

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE
TRUSTEES' ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

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CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

**CHAIR'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Chapel Mobile Physiotherapy Service has had another busy year. I would like to thank our Physio, Steve, and everyone on the Committee for all their hard work. We are only a small charity and punch well above our weight.

We have some generous donors. However, our costs are going up and our income is going down, even though we save the NHS a lot of money by keeping people safe and mobile in their own home. We only need funds to pay our employee and his expenses as the committee do the fundraising and take no remuneration.

Funding for day to day expenses is going down whilst the need is going up, as we are an ageing population. Chapel Mobile Physio are very appreciative of the support we are given, but we need more funding to support us on a regular basis.

Cllr Kath Sizeland – Chair

5 May 2025

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Charity name

The full name of the charity is “Chapel-en-le-Frith Mobile Physiotherapy Service”.

It is also known as “Chapel Mobile Physio”.

Registered charity number

500497

Principal address

34 Hordens Park Road, Chapel-en-le-Frith, High Peak, SK23 9SY

Email address

ChapelMobilePhysio@outlook.com

Board of Trustees since the end of the previous financial year

Cllr Kath Sizeland

Mrs Judith Aizlewood

Dr Graham Brodie MB, BS, MRCP

Mrs Una Meagher

Executive Committee at the date of this report

President - Mayor of the Borough of High Peak Cllr Stewart Gardner

Chair and Representative of the Borough of High Peak - Cllr Kath Sizeland

Treasurer - Mrs Judith Aizlewood

Secretary - Ms Sandra Higgins

Minutes Secretary - Helen Young

Medical Adviser - Dr Graham Brodie MB, BS, MRCP

Compliance Officer - Mrs Una Meagher

Representative of the Borough of High Peak - Cllr Nigel Gourlay

Co-opted Members –Mrs Pauline Turner, Mr Roger Turner

Patron

Mr Nick Pilling

Mobile Physiotherapist

Steve Davidson, Grad Dip Phys MCSP HPC

Independent Examiner

Mr Tim Mourné FCCA

Mourné & Co Accountants, 10 Market Street, Chapel-en-le-Frith, High Peak, SK23 0HH

Website

www.ChapelMobilePhysio.org

Our website is hosted for free by Kualo.

REPORT OF THE TRUSTEES - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its constitution, as amended on 20 November 2019.

Recruitment and appointment of new trustees

The trustees regularly review the skills, experience and knowledge of the Board in order to identify when a new trustee needs to be appointed. The existing trustees decide the attributes which are needed in a new trustee and look to recruit from people already known to them. A suitable candidate is chosen and approached to be invited to join the Board. Once the position has been accepted, the new trustee is appointed and recorded with the Charity Commission.

Induction and training of new trustees

New trustees are expected to have a good understanding of the aims and objectives of the charity and its governing document. They are provided with a copy of the Charity Commission Guidance "The essential trustee: what you need to know, what you need to do" and are given additional support as needed so that they can properly perform their duties as a trustee.

Organisational structure

The officers of the charity are:

- the President, who is the Mayor of the Borough of High Peak;
- the trustees, of which there are a minimum of three and a maximum of five;
- the Honorary Secretary, elected annually at the Annual General Meeting; and
- the Honorary Treasurer, elected annually at the Annual General Meeting.

The charity is run by its Executive Committee, which consists of:

- the officers of the charity;
- one representative from each rural High Peak Parish from which a nomination has been received;
- two representatives from the Council of the Borough of High Peak; and
- up to six co-opted representatives of the rural Parishes of the High Peak who have knowledge and experience enabling them to make a valued contribution to the Committee, elected annually at the Annual General Meeting.

At least one and up to three Medical Advisers, who are suitably qualified, are appointed annually at the Annual General Meeting to advise the Executive Committee on medical matters.

Remuneration policy

No remuneration is paid to any of the members of the Executive Committee. Expenses may be claimed for costs incurred directly and exclusively in the course of the activities of the charity.

Our physiotherapist is paid with reference to NHS payscale rates.

Wider network

The charity has a service contract with the NHS Derby and Derbyshire Clinical Commissioning Group.

Referrals for treatment are taken from the following GP practices in the High Peak:

- Thornbrook Surgery, Chapel-en-le-Frith;
- Goyt Valley Medical Practice, Whaley Bridge;
- Evelyn Medical Centre, Hope; and
- Arden House Medical Practice, Hayfield.

REPORT OF THE TRUSTEES - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Risk management

The Executive Committee identifies and reviews the risks to which the charity is exposed to ensure appropriate controls are in place.

Safeguarding

We are committed to safeguarding the wellbeing of vulnerable service users. We ensure this through robust recruitment checks, appropriate training and clear procedures for reporting any concerns.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's objects as stated in its constitution are to promote, establish and maintain a mobile physiotherapy service in Parishes of the High Peak, as selected by the Executive Committee.

Significant activities

On the recommendation of a Medical Practitioner or as otherwise agreed by a majority of the Executive Committee on the advice of the Medical Adviser and Physiotherapist, physiotherapy treatment shall be made available in the home to elderly residents. Treatment is free of charge.

Public benefit

The trustees are aware of the guidance for the public benefit requirement in its charitable objectives, the running of the charity and its reporting responsibilities and have taken it into account when making a decision to which the guidance is relevant. A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit is included within this report. The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Volunteers

The members of the Executive Committee all provide their services for running the charity free of charge. The charity is supported by additional volunteers at its fundraising events.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our service continues to be the provision of physiotherapy treatment in the home and related support for older residents of the rural High Peak. Derbyshire County Council is encouraging older people to continue to live independently in their own home and we provide an essential service supporting older residents in the rural high Peak.

Steve Davidson has completed his third full year as our Physiotherapist, and we continue to receive high praise and amazing feedback from our service users. The move to a full time position from April 2023 enabled him to provide many more appointments, but sadly, reduced funding has led to a reduction back to a four day week service from April 2025.

Community Access

We have started a Community Access Project where our Physiotherapist visits social group meetings and is available to talk to elderly residents about minor physical concerns they may have. This Community Access encourages older residents to seek advice at an earlier stage and enable them to take more preventative action before problems progress.

Fundraising activities

We have continued with our annual spring and autumn coffee mornings, three of which fell in this financial year. Our Treasurer has organised another RHS garden outing and a Christmas wreath workshop. We have continued to be supported by local Councils, groups and individuals, to whom we are extremely grateful for their donations, especially during such difficult times. We regret that Derbyshire County Council has significantly reduced their support for us this year, and has stopped their discretionary funding, which is so badly needed across the area.

REPORT OF THE TRUSTEES - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Reserves policy

The charity updated its reserves policy during the year to reflect changes in its obligations to its employee and patients. This is monitored throughout the year and adapted as circumstances change. Donations received specifically for any activity which has not yet been spent are set aside as restricted reserves.

In order to ensure continuity of service at the highest level, sufficient cash shall be kept in the bank accounts as designated reserves. The amount shall be determined as being equal to 12 months' salary costs as this is the amount considered necessary to:

- a) Demonstrate financial stability to funders and secure alternative long-term funding should existing sources of income become unavailable.
- b) Provide confidence and employment security to existing and potential employees in order to recruit and maintain staff of the highest calibre.

Financial activities

Details of the financial activities of the charity during the year, including principal funding sources, how expenditure has supported the key objectives of the charity and the financial position at the year-end is included in the Treasurer's Report on page 8.

Investment policy and objectives

All funds are kept in instant access bank accounts.

FUTURE DEVELOPMENTS

Physiotherapist's hours

From April 2025, our Physiotherapist has reduced his hours to four days a week, from five. It is sad that all our recent efforts to make this a full-time service have not been sustainable in the current financial climate. Our plan to take on an additional part time physiotherapist during the year to ensure continuity of the provision of treatment during periods of staff absence is on hold indefinitely.

Fundraising

Fundraising throughout the voluntary sector is becoming more and more challenging, and we have used a significant amount of our retained reserves to provide the service this year. The decision by Derbyshire County Council to stop discretionary funding, and the lack of increase and long term commitment in NHS funding make the future somewhat uncertain. At 31 March 2025 we have failed to meet our reserves target, but will be working hard in the following months to raise the money to replenish our reserves and continue to provide the service we are committed to.

Signed on behalf of the Board of Trustees:

CLlr Kath Sizeland – Chair

Mrs Judith Aizlewood – Treasurer

5 May 2025

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

MOBILE PHYSIOTHERAPIST'S REPORT FOR THE YEAR ENDED 31 MARCH 2025

Yet another great year!

2024/25 was my third year in post and has been one of further consolidation and development. The referrals have continued to flow in consistently, and the service has been working to capacity throughout the year, with an average waiting time of 2 weeks. As recorded in previous reports we have developed a good working relationship with Evelyn Medical Centre in the Hope Valley and Arden House Medical Centre in Hayfield.

In common with previous years the caseload is varied, and includes a range of musculo-skeletal disorders, neurological conditions and some post-operative rehabilitation. Falls prevention /management is also a common reason for referral. We have been accepting a number of patients from care homes, so management of issues occurring subsequent to dementia is often an important consideration. As always we adopt a holistic approach, and, in addition to mainstream physiotherapy, seek to ensure that additional psychological strategies are employed as appropriate, to engender a positive outlook and hopeful vision of the future. Examples of this might include breathing exercises to aid relaxation, reframing of challenges, or visualisation techniques.

On several occasions during the course of the year we have teamed up with volunteer groups based at the Methodist Church in Chapel, to offer drop-in advice sessions. These seem to have been popular, and further sessions are planned for the coming months.

The service offered by Medequip (with regards to supplying items of equipment) is invaluable, and where appropriate we refer on to other agencies such as the social prescribing team. The rich support network offered both by health and social services, and also other charities / volunteer groups, across the High Peak is impressive, and allows us to continue to offer a flexible and unique approach to the provision of physiotherapy.

Patient statistics for the year are as follows:

	2024/25	2023/24
Total number of patients referred	128	158
Total number of patients discharged	129	158
Caseload at 31 March 2025	29	30
Total number of appointments	819	909
Total mileage	4,134	4,390

Number of referrals per GP Surgery:

	2024/25	2023/24
Thornbrook Surgery	73	90
Goyt Valley Medical Practice	39	42
Evelyn Medical Practice	13	21
Arden House Medical Practice	2	5

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

MOBILE PHYSIOTHERAPIST'S REPORT FOR THE YEAR ENDED 31 MARCH 2025

Breakdown by area:

	Number of Patients		Number of Appointments	
	2024/25	2023/24	2024/25	2023/24
Bamford	3	6	17	25
Bradwell	-	-	-	5
Buxworth	-	1	-	15
Castleton	3	3	17	10
Chapel Milton	2	-	13	-
Chapel-en-le-Frith	68	78	423	448
Chinley	15	14	53	94
Combs	2	4	18	25
Dove Holes	1	2	10	11
Edale	1	-	2	-
Furness Vale	1	2	1	22
Furnilee	1	-	1	-
Hayfield	1	-	1	-
Hathersage	4	10	41	60
Hayfield	-	-	1	-
Hope	1	4	25	20
Kettleshulme	1	-	11	-
New Mills	3	-	40	-
Peak Dale	1	-	2	-
Peak Forest	-	-	4	-
Shatton	1	-	1	-
Whaley Bridge	26	25	138	142

Mandatory CPD requirements have all been fulfilled, and I have undertaken further training in various meditation techniques which can be adapted to help patients in some cases. I have also been studying Tai Chi, and the skills learned have proved transferrable to many patient interventions, significantly expanding the range of exercises taught to improve co-ordination and balance. We have also worked hard together to update a wide range of policies and procedures relating to data protection and lone-working to maintain full compliance with professional standards.

In 2005/26 I plan to undertake further post-graduate training in acupuncture, and hope to increasingly incorporate this into my practice. Aside from that I anticipate the service running largely unchanged, as feedback in the past 12 months has been 100% positive.

Finally, I would like to take this opportunity to thank the committee for their considerable administrative and professional support, without which I would not be able to work effectively, and the local surgeries, all of whom are a great pleasure to work with.

Steve Davidson
Mobile Physiotherapist, MCSP, HCPC registered

5 May 2025

**TREASURER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Like most small charities we face challenges in raising the funds required to support our charitable aims and we are working hard to ensure that we remain lean and smart in our operations. Our main operating cost is the employment of the senior physiotherapist. We increased provision of the service from four days a week to full time to meet pent up demand after the pandemic but have now had to reduce provision to four days weekly to ensure financial stability. We regularly review our reserves policy to ensure we can meet all financial obligations. Our administration costs are kept to a minimum and none of the executive committee receives any payment. Sandra Higgins will process the payroll in future to save accountants costs and we thank Laytons for their past work and support. We have also decreased transport costs by paying mileage rather than providing a car. Our spending on Continuing Professional Development ensures that our physiotherapist meets his professional body's registration requirements, remains current with good practice and makes links in what can be an isolated job.

Our key objective is the provision of physiotherapy in the home to enable older people to live independently. This is directly in line with the strategic objectives of Joined Up Care Derbyshire "To enable older people to live healthy, independent lives At their normal place of residence for as long as possible" and .."to keep their independence and play an active part in society." DCC aims to prioritise prevention and early intervention. We know from 100% positive service user feedback that the service we deliver provides this. People report renewed confidence and community engagement as well as physical improvement. We are also able to signpost service users to other types of community support. As part of our community access programme, our physiotherapist makes regular visits to local groups to ensure people are well informed about the type of service we provide and how they can access this; we aim to ensure equality of access for all sectors of the community in our target group.

Our fund raising events also help us to promote the service and provide a range of information leaflets. The NHS service contract provides less than 25% of our operating costs. We receive many donations from service users which are totally discretionary in line with their means. We also thank our regular donors and the businesses and organisations that continue to support us, these are listed at the back of the report. High Peak CVS have been supportive in providing ideas and information about available grants but these applications can be complex and time consuming and further help in this area would be appreciated.

Thanks also to Tim Mourné who examines our accounts.

Mrs Judith Aizlewood – Treasurer

5 May 2025

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

**RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	31.03.25 £	31.03.24 £
<u>RECEIPTS AND PAYMENTS</u>					
Receipts					
NHS service contract		11,194	-	11,194	9,472
Voluntary grants and donations	2	22,587	-	22,587	28,437
Fundraising activities	3	3,134	-	3,134	3,263
Sale of fixed assets		-	-	-	185
Bank interest		266	-	266	292
Total receipts		<u>37,181</u>	<u>-</u>	<u>37,181</u>	<u>41,649</u>
Payments					
Physiotherapist employment costs	4	43,998	-	43,998	39,633
Service delivery expenditure	5	2,624	441	3,065	4,657
Fundraising costs	6	292	-	292	1,184
Administration costs	7	376	-	376	2,517
Total payments		<u>47,290</u>	<u>441</u>	<u>47,731</u>	<u>47,991</u>
Net receipts (payments)		(10,109)	(441)	(10,550)	(6,342)
Cash funds last year end		<u>31,629</u>	<u>441</u>	<u>32,070</u>	<u>38,412</u>
Cash funds this year end		<u>21,520</u>	<u>-</u>	<u>21,520</u>	<u>32,070</u>
<u>STATEMENT OF ASSETS AND LIABILITIES AT THE END OF THE YEAR</u>					
Current assets					
Instant access bank accounts and cash		14,070	-	14,070	22,820
Car Loan		7,450	-	7,450	9,250
Total current assets		<u>21,520</u>	<u>-</u>	<u>21,520</u>	<u>32,070</u>
Reserves					
Designated continuity reserve		35,000	-	35,000	42,000
Undesignated free reserves		(13,480)	-	(13,480)	(10,371)
Restricted reserves	8	-	-	-	441
Total reserves		<u>21,520</u>	<u>-</u>	<u>21,520</u>	<u>32,070</u>

Approved by the Board of Trustees and signed on their behalf:

.....
Cllr Kath Sizeland – Chair

.....
Mrs Judith Aizlewood – Treasurer

5 May 2025

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE
CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE (CHARITY NO 500497)
ON THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025**

I report to the trustees on my examination of the accounts of the above charity ("the Service") for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Service, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Service's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

.....
Mr Tim Mourné FCCA

Mourné & Co Accountants, 10 Market Street, Chapel-en-le-Frith, High Peak, SK23 0HH

Date:

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES**Basis of preparing the accounts**

The accounts of the charity have been prepared under the receipts and payments method. Receipts and payments accounts contain a statement summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. VOLUNTARY GRANTS AND DONATIONS

	31.03.25 £	31.03.24 £
Restricted funds		
High Peak Borough Councillor's Initiative Fund	-	777
High Peak Health and Wellbeing Partnership	-	500
Grants from other charities	-	1,200
	<u>-</u>	<u>2,477</u>
Unrestricted funds		
Derbyshire County Council	2,000	8,000
Parish and Borough Councils	500	200
Grants from other charities	13,500	10,000
Donations from local businesses	-	2,960
Donations from local groups and individuals	6,587	4,800
	<u>22,587</u>	<u>25,960</u>
Total voluntary grants and donations	<u>22,587</u>	<u>28,437</u>

£1,000 of funding was awarded through Foundation Derbyshire during the year ended 31 March 2025.

£1,500 of funding was awarded through High Peak CVS during the year ended 31 March 2025.

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

3. FUNDRAISING ACTIVITIES

	31.03.25	31.03.24
	£	£
Events and outings	1,522	1,161
Coffee mornings	1,403	508
High Peak Community Lottery	182	109
Donated items	27	111
Carnival	-	800
Sponsored events	-	449
Market stalls	-	91
Gift aid received	-	34
	<u>3,134</u>	<u>3,263</u>

Our Treasurer, Judith Aizlewood, organises an annual outing to the RHS Garden Bridgewater in Salford, and we have been very well supported by members of the public raising funds through charity events. We have a JustGiving page for anyone wishing to hold a fundraising event for us.

The Committee was again able to run our usual two coffee mornings in Chinley, which are well supported by local residents. Due to the timing around our accounting year end, takings from three of the last four coffee mornings are included in this year's accounts, with only one in last year's accounts.

We would like to thank everyone who has supported us through the High Peak Community Lottery. Tickets can be purchased at www.highpeakcommunitylottery.co.uk/support/chapel-en-le-frith-mobile-physiotherapy-service.

4. PHYSIOTHERAPIST EMPLOYMENT COSTS

	31.03.25	31.03.24
	£	£
Gross salary	43,998	39,633
Employer's NI	-	-
Pension	-	-
	<u>43,998</u>	<u>39,633</u>

5. SERVICE DELIVERY EXPENDITURE

	31.03.25	31.03.24
	£	£
Travel costs	1,872	2,527
Equipment costs	574	910
Professional subscriptions and training	253	871
Insurance	294	277
Telephone	72	72
	<u>3,065</u>	<u>4,657</u>

£441 (2024: £836) was spent on small equipment for service users using restricted income.

CHAPEL-EN-LE-FRITH MOBILE PHYSIOTHERAPY SERVICE

**NOTES TO THE ACCOUNTS – CONTINUED
FOR THE YEAR ENDED 31 MARCH 2025**

6. FUNDRAISING COSTS

	31.03.25	31.03.24
	£	£
Outing costs	47	1,135
Printing	170	31
Hall hire	75	18
	<u>292</u>	<u>1,184</u>

Due to the timing of payments being made, the costs for the RHS outing in 2025 are included in the accounts for the previous accounting period.

7. ADMINISTRATION COSTS

	31.03.25	31.03.24
	£	£
Computer licence – 3 years	-	1,283
Laptop purchase	-	1,019
Payroll processing	263	137
Printing and postage	113	78
	<u>376</u>	<u>2,517</u>

The laptop and contribution towards the computer licence were paid for from a restricted donation of £1,200.

8. RESTRICTED FUNDS

	At 01.04.24	Receipts	Payments	At 31.03.25
	£	£	£	£
Small equipment for service users	441	-	441	-
	<u>441</u>	<u>-</u>	<u>441</u>	<u>-</u>

While large items of equipment can be prescribed on the NHS, smaller items need to be purchased, and we had grant money from previous years brought forward which enabled us to provide high quality specific equipment to service users.

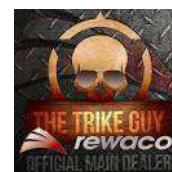
SUPPORTERS
FOR THE YEAR ENDED 31 MARCH 2025

We are enormously grateful to be supported by:



Chinley Buxworth & Brownside Parish Council

Bamford With Thornhill Parish Council



The Barnabas Charitable Trust

The Duke of Devonshire's Charitable Trust

Vernon Robert Bowmer Charitable Trust

The John Morton Trust

The Picnic Basket Café

Whaley Bridge Allotment and Gardening Society

Hathersage Society for the Prosecution of Felons

and all the individual donors who have given so generously.