



Trustees' Annual Report for the period



From	Period start date			To	Period end date		
	03	08	2022		01	04	2023

Section A Reference and administration details

Charity name HUMMINGBIRD CANCER SUPPORT GROUP

Other names charity is known by N/A

Registered charity number (if any) 1199955

Charity's principal address SOUTH MILL ARTS

1-3 SOUTH ROAD

BISHOP'S STORTFORD

Postcode CM233JG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	HANNAH MAYNE			
2	SARAH KERR			
3	CAROLINE ARMON JONES		Resignation received September 2022	
4	PAULA HEWLETT			
5	KAREN ASHTON		Appointed September 2022	HANNAH MAYNE
6				
7				
8				
9				
10				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	
n/a	
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Qualified Chartered Accountant	Yvonne Chequer	104 Hadham Road, Bishops Stortford

Name of chief executive or names of senior staff members (Optional information)

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Section B	Structure, governance and management
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Description of the charity's trusts

Type of governing document	CONSTITUTION
How the charity is constituted	Charitable Incorporated Organisation (CIO)
Trustee selection methods	Trustees are selected following submission of an application. Trustees are selected based on ability and transferrable skills. The current board of trustees meet regularly and discuss any opportunities that arise and if there is any requirement for a change in existing roles and responsibilities. The final decision following recruitment is then made by the chairperson, secretary, and treasurer.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <p><input type="checkbox"/> policies and procedures adopted for the induction and training of trustees.</p> <p><input type="checkbox"/> the charity's organisational structure and any wider network with which the charity works.</p> <p><input type="checkbox"/> relationship with any related parties.</p> <p><input type="checkbox"/> trustees' consideration of major risks and the system and procedures to manage them.</p>	N/A
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Summary of the objects of the charity set out in its governing document

The objects of the CIO are for the public benefit, to relieve suffering and promote and protect the health of sufferers of cancer, their families, carers, and friends in Bishops Stortford through the provision of holistic complementary therapies, information, counselling, and support and raising public awareness of all aspects of cancer.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

For the public benefit, Hummingbird Cancer Support Group provide relief of 'sickness' linked to cancer and the preservation of health among people residing permanently or temporarily in Bishops Stortford and surrounding towns and villages.

To assist in the treatment (not curing) and care of all persons male, female, or non-binary suffering from the mental or physical challenges of any description or in need of rehabilitation because of cancer, by the provision of facilities for holistic treatments, social support, and recreation.

1. To promote and protect the physical and mental health of sufferers of cancer in Bishops Stortford through the provision of holistic complementary treatments such as reiki, reflexology and massage, support through counselling, peer support, awareness of medical treatments, education, and practical advice. Complementary in this instance means offered alongside the medical advice of doctors and as an enhancement of the treatment being received, therefore not 'free' or complimentary as is often confused.

2. This support also extends to members' friends, families and relatives thus enabling them to better support their family member/friend accordingly. Whilst also enabling them access to holistic treatments and peer support in a non-clinical environment. This offering is not limited to age however some of the specific treatments may not be available to youth who attend unsupervised. This means those under 18 must be supervised by an adult.

3. To advance the education of the public in all areas relating to cancer through community publications, newsletters, social media, and training through workshops and talks. There is also a publication of newsletters and features in a community magazine devoted to the purpose of the support group.

Hummingbird Cancer Support Group provide holistic complementary treatments to people receiving a diagnosis of cancer or cancer-related condition. The benefits of this are:

- Members have access to treatments such as massage which they would be denied at a private wellness centre or gym. This is due to cancer being a contraindication to massage and reflexology. It requires GP consent in most cases.
- Complementary therapies are proven to help support cancer treatment by making them more effective
- Complementary therapies can help relieve side effects caused by traditional cancer treatments such as chemotherapy and radiotherapy. These are not limited to nausea, skin conditions, dryness, pain etc.
- Members can talk to others (in the context of social prescribing) who have had the same or similar treatments, experiences, fears, and feelings. This is proven to help reduce anxiety and depression.
- Treatments and support can be accessed by carers, family members and friends to help them better deal with the diagnosis. This makes it accessible to all that are affected.
- Majority of the group has experienced a cancer diagnosis before so we are all able to offer a first-hand level of support and understanding.
- Hummingbird Cancer Support Group above all is a safe and non-judgemental place
- Hummingbird Cancer Support offer local support for local people alongside an

established team of medical clinicians in Hertfordshire. This means it is accessible for people who have no access to a car or transportation.

- The treatments can be accessed for free or by optional donation.

**This donation is optional but on average is between £10 and £20 per treatment received.*

Trustees are aware of the requirement to promote awareness and understanding of the operation of the public benefit requirement. As a team we are aware of the guidance and run our charity in accordance with the requirements. Firstly, Hummingbird Cancer Support offer a beneficial service ensuring we don't cause harm and its sole purpose is to benefit the public and no individual concern.

Additional details of objectives and activities (Optional information)

Hummingbird Cancer Support Group offers holistic complementary treatments such as reiki, reflexology and massage, support through counselling, peer support, awareness of medical treatments, education, and practical advice. Complementary in this instance meaning offered alongside the medical advice of doctors and as an enhancement of the treatment being received, therefore not 'free' or complimentary as is often confused. The service appointments are allocated on a fair priority-based approach where members are identified as A for 'active or active treatment', B for in remission or finished treatment and C for carers. The group also offers a refreshment area to meet the social prescribing needs within its objectives. We also offer a counselling service for those who require a multi session approach.

Grant Making Policy

Hummingbird Cancer Support Group will consider making grants and donations to other organisations and charities however before making a grant, the charity's trustees must be confident that:

- ☐ ☐ Funding the activity is within the funder's own charitable purposes, for the public benefit.
- ☐ ☐ The funder's governing documents do not prevent the giving of money to another charity (this would be unusual and should not be the case for any charity whose core activity is grant making)
- ☐ ☐ Appropriate monitoring arrangements are in place to check that the funds are used as expected by the organisation that is being funded.
- ☐ ☐ Overall, giving the grant is in the charity's best interests.
- ☐ ☐ The decision to make the grant is recorded (in the minutes of a trustees' meeting, for example, though you may need to document more detail about your assessment of the risks involved)

Contribution made by volunteers.

Firstly, Hummingbird Cancer Support Group is incredibly proud of its volunteer team and would like to thank every single person for their support, loyalty, and dedication. There has been lots of change recently and everyone has committed more time, more resources, and improved ideas.

We would like to extend our gratitude and thanks to resigning trustee Caroline Armon-Jones who contributed her services to the group for 15 years prior to the group becoming a charity. Caroline made a huge contribution to the group as acting treasurer and reflexologist. We wish her all the best for the future.

In 2022 Hummingbird Cancer Support welcomed Karen Ashton to the trustee board and would like to thank her for recognising the need to support the committee. Karen has excellent business skills as an entrepreneur and brings experience of managing and running events, new business acquisition and professional skills.

Hummingbird Cancer Support Group has 3 different types of volunteers within the team. The committee/trustee board is made up of 4 volunteers. The admin team is made up of 7 volunteers and the therapist team made up of 13 volunteers. Over the year the teams have contributed over 740 hours of volunteering and between them ran 18 sessions on a weekly basis through the year 2022-2023.

The trustee board is represented by a chairperson, secretary, treasurer, and flexible role. This flexible role can be called upon to complete funding or grant applications, discuss

You may choose to include further statements, where relevant, about:

- ☐ policy on grant making.
- ☐ policy programme-related investment.
- ☐ contribution made by volunteers.

sponsorship arrangements, manage the volunteers and any organise special events to raise awareness of charitable objectives.

The admin team run the day-to-day sessions. They manage the client registrations and induction, the appointment allocation and bookings, the donations and session financial considerations and the volunteer availability and rota. They also welcome people to our sessions and invite them to take refreshments in our social area.

The therapist team consist of skilled professional holistic therapists who volunteer their time and services to offer a varied range of complementary treatments. These are not limited to a definitive list of therapies but must be considered complementary to the medical treatment and oncology advice given by doctors. It is imperative that GP consent is obtained, and the therapist undertakes the client consent agreement before treatment commences.

Each therapist has their own business and in private practice charges an average of £50 per treatment. 18 sessions in 2022/2023, 3 treatments per therapist and 13 therapists working every session could generate an income of £35,100. This forecast demonstrates the value of highly trained specialists. We obviously don't work to this capacity and not every volunteer works every session, but it is important to value the contribution and ensure that it is not taken for granted and therapists claim the expenses owed to them.

Summary of the main achievements of the charity during the year

- ☐ Charity of the Year CM23 Connection (local and community press)
- ☐ Charity Champion 2022 Independent Award (Bishops Stortford Local News Paper) Sponsored by Mullucks
- ☐ Sponsorship £1000 for our first Well-being Event (Mullucks)

2023/24

Nominated as Charity choice of the year (Bishops Stortford Mayor)

Section E

Financial review

Brief statement of the charity's policy on reserves

The group treasurer always ensures that we have reserves in the current bank account. Reserves ensure that we have resilience, show confidence to funders and sponsors, and confirm we are remaining compliant.

Continuity Fund

This fund is to be used to bridge any possible delays in receiving promised grants or managing payment in arrears contracts. This has been defined as a minimum of a three-month budgeted trading activity.

Restructuring Fund

This fund is to be used to cover essential trading/activities whilst sourcing income to a maximum of 6 months of budgeted trading activity.

Dissolution Fund

This fund provides for the costs of dissolution should the charity be unable to continue. It is only to be used in the event of the Trustees' deciding the charity should cease to exist. This covers the expenses of running Hummingbird CSG until the closure of the organisation.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

N/A

Section F

Other optional information

Hummingbird Cancer Support Group Future Plans

2022/2023 has been hugely successful for Hummingbird Cancer Support Group and it has confirmed the decision to register for charity status. The changes made at the end of 2022 moving forward have become firmly embedded and the group will continue to run weekly every Monday instead of fortnightly. The focus now moving forward is **awareness, community collaboration and networking, training of volunteers, and ensuring high-quality delivery of service.**

Our focus will be staying true to the core focus of the charity: supporting individuals and our community.

Therefore, we will be looking to increase the usage of all our services. We will be developing and nurturing new opportunities that align with the above. Increasing our reach and connections into the local charity and community sector will increase awareness of the charity and further embed and safeguard its future.

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

The trustees are required to prepare financial statements for each financial year. The trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the situation of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently.
- ☐ observe the methods and principles in the Charities SORP
- ☐ to make judgements and estimates that are reasonable and prudent.
- ☐ state whether applicable UK accounting standards have been followed.
- ☐ prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the charity's financial position and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps to prevent and detect fraud and other irregularities.



This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland.

Trustees are all volunteers who are recruited either by personal contact or as the result of advertisements.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Kerr	Hannah Mayne
Position (eg Secretary, Chair, etc)	Chairperson	Treasurer
Date	21/11/23	21/11/23

		year start	year end	BCF
BCF		8/3/2023	4/1/2023	£ 8,429.43
8/3/2022	Sky Mobile		£ 10.00	£ 8,419.43
8/9/2022	Giving Lottery	£14.40		£ 8,433.83
8/19/2022	Donations Session	£68.81		£ 8,502.64
8/22/2022	Donations Cash	£210.00		£ 8,712.64
8/22/2022	Donations Cheque	£460.00		£ 9,172.64
9/1/2022	Sky Mobile		£ 10.00	£ 9,162.64
9/1/2022	Hiscox Insurance		£ 22.09	£ 9,140.55
9/1/2022	BSMBusiness Show		£ 420.00	£ 8,720.55
9/2/2022	Charges		£ 5.00	£ 8,715.55
9/5/2022	Sarah Kerr Expenses		£ 40.44	£ 8,675.11
9/5/2022	Southmill Arts		£ 186.74	£ 8,488.37
9/6/2022	Donations Session	£58.98		£ 8,547.35
9/13/2022	Giving Lottery	£10.00		£ 8,557.35
9/13/2022	Jane Needham Donatio	£25.00		£ 8,582.35
9/20/2022	JustGiving	£338.35		£ 8,920.70
9/26/2022	JustGiving	£145.74		£ 9,066.44
9/28/2022	Weepuls		£ 142.00	£ 8,924.44
10/3/2022	Sky Mobile		£ 10.45	£ 8,913.99
10/3/2022	Hiscox Insurance		£ 22.32	£ 8,891.67
10/3/2022	Charges		£ 8.64	£ 8,883.03
10/3/2022	Donation Session	£65.00		£ 8,948.03
10/3/2022	JustGiving	£29.02		£ 8,977.05
10/4/2022	Donations Cheque	£200.00		£ 9,177.05
10/4/2022	Giving Lottery	£6.40		£ 9,183.45
10/4/2022	AJ Photography		£ 180.00	£ 9,003.45
10/4/2022	Donation Session	£98.31		£ 9,101.76
10/5/2022	Prontaprint		£ 150.00	£ 8,951.76
10/6/2022	Southmill Arts		£ 93.37	£ 8,858.39
10/8/2022	Expenses		£ 18.00	£ 8,840.39
10/8/2022	Jackie Expenses		£ 18.00	£ 8,822.39
10/8/2022	Sarah Kerr Expenses		£ 93.60	£ 8,728.79
10/8/2022	Paula Expenses		£ 18.00	£ 8,710.79
10/8/2022	David Expenses		£ 32.40	£ 8,678.39
10/8/2022	Jenni Expenses		£ 14.40	£ 8,663.99
10/8/2022	Gloria Expenses		£ 67.50	£ 8,596.49
10/8/2022	Nicola B Expenses		£ 56.70	£ 8,539.79
10/8/2022	Hannah Expenses		£ 9.00	£ 8,530.79
10/10/2022	Hannah Expenses		£ 13.04	£ 8,517.75

10/10/2022	JustGiving	£68.07		£ 8,585.82
10/10/2022	Sarah Kerr Expenses		£ 47.99	£ 8,537.83
10/10/2022	JustGiving	£421.90		£ 8,959.73
10/17/2022	Rundle Donation	£200.00		£ 9,159.73
10/18/2022	Donation Session	£108.05		£ 9,267.78
10/21/2022	Cash in session	£30.00		£ 9,297.78
10/24/2022	Cheque Donation	£75.00		£ 9,372.78
10/24/2022	JustGiving	£199.42		£ 9,572.20
10/25/2022	Hannah Expenses		£ 11.97	£ 9,560.23
10/25/2022	Vickery/Page Donation	£25.00		£ 9,585.23
10/31/2022	Donation Session	£50.00		£ 9,635.23
10/31/2022	JustGiving	£30.00		£ 9,665.23
11/1/2022	Hiscox Insurance		£ 22.35	£ 9,642.88
11/1/2022	Donation Session	£78.64		£ 9,721.52
11/2/2022	Sky Mobile		£ 10.00	£ 9,711.52
11/2/2022	Charges		£ 6.46	£ 9,705.06
11/2/2022	Southmill Arts		£ 280.11	£ 9,424.95
11/15/2022	The Giving Machine	£8.00		£ 9,432.95
11/15/2022	Donation Session	£117.96		£ 9,550.91
11/21/2022	Southmill Arts		£ 100.00	£ 9,450.91
11/27/2022	Bridge The Gap Xmas		£ 180.00	£ 9,270.91
11/28/2022	Donation Session	£80.00		£ 9,350.91
11/29/2022	Donations Cash	£20.00		£ 9,370.91
11/29/2022	Donation Session	£68.81		£ 9,439.72
11/30/2022	Donations Cheque	£50.00		£ 9,489.72
12/1/2022	Sky Mobile		£ 10.00	£ 9,479.72
12/1/2022	Hiscox Insurance		£ 22.35	£ 9,457.37
12/2/2022	Prontaprint Diary		£ 15.00	£ 9,442.37
12/3/2022	Charges		£ 6.72	£ 9,435.65
12/3/2022	Caroline Aj Donation	£20.00		£ 9,455.65
12/10/2022	Hannah Expenses		£ 9.00	£ 9,446.65
12/12/2022	P Hewlett Expenses		£ 28.95	£ 9,417.70
12/12/2022	G Carter Expenses		£ 70.00	£ 9,347.70
12/13/2022	Good Deed Foundation	£1,000.00		£ 10,347.70
12/14/2022	The Giving Machine	£6.40		£ 10,354.10
12/18/2022	Southmill Arts		£ 186.74	£ 10,167.36
12/19/2022	JustGiving	£50.00		£ 10,217.36
1/2/2023	Charges		£ 6.28	£ 10,211.08
1/3/2023	Hiscox Insurance		£ 22.35	£ 10,188.73
1/3/2023	Southmill Arts		£ 93.37	£ 10,095.36
1/4/2023	Sky Mobile		£ 10.00	£ 10,085.36
1/4/2023	CM Connection Awrd	£50.00		£ 10,135.36
1/10/2023	Donation Session	£58.99		£ 10,194.35
1/17/2023	Donation Session	£0.98		£ 10,195.33
1/24/2023	The Giving Machine	£6.40		£ 10,201.73
1/24/2023	Donation Session	£137.62		£ 10,339.35

1/24/2023	Donations Cash	£250.00		£ 10,589.35
1/30/2023	JustGiving	£30.00		£ 10,619.35
1/31/2023	Donation Session	£49.15		£ 10,668.50
2/1/2023	Sky Mobile		£ 10.00	£ 10,658.50
2/1/2023	Hiscox Insurance		£ 22.35	£ 10,636.15
2/1/2023	Southmill Arts		£ 329.88	£ 10,306.27
2/2/2023	Charges		£ 5.00	£ 10,301.27
2/7/2023	Southmill Arts		£ 20.00	£ 10,281.27
2/7/2023	Donation Session	£68.81		£ 10,350.08
2/13/2023	Cams Crystals	£30.00		£ 10,380.08
2/13/2023	Winters Witches	£30.00		£ 10,410.08
2/14/2023	The Giving Machine	£8.00		£ 10,418.08
2/14/2023	Donation Session	£39.32		£ 10,457.40
2/20/2023	Donation Session	£145.00		£ 10,602.40
2/21/2023	Donations Cheque	£500.00		£ 11,102.40
2/21/2023	Donation Session	£98.30		£ 11,200.70
2/22/2023	Prontaprint		£ 205.00	£ 10,995.70
2/22/2023	The White Candle Com	£30.00		£ 11,025.70
2/23/2023	Temple Spa	£60.00		£ 11,085.70
2/23/2023	Screen Pop Networking		£ 50.00	£ 11,035.70
2/27/2023	JustGiving	£100.00		£ 11,135.70
2/28/2023	Donations Cheque	£30.00		£ 11,165.70
2/28/2023	Donations Cheque	£156.48		£ 11,322.18
2/28/2023	Donations Cheque	£100.00		£ 11,422.18
2/28/2023	Charles Holt	£60.00		£ 11,482.18
2/28/2023	Donation Session	£88.47		£ 11,570.65
3/1/2023	Sky Mobile		£ 11.00	£ 11,559.65
3/1/2023	Hiscox Insurance		£ 22.35	£ 11,537.30
3/1/2023	Claudia Simmonds PT	£30.00		£ 11,567.30
3/5/2023	Charges		£ 6.40	£ 11,560.90
3/6/2023	Sawbo Sessions	£828.00		£ 12,388.90
3/7/2023	Donation Session	£78.64		£ 12,467.54
3/7/2023	Southmill Arts		£ 329.88	£ 12,137.66
3/7/2023	Facebook Payments	£30.00		£ 12,167.66
3/9/2023	Prontaprint		£ 75.00	£ 12,092.66
3/13/2023	Solstis Skincare	£30.00		£ 12,122.66
3/14/2023	The Giving Machine	£6.40		£ 12,129.06
3/14/2023	Massage lady	£30.00		£ 12,159.06
3/15/2023	Back2Roots Juice	£30.00		£ 12,189.06
3/15/2023	Liife Media		£ 95.00	£ 12,094.06
3/15/2023	Donation Session	£68.81		£ 12,162.87
3/15/2023	Nadene Stevenson	£30.00		£ 12,192.87
3/16/2023	Crystal Print		£ 126.60	£ 12,066.27
3/21/2023	Hiscox Insurance		£ 22.35	£ 12,043.92
3/21/2023	Contour Blush	£30.00		£ 12,073.92
3/21/2023	Sum up	£49.15		£ 12,123.07

3/22/2023	Donation Session	£81.22		£ 12,204.29
5/22/2023	Donations Cash	£93.60		£ 12,297.89
3/23/2023	My Collective Compass	£30.00		£ 12,327.89
3/23/2023	Aishah Lorandean	£30.00		£ 12,357.89
3/27/2023	Donation Session	£50.00		£ 12,407.89
3/28/2023	Andree Funnell	£30.00		£ 12,437.89
3/28/2023	Gemma Alvino	£30.00		£ 12,467.89
3/28/2023	Donation Session	£29.49		£ 12,497.38
3/29/2023	Leon Edwards	£30.00		£ 12,527.38
3/31/2023	Woodward	£30.00		£ 12,557.38
3/31/2023	Sunflower Project	£30.00		£ 12,587.38
3/31/2023	Southmill Arts		£ 286.28	£ 12,301.10

£8,270.09 £4,398.42

Date	session donations	other donations	venue costs
8/3/2022			
8/9/2022		£14.40	
8/19/2022	£68.81		
8/22/2022		£210.00	
8/22/2022		£460.00	
9/1/2022			
9/1/2022			
9/1/2022			
9/2/2022			
9/5/2022			
9/5/2022			£186.74
9/6/2022	£58.98		
9/13/2022		£10.00	
9/13/2022		£25.00	
9/20/2022		£338.35	
9/26/2022		£145.74	
9/28/2022			
10/3/2022			
10/3/2022			
10/3/2022			
10/3/2022	£65.00		
10/3/2022		£29.02	
10/4/2022		£200.00	
10/4/2022		£6.40	
10/4/2022			
10/4/2022	£98.31		
10/5/2022			
10/6/2022			£93.37
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/10/2022			

10/10/2022		£68.07	
10/10/2022			
10/10/2022		£421.90	
10/17/2022		£200.00	
10/18/2022	£108.05		
10/21/2022	£30.00		
10/24/2022		£75.00	
10/24/2022		£199.42	
10/25/2022			
10/25/2022		£25.00	
10/31/2022	£50.00		
10/31/2022		£30.00	
11/1/2022			
11/1/2022	£78.64		
11/2/2022			
11/2/2022			
11/2/2022			£280.11
11/15/2022		£8.00	
11/15/2022	£117.96		
11/21/2022			
11/27/2022			
11/28/2022	£80.00		
11/29/2022	£20.00		
11/29/2022	£68.81		
11/30/2022		£50.00	
12/1/2022			
12/1/2022			
12/2/2022			
12/3/2022			
12/3/2022		£20.00	
12/10/2022			
12/12/2022			
12/12/2022			
12/13/2022		£1,000.00	
12/14/2022		£6.40	
12/18/2022			£186.74
12/19/2022		£50.00	
1/2/2023			
1/3/2023			
1/3/2023			£93.37
1/4/2023			
1/4/2023		£50.00	
1/10/2023	£58.99		
1/17/2023	£0.98		
1/24/2023		£6.40	
1/24/2023	£137.62		

1/24/2023	£250.00		
1/30/2023		£30.00	
1/31/2023	£49.15		
2/1/2023			
2/1/2023			
2/1/2023			£329.88
2/2/2023			
2/7/2023			£20.00
2/7/2023	£68.81		
2/13/2023		£30.00	
2/13/2023		£30.00	
2/14/2023		£8.00	
2/14/2023	£39.32		
2/20/2023	£145.00		
2/21/2023		£500.00	
2/21/2023	£98.30		
2/22/2023			
2/22/2023		£30.00	
2/23/2023		£60.00	
2/23/2023			
2/27/2023		£100.00	
2/28/2023		£30.00	
2/28/2023		£156.48	
2/28/2023		£100.00	
2/28/2023		£60.00	
2/28/2023	£88.47		
3/1/2023			
3/1/2023			
3/1/2023		£30.00	
3/5/2023			
3/6/2023		£828.00	
3/7/2023	£78.64		
3/7/2023			£329.88
3/7/2023		£30.00	
3/9/2023			
3/13/2023		£30.00	
3/14/2023		£6.40	
3/14/2023		£30.00	
3/15/2023		£30.00	
3/15/2023			
3/15/2023	£68.81		
3/15/2023		£30.00	
3/16/2023			
3/21/2023			
3/21/2023		£30.00	
3/21/2023	£49.15		

3/22/2023	£81.22		
5/22/2023		£93.60	
3/23/2023		£30.00	
3/23/2023		£30.00	
3/27/2023	£50.00		
3/28/2023		£30.00	
3/28/2023		£30.00	
3/28/2023	£29.49		
3/29/2023		£30.00	
3/31/2023		£30.00	
3/31/2023		£30.00	
3/31/2023			£286.28
	£2,138.51	£6,131.58	£1,806.37

£8,270.09

£4,398.42

Other expenses	therapist expenses	therapist training	Website	Phone	Uniform
				£10.00	
				£10.00	
	£40.44				
£142.00					
				£10.45	
			£180.00		
£150.00					
	£18.00				
	£18.00				
	£93.60				
	£18.00				
	£32.40				
	£14.40				
	£67.50				
	£56.70				
	£9.00				
	£13.04				

	£47.99				
£11.97					
				£10.00	
£100.00					
£180.00					
				£10.00	
£15.00					
£9.00					
	£28.95				
	£70.00				
				£10.00	

[illegible]

£1,109.57	£528.02	£0.00	£180.00	£81.45	£0.00

[illegible]

[illegible]

£22.35		
	£5.00	
		£50.00
£22.35		
	£6.40	
£22.35		

£178.51	£44.50	£470.00