

THE BALINT SOCIETY

England & Wales · Charity number 261387

Details

Other names	THE MEDICAL SOCIETY OF BALINT GROUPS
Status	Registered
Legal form	Other
Registered	1970-07-31
Register	View on the Charity Commission register

Contact

Address 10 Park Avenue
Princes Avenue
Hull
HU5 3ER

Phone 07973105475

Email secretary@balintsociety.org.uk

Website www.balintsociety.org.uk

Activities

Objects: TO PROMOTE AND ADVANCE DISCUSSION GROUPS USING THE BALINT METHOD, AND RESEARCH AND STUDIES ON THE PSYCHOLOGICAL ASPECTS OF HEALTH AND SOCIAL CARE, WITH SPECIAL REFERENCE TO THE PROFESSIONAL–PATIENT / CLIENT RELATIONSHIP AND TO DISSEMINATE THIS KNOWLEDGE BEYOND THE SOCIETY FOR THE IMPROVEMENT OF THE CARE OF THE PUBLIC AT LARGE

Activities: The Society promotes and advances research and study on the psychological aspects of general practice with special reference to the doctor patient relationship and disseminates the knowledge beyond the Society for the improvement of the medical care of the public at large. The society does this through conferences, workshops, a lecture series, publications and advice to other organisations.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Northern Ireland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	£80,703	£79,745	-	-
2023-03-31	£80,800	£84,321	-	-
2022-03-31	£83,471	£48,337	-	-
2021-03-31	£43,256	£32,663	-	-
2020-03-31	£71,095	£79,107	-	-

Trustees

Name	Role	Appointed
DR ANDREAS KYRRIS		2023-12-01
Dr Alexander Edward Harbinson		2025-07-10
Dr Amelia Gledhill		2023-12-01
Dr Ann Dilys Evans		2015-04-01
Dr Anne Patterson		2018-09-16
Dr Christopher Brown		2023-12-01
Dr Christopher Douglas		2025-07-10
Dr Kathleen Marica Levick		2025-07-10
Dr Marie King		2022-12-02
Dr Michael Zacharias Edward Zervos		2025-07-10
Dr Raluca Soreanu		2020-09-27
Dr Vikram Luthra		2020-09-27
Eamonn Marshall		2026-01-22

THE BALINT SOCIETY

England & Wales - Charity number 261387

Accounts

Charity Registration No. 261387

THE BALINT SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024



THE BALINT SOCIETY

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THE BALINT SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr A Evans
Dr A Patterson
Dr V Luthra
Dr R Soreanu
Dr M King
Dr C Brown (Appointed 1 December 2023)
Dr A Kyrris (Appointed 1 December 2023)
Dr A Gledhill (Appointed 1 December 2023)

Charity number

261387

Independent examiner

Azets Audit Services
First Floor
Unit 55 Ffordd William Morgan
St Asaph Business Park
St Asaph
United Kingdom
LL17 0JG

THE BALINT SOCIETY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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 objectives and aims of the Society are to promote and advance discussion groups using the Balint method, and research and studies on the psychological aspects of health and social care, with special reference to the professional-patient/client relationship and to disseminate this knowledge beyond the Society for the improvement of the care of the public at large.

To provide an opportunity for the study of similar problems as experienced by members of branches of other helping professions and in this connection to support and promote Balint Groups of the type already established in this country and elsewhere;

To promote the effective delivery of supervision, training, and education of the Balint model within the UK Balint society and to continue to foster links with the International Balint Federation

To strengthen the crucial support infrastructure of the UK Balint society which will include developing and maintaining a) a robust IT platform and b) the administrative function;

To further our engagement with all our members of the Balint society and by doing so we aim to understand a) our current members' needs, b) the equality and diversity of the society and c) develop further Balint society events within the UK;

To ensure the foundations laid down by Michael Balint and the subsequent Balint model are maintained along with taking the society into the future.

Public Benefit

The Balint Society benefits the public by working with health care professionals in the protected time and space of Balint Groups, thus providing an opportunity for experiential learning and reflection on the clinician-patient relationship

Achievements and performance

Membership: Between 1st December 2023 up to the writing of this report, there have been 64 new members to the Balint Society. This demonstrates the ongoing interest in Balint groups, and we hope this number continues to grow over the next year.

We will continue to explore the equality and diversity of the society in 2025. We would appreciate members involvement with this crucial work.

We are in process of reviewing the Balint Society events in order to meet our members needs. We are pleased that the December 2024 Leeds study event was sold out by early November 2024.

THE BALINT SOCIETY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Website: Although there may be ongoing work, we are delighted that the new website is up and running. This has been a huge project, and we are immensely grateful to Eamonn Marshall and Jon from Turtle Reality.

We are grateful to Joanne Etches (Balint Society administrator, as mentioned above for all her ongoing work in supporting the society's daily functioning. We are in the process of reviewing the role of administrator to reflect the increase in intensity of the workload

Training and education

a: Training & Education (T&E) group chaired by Shake Siegel. This group continues to meet regularly throughout the year and comprises all Council members and representatives from each of the other committees. Through Shake's leadership we have managed to have several discussions around accreditation and supervision. One outcome of this is to set up a supervision training event for 2025.

b: Supervisor accreditation criteria. The accreditation committee has devised long awaited criteria for Balint supervisors. We are very grateful for their thoughtful and rigorous input. The criteria have now been discussed in T&E and ratified by council and will hopefully offer a robust framework and assurance for supervisors and supervisees alike.

We would like to thank the previous chair, Judy Malone, for all her hard work over the years.

We are also pleased that Chris Douglas and Liz Lee have successfully taken over the role of joint-chair.

c: Due to the ever-increasing numbers on the accreditation pathway, we have initiated a further two Balint society funded supervision groups led by 1) Linda Mary Edwards and Ann Evans and 2) Jane Mulholland and Dave Morgan, to support with this demand. We would like to thank all the leaders involved in this project. Feedback from the previous groups has been positive.

There have been 14 new accredited leaders in 2024 compared to 18 new leaders in 2023. We will be monitoring the trajectory of our new leaders over the upcoming year to see whether the criteria continue to be achievable.

d: International Balint Federation. We are pleased to announce our new IBF council link Chris Brown. We hope to continue fostering links with the IBF. We would also like to thank Esti Rimmer for all her continuing work in her role on the IBF taskforce. Members are warmly recommended to attend IBF events.

Financial review

Income

This is derived from membership subscriptions, events, occasional donations and some investment income. The total for 2024 amounted to £80,703 (restated 2023; £77,597).

Expenditure

Expenditure for the year ended 31st March 2024 was monitored, controlled and increased as appropriate.

Unrestricted incoming resources amounted to £80,703 (restated 2023; £76,597) and total unrestricted resources expended amounted to £79,745 (2023; £84,321) resulting in an unrestricted surplus for the year of £958 (deficit 2023; £6,724) after investment valuation movement.

There were no restricted incoming resources this year, (2023; £1,000), with no restricted expenditure, resulting in a restricted surplus for the year of £Nil (2023: £1,000).

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

THE BALINT SOCIETY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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

Plans for future periods

We hope that the revised accreditation and supervision criteria, our renewed link with the IBF and the new website have contributed to maintaining the growth of the society for the future.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated entity.

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

Dr A Evans	
Mr E Marshall	(Resigned 1 December 2023)
Dr J Malone	(Resigned 1 December 2023)
Dr A Patterson	
Dr S Chudley	(Resigned 6 December 2024)
Dr S Tankard	(Resigned 1 December 2023)
Dr V Luthra	
Dr S Perera	(Resigned 1 December 2023)
Dr R Soreanu	
Dr M King	
Dr C Brown	(Appointed 1 December 2023)
Dr A Kyrris	(Appointed 1 December 2023)
Dr A Gledhill	(Appointed 1 December 2023)

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



.....
Dr V Luthra
Trustee

Date: ..17th April 2025

THE BALINT SOCIETY

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

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

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE BALINT SOCIETY

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BALINT SOCIETY

I report to the Trustees on my examination of the financial statements of The Balint Society (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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




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

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Jonathan Ward FCA
Azets Audit Services
First Floor
Unit 55 Ffordd William Morgan
St Asaph Business Park
St Asaph
LL17 0JG
United Kingdom

Dated: 22/04/2024.

THE BALINT SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds restated 2023	Restricted funds 2023	Total 2023
		£	£	£	£	£	£
<u>Income from:</u>							
Donations and legacies	3	-	-	-	-	1,000	1,000
Charitable activities	4	80,063	-	80,063	75,119	-	75,119
Investment Income	5	640	-	640	1,478	-	1,478
Total income		80,703	-	80,703	76,597	1,000	77,597
<u>Expenditure on:</u>							
Expenditure on charitable activities	6	85,142	-	85,142	78,201	-	78,201
Net gains/(losses) on investments	9	5,397	-	5,397	(6,120)	-	(6,120)
Net income/(expenditure) for the year/ Net movement in funds		958	-	958	(7,724)	1,000	(6,724)
Fund balances at 1 April 2023							
As originally reported		157,999	1,000	144,351	159,317	-	147,872
Prior year adjustment		(14,648)	-	(14,648)	(11,445)	-	(11,445)
As restated		143,351	1,000	129,703	147,872	-	136,427
Fund balances at 31 March 2024		129,661	1,000	130,661	128,703	1,000	129,703

THE BALINT SOCIETY

BALANCE SHEET

AS AT 31 MARCH 2024

		2024		2023 - restated	
	Notes	£	£	£	£
Fixed assets					
Investments	11		102,904		96,867
Current assets					
Debtors	12	785		316	
Cash at bank and in hand		51,037		47,858	
		<u>51,822</u>		<u>48,174</u>	
Creditors: amounts falling due within one year	13	<u>(24,065)</u>		<u>(15,338)</u>	
Net current assets			<u>27,757</u>		<u>32,836</u>
Total assets less current liabilities			<u>130,661</u>		<u>129,703</u>
Income funds					
Restricted funds	15		1,000		1,000
Unrestricted funds			<u>129,661</u>		<u>128,703</u>
			<u>130,661</u>		<u>129,703</u>

The financial statements were approved by the Trustees on 17th April 2025.....



Dr A Evans
Trustee

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

1.2 Prior period error

The financial statements include adjustments relating to the prior year.

The membership income covers a period of one year from the date of receipt, therefore an adjustment to defer the appropriate portions has been included for the prior two years to ensure income is included in the correct financial years.

1.3 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.

1.4 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.

1.5 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.

Membership fees are recognised on receipt. There are three types; ordinary, student and honorary.

1.6 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.7 Fixed asset investments

Fixed asset investments are initially measured at cost and subsequently measured at cost less any accumulated impairment losses. The investments are assessed for impairment at each reporting date and any impairment losses or reversals of impairment losses are recognised immediately in net income/(expenditure) for the year.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.9 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

1.10 Taxation

The charity is exempt from tax on its charitable activities.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

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

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

There are no critical accounting estimates or judgements.

3 Donations and legacies

	Total	Restricted funds
	2024	2023
	£	£
Legacies receivable	-	1,000
	<u> </u>	<u> </u>

4 Charitable activities

	2024	2023
	£	£
Income from charitable activities	80,063	75,119
	<u> </u>	<u> </u>

5 Investment Income

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Income from unlisted investments	206	73
Interest receivable	434	1,405
	<u> </u>	<u> </u>
	<u>640</u>	<u>1,478</u>

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on charitable activities

	2024 £	2023 £
Expenditure on charitable activities	80,740	77,020
Share of support costs (see note 7)	1,486	445
Share of governance costs (see note 7)	2,916	736
	<u>85,142</u>	<u>78,201</u>

7 Support costs

	Support costs £	Governance costs £	2024 £	Support costs £	Governance costs £	2023 £
Insurance	415	-	415	415	-	415
Bank charges and interest	1,071	-	1,071	30	-	30
Audit and Accountancy	-	2,916	2,916	-	736	736
	<u>1,486</u>	<u>2,916</u>	<u>4,402</u>	<u>445</u>	<u>736</u>	<u>1,181</u>
Analysed between Charitable activities	<u>1,486</u>	<u>2,916</u>	<u>4,402</u>	<u>445</u>	<u>736</u>	<u>1,181</u>

Governance costs includes payments to the accountants of £1,716 (2023- £736) for 2024 accountancy and independent examination fees.

8 Trustees

Payments made to trustees for reimbursements of expenses and for leading groups at study days and workshops, and for website expenses, amounted to £8,594 for the year ended 31 March 2024. (2023; £10,557).

Leading groups at study days - £3,307
 Website expenses - £4,320
 Reimbursement of expenses - £967

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

9 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Gain/(loss) on sale of investments	5,397	(6,120)

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

11 Fixed asset investments

	Listed Investments £
Cost or valuation	
At 1 April 2023	96,867
Valuation changes	5,397
Interest	434
Dividends	206
	<hr/>
At 5 April 2024	102,904
	<hr/>
Carrying amount	
At 31 March 2024	102,904
	<hr/> <hr/>
At 31 March 2023	96,867
	<hr/> <hr/>

The above valuation is per the latest valuation reports as at 05 April 2024.

12 Debtors

	2024 £	2023 £
Debtors	701	220
Prepayments	84	96
	<hr/>	<hr/>
	785	316
	<hr/> <hr/>	<hr/> <hr/>

13 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Deferred income	14	15,199	14,648
Other creditors		7,150	-
Accruals and deferred income		1,716	690
		<hr/>	<hr/>
		24,065	15,338
		<hr/> <hr/>	<hr/> <hr/>

14 Deferred income

	2024 £	2023 £
Other deferred income	15,199	14,648
	<hr/> <hr/>	<hr/> <hr/>

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

14 Deferred income

(Continued)

Deferred income is included in the financial statements as follows:

	2024 £	2023 £
Deferred income is included within:		
Current liabilities	15,199	14,648
Movements in the year:		
Deferred income at 1 April 2023	14,648	11,445
Released from previous periods	(14,648)	(11,445)
Resources deferred in the year	15,199	14,648
Deferred income at 31 March 2024	15,199	14,648

15 Restricted funds

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

	Movement in funds		Movement in funds	
	Incoming resources £	Balance at 1 April 2023 £	Incoming resources £	Balance at 31 March 2024 £
Don Bryant Legacy	1,000	1,000	-	1,000

Don Bryant Legacy: Fund to support students in furthering their understanding of Balint work

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total Unrestricted funds 2024 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 March 2024 are represented by:					
Investments	102,904	-	102,904	96,867	96,867
Current assets/(liabilities)	26,757	1,000	27,757	1,000	32,836
	<u>129,661</u>	<u>1,000</u>	<u>130,661</u>	<u>1,000</u>	<u>129,703</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none), with the exception of those disclosed in Note 8.

THE BALINT SOCIETY

England & Wales - Charity number 261387

Accounts

Charity Registration No. 261387

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr A Evans
Mr E Marshall
Dr J Malone
Dr A Patterson
Dr S Chudley
Dr S Tankard
Dr V Luthra
Dr S Perera
Dr R Soreanu
Dr M King

(Appointed 2 December
2022)

Charity number

261387

Independent examiner

Azets Audit Services
First Floor
Unit 55 Ffordd William Morgan
St Asaph Business Park
St Asaph
United Kingdom
LL17 0JG

THE BALINT SOCIETY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

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

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Objectives and activities

The objectives and aims of the Society are to promote and advance discussion groups using the Balint method, and research and studies on the psychological aspects of health and social care, with special reference to the professional-patient/client relationship and to disseminate this knowledge beyond the Society for the improvement of the care of the public at large.

To provide an opportunity for the study of similar problems as experienced by members of branches of other helping professions and in this connection to support and promote Balint Groups of the type already established in this country and elsewhere;

To promote the publication of the transactions of the society and of the relevant material;

To establish relationships with similar charitable societies;

To assist any charitable body or bodies financially or otherwise;

To obtain, collect and receive money and funds by way of contributions, donations, affiliations, subscriptions, legacies, grants and other lawful methods and to accept and receive gifts of property of any description (whether subject to any special trusts or not).

Achievements and performance

Membership of the Society continues to grow with new 380 members in the year (2022; 335) coming mainly from the mental health professions. Numbers of general practitioners have carried on declining due mainly to increasing pressures of work rather than lack of interest.

Events have taken place in the North West, London, Bristol, Wales and Northern Ireland and most are oversubscribed. The Oxford weekend in September was filled well in advance and booking early for the next event 4th-6th October 2024 is recommended. A new study day in Leeds is planned for December 2024.

The new website <https://balintsociety.org.uk/> is now live thanks to the impressive work by Council member Eamonn Marshall. This should improve access to information and will enable the Society to develop this interface further.

There is continuing commitment from our committees to involve doctors in training (DIT) both in general practice and other health specialities and many in the psychiatry DIT group choose to attend the Society study days. The GP engagement committee, (now chaired by Simon Henshall) also plan a series of in-person half days for GP doctors in training, supported by Royal College of GPs if approved.

THE BALINT SOCIETY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The Training and Education Committee (chaired by Shake Seigel) meet to enable the high standards of the work of the Balint Society to be maintained. There is a commitment also to advancing and developing the role of supervision within this

18 new Balint leaders were accredited by Council in 2023 following referral for approval by the accreditation committee (chaired by Judy Malone).

There were significant changes in the criteria for accreditation in June 2023, published on the website, which prompted many enquiries. The committee are always happy to answer questions about this and always encourage careful examination of the information available first.

Many Balint groups continue to run online due to convenience for participants. These are usually multi-disciplinary and geographically diverse. However, the loss of face-to-face communication is recognised by all as a critical change with inherent disadvantages. Spaces in online groups run by accredited leaders are advertised widely and the working group for online leaders (now chaired by Andreas Kyrris) continue to discuss and work on developments in this structure.

The Society offers advice and support for those wanting to set up Balint groups within organisations.

Joanne Etches our administrator continues to support the work of the Society and kindly agreed to increase her hours in order to keep up with the increasing work as we develop.

Financial review

Income

This is derived from membership subscriptions, events, occasional donations and some investment income. The total for 2023 amounted to £80,800 (2022; £79,301).

Expenditure

Expenditure for the year ended 31st March 2023 was monitored, controlled and increased as appropriate.

Unrestricted incoming resources amounted to £79,800 (2022; £79,301) and total unrestricted resources expended amounted to £84,321 (2022; £48,764) resulting in an unrestricted deficit for the year of £4,521 (2022; £30,537 surplus) after investment valuation movement).

Restricted incoming resources amounted to £1,000 (2022; £nil), with no restricted expenditure, resulting in a restricted surplus for the year of £1,000 (2022; £nil), .

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

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

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated entity.

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

Dr A Evans

Mr E Marshall

(Resigned 1 December 2023)

Dr J Malone

(Resigned 1 December 2023)

Dr A Patterson

Dr S Chudley

Dr S Tankard

(Resigned 1 December 2023)

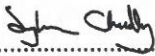
Dr V Luthra

THE BALINT SOCIETY

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Dr S Perera	(Resigned 1 December 2023)
Dr R Soreanu	
Dr M King	
Dr C Brown	(Appointed 1 December 2023)
Dr A Kyrris	(Appointed 1 December 2023)
Dr A Gledhill	(Appointed 1 December 2023)

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



.....
Dr S Chudley
Trustee

Date: 5.3.24

5.3.24

THE BALINT SOCIETY

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

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

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE BALINT SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE BALINT SOCIETY

I report to the Trustees on my examination of the financial statements of The Balint Society (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Jonathan Ward FCA



Azets Audit Services
First Floor
Unit 55 Ffordd William Morgan
St Asaph Business Park
St Asaph
LL17 0JG
United Kingdom

Dated: 5/3/2024

THE BALINT SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023	Restricted funds 2023	Total Unrestricted funds 2023	Unrestricted funds restated 2022 -
		£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	-	1,000	1,000	-
Charitable activities	4	78,322	-	78,322	77,713
Investment Income	5	1,478	-	1,478	1,588
Total income		<u>79,800</u>	<u>1,000</u>	<u>80,800</u>	<u>79,301</u>
<u>Expenditure on:</u>					
Expenditure on charitable activities	6	<u>78,201</u>	<u>-</u>	<u>78,201</u>	<u>48,337</u>
Net gains/(losses) on investments	10	<u>(6,120)</u>	<u>-</u>	<u>(6,120)</u>	<u>(427)</u>
Net (expenditure)/income for the year/ Net movement in funds		<u>(4,521)</u>	<u>1,000</u>	<u>(3,521)</u>	<u>30,537</u>
Fund balances at 1 April 2022		<u>147,872</u>	<u>-</u>	<u>147,872</u>	<u>117,335</u>
Fund balances at 31 March 2023		<u><u>143,351</u></u>	<u><u>1,000</u></u>	<u><u>144,351</u></u>	<u><u>147,872</u></u>


THE BALINT SOCIETY

BALANCE SHEET

AS AT 31 MARCH 2023

		2023		2022 - restated	
	Notes	£	£	£	£
Fixed assets					
Investments	12		96,867		101,509
Current assets					
Debtors	13	316		4,720	
Cash at bank and in hand		47,858		41,943	
		<u>48,174</u>		<u>46,663</u>	
Creditors: amounts falling due within one year	14	(690)		(300)	
Net current assets			47,484		46,363
Total assets less current liabilities			<u>144,351</u>		<u>147,872</u>
Income funds					
Restricted funds	15		1,000		-
Unrestricted funds			143,351		147,872
			<u>144,351</u>		<u>147,872</u>

The financial statements were approved by the Trustees on 5.3.24.....


.....
Dr A Evans
Trustee


.....
Dr V Luthra
Trustee

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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.

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.

Membership fees are recognised on receipt. There are three types; ordinary, student and honorary.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Fixed asset investments

Fixed asset investments are initially measured at cost and subsequently measured at cost less any accumulated impairment losses. The investments are assessed for impairment at each reporting date and any impairment losses or reversals of impairment losses are recognised immediately in net income/(expenditure) for the year.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.8 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

1.9 Taxation

The charity is exempt from tax on its charitable activities.

2 Critical accounting estimates and judgements

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

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

There are no critical accounting estimates or judgements.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Restricted funds	Total
	2023 £	2022 £
Legacies receivable	1,000	-

4 Charitable activities

	2023 £	2022 £
Income from charitable activities	78,322	77,713

5 Investment Income

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Income from unlisted investments	73	106
Interest receivable	1,405	1,482
	<u>1,478</u>	<u>1,588</u>

6 Expenditure on charitable activities

	2023 £	2022 £
Expenditure on charitable activities	77,020	47,081
Share of support costs (see note 7)	445	415
Share of governance costs (see note 7)	736	841
	<u>78,201</u>	<u>48,337</u>

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Insurance	415	-	415	415	-	415
Bank charges and interest	30	-	30	-	-	-
Audit and Accountancy	-	736	736	-	841	841
	<u>445</u>	<u>736</u>	<u>1,181</u>	<u>415</u>	<u>841</u>	<u>1,256</u>
Analysed between Charitable activities	<u>445</u>	<u>736</u>	<u>1,181</u>	<u>415</u>	<u>841</u>	<u>1,256</u>

Governance costs includes payments to the accountants of £736 (2022- £841) for accountancy fees.

8 Trustees

Payments made to trustees for reimbursements of expenses and for leading groups at study days and workshops amounted to £10,556.70 for the year ended 31 March 2023. (2022; £3,103).

10 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Gain/(loss) on sale of investments	<u>(6,120)</u>	<u>(427)</u>

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

12 Fixed asset investments

	Listed Investments £
Cost or valuation	
At 1 April 2022	101,509
Valuation changes	(4,642)
At 31 March 2023	<u>96,867</u>
Carrying amount	
At 31 March 2023	<u>96,867</u>
At 31 March 2022	<u><u>101,509</u></u>

13 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	220	4,720
Prepayments and accrued income	96	-
	<u>316</u>	<u>4,720</u>

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	<u>690</u>	<u>300</u>

15 Restricted funds

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

	Movement in funds		Movement in funds	
	Incoming resources £	Balance at 1 April 2022 £	Incoming resources £	Balance at 31 March 2023 £
Don Bryant Legacy	<u>-</u>	<u>-</u>	<u>1,000</u>	<u>1,000</u>

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Total Unrestricted funds 2022 £
Fund balances at 31 March 2023 are represented by:				
Investments	96,867	-	96,867	101,509
Current assets/(liabilities)	46,484	1,000	47,484	46,363
	<u>143,351</u>	<u>1,000</u>	<u>144,351</u>	<u>147,872</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none), with the exception of those disclosed in Note 8.

18 Prior Period Adjustment

In the prior year, revenue was understated by £4,170 and cash at bank was overstated by the same amount in the financial statements.

THE BALINT SOCIETY

England & Wales - Charity number 261387

Accounts

THE BALINT SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022



THE BALINT SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr A Evans
Mr E Marshall
Dr J Malone
Dr A Patterson
Dr S Chudley
Dr S Tankard
Dr V Luthra
Dr S Perera
Dr R Soreanu
Dr M King

(Appointed 2 December
2022)

Charity number

261387

Independent examiner

Azets
Brynford House
21 Brynford Street
Holywell
Flintshire
United Kingdom
CH8 7RD

THE BALINT SOCIETY

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Statement of financial activities	3
Balance sheet	5
Notes to the financial statements	6 - 9

THE BALINT SOCIETY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report and financial statements for the year ended 31 March 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 objectives and aims of the Society are to promote and advance discussion groups using the Balint method, and research and studies on the psychological aspects of health and social care, with special reference to the professional-patient/client relationship and to disseminate this knowledge beyond the Society for the improvement of the care of the public at large.

To provide an opportunity for the study of similar problems as experienced by members of branches of other helping professions and in this connection to support and promote Balint Groups of the type already established in this country and elsewhere;

To promote the publication of the transactions of the society and of the relevant material;

To establish relationships with similar charitable societies;

To assist any charitable body or bodies financially or otherwise;

To obtain, collect and receive money and funds by way of contributions, donations, affiliations, subscriptions, legacies, grants and other lawful methods and to accept and receive gifts of property of any description (whether subject to any special trusts or not).

Achievements and performance

The Society now has 335 members and remains very active. It continues to promote better understanding of the emotional content of the clinician-patient relationship and so improve their therapeutic potential.

As secretary I now receive increasing enquiries from professions outside the traditional clinical disciplines, including health service managers, education, legal and social work with interest also from abroad. The Balint model of working is becoming more widely known and there are also regular contacts asking about pursuing the accreditation pathway for leadership.

Study days and weekend events are now taking place face to face again all over the UK including next year, for the first time in Scotland. These have been well subscribed and successful. There have been 26 leaders accredited in the last 12 months.

The 6 online Balint groups that were set up during the pandemic have continued to meet. These were mainly multidisciplinary and welcomed members widely geographically distant. Pre-existing groups have either reverted to face to face or continued online. Spaces in online groups are advertised periodically as needed.

Our GP Engagement Committee chaired by Caroline Palmer (past President) has worked hard to involve GPs through initiatives in Wales, Scotland, North East and South West. There is much interest from GPs and their leaders but a regular commitment is often hard for them to achieve due to the current pressures of work.

Vikram Luthra and Scarlett Tankard (Council members) ran a successful Foundation Year online event earlier this year and are planning another.

The Balint Society website is being updated and information can sometimes be limited while we undergo transition. We hope the new website will be running in early 2023. Eamonn Marshall (Council member) is leading on this.

Volume 49 of the Journal of the Balint Society was published online in November 2022 thanks to the work of editor Raluca Soreanu and the editorial board. It is available on the Society website.

THE BALINT SOCIETY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Joanne Etches our administrator has been in post for 12 months and is central to the functioning of the organisation. She was able to attend the annual Oxford Conference and participated in a Balint group, giving valuable insights into our work. We both look forward to the next 12 months, supporting further development of the Society and working with the new Presidents.

Inter-rim co-Presidents Judy Malone and Anne Patterson who took on the roles at short notice in November 2021 stepped down at the Annual General Meeting in December 2022. Co-presidents Vikram Luthera and Anne Patterson were elected unopposed, Judy Malone was re-elected as a council member, also GP Marie King as a new member.

Financial review

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

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

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated entity.

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

Dr A Evans

Dr G Fitzgerald

(Resigned 26 October 2021)

Mr E Marshall

Dr J Malone

Dr A Patterson

Dr S Chudley

Dr S Tankard

Dr V Luthra

Dr S Perera

Dr R Soreanu

Dr M King

(Appointed 2 December 2022)

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

Dr S Chudley

Trustee

13 April 2023

THE BALINT SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Unrestricted funds 2021 £
	Notes		
Income from:			
Charitable activities	2	81,883	41,317
Investment Income	3	1,588	1,939
		<hr/>	<hr/>
Total income		83,471	43,256
		<hr/>	<hr/>
Expenditure on:			
Expenditure on charitable activities	4	48,337	32,663
		<hr/>	<hr/>
Net gains/(losses) on investments	7	(427)	9,562
		<hr/>	<hr/>
Net income for the year/ Net movement in funds		34,707	20,155
Fund balances at 1 April 2021		117,335	97,180
		<hr/>	<hr/>
Fund balances at 31 March 2022		152,042	117,335
		<hr/> <hr/>	<hr/> <hr/>

THE BALINT SOCIETY

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BALINT SOCIETY

I report to the Trustees on my examination of the financial statements of The Balint Society (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Melanie Langton-Davies, ACA, FCCA
Azets Audit Services
Brynford House
21 Brynford Street
Holywell
Flintshire
CH8 7RD
United Kingdom

Dated: 13 April 2023

THE BALINT SOCIETY

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Investments	8		101,509		100,348
Current assets					
Debtors	9	4,720		2,625	
Cash at bank and in hand		46,113		14,662	
		<u>50,833</u>		<u>17,287</u>	
Creditors: amounts falling due within one year	10	<u>(300)</u>		<u>(300)</u>	
Net current assets			50,533		16,987
Total assets less current liabilities			<u>152,042</u>		<u>117,335</u>
Income funds					
Unrestricted funds			152,042		117,335
			<u>152,042</u>		<u>117,335</u>

The financial statements were approved by the Trustees on 13 April 2023

Dr A Evans
Trustee

Dr J Malone
Trustee

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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.

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.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Fixed asset investments

Fixed asset investments are initially measured at cost and subsequently measured at cost less any accumulated impairment losses. The investments are assessed for impairment at each reporting date and any impairment losses or reversals of impairment losses are recognised immediately in net income/(expenditure) for the year.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

THE BALINT SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.8 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

1.9 Taxation

The charity is exempt from tax on its charitable activities.

2 Charitable activities

	2022	2021
	£	£
Income from charitable activities	81,883	41,317

THE BALINT SOCIETY

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

3 Investment Income

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Income from unlisted investments	106	488
Interest receivable	1,482	1,451
	<u>1,588</u>	<u>1,939</u>

4 Expenditure on charitable activities

	2022	2021
	£	£
Expenditure on charitable activities	48,337	32,663
	<u>48,337</u>	<u>32,663</u>

5 Trustees

Payments were made to trustees, acting in their professional capacity, for leading groups at study days and workshops amounted to £3,103 for the year ended 31 March 2022. (2021; £2,755). Payments made to trustees in relation to website development amounted to £2,380 for the year. (2021; £1,880)

6 Employees

	2022	2021
	Number	Number
Total	<u>-</u>	<u>-</u>

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

7 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Gain/(loss) on sale of investments	<u>(427)</u>	<u>9,562</u>

THE BALINT SOCIETY

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

8 Fixed asset investments

	Listed Investments £
Cost or valuation	
At 1 April 2021	100,348
Valuation changes	1,161
At 31 March 2022	<u>101,509</u>
Carrying amount	
At 31 March 2022	<u>101,509</u>
At 31 March 2021	<u><u>100,348</u></u>

9 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	4,720	2,625
	<u>4,720</u>	<u>2,625</u>

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	300	300
	<u>300</u>	<u>300</u>

11 Related party transactions

There were no disclosable related party transactions during the year (2021 - none), with the exception of those disclosed in Note 5.