

HEREFORD CENTRE FOR NATURAL HEALTH

England & Wales · Charity number 516988

Details

Status Registered

Legal form Charitable company

Company number [01929402](#)

Registered 1985-11-12

Register [View on the Charity Commission register](#)

Contact

Address Hereford Centre For Natural Health
Eastholme Avenue
Belmont
Hereford
HR2 7XT

Phone 01432279653

Email hcnh@btconnect.com

Website www.herefordcentrefornaturalhealth.com

Activities

Objects: THE OBJECTS FOR WHICH THE COMPANY IS ESTABLISHED ARE: (I) THE RELIEF OF SICKNESS BY THE PRACTICE, SUPPORT OF PROMOTION OF ALL METHODS OF HEALING AND NATURAL THERAPEUTICS DESIGNED TO RELIEVE HUMAN SUFFERING AND DISTRESS. (II) RESEARCH INTO THE TRAINING OF STUDENTS IN ALL SUCH METHODS OF HEALING AND NATURAL THERAPEUTICS, AND FOR PUBLICATION OF SUCH RESEARCH.

Activities: The charity provides premises and services for practitioners and therapies, answers queries about natural and alternative medicine and participates in events which provide information in this field to the public.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Herefordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£32,380	£35,833	-	-
2024-03-31	£30,549	£32,232	-	-
2023-03-31	£24,605	£33,782	-	-
2022-03-31	£32,119	£37,196	-	-
2021-03-31	£34,307	£35,374	-	-

Trustees

Name	Role	Appointed
Dr BRUCE FRASER	Chair	
DR P OVERSTALL		
JANET ANN JAMES		2013-02-28
Julia Mae Goodridge		2019-09-25
Phyllis Steele		2017-01-10
RUTH KETTEL		2015-11-11

HEREFORD CENTRE FOR NATURAL HEALTH

England & Wales - Charity number 516988

Accounts

Charity registration number 516988

Company registration number 01929402 (England & Wales)

HEREFORD CENTRE FOR NATURAL HEALTH
ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

HEREFORD CENTRE FOR NATURAL HEALTH
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr B Fraser (Chair) Dr P Overstall Mrs J James Ms R Kettel Mrs P Steele Mrs J Goodridge
Secretary	Mrs J Ablett
Charity number	516988
Company number	01929402
Registered office	Eastholme Avenue Belmont Hereford Herefordshire HR2 7XT
Accountant	Clare Jenner t/a Wyedean Tax Suite 21 Stirling House Centenary Park Skylon Central Rotherwas Hereford HR2 6FJ

HEREFORD CENTRE FOR NATURAL HEALTH

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HEREFORD CENTRE FOR NATURAL HEALTH
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their report and financial statements for the year ended 31 March 2025.

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 Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

Objectives and Activities

The Charity's object and its principal activity continues to be that of providing premises and services for practitioners, therapies, answering queries about natural health and complementary therapies and participating in events which provide information to the public.

The Charity's main objectives during 1 April 2024 to 31 March 2025 were:

To promote alternative and natural approaches to health in addition to maintain the services and premises of the Centre. In addition, to ensure a safe working practice in line with the Government Guidelines concerning the Covid 19 pandemic which continues to be prevalent.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Referring to the Objectives, our strategies for achieving these are:

The Charity continued to offer free back and spinal checks during the year, as well as opportunities to sample free trial treatments and mini consultations with therapists who practice at the Centre. Special offers were also in place for a period of time where members of the public could obtain a reduced rate for their first appointment.

Benefit: Members of the public are able to access an alternative approach to their diagnosis and gain information and understanding about their state of health and well-being.

The website for Hereford Centre for Natural Health is being accessed regularly, as the website statistics indicate. The website has now been completely updated and is used in tandem with the Centre's Facebook page and Twitter account. The year has seen a further increase in use of social media to promote the Centre facilities. It is also used to convey news and information about alternative forms of treatment to a wider public.

Benefit: Information on the Centre, the therapies it has available and promotions that are offered can be readily accessed by the public. This provides a form of free advertising.

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The Charity maintains a Bursary Fund, which is used to subsidise the cost of treatments for those who might not otherwise be able to afford treatment at the Centre. In addition, all therapists offer at their discretion, reduced fees to members of the public.

Practitioners also go out into the community to give talks and take part in public events to enable a wider interface with the public.

Benefit: members of the public, who might not otherwise find out about alternative approaches to health, are given an understanding of the variety of therapies which may be of use to help improve their well-being.

Problems Encountered

No particular challenges have been encountered in the year to 31 March 2025.

FINANCIAL REVIEW

The total income achieved in the year was £32,380 which was £1,832 more than the previous year and this year's expenditure of £16,908 was £2,063 more than the previous year, resulting in an overall deficit of £3,453.

Reserves policy

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 three months expenditure and previously £12,000 was kept in a high interest fixed term deposit account. However, with our reduced income and some recent expensive costs on flooring and central heating to finance we needed to draw on this account to cover some of our costs. We estimate that 3 months running costs at present would be £7,500 so we are opening a new deposit account with this amount allocated. 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.

Plans for future periods.

To continue to maintain the services and premises of the Centre and to promote alternative and natural approaches to health. To increase the number of therapists using the centre and therefore increase the number of clients.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document, a Deed of Trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr B Fraser (Chair)
Dr P Overstall
Mrs J James
Ms R Kettel
Mrs P Steele
Mrs J Goodridge

Recruitment, appointment, and training of new Trustees

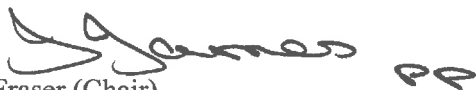
Trustees were originally recruited from three different sectors - 3 practitioners, 3 doctors and 3 lay people. Currently we have 4 practitioners, 1 retired Hospital Consultant and 2 lay people. Practitioners may take on the role of a Trustee once they have been at the Centre for a few years. Other Trustees are recruited usually by recommendation by someone connected at the Centre.

New Trustees have some training sessions with existing Trustees who explain all of the day-to-day workings, policies and procedures. The accounts of the clinic are made available, as are the Minutes of Management Meetings, Practitioner Meetings and AGMs. Trustees are made aware of Charity law, and have their legal role and responsibilities explained. They are provided with the latest Charity Commission Newsletter and direction to the Charity Commission website.

Organisational structure

The Charity is organised so that the Trustees meet as often as is required in order to manage its affairs and oversee the management of the Centre. There are 3 paid reception staff who manage the day-to-day organisation of the Charity.

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



Dr B Fraser (Chair)
Trustee
Dated:

HEREFORD CENTRE FOR NATURAL HEALTH

INDEPENDANT EXAMINERS REPORT

FOR THE YEAR ENDED 31 MARCH 2025

I report to the Trustees on my examination of the financial statements of Hereford Centre for Natural Health (the Charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the Trustees of the Charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Charities Act 2011 (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

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 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Clare Jenner t/a Wyedean Tax
Suite 21 Stirling House
Centenary Park
Skylon Central
Rotherwas
Hereford
HR2 6FJ

Dated:

HEREFORD CENTRE FOR NATURAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted Funds 2025	Unrestricted Funds 2024
Income from:			
Charitable activities	5	32,315	30,460
Investments	3	65	89
Total income		<u>32,380</u>	<u>30,549</u>
Expenditure			
Charitable activities	6	<u>35,833</u>	<u>31,232</u>
Net expenditure for the year			
Net movement in funds		(3,453)	(683)
Fund balances at 1 April 2024		<u>75,272</u>	<u>75,955</u>
Fund balances at 31 March 2025		<u>71,819</u>	<u>75,272</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH

BALANCE SHEET

FOR THE YEAR ENDED 31 MARCH 2025

		2025		2024
	Notes £	£	£	£
Fixed assets				
Tangible assets	11		64,056	67,175
Current assets				
Debtors	12	3,230	2,806	
Cash at bank and in hand		6,843	9,116	
		10,073	11,921	
Creditors: amounts falling due				
Within one year	13	(2,310)	(1,825)	
		7,763	10,097	
Net current assets			7,763	10,097
Total assets less current liabilities			71,819	75,272
Income funds				
Unrestricted fund – general			71,819	75,272

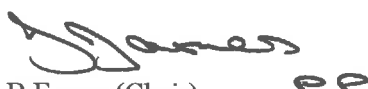
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Trustees on



Dr B Fraser (Chair)

Trustee

Company registration number 01929402

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Hereford Centre for Natural Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Eastholme Avenue, Belmont, Hereford, Herefordshire, HR2 7XT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of any discounts allowed.

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 costs 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 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	2% on cost
Leasehold improvements	5% on cost
Fixtures and fittings	33.3% on cost and 25% on reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

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

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies (continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financial transaction. Financial liabilities classified as payable within one year are not amortised.

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.

1.10 Taxation

The Charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.13 Government grants

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met, and the grants will be received.

A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

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.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

3 Investments

	Unrestricted funds General 2025 £	Unrestricted funds General 2024 £
Interest receivable	65	89
	65	89

4 Charitable activities

	Income 2025 £	Income 2024 £
Charitable Service Income	14,417	26,205
Rental Income	17,899	4,255
	32,316	30,460

5 Charitable activities

	Expenditure 2025 £	Expenditure 2024 £
Staff costs	16,406	14,006
Share of support costs (see note 9)	16,908	14,845
Share of governance costs (see note 9)	2,519	2,381
	35,833	31,232

6 Net movement in funds

	2025 £	2024 £
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	2,140	2,148
	2,140	2,148

7 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year or reclaimed any expenses incurred on behalf of the Charity.

8 Employees

The average monthly number of employees during the year was: 3 (2024: 3)

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Employment Costs

	2025	2024
	£	£
Wages and salaries	16,406	14,006
Other pension costs	422	188
	<u>16,828</u>	<u>14,194</u>

Pension costs are allocated to activities in proportion to the related staffing costs incurred and are wholly charged to unrestricted funds.

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

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

9 Support Costs

	Support Costs	Governance costs	2025	2024
	£	£	£	£
Staff costs – Pension	422	-	422	188
Depreciation	2,140	-	2,140	2,148
Water rates	482	-	482	156
Insurance	484	-	484	306
Light & heat	637	-	637	662
Telephone	439	-	439	723
Postage & stationery	626	-	626	268
Advertising	524	-	524	404
Fees & subscriptions	-	-	-	184
Laundry & cleaning	1,522	-	1,522	2,080
Consumables	-	-	-	349
Office & general expenses	3,604	-	3,604	2,119
Service charges	1,207	-	1,207	686
Repairs, renewals & maintenance	3,642	-	3,642	3,321
Bank charges	512	-	512	534
IT Software & Consumables	667	-	667	716
Accountancy	-	2,519	2,519	2,381
	<u>16,908</u>	<u>2,519</u>	<u>19,427</u>	<u>17,226</u>
Analysed between Charitable activities	<u>16,908</u>	<u>2,519</u>	<u>19,427</u>	<u>17,226</u>

Governance costs include payments to the accountants of £550 (2024: £500) for the independent examination fee.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

10 Tangible Fixed Assets

	Leasehold land & buildings	Leasehold & improvements	Equipment	Total
Cost				
At 1 April 2024	69,211	10,085	6,844	86,140
Additions	-	-	1,021	1,021
As at 31 March 2025	69,211	10,085	7,865	88,280
Depreciation & impairment				
At 1 April 2024	12,457	2,119	6,389	20,966
Depreciation charged in the year	1,384	504	252	2,140
At 31 March 2025	13,841	2,623	6,641	23,105
Carrying amount				
At 31 March 2025	55,370	7,462	1,224	64,056
At 31 March 2024	56,754	7,966	455	65,174

11 Debtors: Amounts falling due within one year

	2025	2024
	£	£
Trade debtors	997	58
Prepayments and accrued income	1,789	1,579
PAYE	444	452
	3,230	2,089

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	254	-
Other creditors	79	140
Accruals and deferred income	1,977	1,686
	2,310	1,825

13 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows:

	2025	2024
	£	£
Aggregate compensation	-	1,880

During the year, the charity entered into transactions with related parties, namely the Trustee Mrs Janet James who was paid nil for laundry services. In 2024 the same Trustee received £1,880 for similar services.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

	2025	2024
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Rental income and fees	32,316	30,460
Investment income		
Deposit account interest	65	89
Total incoming resources	32,381	30,549
EXPENDITURE		
Charitable activities		
Wages	16,406	14,006
Support costs		
Management		
Wages & pensions	422	188
Water rates	482	156
Insurance	484	306
Light & heat	637	662
Telephone	439	723
Postage & stationery	626	268
Advertising	524	404
Fees & subscriptions	-	184
Laundry & cleaning	1,522	2,080
Consumables	-	349
Office general expenses	3,604	2,119
Service charges	1,207	686
Repairs, renewals & maintenance	3,642	3,321
Bank charges	512	534
Depreciation of assets	2,140	2,148
IT Software & Consumables	667	716
Governance		
Accountancy	2,519	2,381
Total resources expended	35,833	31,232
Net Income/(expenditure)	(3,452)	(683)

HEREFORD CENTRE FOR NATURAL HEALTH

England & Wales - Charity number 516988

Accounts

Charity registration number 516988

Company registration number 01929402 (England & Wales)

HEREFORD CENTRE FOR NATURAL HEALTH
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FOR THE YEAR ENDED 31 MARCH 2024

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LEGAL AND ADMINISTRATIVE INFORMATION

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Secretary	Mrs J Ablett
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FOR THE YEAR ENDED 31 MARCH 24

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Objectives and Activities

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The Charity's main objectives during 1 April 2023 to 31 March 2024 were:

To promote alternative and natural approaches to health in addition to maintain the services and premises of the Centre. In addition, to ensure a safe working practice in line with the Government Guidelines concerning the Covid 19 pandemic which continues to be prevalent.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Referring to the Objectives, our strategies for achieving these are:

The Charity continued to offer free back and spinal checks during the year, as well as opportunities to sample free trial treatments and mini consultations with therapists who practice at the Centre. Special offers were also in place for a period of time where members of the public could obtain a reduced rate for their first appointment.

Benefit: Members of the public are able to access an alternative approach to their diagnosis and gain information and understanding about their state of health and well-being.

The website for Hereford Centre for Natural Health is being accessed regularly, as the website statistics indicate. The website has now been completely updated and is used in tandem with the Centre's Facebook page and Twitter account. The year has seen a further increase in use of social media to promote the Centre facilities. It is also used to convey news and information about alternative forms of treatment to a wider public.

Benefit: Information on the Centre, the therapies it has available and promotions that are offered can be readily accessed by the public. This provides a form of free advertising.

HEREFORD CENTRE FOR NATURAL HEALTH
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 24

The Charity maintains a Bursary Fund, which is used to subsidise the cost of treatments for those who might not otherwise be able to afford treatment at the Centre. In addition, all therapists offer at their discretion, reduced fees to members of the public.

Practitioners also go out into the community to give talks and take part in public events to enable a wider interface with the public.

Benefit: members of the public, who might not otherwise find out about alternative approaches to health, are given an understanding of the variety of therapies which may be of use to help improve their well-being.

Problems Encountered

No particular challenges have been encountered in the year to 31 March 2024.

FINANCIAL REVIEW

The total income achieved in the year was £30,548 which was £5,943 more than the previous year and this year's expenditure of £13,343 was £7,275 less than the previous year, resulting in an overall deficit of £1,681.

Reserves policy

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 three months expenditure and previously £12,000 was kept in a high interest fixed term deposit account. However, with our reduced income and some recent expensive costs on flooring and central heating to finance we needed to draw on this account to cover some of our costs. We estimate that 3 months running costs at present would be £7,500 so we are opening a new deposit account with this amount allocated. 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.

Plans for future periods.

To continue to maintain the services and premises of the Centre and to promote alternative and natural approaches to health. To increase the number of therapists using the centre and therefore increase the number of clients.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 24

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr B Fraser (Chair)

A Lawson

Dr P Overstall

Mrs J James

Ms R Kettel

Mrs P Steele

Mrs J Goodridge

Recruitment, appointment, and training of new Trustees

Trustees were originally recruited from three different sectors - 3 practitioners, 3 doctors and 3 lay people. Currently we have 4 practitioners, 1 retired Hospital Consultant and 2 lay people. Practitioners may take on the role of a Trustee once they have been at the Centre for a few years. Other Trustees are recruited usually by recommendation by someone connected at the Centre.

New Trustees have some training sessions with existing Trustees who explain all of the day-to-day workings, policies and procedures. The accounts of the clinic are made available, as are the Minutes of Management Meetings, Practitioner Meetings and AGMs. Trustees are made aware of Charity law, and have their legal role and responsibilities explained. They are provided with the latest Charity Commission Newsletter and direction to the Charity Commission website.

Organisational structure

The Charity is organised so that the Trustees meet as often as is required in order to manage its affairs and oversee the management of the Centre. There are 3 paid reception staff who manage the day-to-day organisation of the Charity.

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



Dr B Fraser (Chair)

Trustee

Dated:

18/9/24

HEREFORD CENTRE FOR NATURAL HEALTH

INDEPENDANT EXAMINERS REPORT

FOR THE YEAR ENDED 31 MARCH 2024

I report to the Trustees on my examination of the financial statements of Hereford Centre for Natural Health (the Charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the Charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Charities Act 2011 (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

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 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Clare Jenner t/a Wyedean Tax
Suite 21 Stirling House
Centenary Park
Skylon Central
Rotherwas
Hereford
HR2 6FJ

Dated: 18/9/24

HEREFORD CENTRE FOR NATURAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds 2024	Unrestricted Funds 2023
Income from:			
Charitable activities	5	30,460	24,589
Investments	3	89	16
Total income		<u>30,549</u>	<u>24,605</u>
Expenditure			
Charitable activities	6	<u>32,232</u>	<u>33,782</u>
Net expenditure for the year			
Net movement in funds		(683)	(9,177)
Fund balances at 1 April 2023		75,955	85,132
Fund balances at 31 March 2024		<u>75,272</u>	<u>75,955</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH

BALANCE SHEET

FOR THE YEAR ENDED 31 MARCH 2024

		2024		2023
	Notes	£	£	£
	£			
Fixed assets				
Tangible assets	11		67,175	67,123
Current assets				
Debtors	12	2,806	1,848	
Cash at bank and in hand		9,116	10,102	
		<u>11,921</u>	<u>11,950</u>	
Creditors: amounts falling due				
Within one year	13	(1,825)	(3,118)	
		<u></u>	<u></u>	
Net current assets			10,097	8,832
Total assets less current liabilities			<u>75,272</u>	<u>75,955</u>
Income funds				
Unrestricted fund – general			75,272	75,955
			<u>75,272</u>	<u>75,955</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Trustees on 30 August 2024.



Dr B Fraser (Chair)

Trustee

Company registration number 01929402

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Hereford Centre for Natural Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Eastholme Avenue, Belmont, Hereford, Herefordshire, HR2 7XT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of any discounts allowed.

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 costs 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 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	2% on cost
Leasehold improvements	5% on cost
Fixtures and fittings	33.3% on cost and 25% on reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine.

whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

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.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies (continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financial transaction. Financial liabilities classified as payable within one year are not amortised.

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.

1.10 Taxation

The Charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.13 Government grants

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met, and the grants will be received.

A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

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.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

3 Investments

	Unrestricted funds General 2024 £	Unrestricted funds General 2023 £
Interest receivable	89	16

4 Charitable activities

	Income 2024 £	Income 2023 £
Rental income	26,205	18,425

5 Charitable activities

	Expenditure 2024 £	Expenditure 2023 £
Staff costs	14,006	10,433
Share of support costs (see note 9)	14,845	20,618
Share of governance costs (see note 9)	2,381	2,731

6 Net movement in funds

	2024 £	2023 £
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	2,148	2,202

7 Trustees

None of the Trustees (or any persons connected with them) received any remuneration of benefits from the Charity during the year or reclaimed any expenses incurred on behalf of the Charity.

8 Employees

The average monthly number of employees during the year was: 3 (2023: 3)

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Employment Costs

	2024	2023
	£	£
Wages and salaries	14,006	18,784
Other pension costs	188	279
	<u>14,194</u>	<u>19,063</u>

Pension costs are allocated to activities in proportion to the related staffing costs incurred and are wholly charged to unrestricted funds.

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

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

9 Support Costs

	Support Costs	Governance costs	2024	2023
	£	£	£	£
Staff costs	188	-	188	8,631
Cost of Goods Sold	1,502	-	1,502	
Depreciation	2,148	-	2,148	2,202
Water rates	156	-	156	399
Insurance	306	-	306	268
Light & heat	662	-	662	933
Telephone	723	-	723	927
Postage & stationery	268	-	268	157
Advertising	404	-	404	254
Fees & subscriptions	184	-	184	274
Laundry & cleaning	2,080	-	2,080	1,900
Consumables	349	-	349	349
Office general supplies	2,119	-	2,119	1,206
Service charges	686	-	686	576
Repairs, renewals & maintenance	1,819	-	1,819	1,292
Bank charges	534	-	534	833
IT Software & Consumables	716	-	716	417
Accountancy	-	2,381	2,380	2,731
	<u>14,845</u>	<u>2,381</u>	<u>17,226</u>	<u>23,349</u>
Analysed between Charitable activities	<u>14,845</u>	<u>2,381</u>	<u>17,226</u>	<u>23,349</u>

Governance costs include payments to the accountants of £500 (2023: £500) for the independent examination fee.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

10 Tangible Fixed Assets

	Leasehold land & buildings	Leasehold & improvements	Fixtures & fittings	Total
Cost				
At 1 April 2023	69,211	10,085	6,644	85,940
Additions	-	-	200	200
	<hr/>	<hr/>	<hr/>	<hr/>
As at 31 March 2024	69,211	10,085	6,844	86,140
	<hr/>	<hr/>	<hr/>	<hr/>
Depreciation & impairment				
At 1 April 2023	11,073	1,615	6,129	18,817
Depreciation charged in the year	1,384	504	260	2,148
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2024	12,457	2,119	6,389	20,966
	<hr/>	<hr/>	<hr/>	<hr/>
Carrying amount				
At 31 March 2024	56,754	7,966	455	65,174
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2023	58,138	8,470	515	67,123
	<hr/>	<hr/>	<hr/>	<hr/>

11 Debtors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	58	-
Prepayments and accrued income	1,579	1,848
PAYE	452	-
	<hr/>	<hr/>
	2,089	1,848
	<hr/>	<hr/>

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	-	694
Other creditors	140	122
Accruals and deferred income	1,686	2,301
	<hr/>	<hr/>
	1,825	3,117
	<hr/>	<hr/>

13 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows:

	2024	2023
	£	£
Aggregate compensation	1,880	1,900
	<hr/>	<hr/>

During the year, the charity entered into transactions with related parties, namely the Trustee Mrs Janet James who was paid £1,880 for laundry services up until January 2024. In 2023 the same Trustee received £1,900 for similar services.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Rental income and fees	30,460	24,589
Investment income		
Deposit account interest	89	16
Total incoming resources	30,549	24,605
EXPENDITURE		
Charitable activities		
Wages	14,006	10,391
Cost of Goods Sold	1,502	-
Pensions	-	42
Support costs		
Management		
Wages & pensions	188	8,631
Water rates	156	399
Insurance	306	268
Light & heat	662	933
Telephone	723	927
Postage & stationery	268	157
Advertising	404	254
Fees & subscriptions	184	274
Laundry & cleaning	2,080	1,900
Consumables	349	349
Office general expenses	2,119	1,206
Service charges	686	576
Repairs, renewals & maintenance	1,819	1,292
Bank charges	534	833
Depreciation of assets	2,148	2,202
IT Software & Consumables	716	417
Governance		
Accountancy	2,381	2,731
Total resources expended	31,232	33,782
Net Income/(expenditure)	(683)	(9,177)

HEREFORD CENTRE FOR NATURAL HEALTH

England & Wales - Charity number 516988

Accounts

Charity registration number 516988

Company registration number 01929402 (England and Wales)

HEREFORD CENTRE FOR NATURAL HEALTH
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
PAGES FOR FILING WITH REGISTRAR

HEREFORD CENTRE FOR NATURAL HEALTH

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr B Fraser (Chair) Mr A Lawson Dr P Overstall Mrs J James Ms R Kettel Mrs P Steele Mrs J Goodridge
Secretary	Mrs J Ablett
Charity number	516988
Company number	01929402
Registered office	Eastholme Avenue Belmont Hereford Herefordshire HR2 7XT
Independent examiner	Hawkins Priday Ltd 5 Bridge Street Hereford HR4 9DF

HEREFORD CENTRE FOR NATURAL HEALTH

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Balance sheet	6
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HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their 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 Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

Objectives and Activities

The Charity's object and its principal activity continues to be that of providing premises and services for practitioners, therapies, answering queries about natural health and complementary therapies and participating in events which provide information to the public.

The Charity's main objectives during 1 April 2021 to 31 March 2022 were:

To promote alternative and natural approaches to health in addition to maintain the services and premises of the Centre. In addition, to ensure a safe working practice in line with the Government Guidelines concerning the Covid 19 pandemic.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Referring to the Objectives, our strategies for achieving these are:

The Charity continued to offer free back and spinal checks during the year, as well as opportunities to sample free trial treatments and mini-consultations with therapists who practice at the Centre. Special offers were also in place for a period of time where members of the public could obtain a reduced rate for their first appointment.

Benefit: Members of the public are able to access an alternative approach to their diagnosis and gain information and understanding about their state of health and well-being.

The **Website** for Hereford Centre for Natural Health is being accessed regularly, as the website statistics indicate. The website has now been completely updated and is used in tandem with the Centre's Facebook page and Twitter account. The year has seen a further increase in use of social media to promote the Centre facilities. It is also used to convey news and information about alternative forms of treatment to a wider public.

Benefit: Information on the Centre, the therapies it has available and promotions that are offered can be readily accessed by the public. This provides a form of free advertising.

The Charity maintains a **Bursary Fund**, which is used to subsidise the cost of treatments for those who might not otherwise be able to afford treatment at the Centre. In addition, all therapists offer at their discretion, reduced fees to members of the public.

Practitioners would normally go out into the community to give talks and take part in public events to enable a wider interface with the public. However, Covid 19 restrictions have curtailed the activity this year.

Benefit: Members of the public, who might not otherwise find out about alternative approaches to health, are given an understanding of the variety of therapies which may be of use to help improve their well-being.

Problems Encountered

Income to the Centre has been reduced as the practitioners very slowly returned to working at the Centre. The 3 paid reception staff were placed onto the Government Furlough scheme which was supplemented by the Centre and this continued until October 2021.

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

The total income achieved in the year was £32,119 which was £2,188 less than the previous year and this year's expenditure of £37,196 was £1,822 more than the previous year, resulting in an overall deficit of £5,077.

Reserves policy

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 three month's expenditure and previously £12,000 was kept in a high interest fixed term deposit account. However, with our reduced income and some recent expensive costs on flooring and central heating to finance we needed to draw on this account to cover some of our costs. We estimate that 3 months running costs at present would be £7,500 so we are opening a new deposit account with this amount allocated. 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.

Plans for future periods

To continue to maintain the services and premises of the Centre and to promote alternative and natural approaches to health. To increase the number of therapists using the centre and therefore increase the number of clients.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr B Fraser (Chair)

Mr A Lawson

Dr P Overstall

Mrs J James

Ms R Kettel

Mrs P Steele

Mrs J Goodridge

Recruitment, appointment and training of new Trustees

Trustees were originally recruited from three different sectors - 3 practitioners, 3 doctors and 3 lay people. Currently we have 4 practitioners, 1 retired Hospital Consultant and 2 lay people. Practitioners may take on the role of a Trustee once they have been at the Centre for a few years. Other Trustees are recruited usually by recommendation by someone connected at the Centre.

New Trustees have some training sessions with existing Trustees who explain all of the day to day workings, policies and procedures. The accounts of the clinic are made available, as are the Minutes of Management Meetings, Practitioner Meetings and AGMs. Trustees are made aware of Charity law, and have their legal role and responsibilities explained. They are provided with the latest Charity Commission Newsletter and direction to the Charity Commission website.

Organisational structure

The Charity is organised so that the Trustees meet as often as is required in order to manage its affairs and oversee the management of the Centre. There are 3 paid reception staff who manage the day to day organisation of the Charity.

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

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2022*

Dr B Fraser (Chair)

Trustee

Dated: 17 August 2022

HEREFORD CENTRE FOR NATURAL HEALTH

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF HEREFORD CENTRE FOR NATURAL HEALTH

I report to the trustees on my examination of the financial statements of Hereford Centre for Natural Health (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (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

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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr Kelvin Paul Alexander FCCA
Hawkins Priday Ltd
Chartered Certified Accountants
5 Bridge Street
Hereford
HR4 9DF

Dated: 19 August 2022

HEREFORD CENTRE FOR NATURAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds	Unrestricted funds
		2022	2021
	Notes	£	£
<u>Income from:</u>			
Charitable activities	5	28,670	19,080
Investments	3	50	175
CV grant income	4	3,399	15,052
		<hr/>	<hr/>
Total income		32,119	34,307
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	6	37,196	35,374
		<hr/>	<hr/>
Net expenditure for the year/ Net movement in funds		(5,077)	(1,067)
Fund balances at 1 April 2021		90,209	91,276
		<hr/>	<hr/>
Fund balances at 31 March 2022		85,132	90,209
		<hr/>	<hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	11		67,237		64,855
Current assets					
Debtors	12	2,986		3,452	
Cash at bank and in hand		16,228		23,280	
		<u>19,214</u>		<u>26,732</u>	
Creditors: amounts falling due within one year	13	<u>(1,319)</u>		<u>(1,378)</u>	
Net current assets			17,895		25,354
Total assets less current liabilities			<u>85,132</u>		<u>90,209</u>
Income funds					
Unrestricted funds - general			85,132		90,209
			<u>85,132</u>		<u>90,209</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 17 August 2022

Dr B Fraser (Chair)
Trustee

Company registration number 01929402

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Hereford Centre for Natural Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Eastholme Avenue, Belmont, Hereford, Herefordshire, HR2 7XT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

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.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of any discounts allowed.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

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 costs 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 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	2% on cost
Leasehold improvements	5% on cost
Fixtures and fittings	33.3% on cost and 25% on reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

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. Financial assets classified as receivable within one year are not amortised.

HEREFORD CENTRE FOR NATURAL HEALTH

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

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction. Financial liabilities classified as payable within one year are not amortised.

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.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.13 Government grants

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

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.

3 Investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Interest receivable	50	175

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 CV grant income

Government grants were received of £3,399 (2021 - £15,052) for claims made under the Coronavirus Job Retention Scheme made available by the Government during the Coronavirus pandemic. All relevant qualifying conditions were met in furloughing certain employees for specified periods whilst the centre was unable to operate at full capacity due to national lockdowns imposed by the Government during this period.

5 Charitable activities

	Income 2022 £	Income 2021 £
Rental income and fees	28,265	18,967
PDQ charges	405	113
	<u>28,670</u>	<u>19,080</u>

6 Charitable activities

	Expenditure 2022 £	Expenditure 2021 £
Staff costs	16,693	15,004
Share of support costs (see note 10)	16,693	16,266
Share of governance costs (see note 10)	3,810	4,104
	<u>37,196</u>	<u>35,374</u>

7 Net movement in funds

	2022 £	2021 £
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	<u>2,038</u>	<u>1,920</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year or reclaimed any expenses incurred on behalf of the charity.

HEREFORD CENTRE FOR NATURAL HEALTH

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

9 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
	3	3
	<u> </u>	<u> </u>
Employment costs	2022	2021
	£	£
Wages and salaries	22,267	20,170
Other pension costs	267	232
	<u> </u>	<u> </u>
	<u>22,534</u>	<u>20,402</u>
	<u> </u>	<u> </u>

Pension costs are allocated to activities in proportion to the related staffing costs incurred and are wholly charged to unrestricted funds.

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

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Support costs

	Support costs	Governance costs	2022	2021
	£	£	£	£
Staff costs	5,841	-	5,841	5,398
Depreciation	2,038	-	2,038	1,920
Water rates	238	-	238	185
Insurance	254	-	254	255
Light and heat	912	-	912	766
Telephone	1,088	-	1,088	1,088
Postage and stationery	254	-	254	200
Advertising	251	-	251	876
Fees and subscriptions	280	-	280	273
Laundry and cleaning	1,851	-	1,851	826
Consumables	281	-	281	625
Office general supplies	868	-	868	1,176
Service charges	659	-	659	658
Repairs, renewals and maintenance	1,223	-	1,223	1,638
Bank charges	655	-	655	382
Accountancy	-	3,810	3,810	4,104
	<u>16,693</u>	<u>3,810</u>	<u>20,503</u>	<u>20,370</u>
Analysed between				
Charitable activities	<u>16,693</u>	<u>3,810</u>	<u>20,503</u>	<u>20,370</u>

Governance costs includes payments to the accountants of £500 (2021 - £500) for independent examination fees.

HEREFORD CENTRE FOR NATURAL HEALTH

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

11 Tangible fixed assets

	Leasehold land and buildings	Leasehold improvements	Fixtures and fittings	Total
	£	£	£	£
Cost				
At 1 April 2021	69,211	3,875	6,345	79,431
Additions	-	4,122	299	4,421
	<u>69,211</u>	<u>7,997</u>	<u>6,644</u>	<u>83,852</u>
Depreciation and impairment				
At 1 April 2021	8,305	811	5,461	14,577
Depreciation charged in the year	1,384	308	346	2,038
	<u>9,689</u>	<u>1,119</u>	<u>5,807</u>	<u>16,615</u>
Carrying amount				
At 31 March 2022	<u>59,522</u>	<u>6,878</u>	<u>837</u>	<u>67,237</u>
At 31 March 2021	<u>60,907</u>	<u>3,064</u>	<u>884</u>	<u>64,855</u>

12 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	285	343
Prepayments and accrued income	2,701	3,109
	<u>2,986</u>	<u>3,452</u>

13 Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	42	-
Other creditors	956	1,070
Accruals and deferred income	321	308
	<u>1,319</u>	<u>1,378</u>

HEREFORD CENTRE FOR NATURAL HEALTH

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

14 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022	2021
	£	£
Aggregate compensation	1,321	466
	<u>1,321</u>	<u>466</u>

During the year the charity entered into the following transactions with related parties:
One trustee, Janet James, was paid £1,321 for laundry services.

HEREFORD CENTRE FOR NATURAL HEALTH

England & Wales - Charity number 516988

Accounts

Charity Registration No. 516988

Company Registration No. 01929402 (England and Wales)

HEREFORD CENTRE FOR NATURAL HEALTH

**ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2021

PAGES FOR FILING WITH REGISTRAR

HEREFORD CENTRE FOR NATURAL HEALTH

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr B Fraser (Chair) Mr A Lawson Dr P Overstall Mrs J James Ms R Kettel Mrs P Steele Mrs J Goodridge
Secretary	Mrs J Ablett
Charity number	516988
Company number	01929402
Registered office	Eastholme Avenue Belmont Hereford Herefordshire HR2 7XT
Independent examiner	Hawkins Priday Ltd 5 Bridge Street Hereford HR4 9DF

HEREFORD CENTRE FOR NATURAL HEALTH

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Balance sheet	6
Notes to the financial statements	7 - 13

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

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 Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

Objectives and Activities

The Charity's object and its principal activity continues to be that of providing premises and services for practitioners, therapies, answering queries about natural health and complementary therapies and participating in events which provide information to the public.

The Charity's main objectives during 1 April 2020 to 31 March 2021 were:

To promote alternative and natural approaches to health in addition to maintain the services and premises of the Centre.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Referring to the Objectives, our strategies for achieving these are:

The Charity continued to offer free back and spinal checks during the year, as well as opportunities to sample free trial treatments and mini-consultations with therapists who practice at the centre. Special offers were also in place for a period of time where members of the public could obtain a reduced rate for their first appointment.

Benefit: Members of the public are able to access an alternative approach to their diagnosis and gain information and understanding about their state of health and well-being.

The **Website** for Hereford Centre for Natural Health is being accessed regularly, as the website statistics indicate. The website has now been completely updated and is used in tandem with the Centre's Facebook page and Twitter account. The year has seen a further increase in use of social media to promote the Centre facilities. It is also used to convey news and information about alternative forms of treatment to a wider public.

Benefit: Information on the Centre, the therapies it has available and promotions that are offered can be readily accessed by the public. This provides a form of free advertising.

The Charity maintains a **Bursary Fund**, which is used to subsidise the cost of treatments for those who might not otherwise be able to afford treatment at the Centre. In addition, all therapists offer at their discretion, reduced fees to members of the public.

Practitioners would normally go out into the community to give talks and take part in public events to enable a wider interface with the public. However, Covid 19 restrictions have curtailed the activity this year.

Benefit: Members of the public, who might not otherwise find out about alternative approaches to health, are given an understanding of the variety of therapies which may be of use to help improve their well-being.

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Problems Encountered

The Centre was forced to close down on 24 March 2020, following Government Guidelines on Covid 19. The 3 paid reception staff were placed onto the Government Furlough scheme which was supplemented by the Centre. The Centre was then reopened on 7 July 2020 with restricted opening hours, which has remained in place to date.

FINANCIAL REVIEW

The total income achieved in the year was £34,307 which was £2536 more than the previous year, but this year's expenditure of £35,374 was £498 more than the previous year, resulting in an overall deficit of £1,067.

Going concern

The trustees are of the view that the Charity is a going concern.

Reserves policy

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 three month's expenditure, so £12,000 is kept in a high interest fixed term deposit account. 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.

Plans for future periods

To continue to maintain the services and premises of the Centre and to promote alternative and natural approaches to health. To increase the number of therapists using the centre and therefore increase the number of clients.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr B Fraser (Chair)

Mr A Lawson

Dr P Overstall

Mrs J James

Ms R Kettel

Mrs P Steele

Mrs J Goodridge

Recruitment, appointment and training of new Trustees

Trustees were originally recruited from three different sectors - 3 practitioners, 3 doctors and 3 lay people. Currently we have 4 practitioners, 1 retired Hospital Consultant and 2 lay people. Practitioners may take on the role of a Trustee once they have been at the Centre for a few years. Other Trustees are recruited usually by recommendation by someone connected at the Centre.

New Trustees have some training sessions with existing Trustees who explain all of the day to day workings, policies and procedures. The accounts of the clinic are made available, as are the Minutes of Management Meetings, Practitioner Meetings and AGMs. Trustees are made aware of Charity law, and have their legal role and responsibilities explained. They are provided with the latest Charity Commission Newsletter and direction to the Charity Commission website.

HEREFORD CENTRE FOR NATURAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2021*

Organisational structure

The Charity is organised so that the Trustees meet as often as is required in order to manage its affairs and oversee the management of the Centre. Mrs J A Stones (Trustee) has recently remarried and taken the new name of Mrs J A James. There are 3 paid reception staff who manage the day to day organisation of the Charity.

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

Dr B Fraser (Chair)

Trustee

Dated: 31 January 2022

HEREFORD CENTRE FOR NATURAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		Unrestricted funds	Unrestricted funds
		2021	2020
	Notes	£	£
<u>Income from:</u>			
Charitable activities	4	19,080	31,619
Investments	3	175	152
CV grant income		15,052	-
		<hr/>	<hr/>
Total income		34,307	31,771
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	5	35,374	34,876
		<hr/>	<hr/>
Net expenditure for the year/ Net movement in funds		(1,067)	(3,105)
Fund balances at 1 April 2020		91,276	94,381
		<hr/>	<hr/>
Fund balances at 31 March 2021		90,209	91,276
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEREFORD CENTRE FOR NATURAL HEALTH

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF HEREFORD CENTRE FOR NATURAL HEALTH

I report to the trustees on my examination of the financial statements of Hereford Centre for Natural Health (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (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

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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr Kelvin Paul Alexander FCCA
Hawkins Priday Ltd
Chartered Certified Accountants
5 Bridge Street
Hereford
HR4 9DF

Dated: 31 January 2022

HEREFORD CENTRE FOR NATURAL HEALTH

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	10		64,855		66,189
Current assets					
Debtors	11	3,452		3,490	
Cash at bank and in hand		23,280		21,831	
		<u>26,732</u>		<u>25,321</u>	
Creditors: amounts falling due within one year	12	<u>(1,378)</u>		<u>(234)</u>	
Net current assets			25,354		25,087
Total assets less current liabilities			<u>90,209</u>		<u>91,276</u>
Income funds					
Unrestricted funds - general			90,209		91,276
			<u>90,209</u>		<u>91,276</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 31 January 2022

Dr B Fraser (Chair)
Trustee

Company Registration No. 01929402

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Hereford Centre for Natural Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Eastholme Avenue, Belmont, Hereford, Herefordshire, HR2 7XT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

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.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of any discounts allowed.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

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 costs 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 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	2% on cost
Leasehold improvements	5% on cost
Fixtures and fittings	33.3% on cost and 25% on reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

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. Financial assets classified as receivable within one year are not amortised.

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction. Financial liabilities classified as payable within one year are not amortised.

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.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

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.

3 Investments

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Interest receivable	175	152
	<u> </u>	<u> </u>

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

4 Charitable activities

	Income 2021	Income 2020
	£	£
Rental income and fees	18,967	30,993
PDQ charges	113	353
Advertising contributions	-	273
	<u>19,080</u>	<u>31,619</u>

5 Charitable activities

	Expenditure 2021	Expenditure 2020
	£	£
Staff costs	15,004	14,679
Share of support costs (see note 8)	16,266	16,597
Share of governance costs (see note 8)	4,104	3,600
	<u>35,374</u>	<u>34,876</u>

6 Net movement in funds

	2021	2020
	£	£
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	<u>1,920</u>	<u>2,114</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year, but 1 of them was reimbursed a total of £466 for laundry services (2020 - 1 was reimbursed £1,976).

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

8 Support costs

	Support costs	Governance costs	2021	2020
	£	£	£	£
Staff costs	5,398	-	5,398	5,066
Depreciation	1,920	-	1,920	2,114
Water rates	185	-	185	199
Insurance	255	-	255	311
Light and heat	766	-	766	792
Telephone	1,088	-	1,088	1,212
Postage and stationery	200	-	200	214
Advertising	876	-	876	965
Fees and subscriptions	273	-	273	276
Laundry and cleaning	826	-	826	2,333
Consumables	625	-	625	294
Office general supplies	1,176	-	1,176	685
Service charges	658	-	658	823
Repairs, renewals and maintenance	1,638	-	1,638	791
Bank charges	382	-	382	522
Accountancy	-	4,104	4,104	3,600
	<u>16,266</u>	<u>4,104</u>	<u>20,370</u>	<u>20,197</u>
Analysed between				
Charitable activities	<u>16,266</u>	<u>4,104</u>	<u>20,370</u>	<u>20,197</u>

Governance costs includes payments to the accountants of £500 (2020 - £500) for independent examination fees.

9 Employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
	3	5
	<u>3</u>	<u>5</u>
Employment costs	2021	2020
	£	£
Wages and salaries	20,170	19,537
Other pension costs	232	208
	<u>20,402</u>	<u>19,745</u>

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

9 Employees

(Continued)

Pension costs are allocated to activities in proportion to the related staffing costs incurred and are wholly charged to unrestricted funds.

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

10 Tangible fixed assets

	Leasehold land and buildings	Leasehold improvements	Fixtures and fittings	Total
	£	£	£	£
Cost				
At 1 April 2020	69,211	3,875	5,760	78,846
Additions	-	-	585	585
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	69,211	3,875	6,345	79,431
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Depreciation and impairment				
At 1 April 2020	6,920	617	5,119	12,656
Depreciation charged in the year	1,384	194	342	1,920
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	8,304	811	5,461	14,576
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Carrying amount				
At 31 March 2021	60,907	3,064	884	64,855
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 March 2020	62,291	3,257	641	66,189
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

11 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Trade debtors	343	2,363
Prepayments and accrued income	3,109	1,127
	<u> </u>	<u> </u>
	3,452	3,490
	<u> </u>	<u> </u>

12 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other creditors	1,070	128
Accruals and deferred income	308	106
	<u> </u>	<u> </u>
	1,378	234
	<u> </u>	<u> </u>

HEREFORD CENTRE FOR NATURAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

13 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2021	2020
	£	£
Aggregate compensation	466	1,976
	<u>466</u>	<u>1,976</u>

During the year the charity entered into the following transactions with related parties:
One trustee, Janet James, was paid £466 for laundry services.