mix of videos to test as this helped to consolidate my understanding.'
- 'Want to use the SATCo assessment as an objective measure as it's quick and easy to complete and more specific than just observation.'

The third seminar, planned for late March 2020, was cancelled at the last moment due to the Covid-19 lockdown. We hope that it might be possible to deliver this third seminar during the coming year if the pandemic situation permits.

We are also preparing educational delivery in the form of webinars, to provide a mix of teaching methods and one which can be combined with a live Question and Answer session for course participants using video-conferencing.

Internationally, Trustees maintain close contact with therapists representing Columbia, Denmark, Hong Kong, Poland, New Zealand and the United States of America, ensuring that the educational material produced meets the needs of therapists of different nationalities and cultures and for whom English is not their first language.

A forum for those interested in sequential and segmental human movement control

The OPTIMI website provides the ideal mechanism for this forum and is the first step in its delivery. Planning is ongoing for communication between therapists, including 'seeking help from experts' and exchange of information on new developments.

Creation and establishment of clinical standards

The means of monitoring delivery of Targeted Training will be considered once the full teaching package is in place.

Risk management

Trustees have carried out a review of the major risks to which the charity is exposed. A risk register is being established and will be updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions.

Policies

Trustees have approved the following policies, all drafted in line with the Charity Commission guidelines:

- Conflict of interest;
- Complaints;
- Financial management;
- Risk

All policies will be reviewed at defined intervals and are available on request to: admin@optimi.org.uk.

Plans for the future

The charity plans on continuing the activities outlined above in the forthcoming years subject to satisfactory income from distance learning course participation and commissioned teaching.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

Structure, governance and management

OPTIMI is a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees: it was registered on 12 August 2019. The charity's constitution states that, in the event of the charity being wound up, trustees have no financial or personal liability.

The trustees who served during the period 12 August 2019 to and up to the date of signature of the financial statements were:

Professor J Stallard	(Appointed 12 August 2019)
Professor P S Holmes	(Appointed 11 August 2020)
Dr P B Butler	(Appointed 12 August 2019)
Mrs C M Nelson Ball	(Appointed 11 August 2020)
Mr R E Major	(Appointed 12 August 2019)

Under the requirements of the Constitution, the first three trustees were elected to serve for a period of four years (Dr P Butler), three years (Mr R Major) and two years (Professor J Stallard). Trustees may be re-elected for a maximum of three consecutive terms with an interval of one year before a fourth term commences. A term constitutes a three year period.

All trustees give their time voluntarily and received no benefits from the charity.

Professor P Holmes and Mrs C Ball were elected as trustees at a General Meeting of OPTIMI held on 11 August 2020.

The work of the charity focusses on physiotherapy of human movement control, the biomechanics of human movement control and the education of professionals in these specialist areas. The trustee body seeks to ensure that the needs of professionals and their client groups are met through the diversity of the trustee body alongside the more traditional business and management skills. To help maintain this broad skill mix, Trustees are requested to provide a list of their skills (and update it each year) and in the event of particular skills required or skills being lost due to retirements, individuals are approached to offer themselves for election.

Trustees have met six times during our first extended year, one face-to-face meeting and five electronic meetings, the latter due primarily to the limitations imposed by Covid 19.

New trustees are invited because of interest expressed in our work and/or specific skills that would be of value to the charity. Potential trustees are provided with information about the charity's objectives and activities and with information from the Charity Commission about the responsibilities of trustees, including the publication 'The Essential Trustee'. New trustees are provided with the Constitution of the CIO along with the latest financial statements.

OPTIMI

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

Responsibilities of trustees

The CIO is required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the CIO as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the CIO will continue on that basis.

Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the CIO and to enable them to ensure that the financial statements comply with the Companies Act 2006. Trustees are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the relevant legislation, as the trustees of the charity, we certify that:

- so far as we are aware, there is no relevant financial information of which the CIO's accountants are unaware; and
- as the trustees of the CIO we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the CIO's accountants are aware of that information.

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

Mr R E Major

Chair

Dated: 21 May 2021

OPTIMI

ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF OPTIMI FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of OPTIMI for the period 12 August 2019 to 31 January 2021, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at <http://www.icaew.com/en/members/regulations-standards-and-guidance/>

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 31 August 2020. Our work has been undertaken solely to prepare for your approval the financial statements of OPTIMI and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than OPTIMI and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that OPTIMI has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and surplus of OPTIMI. You consider that OPTIMI is exempt from the statutory audit requirement for the period to 31 January 2021, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of OPTIMI. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Azets

21 May 2021

Oswestry
Shropshire
SY11 1QE

OPTIMI

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

	Notes	Unrestricted funds 2021 £
<u>Income from:</u>		
Donations and legacies	2	4,087
Charitable activities	3	3,041
		<hr/>
Total income		7,128
		<hr/>
<u>Expenditure on:</u>		
Charitable activities	4	1,566
		<hr/>
Net income for the year/ Net movement in funds		5,562
		<hr/>
Fund balances at 12 August 2019		-
		<hr/>
Fund balances at 31 January 2021		5,562
		<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the period ended 31 January 2021.

All income and expenditure derive from continuing activities.

OPTIMI

BALANCE SHEET

AS AT 31 JANUARY 2021

	Notes	2021 £	£
Fixed assets			
Intangible assets	7		3,721
Current assets			
Debtors	8	342	
Cash at bank and in hand		5,124	
		<u>5,466</u>	
Creditors: amounts falling due within one year	9	<u>(3,625)</u>	
Net current assets			<u>1,841</u>
Total assets less current liabilities			<u><u>5,562</u></u>
Income funds			
Unrestricted funds			<u>5,562</u>
			<u><u>5,562</u></u>

The financial statements were approved by the Trustees on 21 May 2021

Mr R E Major
Chair

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

1 Accounting policies

Charity information

OPTIMI is a Charitable Incorporated Organisation. The registered office is 5-7 Beatrice Street, Oswestry, Shropshire, SY11 1QE

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.

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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

1 Accounting policies

(Continued)

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 Research and development expenditure

Research expenditure is written off against profits in the year in which it is incurred. Identifiable development expenditure is capitalised to the extent that the technical, commercial and financial feasibility can be demonstrated.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation 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:

Development costs	20% straight line
-------------------	-------------------

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible 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.

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.

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

1 Accounting policies

(Continued)

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.

2 Donations and legacies

	Unrestricted funds
	2021 £
Donations and gifts	4,087
	<u> </u>

3 Charitable activities

	Charitable Income
	2021 £
Sales within charitable activities	3,041
	<u> </u>

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

4 Charitable activities

	Charitable Expenditure 2021 £
Depreciation and impairment	930
Computer expenses	256
Paypal fees	20
	<hr/>
	1,206
Governance costs (Accountancy)	360
	<hr/>
	1,566
	<hr/> <hr/>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period ended 31 January 2021.

6 Employees

The average monthly number of employees during the period ended 31 January 2021 was:

	2021 Number
Total	-
	<hr/> <hr/>

OPTIMI

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 12 AUGUST 2019 TO 31 JANUARY 2021

7 Intangible fixed assets	Development costs
	£
Cost	
At 12 August 2019	-
Additions	4,651
	<hr/>
At 31 January 2021	4,651
	<hr/>
Amortisation and impairment	
At 12 August 2019	-
Amortisation charged for the period	930
	<hr/>
At 31 January 2021	930
	<hr/>
Carrying amount	
At 31 January 2021	3,721
	<hr/> <hr/>
8 Debtors	2021
	£
Amounts falling due within one year:	
Prepayments and accrued income	342
	<hr/> <hr/>
9 Creditors: amounts falling due within one year	2021
	£
Other creditors	3,265
Accruals and deferred income	360
	<hr/>
	3,625
	<hr/> <hr/>