

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

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	4
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		
<u>Income from:</u>			
Charitable activities	2	81,883	41,317
Investment Income	3	1,588	1,939
		<hr/>	<hr/>
Total income		83,471	43,256
		<hr/>	<hr/>
<u>Expenditure on:</u>			
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
		<hr/>	<hr/>
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 Number	2021 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	(427)	9,562
	<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
	<hr/>
At 31 March 2022	101,509
	<hr/>
Carrying amount	
At 31 March 2022	101,509
	<hr/>
At 31 March 2021	100,348
	<hr/>

9 Debtors

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

10 Creditors: amounts falling due within one year

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

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.