

THE BALINT SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023



THE BALINT SOCIETY

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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 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.

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

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)

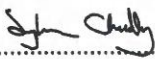
Dr V Luthra

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>

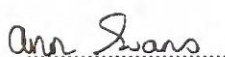
THE BALINT SOCIETY

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
	1,478	1,588

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
	78,201	48,337

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	96,867
Carrying amount	
At 31 March 2023	96,867
At 31 March 2022	101,509

13 Debtors

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

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	690	300

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	-	-	1,000	1,000

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.