

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales · Charity number 701924

Details

Other names	HEREFORDSHIRE FRIENDS OF ARMS LIMITED, HEREFORDSHIRE MS THERAPY CENTRE, Oxygen Wellness Therapy Centre, Oxygen and Wellness Therapy Centre
Status	Registered
Legal form	Charitable company
Company number	02294595
Registered	1989-09-11
Register	View on the Charity Commission register

Contact

Address	31 Mostyn Street Hereford HR4 0EG
Phone	01432261249
Email	hello@herefordoxygenandwellness.co.uk
Website	www.herefordoxygenandwellness.co.uk

Activities

Objects: (1) TO AID AND IMPROVE FOR THE PUBLIC BENEFIT IN THE AREA OF BENEFIT THE CONDITIONS OF THOSE SUFFERING FROM MULTIPLE SCLEROCIS BY ANY LAWFUL MEANS. (2) TO ASSIST ARMS (MULTIPLE SCLEROCIS RESEARCH) LIMITED IN PROMOTING (WHETHER OR NOT WITHIN THE AREA OF BENEFIT) ALL OR ANY OF ITS OBJECTS.

Activities: WE offer oxygen therapy treatment to sufferers of Multiple Sclerosis and other conditions We also offer a range of Alternative complimentary therapies i.e Physiotherapy, Yoga, Massage, Reflexology etc

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- **Area of benefit:** COUNTY OF HEREFORD AND WORCESTER
- Herefordshire
- Monmouthshire
- Powys
- Shropshire
- Worcestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£82,269	£76,441	-	-
2024-03-31	£54,048	£63,840	-	-
2023-03-31	£53,881	£47,860	-	-
2022-03-31	£32,490	£49,794	-	-
2021-03-31	£44,671	£40,575	-	-

Trustees

Name	Role	Appointed
Lisa Dawn Shaw	Chair	2018-03-08
ANGELA KITCHEN		2012-10-14
BRENDAN HILTON		2024-07-25
BRIAN JOHN FREEMAN		
Deborah Jane Hicks		2021-08-04
Richard Alexander Neil Shimmin		2015-04-13
Richard Jones		2022-10-01
Susan Gabrielle Leeuwangh		2018-10-11

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales - Charity number 701924

Accounts

Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)

Company number: 02294595 (England and Wales)
Registered Charity number: 701924

OXYGEN AND WELLNESS THERAPY CENTRE

(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

COMPANY INFORMATION

Directors/Trustees

Mrs L Shaw	(Chairperson)
Miss J Hicks	(Treasurer)
Mrs S Leeuwangh	(Company Secretary)
Mr B Freeman	
Mrs A Kitchen	
Mr R Shimmin	
Mr R Jones	
Mr B Hilton	(appointed 25th July 2024)

Company registered number 02294595 (England and Wales)

Charity registered number 701924

Registered Office
31 Mostyn Street
Hereford
Herefordshire
HR4 0EG

Independent Examiner
B Hilliard FCA
Chartered Accountant
Sandford Lodge
Clive Avenue
Church Stretton
Shropshire
SY6 7BS

Bankers
Lloyds Bank
6-8 High Town
Hereford
Herefordshire
HR1 2AE

Virgin Money
Jubilee House
Gosforth
Newcastle upon Tyne
NE3 4PL

DIRECTORS AND TRUSTEES REPORT For Year Ended 31 March 2025

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their report and the financial statements of the Oxygen & Wellness Therapy Centre Limited for year ended 31 March 2025.

Objectives

To improve for public benefit, by any lawful means, the condition of those with Multiple Sclerosis and other medical conditions.

Activities

In 2024 we continue to grow our member base and the Centre was bursting at the seams. This saw us extend our oxygen sessions to accommodate our waiting list. The Centre also actively fund raised and were able to secure a new exercise bike and state of the art anti gravity treadmill to help increase the business and therefore funds to help us become self sufficient.

The Centre has continued to provide Reflexology sessions, beauty therapies and seated dance classes to our members. The Centre will continue fund raising this year, to help raise vital funds to provide these and more services. We have also taken the decision to look for a fitness trainer to assist in our gym room to encourage our members to be self sufficient in their health and wellbeing journey .

Therapies

Oxygen Therapy is our principal treatment with approx. 1390 client appointments in the year. The previous financial year saw 1005.

The Centre has treated a variety of conditions including cancers, brain injury, COPD, ME, Parkinson. Since reopening Oxygen Therapy has been used as a treatment for other medical conditions including stroke, sports injuries COVID-19, Dementia, Herniated Discs, Fibromyalgia, Arthritis and Macular Degeneration.

Catchment Area

The geography of the Centre client base means we serve the surrounding districts of Worcestershire, Shropshire, and South, Mid- and West Wales with distances of up to eighty miles travelled from places as far afield as Aberystwyth and we look forward to seeing our users from all these locations.

We communicate with our members through our newsletter, website, and social media.

We continue to be involved with our over-arching body the National Therapy Centres (MSNTC) via regional meetings.

Staffing

The Centre Manager continues to work four days a week, and a zero hours temporary staff member along with two Volunteers cover holidays and sickness. We are still looking to be able to open the centre 5 days a week in the near future.

The Centre's Reflexologist decided it was time to retire and left her employment in May 2024. The Board had the difficult decision of how to replace the position, at an EGM held on 26th June 2024 it was agreed that the Chair of the Charity would provide this service one day a week on a self-employed basis. In the current financial year the Chair of the Charity was paid £3,128 for her reflexology services.

Volunteers

The Trustees are deeply grateful for the commitment and dedication shown by volunteers and sincere thanks go to all the Centre's volunteers, without which the Centre would not be able to operate. They contribute in a variety of ways, including: offering a warm welcome, supporting clients and their carers, making tea, cleaning, raising funds, operating the Oxygen Therapy Chamber, and administration duties.

A number of our volunteers/members have been involved with a government scheme UK Shared Prosperity Fund, delivered by HVOSS (Herefordshire Voluntary Organisations Support Service). It was targeted at those who are socially excluded and economically inactive. The aim was to increase basic life skills and employability and provide opportunities for those who are isolated, lonely and socially excluded to integrate into the community more. Many of our volunteers/members gained valuable life skills including Emergency First Aid, Emotional Intelligence and Digital Skills and one of our members moved into employment through the scheme.

As a self-help charity, the Board of Directors and Trustees consist of people with MS or their carers, which creates a sympathetic empathy with clients and a sensitive understanding of the services the Centre provides. There are also volunteers contributing to the welfare of the charitable company and are unpaid.

Events for the coming year

The charity will continue to hold quiz & bingo nights with various raffles throughout the year including a Christmas Raffle.

The bonus ball "Club 59" is proving popular and is continuing and is available for all members to join.

Financial review

The company is fully self-financed, deriving its income from personal donations, local fundraising, and Trust grants.

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

The Charity had net income for the year of £5,828 (2024: net expenditure (£9,792), comprising unrestricted net income of £10,780 (2024: Net expenditure (£13,858)), and restricted net expenditure of (£4,952) (2024: Net income £4,066).

Total income for the year increased by £28,221 and total expenditure increased by £12,601 resulting in a turnaround from a (£9,792) deficit in the previous financial year to a surplus of £5,828 for the year. The increase in income is due to the increased use of the Centre by members and the donations to purchase the medi bike and Anti Gravity machine.

Reserves

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2025 representing target reserves.

"Free" Reserves at 31 March 2025 amounted to £37,747 (31/03/24 £38,231), £4,747 higher than target (31/03/24 £5,231 higher than target).

Tight budgetary and cash control will be a focus whilst advancing the interests of beneficiaries and protecting the health and wellbeing of everyone connected with the Charity.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the "going concern" basis in preparing the financial statements. Further details regarding the adoption of the "going concern" basis can be found in the Accounting Policies.

Trading style

Since 1 June 1997, the work of the charity has been carried out under the name of "Herefordshire MS Therapy Centre" until 13th June 2022 when the Charity Commission approved a change of name to "Oxygen & Wellness Therapy Centre".

Support

Recognition is given to the following for their financial contributions to the charity:

Openbox Foundation	Rowlands Trust	Eveson Trust
William Cadbury Trust	Douglas Arter Benevolent Fund	The Street Foundation
Dumbreck Charity	Hereford Lions Club	Mr S Mapp
J.S.F Pollitzer Charitable Settlement	Hereford Skittles League	Leominster Golf Club
Wiggin Community Fund	Hospital Saturday Fund	Richmond Club Darts League
EF Bulmer Trust	Clive Richards Foundation	Rebecca White who ran the London Marathon

In preparing this report, the Trustees have taken advantage of the small companies' exemption provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on **date to be inserted** and was signed on their behalf by:

Mrs L Shaw
Chairperson on behalf of the Trustees

INDEPENDENT EXAMINER'S REPORT
For Year Ended 31 March 2024

Independent examiner's report to the Trustees of Oxygen & Wellness Therapy Centre

I report on the financial statements of the company for the year ended 31 March 2025 which are set out on pages 5 to 13.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity and company law and is eligible for independent examination, it is my responsibility to:

- Examine the financial statements under section 145 of the Act;
- Follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanation from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view", and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 336 of the Companies Act 2011; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2011 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed:
B. Hilliard FCA

Date: **date to be inserted**

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

**STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 MARCH 2025
(Including Income & Expenditure Account)**

	Notes	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.25	Total Year Ended 31.03.24
		£	£	£	£
Income & endowments from:					
Donations and grants	3	11,349	32,500	43,849	22,127
Charitable Activities	4	33,819	-	33,819	24,894
Other activities	5	4,100	-	4,100	6,763
Investment income	5	421	80	501	264
Total Income		49,689	32,580	82,269	54,048
Expenditure on:					
Raising funds	6	304	-	304	103
Charitable Activities	6	41,215	10,532	51,747	54,677
Other	6	24,390	-	24,390	9,060
Total Expenditure		65,909	10,532	76,441	63,840
Net Income / (Expenditure)		(16,220)	22,048	5,828	(9,792)
Transfer between Funds	15	27,000	(27,000)	-	-
Net Movement in Funds		10,780	(4,952)	5,828	(9,792)
Reconciliation of Funds:					
Fund Balances Brought Forward	15	146,672	8,785	155,457	165,249
Fund Balances Carried Forward	15	157,452	3,833	161,285	155,457

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 13 form part of these financial statements.

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

BALANCE SHEET AT 31 MARCH 25

		31.03.25		31.03.24	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets:	10		119,705		108,441
CURRENT ASSETS					
Prepayments and accrued income	11	2,900		1,867	
Cash at bank and in hand	12	41,578		46,321	
		44,478		48,188	
CURRENT LIABILITIES					
Less: Amounts falling due within one year	13	(2,898)		(1,172)	
Net Current Assets			41,580		47,016
NET ASSETS			161,285		155,457
FUNDS					
<u>Unrestricted Funds</u>		£	£	£	£
<u>General Funds</u>					
Contingency fund		33,000		33,000	
General Fund		4,747		5,231	
General Fund sub total			37,747		38,231
Designated Fixed Asset Fund			119,705		108,441
Unrestricted funds carried forward	15		157,452		146,672
Restricted funds carried forward	15		3,833		8,785
			161,285		155,457

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company at 31 March 2025 and of its results for the twelve months in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small company regime within Part 15 of the Companies Act 2006.

The financial statements were approved by the Trustees on (date to be inserted) and signed on their behalf by:

Mrs L Shaw – Chairperson:

The notes on pages 7 to 13 form part of these financial statements

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

1. Accounting Policies

1.1 Accounting convention

The financial statements have been prepared in accordance with 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 the Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Oxygen and Wellness Therapy Centre meets the definition of a public benefit entity under FRS 102. Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

1.2 Income & Endowments

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when the Charity is entitled to the funds.

In accordance with the Charities SORP (FRS 102), the value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which the charity becomes entitled to the funds.

Incoming resources from the operation of the Centre are included when receivable.

1.3 Expenditure

Resources expended are recognised in the period in which they are incurred.

1.4 Fixed Assets

Tangible assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses.

Assets costing £2,000 or more are capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life on a straight-line basis as follows:

Prefabricated Building	5%
Multi-Capacity Chamber	10%
Equipment	20%
Fixtures & Fittings	20%

1.5 Charitable Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the Charity without further specified purpose and are available as general funds.

Contingency funds are unrestricted funds of the charity which the trustees have calculated as target reserves representing eight months of year ended 2026 budget expenditure

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

1.6 Going concern

The financial statements have been prepared on a 'going concern' basis as the Trustees believe the charity has sufficient liquid unrestricted funds to continue as a 'going concern' for the foreseeable future and twelve months from the authorisation of these financial statements.

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

2. Legal Status of the Charity

The charity is a private company limited by guarantee incorporated in England and Wales and has no share capital with an exemption from using limited in the company name since 13 June 2022.

Memorandum and Articles of Association incorporated 9 September 1988 as amended by special resolution dated 11 March 1997 amended 1 April 2022 and 26 June 2024.

3. Donations and Grants

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.25	Total Year Ended 31.03.24
	£	£	£	£
General donations	2,151	-	2,151	967
Memberships	1,502	-	1,502	1,220
Tea, coffee & book donations	686	-	686	0
EF Bulmer Trust	-	-	-	1,500
McKechnie	-	-	-	500
Eveson Trust	-	5,000	5,000	-
The Street Foundation	2,500	-	2,500	-
Hospital Saturday Fund	-	5,500	5,500	-
Clive Richards Foundation	-	20,200	20,200	-
Mr S Mapp	2,400	-	2,400	-
Hereford Skittle League	-	1,800	1,800	-
Leominster Golf Club	600	-	600	-
Richmond Club Darts League	910	-	910	-
Wiggin Community Fund	-	-	-	464
Herefordshire Community Grant	-	-	-	6,176
Albert Hunt	-	-	-	3,000
William Cadbury Trust	-	-	-	500
Rowlands Trust	-	-	-	3,000
Douglas Arter Foundation	-	-	-	500
The February Foundation	-	-	-	3,000
Hfd Amateur Pantomine Society	-	-	-	300
Hereford Lions Club	-	-	-	1,000
Gift Aid	600	-	600	-
	11,349	32,500	43,849	22,127

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

4. Income earned from Charitable activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.25	Total Year Ended 31.03.24
	£	£	£	£
Oxygen therapy donations	23,226	-	23,226	16,634
Alternative therapies income	7,109	-	7,109	5,743
Exercise Chairs income	2,104	-	2,104	2,147
Physiotherapist Chairs income	1,265	-	1,265	370
Medi Bike & Anti Gravity	115	-	115	-
	33,819	-	33,819	24,894

5. Income earned from Other activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.25	Total Year Ended 31.03.24
	£	£	£	£
Fundraising Activities				
59 Club Bonus Ball	1,761	-	1,761	1,858
Bec's Marathon	-	-	-	2,484
Coffee Morning	-	-	-	422
Autumn Raffle	-	-	-	443
Bingo Event	449	-	449	255
Santa Grotto Tickets	-	-	-	16
Christmas raffle ticket sales	51	-	51	28
Christmas Hamper raffle	117	-	117	-
Christmas Quiz	314	-	314	-
Other Christmas Activities	29	-	29	-
Valentine Raffle Tickets	-	-	-	30
Quiz Night	-	-	-	360
Sale of donated goods	66	-	66	36
Other Activities	388	-	388	-
Sale of Equipment	-	-	-	85
Volunteer Travel Income	280	-	280	240
Room Hire	645	-	645	506
	4,100	-	4,100	6,763
	£	£	£	£
Investment Income				
Bank interest	421	80	501	264

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.25	Total Year Ended 31.03.24
	£	£	£	£
Fundraising Expenses	304		304	103
	304	-	304	103

	Expenditure in furtherance of the Charity's objects	Expenditure of Management & Administration of the Charity	Total Year Ended 31.03.25	Total Year Ended 31.03.24
	Unrestricted	Restricted	£	£
	£	£	£	£
Wages Administration	-	-	6,050	6,740
Wages Therapists	15,537	-	-	15,537
Employer pension contributions	-	-	429	441
Therapists - Reflexology	3,128	-	-	3,128
Exercise Class teacher	930	270	-	1,200
Physio	500	480	-	980
Oxygen	2,646	5,500	-	8,146
Therapy consumables	739	-	-	739
Equipment maintenance	2,367	-	-	2,367
Oxygen Therapy Equipment	2,587	3,601	-	6,188
Telephone and internet	-	-	723	735
Light and heat	4,661	-	-	4,661
Printing, stationery, postage	-	-	412	731
Premises maintenance	577	681	-	1,258
Ground rent	1,000	-	-	1,000
Water rates	458	-	-	458
Insurance	1,731	-	-	1,731
National Federation fees	480	-	-	480
Hyberbaric Oxygen Trust	650	-	-	650
Staff and volunteer training	-	-	-	15
Cleaning and hygiene	333	-	-	333
Canteen expenses	309	-	-	309
Travelling expenses	846	-	-	846
Payroll administration	-	-	420	400
General expenses	1,033	-	-	1,033
Company House	-	-	10	13
Website & Marketing	118	-	-	118
Water Cooler purchase	218	-	-	218
Bonus Ball prizes	367	-	-	367
Defibrillator	-	-	-	1,759
Depreciation:				
Prefabricated Building	6,022	-	-	6,022
Equipment	10,324	-	-	8,945
	57,561	10,532	8,044	76,137
				63,737

Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)

7. Net Incoming Resources for the Period

	Year Ended 31.03.25	Year Ended 31.03.24
This is stated after charging:	£	£
Depreciation	16,346	14,966

8. Trustees Remuneration and Transactions Involving Trustees

The centre's Reflexologist decided it was time to retire and left her employment in May 2024. The Board had the difficult decision of how to replace the position, at an EGM held on 26th June 2024 it was agreed that the Chair of the Charity would provide this service one day a week on a self-employed basis. In the year ended 31st March 2025 the chair of the charity has received £3,128 for her reflexology services. The Chair resigned on 11 June 2025 from her role as reflexologist. Other than disclosed, no other Trustee of the company, nor any other person connected with them, has received or is due to receive any remuneration for the period, directly or indirectly from the Charity's funds. No expenses have been reimbursed to any of the trustees in their role as Trustees.

8a. Staff Emoluments

	Year Ended 31.03.25	Year Ended 31.03.24
	£	£
Gross Salaries	21,587	29,908
Employers National Insurance Contributions	-	-
Employers Pension Contributions	429	441
	<u>22,016</u>	<u>30,349</u>

9. Taxation

The Charity is exempt from tax on income and gains falling within Section 505 of the taxes Act 1988 or section 252 of the taxation of Chargeable Gains Act 1992 to the extent that these are applied to its Charitable Objects.

10. Tangible Fixed Assets

	Prefab Building £	Multi-Occupancy Chamber £	Equipment £	Furniture & Fittings £	Total £
Cost					
As at 1st April 2024	120,433	25,112	44,163	11,047	200,755
Additions	-	-	27,610	-	27,610
Disposals	-	-	-	-	-
As at 31st March 2025	<u>120,433</u>	<u>25,112</u>	<u>71,773</u>	<u>11,047</u>	<u>228,365</u>
Depreciation					
As at 1st April 2024	47,338	25,112	15,804	4,060	92,314
Charge for the year	6,021	-	8,470	1,855	16,346
Disposals	-	-	-	-	-
As at 31st March 2025	<u>53,359</u>	<u>25,112</u>	<u>24,274</u>	<u>5,915</u>	<u>108,660</u>
Net Book Value					
31st March 2025	<u>67,074</u>	-	<u>47,499</u>	<u>5,132</u>	<u>119,705</u>
Net Book Value					
1st April 2024	<u>73,095</u>	-	<u>28,359</u>	<u>6,987</u>	<u>108,441</u>

**Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)**

11. Debtors

	31.03.25	31.03.24
	£	£
Prepayments	2,502	1,867
Accrued income	398	-
	2,900	1,867

12. Cash at Bank and in Hand

	31.03.25	31.03.24
	£	£
Current Account	7,734	5,370
Deposit Accounts	33,714	40,823
Cash in hand	130	128
	41,578	46,321

13. Creditors: Amounts due within one year

	31.03.25	31.03.24
	£	£
Pension	90	285
Accrued Expenses	2,808	887
	2,898	1,172

14. Analysis of Net Assets between Funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible Fixed Assets	119,705	-	119,705
Current Assets	40,645	3,833	44,478
Total Assets	160,350	3,833	164,183
Less Current Liabilities	(2,898)	-	(2,898)
Net Assets at 31st March 2025	157,452	3,833	161,285

**Oxygen and Wellness Therapy Centre
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15. Movement in Funds

	At 1st April 2024	Incoming Resources	Outgoing Resources	Transfers	At 31st March 2025
	£	£	£	£	£
Restricted Funds					
1. Openbox Foundation	1,143	80	(120)	-	1,103
2. Openbox Foundation (IR)	832	-	(561)	-	271
3. William Cadbury Trust	500	-	(480)	-	20
4. Dumbreck Charity	96	-	-	-	96
5. J S F Pollitzer Charitable Settlement	980	-	-	-	980
6. Wiggin Community Fund	464	-	(464)	-	-
7. EF Bulmer Trust	270	-	(270)	-	-
8. Rowlands Trust	3,000	-	(3,000)	-	-
9. Douglas Arter Benevolent Fund	500	-	(137)	-	363
10. Hereford Lions Club	1,000	-	-	-	1,000
11. Hereford Skittle League	-	1,800	-	(1,800)	-
12. Hospital Saturday Fund	-	5,500	(5,500)	-	-
13. Clive Richards Foundation	-	20,200	-	(20,200)	-
14. The Eveson Trust	-	5,000	-	(5,000)	-
Total Restricted Funds	8,785	32,580	(10,532)	(27,000)	3,833
Unrestricted Funds:					
General Funds:	113,672	49,689	(65,909)	27,000	124,452
Contingency Fund	33,000	-	-	-	33,000
Total Unrestricted Funds	146,672	49,689	(65,909)	27,000	157,452
Total Funds	155,457	82,269	(76,441)	-	161,285

The Contingency Fund of £33,000 is to provide funding to meet salary commitments and other operational costs for a minimum of eight months representing target reserves.

16. Purposes of Restricted Funds

1. Openbox Foundation	funding External refurbishment & exercise chairs
2. Openbox Foundation	funding Internal building refurbishment
3. William Cadbury Trust	funding for Instructor for exercise therapy room
4. Dumbreck Charity	funding for promotion/rebranding of the centre
5. JSF Pollitzer Charitable Settlement	funding for Physiotherapy treatments
6. Wiggin Community Fund	funding for new masks & tubes
7. EF Bulmer Trust	funding for seated exercise classes
8. Rowlands Trust	funding for replacement valves for the oxygen chamber
9. Douglas Arter Benevolent Fund	funding for equipment for the exercise room
10. Hereford Lions Club	funding for a TV for the centre and replacement flooring in the toilet
11. Hereford Skittle League	funding for an Anti Gravity Treadmill
12. Hospital Saturday Fund	funding for oxygen costs
13. Clive Richards Foundation	funding for an Anti Gravity Treadmill
14. The Eveson Trust	funding for a medi bike

17. Contingent Liabilities

There are no contingent liabilities at the accounting date.

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales - Charity number 701924

Accounts

Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)

Company number: 02294595 (England and Wales)
Registered Charity number: 701924

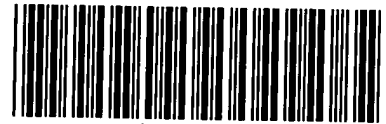
OXYGEN AND WELLNESS THERAPY CENTRE

(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

THURSDAY



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A23

12/12/2024

#150

COMPANIES HOUSE

**Oxygen Wellness Therapy Centre
(A Company limited by guarantee)**

COMPANY INFORMATION

Directors/Trustees

Mrs L Shaw	(Chairperson)
Miss J Hicks	(Treasurer)
Mrs S Leeuwangh	(Company Secretary)
Mr B Freeman	
Mr B Hilliard FCA	resigned 24 August 2023
Mrs A Kitchen	
Mr R Shimmin	
Mr R Jones	

Company registered number 02294595 (England and Wales)

Charity registered number 701924

Registered Office
31 Mostyn Street
Hereford
Herefordshire
HR4 0EG

Independent Examiner
B Hilliard FCA
Chartered Accountant
Sandford Lodge
Clive Avenue
Church Stretton
Shropshire
SY6 7BS

Bankers
Lloyds Bank
6-8 High Town
Hereford
Herefordshire
HR1 2AE

Virgin Money
Jubilee House
Gosforth
Newcastle upon Tyne
NE3 4PL

DIRECTORS AND TRUSTEES REPORT For Year Ended 31 March 2024

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their report and the financial statements of the Oxygen & Wellness Therapy Centre Limited for year ended 31 March 2024.

Objectives

To improve for public benefit, by any lawful means, the condition of those with Multiple Sclerosis and other medical conditions.

Activities

In 2023 we were able to install power assisted exercise equipment. These are now in regular use and proving very popular. There is a fully qualified fitness trainer whom comes in monthly to assist our members with their fitness and exercise programmes for health and wellbeing. Space has been provided for a physiotherapist who worked out of the premises on a Monday.

The seated Move and Stretch exercise class continue to be well attended and was provided by the E.F. Bulmer Trust to enable this to continue. The beauty therapist continues to use the centre on a weekly basis offering beauty therapies.

Therapies

Oxygen Therapy is our principal treatment with approx. 1390 client appointments in the year. The previous financial year saw 1005.

The Centre has treated a variety of conditions including cancers, brain injury, COPD, ME, Parkinson. Since reopening Oxygen Therapy has been used as a treatment for other medical conditions including stroke, sports injuries COVID-19, Dementia, Herniated Discs, Fibromyalgia. Arthritis and Macular Degeneration.

Catchment Area

The geography of the Centre client base means we serve the surrounding districts of Worcestershire, Shropshire, and South, Mid- and West Wales with distances of up to eighty miles travelled from places as far afield as Aberystwyth and we look forward to seeing our users from all these locations:

We communicate with our members through our newsletter, website, and social media.

We continue to be involved with our over-arching body the National Therapy Centres (MSNTC) via regional meetings.

Staffing

The Centre Manager has increased her hours and now works four days a week, as the Centre has continued to grow in client numbers. Zero hours temporary cover staff to cover holidays and sickness has given greater flexibility to working practices. We are looking to increase client numbers further next year to enable the centre to open 5 days a week.

Volunteers

The Trustees are deeply grateful for the commitment and dedication shown by volunteers and sincere thanks go to all the Centre's volunteers, without which the Centre would not be able to operate. They contribute in a variety of ways, including: offering a warm welcome, supporting clients and their carers, making tea, cleaning, raising funds, operating the Oxygen Therapy Chamber, and administration duties.

As a self-help charity, the Board of Directors and Trustees consist of people with MS or their carers, which creates a sympathetic empathy with clients and a sensitive understanding of the services the Centre provides. They are also volunteers contributing to the welfare of the charitable company and are unpaid.

Events for the coming year

A quiz & bingo nights will take place during the year and raffles throughout the year alongside a Christmas Raffle. It is also hoped to have a promotional stand in High Town with tombola to promote the charity further.

The bonus ball "Club 59" is proving popular and is continuing and is available for all members to join.

Financial review

The company is fully self-financed, deriving its income from personal donations, local fundraising, and Trust grants.

Oxygen and Wellness Therapy Centre
(A Company limited by guarantee)

The Charity had net expenditure for the year of (£9,792) (2023: net income £6,021), comprising unrestricted net expenditure of (£13,858) (2023: Net expenditure (£10,916)), and restricted net income of £4,066 (2023: Net income £16,937).

Total income for the year increased by £167 and total expenditure increased by £15,980 resulting in a turnaround from a £6,021 surplus in the previous financial year to a deficit of (£9,792) for the year. The increase in expenditure is due to wages, depreciation and the purchase of a defibrillator.

Reserves

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2025.

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2025. Actual reserves at 31 March 2024 amounted to £38,231 (31/03/23 £37,123). Tight budgetary and cash control will be a focus whilst advancing the interests of beneficiaries and protecting the health and wellbeing of everyone connected with the Charity.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the "going concern" basis in preparing the financial statements. Further details regarding the adoption of the "going concern" basis can be found in the Accounting Policies.

Trading style

Since 1 June 1997, the work of the charity has been carried out under the name of "Herefordshire MS Therapy Centre" until 13th June 2022 when the Charity Commission approved a change of name to "Oxygen & Wellness Therapy Centre".

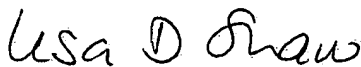
Support

Recognition is given to the following for their financial contributions to the charity:

Eveson Trust	Openbox Foundation	Herefordshire Community Grant
EF Bulmer Trust	Dumbreck Charity	Hereford Lions Club
McKechnie	Wiggin Community Fund	Rowlands Trust
Albert Hunt	J.S.F Pollitzer Charitable Settlement	William Cadbury Trust
Hereford Masonic Lodge	Douglas Arter Benevolent Fund	The February Foundation
Masonic Charitable Foundation		Rebecca White who ran the London Marathon

In preparing this report, the Trustees have taken advantage of the small companies' exemption provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 25th July 2024 and was signed on their behalf by:



Mrs L Shaw
Chairperson on behalf of the Trustees

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
For Year Ended 31 March 2024

Independent examiner's report to the Trustees of Oxygen & Wellness Therapy Centre

I report on the financial statements of the company for the year ended 31 March 2024 which are set out on pages 7 to 13.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity and company law and is eligible for independent examination, it is my responsibility to:

- Examine the financial statements under section 145 of the Act;
- Follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanation from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view", and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 336 of the Companies Act 2011; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2011 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed:


B. Hilliard FCA

Date: 25th July 2024

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 MARCH 2024
(Including Income & Expenditure Account)

	Notes	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 31.03.23
		£	£	£	£
Income & endowments from:					
Donations and grants	3	8,987	13,140	22,127	36,231
Charitable Activities	4	24,894	-	24,894	15,315
Other activities	5	6,763	-	6,763	2,206
Investment income	5	182	82	264	129
Total Income		40,826	13,222	54,048	53,881
Expenditure on:					
Raising funds	6	103	-	103	-
Charitable Activities	6	45,521	9,156	54,677	37,087
Other	6	9,060	-	9,060	10,773
Total Expenditure		54,684	9,156	63,840	47,860
Net Income / (Expenditure)		(13,858)	4,066	(9,792)	6,021
Transfer between Funds	15	-	-	-	-
Net Movement in Funds		(13,858)	4,066	(9,792)	6,021
Reconciliation of Funds:					
Fund Balances Brought Forward	15	160,530	4,719	165,249	159,228
Fund Balances Carried Forward	15	146,672	8,785	155,457	165,249

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 13 form part of these financial statements.

**Oxygen Wellness Therapy Centre
(A Company limited by guarantee)**

BALANCE SHEET AT 31 MARCH 24

		31.03.24		31.03.23	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets:	10		108,441		123,407
CURRENT ASSETS					
Prepayments and accrued income	11	1,867		1,569	
Cash at bank and in hand	12	46,321		41,549	
		48,188		43,118	
CURRENT LIABILITIES					
Less: Amounts falling due within one year	13	(1,172)		(1,276)	
Net Current Assets			47,016		41,842
NET ASSETS			155,457		165,249
FUNDS					
<u>Unrestricted Funds</u>					
<u>General Funds</u>					
Contingency fund		33,000		33,000	
General Fund		5,231		4,123	
Designated Fixed Asset Fund		108,441		123,407	
Unrestricted funds carried forward	15		146,672		160,530
Restricted funds carried forward	15		8,785		4,719
			155,457		165,249

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company at 31 March 2023 and of its results for the twelve months in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small company regime within Part 15 of the Companies Act 2006.

The financial statements were approved by the Trustees on 25 July 2024 and signed on their behalf by:

Lisa D Shaw

Mrs L Shaw — Chairperson:

The notes on pages 7 to 13 form part of these financial statements.

**Oxygen Wellness Therapy Centre
(A Company limited by guarantee)**

1. Accounting Policies

Basis of Accounting

The financial statements have been prepared in accordance with 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 the Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Oxygen and Wellness Centre meets the definition of a public benefit entity under FRS 102. Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income & Endowments

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when the Charity is entitled to the funds.

In accordance with the Charities SORP (FRS 102), the value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which the charity becomes entitled to the funds.

Incoming resources from the operation of the Centre are included when receivable.

Expenditure

Resources expended are recognised in the period in which they are incurred.

Fixed Assets

Tangible assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses.

Assets costing £2,000 or more will be capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life on a straight-line basis as follows:

Prefabricated Building	5%
Multi-Capacity Chamber	10%
Equipment	20%
Fixtures & Fittings	20%

Charitable Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the Charity without further specified purpose and are available as general funds.

Contingency funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Going concern

The financial statements have been prepared on a 'going concern' basis as the Trustees believe the charity has sufficient liquid unrestricted funds to continue as a 'going concern' for the foreseeable future and twelve months from the authorisation of these financial statements.

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

2. Legal Status of the charity

The charity is a private company limited by guarantee incorporated in England and Wales and has no share capital with an exemption from using limited in the company name since 13 June 2022. Memorandum and Articles of Association incorporated 9 September 1988 as amended by special resolution dated 11 March 1997 amended 1 April 2022.

3. Donations and Grants

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 31.03.23
	£	£	£	£
General donations	967	-	967	662
Memberships	1,220	-	1,220	572
Tea, coffee & book donations	-	-	-	47
EF Bulmer Trust	-	1,500	1,500	3,000
Oakdale Trust	-	-	-	1,500
McKechnie	500	-	500	300
Eveson Trust	-	-	-	20,000
Wiggin Community Fund	-	464	464	1,500
Ludlow Tennis Club	-	-	-	400
Screwfix Foundation	-	-	-	1,000
The Barrels	-	-	-	1,000
Allpay	-	-	-	500
Crucially Digital	-	-	-	1,500
Asda Green Token	-	-	-	500
Hereford Masonic Lodge	-	-	-	875
Masonic Charitable Foundation	-	-	-	875
Oremi Evans	-	-	-	2,000
Herefordshire Community Grant	-	6,176	6,176	-
Albert Hunt	3,000	-	3,000	-
Cadbury	-	500	500	-
Rowlands Trust	-	3,000	3,000	-
Douglas Arter Foundation	-	500	500	-
The February Foundation	3,000	-	3,000	-
Hfd Amateur Pantomine Society	300	-	300	-
Hereford Lions Club	-	1,000	1,000	-
	8,987	13,140	22,127	36,231

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

4. Income earned from Charitable activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 31.03.23
	£	£	£	£
Oxygen therapy donations	16,634	-	16,634	11,681
Alternative therapies income	5,743	-	5,743	3,634
Exercise Chairs income	2,147	-	2,147	-
Physiotherapist Chairs income	370	-	370	-
	24,894	-	24,894	15,315

5. Income earned from Other activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 31.03.23
	£	£	£	£
Fundraising Activities:				
59 Club Bonus Ball	1,858	-	1,858	1,066
Bec's Marathon	2,484	-	2,484	-
100 Club Members	-	-	-	55
Coffee Morning	422	-	422	210
Autumn Raffle	443	-	443	-
Bingo Event	255	-	255	-
Santa Grotto Tickets	16	-	16	-
Christmas raffle ticket sales	28	-	28	234
Valentine Raffle Tickets	30	-	30	-
Quiz Night	360	-	360	26
Easter Trail	-	-	-	125
Santa Fun Run	-	-	-	20
Car Boot Sale	-	-	-	53
Sale of donated goods	36	-	36	167
Sale of Equipment	85	-	85	250
Volunteer Travel Income	240	-	240	-
Room Hire	506	-	506	-
	6,763	-	6,763	2,206

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 31.03.23
	£	£	£	£
Investment Income				
Bank interest	182	82	264	129

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended	Total Year Ended
	£	£	31.03.24 £	31.03.23 £
Fundraising Expenses	103	-	103	-

	Expenditure in furtherance of the Charity's objects		Expenditure of Management & Administration of the Charity	Total Year Ended 31.03.24	Total Year Ended 31.03.23
	Unrestricted £	Restricted £	£	£	£
Wages Administration	-	-	6,740	6,740	6,306
Wages Therapists	23,168	-	-	23,168	17,314
Employer pension contributions	-	-	441	441	325
Exercise Class teacher	-	1,230	-	1,230	-
Oxygen	601	5,234	-	5,835	5,341
Therapy consumables	292	-	-	292	1,048
Equipment maintenance	815	-	-	815	611
Telephone and internet	-	-	735	735	495
Light and heat	-	942	-	942	1,832
Printing, stationery, postage	-	-	731	731	668
Premises maintenance	841	-	-	841	429
Ground rent	1,000	-	-	1,000	1,000
Water rates	260	-	-	260	252
Insurance	1,375	-	-	1,375	1,189
National Federation fees	120	-	-	120	299
Staff and volunteer training	15	-	-	15	-
Cleaning and hygiene	140	-	-	140	599
Canteen expenses	176	-	-	176	435
Travelling expenses	728	-	-	728	504
Payroll administration	-	-	400	400	(145)
General expenses	282	-	-	282	1,100
Company House	-	-	13	13	10
Website & Marketing	95	-	-	95	1,325
Water Cooler purchase	276	-	-	276	-
Bonus Ball prizes	362	-	-	362	262
Defibrillator	9	1,750	-	1,759	-
Depreciation:					
Prefabricated Building	6,021	-	-	6,021	6,230
Equipment	8,945	-	-	8,945	431
	45,521	9,156	9,060	63,737	47,860

**Oxygen Wellness Therapy Centre
(A Company limited by guarantee)**

7. Net Incoming Resources for the Period

	Year Ended 31.03.24	Year Ended 31.03.23
This is stated after charging:	£	£
Depreciation	14,966	6,661

8. Trustees Remuneration and Transactions Involving Trustees

No trustee of the company, nor any person connected with them, has received or is due to receive any remuneration for the period, directly or indirectly from the Charity's funds. No expenses have been reimbursed to any of the trustees in their role as Trustees.

8a. Staff Emoluments

	Year Ended 31.03.24	Year Ended 31.03.23
	£	£
Gross Salaries	29,908	23,620
Employers National Insurance Contributions	-	-
Employers Pension Contributions	441	325
	30,349	23,945

9. Taxation

The Charity is exempt from tax on income and gains falling within Section 505 of the taxes Act 1988 or section 252 of the taxation of Chargeable Gains Act 1992 to the extent that these are applied to its Charitable Objects.

10. Tangible Fixed Assets

	Prefab Building £	Multi-Occupancy Chamber £	Equipment £	Furniture & Fittings £	Total £
Cost					
As at 1st April 2023	120,433	25,112	44,163	11,047	200,755
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
As at 31st March 2024	120,433	25,112	44,163	11,047	200,755
Depreciation					
As at 1st April 2023	41,317	25,112	8,714	2,205	77,348
Charge for the year	6,021	-	7,090	1,855	14,966
Disposals	-	-	-	-	-
As at 31st March 2024	47,338	25,112	15,804	4,060	92,314
Net Book Value					
31st March 2024	73,095	-	28,359	6,987	108,441
1st April 2023	79,116	-	35,449	8,842	123,407

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

11. Debtors

	31.03.24	31.03.23
	£	£
Prepayments	1,867	1,569
Accrued income	-	-
	1,867	1,569

12. Cash at Bank and in Hand

	31.03.24	31.03.23
	£	£
Current Account	5,370	6,059
Deposit Accounts	40,823	35,247
Cash in hand	128	243
	46,321	41,549

13. Creditors: Amounts due within one year

	31.03.24	31.03.23
	£	£
Pension	285	278
Accrued Expenses	887	998
	1,172	1,276

14. Analysis of Net Assets between Funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible Fixed Assets	108,441	-	108,441
Current Assets	39,403	8,785	48,188
Total Assets	147,844	8,785	156,629
Less Current Liabilities	(1,172)	-	(1,172)
Net Assets at 31st March 2024	146,672	8,785	155,457

Oxygen Wellness Therapy Centre
(A Company limited by guarantee)

15. Movement in Funds

	At 1st April 2023	Incoming Resources	Outgoing Resources	Transfers	At 31st March 2024
	£	£	£	£	£
Restricted Funds					
1. Openbox Foundation	1,061	82	-	-	1,143
2. Openbox Foundation (IR)	832	-	-	-	832
3. William Cadbury Trust	-	500	-	-	500
4. Dumbreck Charity	96	-	-	-	96
5. J S F Pollitzer Charitable Settlement	980	-	-	-	980
6. Wiggin Community Fund	-	464	-	-	464
7. Hereford Masonic Lodge	875	-	(875)	-	-
8. Masonic Charitable Foundation	875	-	(875)	-	-
9. EF Bulmer Trust	-	1,500	(1,230)	-	270
10. Herefordshire Community Grant	-	6,176	(6,176)	-	-
11. Rowlands Trust	-	3,000	-	-	3,000
12. Douglas Arter	-	500	-	-	500
13. Hereford Lions Club	-	1,000	-	-	1,000
Total Restricted Funds:	4,719	13,222	(9,156)	-	8,785
Unrestricted Funds:					
General Funds:	127,530	40,826	(54,684)	-	113,672
Contingency Fund	33,000	-	-	-	33,000
Total Unrestricted Funds	160,530	40,826	(54,684)	-	146,672
Total Funds	165,249	54,048	(63,840)	-	155,457

The Contingency Fund of £33,000 is to provide funding to meet salary commitments and other operational costs for a minimum of eight months.

16. Purposes of Restricted Funds

1. Openbox Foundation	funding External refurbishment & exercise chairs
2. Openbox Foundation	funding Internal building refurbishment
3. William Cadbury Trust	funding for Instructor for exercise therapy room
4. Dumbreck Charity	funding for promotion/rebranding of the centre
5. JSF Pollitzer Charitable Settlement	funding for Physiotherapy treatments
6. Wiggin Community Fund	funding for new masks & tubes
7. Hereford Masonic Lodge	funding for the purchase of a Defibrillator
8. Masonic Charitable Foundation	funding for the purchase of a Defibrillator
9. EF Bulmer Trust	funding for seated exercise classes
10. Herefordshire Community Grant	funding for oxygen and electric running costs
11. Rowlands Trust	funding for replacement valves for the oxygen chamber
12. Douglas Arter	funding for equipment for the exercise room
13. Hereford Lions Club	funding for a TV for the centre and replacement flooring in the toilet

17. Contingent Liabilities

There are no contingent liabilities at the accounting date.

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales - Charity number 701924

Accounts

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

Company number: 02294595 (England and Wales)
Registered Charity number: 701924

**OXYGEN AND WELLNESS THERAPY CENTRE
Formally HEREFORDSHIRE MS THERAPY CENTRE to 13th June 2022
(A company limited by guarantee)**

DIRECTORS' AND TRUSTEES' REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

COMPANY INFORMATION

Directors/Trustees

Mrs L Shaw	(Chairman)
Miss J Hicks	(Treasurer)
Mrs S Leeuwangh	(Company Secretary)
Mr B Freeman	
Mr B Hilliard FCA	
Mrs A Dalton	resigned 30 April 2022
Mrs A Kitchen	
Mr R Shimmin	
Mr R Jones	appointed 1 October 2022

Company registered number 02294595 (England and Wales)

Charity registered number 701924

Registered Office 31 Mostyn Street
Hereford
Herefordshire
HR4 0EG

Independent Examiner B Hilliard FCA
Chartered Accountant
Sandford Lodge
Clive Avenue
Church Stretton
Shropshire
SY6 7BS

Bankers Lloyds Bank
6-8 High Town
Hereford
Herefordshire
HR1 2AE

Virgin Money
Jubilee House
Gosforth
Newcastle upon Tyne
NE3 4PL

DIRECTORS AND TRUSTEES REPORT For Year Ended 31 March 2023

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their report and the financial statements of the Oxygen & Wellness Therapy Centre (formally Herefordshire MS Therapy Centre) Limited for year ended 31 March 2023.

Objectives

To improve for public benefit, by any lawful means, the condition of those with Multiple Sclerosis and other medical conditions.

Change of Name

Since the Centre has been back in operation following the pandemic, the oxygen therapy is being used for a variety of medical conditions. The Trustees have therefore agreed that the name of the charity be amended to Oxygen & Wellness Therapy Centre, this name change was approved by Companies House on 13th June 2022.

COVID 19 Pandemic

Whilst the Centre has now been back up running for the last two years, it has still had an effect on the daily running of the centre and income streams. The final quarter of the financial year saw an increase in activities and re-commencement of exercise classes. Immediately prior to the financial year end power assisted exercise equipment was purchased ready for commissioning and use immediately after the financial year end.

Activities

During the year, with the help of Eveson Trust and repurpose of some restricted funds the charity has been able to purchase Innerva's Power assisted exercise equipment immediately prior to the financial year end.

Also, a weekly seated Move and Stretch exercise class commenced which is well attended. The appointment of an additional massage therapist has allowed additional massage sessions. Also, a beauty therapist attends the centre weekly offering beauty therapies.

Therapies

Oxygen Therapy is our principal treatment with approx. 1005 client appointments in the year. The previous financial year saw 925 client appointments with the Centre reopening in May 2021.

The Centre has treated a variety of conditions including cancers, brain Injury, COPD, ME, Parkinson. Since reopening Oxygen Therapy has been used as a treatment for other medical conditions including stroke, sports injuries COVID-19, Dementia, Herniated Discs, Fibromyalgia, Arthritis and Macular Degeneration.

Catchment Area

The geography of the Centre client base means we serve the surrounding districts of Worcestershire, Shropshire, and South, Mid- and West Wales with distances of up to eighty miles travelled from places as far afield as Aberystwyth and we look forward to seeing our users from all these locations on reopening.

We communicate with our members through our newsletter, website, and social media.

We continue to be involved with our over-arching body the National Therapy Centres (MSNTC) via regional meetings.

Staffing

The Centre Manager works a three-day week, with zero hours temporary cover staff to cover holidays and sickness which has given greater flexibility to working practices. Our Assistant Manager role has not been filled, as currently we are unable to warrant the hours as the centre is not running to full capacity and only open 3 days per week. We are looking to increase numbers next year and opening extra days, whereupon a supervisor role may be recruited.

Volunteers

The Trustees are deeply grateful for the commitment and dedication shown by volunteers and sincere thanks go to all the Centre's volunteers. The Centre could not operate successfully without their willing help, some of whom have MS. They contribute in a variety of ways, including: offering a warm welcome, supporting clients and their carers, making tea, cleaning, raising funds, operating the Oxygen Therapy Chamber, and delivering other therapies.

As a self-help charity, the Board of Directors and Trustees consist of people with MS or their carers, which creates a sympathetic empathy with clients and a sensitive understanding of the services the Centre provides. They are also volunteers contributing to the welfare of the charitable company and are unpaid.

Events for the coming year

It is hoped that in the coming year events will recommence, it is planned to have regular quiz nights, raffles throughout the year and a Christmas Raffle.

**Oxygen and Wellness Therapy Centre
(Formerly Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

The Weekly Bonus ball has been relaunched as "Club 59" and is available for all members to join

Financial review

The company is fully self-financed, deriving its income from personal donations, local fundraising, and Trust grants.

The Charity had net income for the year of £6,021 (2022: net expenditure (£17,304)), comprising unrestricted net expenditure of (£9,166) (2022: Net expenditure (£13,294)), and restricted net income of £15,187 (2022: Net expenditure (£4,010)).

Total income for the year increased by £21,391 and total expenditure decreased by £1,934 resulting in a turnaround from a (£17,304) deficit in the previous financial year to a surplus of £6,021 for the year.

Reserves policy

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2024.

Tight budgetary and cash control will be a focus whilst advancing the interests of beneficiaries and protecting the health and wellbeing of everyone connected with the charity.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the "going concern" basis in preparing the financial statements. Further details regarding the adoption of the "going concern" basis can be found in the Accounting Policies.

Trading style

Since 1 June 1997, the work of the charity has been carried out under the name of "Herefordshire MS Therapy Centre" until 13th June 2022 when the Charity Commission approved a change of name to "Oxygen & Wellness Therapy Centre".

Support

Recognition is given to the following for their financial contributions to the charity:

Eveson Trust	Openbox Foundation	A. B. Computers	Dumbreck Charity
Wiggin Community Fund	Screwfix Foundation	Hereford Bowling Club	Anton Jurgens Charitable Trust
EF Bulmer Fund	The Barréls	The Street Foundation	J.S.F Pollitzer Charitable Settlement
Oakdale Trust	Allpay	Albert Hunt	Douglas Arter Benevolent Fund
Crucially Digital	Asda Green Token	The Choc Ltd	Ludlow Tennis Club
Oremi Evans	McKechnie	William Cadbury Trust	
Hereford Masonic Lodge	Masonic Charitable Foundation		

In preparing this report, the Trustees have taken advantage of the small companies' exemption provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 24 August 2023 and was signed on their behalf by:



Mrs L Shaw
Chairman on behalf of the Trustees

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

**INDEPENDENT EXAMINER'S REPORT
For Year Ended 31 March 2023**

Independent examiner's report to the Trustees of Oxygen & Wellness Therapy Centre

I report on the financial statements of the company for the year ended 31 March 2023 which are set out on pages 7 to 13.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity and company law and is eligible for independent examination, it is my responsibility to:

- Examine the financial statements under section 145 of the Act;
- Follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- State whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanation from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view", and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 336 of the Companies Act 2011; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2011 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed:



B. Hilliard FCA

Date: 24 August 2023

Oxygen and Wellness Therapy Centre
(Formerly Herefordshire MS Therapy Centre)
(A Company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 MARCH 2023
(including Income & Expenditure Account)

	Notes	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
		£	£	£	£
Income & endowments from:					
Donations and grants	3	14,731	21,500	36,231	15,424
Charitable Activities	4	15,315	£ -	15,315	14,707
Other activities	5	2,206	£ -	2,206	2,313
Investment income	5	84	45	129	46
Total Income		32,336	21,545	53,881	32,490
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable Activities	6	30,729	6,358	37,087	36,610
Other	6	10,773	0	10,773	13,184
Total Expenditure		41,502	6,358	47,860	49,794
Net Income / (Expenditure)		(9,166)	15,187	6,021	(17,304)
Transfer between Funds	15	44,590	(44,590)	-	-
Net Movement in Funds		35,424	(29,403)	6,021	(17,304)
Reconciliation of Funds:					
Fund Balances Brought Forward	15	126,856	32,372	159,228	176,532
Fund Balances Carried Forward	15	162,280	2,969	165,249	159,228

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 13 form part of these financial statements.

**Oxygen and Wellness Therapy Centre
(Formerly Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

BALANCE SHEET AT 31 MARCH 23

	Notes	31.03.23		31.03.22	
		£	£	£	£
FIXED ASSETS					
Tangible Assets:	10		123,407		85,346
CURRENT ASSETS					
Prepayments and accrued income	11	1,569		1,410	
Cash at bank and in hand	12	<u>41,549</u>		<u>76,388</u>	
		43,118		77,798	
CURRENT LIABILITIES					
Less: Amounts falling due within one year	13	<u>(1,276)</u>		<u>(3,916)</u>	
Net Current Assets			<u>41,842</u>		<u>73,882</u>
NET ASSETS			<u>165,249</u>		<u>159,228</u>
FUNDS					
<u>Unrestricted Funds</u>					
Contingency fund		33,000		33,000	
General Funds		<u>127,530</u>		<u>93,856</u>	
Unrestricted funds carried forward	15		160,530		126,856
Restricted funds carried forward	15		<u>4,719</u>		<u>32,372</u>
			<u>165,249</u>		<u>159,228</u>

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company at 31 March 2023 and of its results for the twelve months in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small company regime within Part 15 of the Companies Act 2006.

The financial statements were approved by the Trustees on 24 August 2023 and signed on their behalf by:

Mrs L Shaw — Chairman:

Lisa D Shaw

The notes on pages 7 to 13 form part of these financial statements.

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

1. Accounting Policies

Basis of Accounting

The financial statements have been prepared in accordance with 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 the Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Oxygen and Wellness Centre meets the definition of a public benefit entity under FRS 102. Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income & Endowments

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when the Charity is entitled to the funds.

In accordance with the Charities SORP (FRS 102), the value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which the charity becomes entitled to the funds.

Incoming resources from the operation of the centre are included when receivable.

Expenditure

Resources expended are recognised in the period in which they are incurred.

Fixed Assets

Tangible assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses.

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life on a straight-line basis as follows:

Prefabricated Building	5%
Multi-Capacity Chamber	10%
Equipment	20%
Fixtures & Fittings	20%

Charitable Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the Charity without further specified purpose and are available as general funds.

Contingency funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Going concern

The financial statements have been prepared on a 'going concern' basis as the Trustees believe the charity has sufficient liquid unrestricted funds to continue as a 'going concern' for the foreseeable future and twelve months from the authorisation of these financial statements.

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

2. Legal Status of the charity

The charity is a private company limited by guarantee incorporated in England and Wales and has no share capital with an exemption from using limited in the company name since 13 June 2022. Memorandum and Articles of Association incorporated 9 September 1988 as amended by special resolution dated 11 March 1997 amended 1 April 2022.

3. Donations and Grants

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	£	£	£	£
General donations	662	-	662	677
Herefordshire Council Local Lockdown	-	-	-	450
COVID-19 Furlough grant	-	-	-	1,550
COVID-19 Start up Grant	-	-	-	4,000
Memberships	572	-	572	747
Tea, coffee & book donations	47	-	47	50
AB Computers	-	-	-	2,500
Hereford Bowling Club	-	-	-	300
The Cloc Ltd	-	-	-	150
The Street Foundation	-	-	-	2,000
Albert Hunt	-	-	-	3,000
EF Bulmer Fund	3,000	-	3,000	-
Oakdale Trust	1,500	-	1,500	-
McKechnie	300	-	300	-
Eveson Trust	-	20,000	20,000	-
Wiggin Community Fund	-	1,500	1,500	-
Ludlow Tennis Club	400	-	400	-
Screwfix Foundation	1,000	-	1,000	-
The Barrels	1,000	-	1,000	-
Allpay	500	-	500	-
Crucially Digital	1,500	-	1,500	-
Asda Green Token	500	-	500	-
Hereford Masonic Lodge	-	875	875	-
Masonic Charitable Foundation	-	875	875	-
Oremi Evans	2,000	-	2,000	-
	12,981	23,250	36,231	15,424

**Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

4. Income earned from Charitable activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	£	£	£	£
Oxygen therapy donations	11,681	-	11,681	12,197
Alternative therapies income	3,634	-	3,634	2,510
	15,315	-	15,315	14,707

5. Income earned from Other activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	£	£	£	£
Fundraising Activities				
49 Club Bonus Ball	1,066	-	1,066	1,196
100 Club Members	55	-	55	49
Collection Tins Various locations	-	-	-	494
Coffee Morning	210	-	210	-
Christmas Quiz	-	-	-	12
Christmas Bear	-	-	-	15
Christmas raffle ticket sales	234	-	234	71
Quiz	26	-	26	426
Easter Trail	125	-	125	-
Santa Fun Run	20	-	20	-
Car Boot Sale	53	-	53	-
Sale of donated goods	167	-	167	50
Sale of Equipment	250	-	250	-
	2,206	-	2,206	2,313

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	£	£	£	£
Investment Income				
Bank interest	84	45	129	46

Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)

6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	£	£	£	£
Fundraising Expenses	-	-	-	-
	Expenditure in furtherance of the Charity's objects	Expenditure of Management & Administration of the Charity	Total Year Ended 31.03.23	Total Year Ended 31.03.22
	Unrestricted £	Restricted £	£	£
Wages Administration	-	-	9,420	11,149
Wages Therapists	14,200	-	-	15,912
Employer pension contributions	-	-	325	239
Oxygen	605	4,736	-	5,341
Therapy consumables	1,048	-	-	1,048
Equipment maintenance	611	-	-	611
Telephone and internet	-	-	495	495
Light and heat	1,832	-	-	1,832
Printing, stationery, postage	-	-	668	668
Premises maintenance	429	-	-	429
Ground rent	1,000	-	-	1,000
Water rates	252	-	-	252
Insurance	1,189	-	-	1,189
National Federation fees	299	-	-	299
Staff and volunteer training	-	-	-	-
Cleaning and hygiene	599	-	-	599
Canteen expenses	435	-	-	435
Travelling expenses	504	-	-	504
Payroll administration	-	-	(145)	(145)
General expenses	803	297	-	1,100
Company House	-	-	10	10
Website & Marketing	-	1,325	-	1,325
Bonus Ball prizes	262	-	-	262
Depreciation:				
Prefabricated Building	6,230	-	-	6,230
Equipment	431	-	-	431
	30,729	6,358	10,773	47,860
			47,860	49,794

**Oxygen and Wellness Therapy Centre
(Formerly Herefordshire MS Therapy Centre)
(A Company limited by guarantee)**

7. Net Incoming Resources for the Period

	Year Ended 31.03.23	Year Ended 31.03.22
This is stated after charging:	£	£
Depreciation	6,661	5,814

8. Trustees Remuneration and Transactions Involving Trustees

No trustee of the company, nor any person connected with them, has received or is due to receive any remuneration for the period, directly or indirectly from the Charity's funds. No expenses have been reimbursed to any of the trustees in their role as Trustees.

8a. Staff Emoluments

	Year Ended 31.03.23	Year Ended 31.03.22
	£	£
Gross Salaries	23,620	27,061
Employers National Insurance Contributions	-	-
Employers Pension Contributions	325	239
	23,945	27,300

9. Taxation

The Charity is exempt from tax on income and gains falling within Section 505 of the taxes Act 1988 or section 252 of the taxation of Chargeable Gains Act 1992 to the extent that these are applied to its Charitable Objects.

10. Tangible Fixed Assets

	Prefab Building £	Multi-Occupancy Chamber £	Equipment £	Furniture & Fittings £	Total £
Cost					
As at 1st April 2022	120,433	25,112	8,714	1,774	156,033
Additions	-	-	35,449	9,273	44,722
Disposals	-	-	-	-	-
As at 31st March 2023	120,433	25,112	44,163	11,047	200,755
Depreciation					
As at 1st April 2022	35,087	25,112	8,714	1,774	70,687
Charge for the year	6,230	-	-	431	6,661
Disposals	-	-	-	-	-
As at 31st March 2023	41,317	25,112	8,714	2,205	77,348
Net Book Value					
31st March 2023	79,116	-	35,449	8,842	123,407
1st April 2022	85,346	-	-	-	85,346

Note: No depreciation is charged on the additions of exercise chair equipment. They were purchased immediately prior to the financial year end and commissioned and first put to use after 31.03.23.

Furniture & Fittings additions were purchased towards the end of the financial year and depreciation is time apportioned.

Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)

11. Debtors

	31.03.23	31.03.22
	£	£
Prepayments	1,569	1,410
Accrued income	-	-
	<u>1,569</u>	<u>1,410</u>

12. Cash at Bank and in Hand

	31.03.23	31.03.22
	£	£
Current Account	6,059	11,619
Deposit Accounts	35,247	64,566
Cash in hand	243	203
	<u>41,549</u>	<u>76,388</u>

13. Creditors: Amounts due within one year

	31.03.23	31.03.22
	£	£
PAYE/NI	-	-
Pension	278	-
Accrued Expenses	998	3,916
	<u>1,276</u>	<u>3,916</u>

14. Analysis of Net Assets between Funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible Fixed Assets	123,407	-	123,407
Current Assets	38,399	4,719	43,118
Total Assets	<u>161,806</u>	<u>4,719</u>	<u>166,525</u>
Less Current Liabilities	(1,276)	-	(1,276)
Net Assets at 31st March 2023	<u>160,530</u>	<u>4,719</u>	<u>165,249</u>

Oxygen and Wellness Therapy Centre
(Formally Herefordshire MS Therapy Centre)
(A Company limited by guarantee)

15. Movement in Funds

	At 1st April 2022	Incoming Resources	Outgoing Resources	Transfers	At 31st March 2023
	£	£	£	£	£
Restricted Funds					
1. Openbox Foundation	24,403	45	(297)	23,090	1,061
2. Openbox Foundation (IR)	832	-	-	-	832
3. William Cadbury Trust	750	-	(750)	-	-
4. Douglas Arter Benevolent Foundation	500	-	(500)	-	-
5. Dumbreck Charity	500	-	(404)	-	96
6. Anton Jurgens Charitable Trust	4,407	-	(4,407)	-	-
7. J S F Pollitzer Charitable Settlement	980	-	-	-	980
8. Eveson Trust	-	20,000	-	20,000	-
9. Wiggln Community Fund	-	1,500	-	1,500	-
10. Hereford Masonic Lodge	-	875	-	-	875
11. Masonic Charitable Foundation	-	875	-	-	875
Total Restricted Funds	32,372	23,295	(6,358)	(44,590)	4,719
Unrestricted Funds:					
General Funds:	93,856	30,586	(41,502)	-	82,940
Transfer from Restricted Fund	-	-	-	44,590	44,590
Contingency Fund	33,000	-	-	-	33,000
Total Unrestricted Funds	126,856	30,586	(41,502)	44,590	160,530
Total Funds	159,228	53,881	(47,860)	-	165,249

The Contingency Fund of £33,000 is to provide funding to meet salary commitments and other operational costs for a minimum of eight months.

16. Purposes of Restricted Funds

1. Openbox Foundation	funding External refurbishment & exercise chairs
2. Openbox Foundation	funding Internal building refurbishment
3.- 5. Funders	funding for Cryospeed Unit repurposed Promotion/Rebranding of the centre
6. Anton Jurgens Charitable Trust	funding for New Oxygen System repurposed to fund ongoing oxygen costs
7. J S F Pollitzer Charitable Settlement	funding for Physiotherapy treatments
8. Eveson Trust	part funding for the purchase of exercise chairs
9. Wiggln Community Fund	funding for the purchase of storage shed
10. Hereford Masonic Lodge	funding for the purchase of a Defibrillator
11. Masonic Charitable Foundation	funding for the purchase of a Defibrillator

17. Contingent Liabilities

There are no contingent liabilities at the accounting date.

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales - Charity number 701924

Accounts

HEREFORDSHIRE MS THERAPY CENTRE

(A company limited by guarantee)

Company number: 2294595 (England and Wales)

Charity number: 701924

HEREFORDSHIRE MS THERAPY CENTRE

(A company limited by guarantee)

UNAUDITED

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

CONTENTS

	Page
Company Information	1
Trustees and Directors Report	2-4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8-14

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

COMPANY INFORMATION

Directors/Trustees

Mrs L Shaw (Chairman)
Miss J Hicks (Treasurer) appointed 4th August 2021
Mrs S Leeuwangh (Company Secretary)
Mr B Freeman
Mr B Hilliard FCA
Mrs A Dalton
Mrs A Garland resigned 4th August 2021
Mrs A Kitchen
Mr P Marriott resigned 4th August 2021
Mr R Shimmin

Company registered number

2294595 (England and Wales)

Charity registered number

701924

Registered Office

31 Mostyn Street
Hereford
Herefordshire
HR4 0EG

Independent Examiner

B Hilliard FCA
Chartered Accountant
Sandford Lodge
Clive Avenue
Church Stretton
Shropshire
SY6 7BS

Bankers

Lloyds Bank
6-8 High Town
Hereford
Herefordshire
HR1 2AE

Virgin Money
Jubilee House
Gosforth
Newcastle upon Tyne
NE3 4PL

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

TRUSTEES AND DIRECTORS REPORT
For Year Ended 31 March 2022

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their report and the financial statements of the Herefordshire Multiple Sclerosis Therapy Centre Limited for year ended 31 March 2022.

Objectives

To improve for public benefit, by any lawful means, the condition of those with Multiple Sclerosis and other medical conditions.

Change of Name

Since the centre has been back in operation following the pandemic, the oxygen therapy is being used for a variety of medical conditions. The Trustees have therefore agreed that the name of the charity be amended to Oxygen & Wellness Therapy Centre, this name change was approved by Companies House on 13th June 2022.

COVID 19 Pandemic

Whilst the centre has been back up running for all this year, it has still had a profound effect on the daily running of the centre and income streams. Members have attended and supported the centre, but the numbers have not returned to a normal level as there is clearly still some awareness of the virus.

Activities

We have been unable to continue with many activities as it has not been easy to get the exercise classes and physio back up and running. We are currently in the process of looking for a new massage therapist, and look at this as a priority, so our now fully completed therapy room is put to good use.

Therapies

Oxygen Therapy is our principal treatment with approx. 925 client appointments in the year, the centre reopened in May 2021.

Since reopening Oxygen Therapy has been used as a treatment for other medical conditions. The Centre has treated a variety of conditions including cancers, brain injury, COPD, ME, Parkinson, stroke, sports injuries COVID-19, Dementia, Herniated Discs, Fibromyalgia, Arthritis and Macular Degeneration.

Catchment Area

The geography of the Centre client base means we serve the surrounding districts of Worcestershire, Shropshire, and South, Mid- and West Wales with distances of up to eighty miles travelled from places as far afield as Aberystwyth and we look forward to seeing our users from all these locations on reopening.

We communicate with our members through our newsletter, website, and social media.

We continue to be involved with our over-arching body the National Therapy Centres (MSNTC) via regional meetings.

Staffing

The Centre Manager works a three-day week, with zero hours temporary cover staff to cover holidays and sickness which has given greater flexibility to working practices. Our Assistant Manager role has not been filled, as currently we are unable to warrant the hours as the centre is not running to full capacity and only open 3 days per week. We are looking to increase numbers next year and the opening extra days, where upon a supervisor role may be recruited.

HEREFORDSHIRE MS THERAPY CENTRE

(A company limited by guarantee)

Trustees and Directors Report for Year Ended 31 March 2022 (continued)

Volunteers

The Trustees are deeply grateful for the commitment and dedication shown by volunteers and sincere thanks go to all the Centre's volunteers. The Centre could not operate successfully without their willing help, some of whom have MS. They contribute in a variety of ways, including: offering a warm welcome, supporting clients and their carers, making tea, cleaning, raising funds, operating the Oxygen Therapy Chamber, and delivering other therapies.

As a self-help charity, the Board of Directors and Trustees consist of people with MS or their carers, which creates a sympathetic empathy with clients and a sensitive understanding of the services the Centre provides. They are also volunteers contributing to the welfare of the charitable company and are unpaid.

Events for the coming year

It is hoped that in the coming year events will recommence, it is planned to have regular quiz nights, raffles throughout the year and a Christmas Raffle.

There is also a 100 Club that members subscribe to.

Financial review

The company is fully self-financed, deriving its income from personal donations, local fundraising, and Trust grants.

The Charity had net expenditure for the year of (£17,304) (2020: net income £4,096), comprising unrestricted net expenditure of (£13,294) (2020: Net income £8,935), and restricted net expenditure of (£4,010) (2020: Net expenditure (£4,839)).

Total income for the year decreased by £12,181 and total expenditure increased by £9,219 resulting in a turnaround from a £4,096 surplus in the previous financial year to a deficit of (£17,304) for the year.

Reserves policy

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2023.

COVID-19 pandemic crisis

The Board and management are continuing to take all necessary steps to protect the financial position of the charitable company in view of the continued challenges presented by the pandemic.

Tight budgetary and cash control will be a focus whilst advancing the interests of beneficiaries and protecting the health and wellbeing of everyone connected with the charity.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the "going concern" basis in preparing the financial statements. Further details regarding the adoption of the "going concern" basis can be found in the Accounting Policies.

Trading style

Since 1 June 1997, the work of the charity has been carried out under the name of "Herefordshire MS Therapy Centre" until 13th June 2022 when the Charity Commission approved a change of name to "Oxygen & Wellness Therapy Centre".

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

Trustees and Directors Report for Year Ended 31 March 2022 (continued)

Support

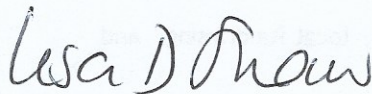
Recognition is given to the following for their financial contributions to the charity:

Openbox Foundation
Anton Jurgens Charitable Trust
Douglas Arter Benevolent Foundation
Herefordshire Council COVID-19 Grants

William Cadbury Trust
Dumbreck Charity
JSF Pollitzer Charitable Settlement

In preparing this report, the Trustees have taken advantage of the small companies' exemption provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 3 August 2022 and was signed on their behalf by:



Mrs L Shaw
Chairman on behalf of the Trustees

INDEPENDENT EXAMINER'S REPORT
For Year Ended 31 March 2022

Independent examiner's report to the Trustees of Herefordshire MS Therapy Centre Limited

I report on the financial statements of the company for the year ended 31 March 2022 which are set out on pages 6 to 14.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity and company law and is eligible for independent examination, it is my responsibility to:

- Examine the financial statements under section 145 of the Act;
- Follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanation from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view", and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 336 of the Companies Act 2011; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2011 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed:



Date: 3 August 2022

B. Hilliard FCA

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 MARCH 2022
(Including Income & Expenditure Account)

	Notes	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.22	Total Year Ended 31.03.21
		£	£	£	£
Income & endowments from:					
Donations, Grants & Similar Income	3	15,424	-	15,424	42,377
Charitable Activities	4	14,707	-	14,707	844
Other activities	5	2,313	-	2,313	1,283
Investment income (Bank Interest)		43	3	46	167
Total Income		32,487	3	32,490	44,671
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable Activities	6	32,597	4,013	36,610	33,550
Other	6	13,184	-	13,184	7,025
Total Expenditure		45,781	4,013	49,794	40,575
Net Income / (Expenditure)		(13,294)	(4,010)	(17,304)	4,096
Transfer between Funds	15	-	-	-	-
Net Movement in Funds		(13,294)	(4,010)	(17,304)	4,096
Reconciliation of Funds:					
Fund Balances Brought Forward	15	140,150	36,382	176,532	172,436
Fund Balances Carried Forward	15	126,856	32,372	159,228	176,532

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The notes on pages 8 to 14 form part of these financial statements.

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

BALANCE SHEET AT 31 MARCH 22

	Notes	31.03.22		31.03.21	
		£	£	£	£
FIXED ASSETS					
Tangible Assets:	10		85,346		91,160
CURRENT ASSETS					
Prepayments and accrued income	11	1,410		4,630	
Cash at bank and in hand	12	76,388		81,803	
		<u>77,798</u>		<u>86,433</u>	
CURRENT LIABILITIES					
Less: Amounts falling due within one year	13	(3,916)		(1,061)	
		<u></u>		<u></u>	
Net Current Assets			<u>73,882</u>		<u>85,372</u>
NET ASSETS			<u>159,228</u>		<u>176,532</u>
FUNDS					
Unrestricted					
Contingency fund		33,000		33,000	
Other unrestricted funds		93,856		107,150	
		<u></u>		<u></u>	
Unrestricted funds carried forward	15		126,856		140,150
Restricted funds carried forward	15		32,372		36,382
			<u>159,228</u>		<u>176,532</u>

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company at 31 March 2022 and of its results for the twelve months in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small company regime within Part 15 of the Companies Act 2006, and in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008).

The financial statements were approved by the Trustees on 3 August 2022 and signed on their behalf by:

Mrs L Shaw – Chairman:

Lisa D Shaw

The notes on pages 8 to 14 form part of these financial statements.

HEREFORDSHIRE MS THERAPY CENTRE

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2022

1. Accounting Policies

Basis of Accounting

The financial statements have been prepared in accordance with 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 the Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Herefordshire Multiple Sclerosis Therapy Centre Limited meets the definition of a public benefit entity under FRS 102.

Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income & Endowments

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when the entity is entitled to the funds.

In accordance with the Charities SORP (FRS 102), the value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognized in full in the Statement of Financial Activities in the period in which the charity becomes entitled to the funds.

Incoming resources from the operation of the centre are included when receivable.

Expenditure

Resources expended are recognised in the period in which they are incurred.

Fixed Assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life on a straight-line basis as follows:

Prefabricated Building	5%
Multi-Capacity Chamber	10%
Equipment	20%
Fixtures & Fittings	20%

Fund Accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Contingency funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe the charity has sufficient liquid unrestricted funds to continue operating for the foreseeable future and twelve months from the authorisation of these financial statements.

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

2. Legal Status of the charity

The charity is a company limited by guarantee and has no share capital.

3. Donations, Grants and Similar Income

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.22	Total Year Ended 31.03.21
	£	£	£	£
General donations	677	-	677	1,131
The Co-op Local Community Fund	-	-	0	4,352
Herefordshire Council COVID-19 grant	-	-	0	10,000
Herefordshire Council Local Lockdown	450	-	450	8,803
COVID-19 Furlough grant	1,550	-	1,550	17,086
COVID-19 Start up Grant	4,000	-	4,000	-
Memberships	747	-	747	10
Tea, coffee & book donations	50	-	50	-
Gift Aid receipts	-	-	-	995
AB Computers	2,500	-	2,500	-
Hereford Bowling Club	300	-	300	-
The Cloc Ltd	150	-	150	-
The Street Foundation	2,000	-	2,000	-
Albert Hunt	3,000	-	3,000	-
	15,424	-	15,424	42,377

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

4. Income earned from Charitable activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.22	Total Year Ended 31.03.21
	£	£	£	£
Oxygen therapy donations	12,197	-	12,197	814
Alternative therapies income	2,510	-	2,510	30
	14,707	-	14,707	844

5. Income earned from other activities

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.22	Total Year Ended 31.03.21
	£	£	£	£
Fundraising Activities				
49 Club Bonus Ball	1,196	-	1,196	1,283
100 Club Members	49	-	49	-
Collection Tins Various locations	494	-	494	-
Christmas Quiz	12	-	12	-
Christmas Bear	15	-	15	-
Christmas raffle ticket sales	71	-	71	-
Valentine Quiz	426	-	426	-
Sale of donated goods	50	-	50	-
	2,313	-	2,313	1,283

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.22	Total Year Ended 31.03.21
	£	£	£	£
Fundraising Expenses	-	-	-	-

	Costs in furtherance of the Charity's objects		Costs of Management & Administration of the Charity	Total Year Ended 31.03.22	Total Year Ended 31.03.21
	Unrestricted £	Restricted £	£	£	£
Wages Administration	-	-	11,149	11,149	5,751
Wages Therapists	15,912	-	-	15,912	14,320
Employer pension contributions	-	-	239	239	167
Oxygen	4,011	-	-	4,011	1,036
Therapy consumables	223	593	-	816	249
Equipment maintenance	1386	-	-	1,386	1,287
Telephone and internet	-	-	536	536	387
Light and heat	639	-	-	639	516
Printing, stationery, postage	-	-	497	497	267
Premises maintenance	822	3,420	-	4,242	5,676
Ground rent	1,000	-	-	1,000	1,000
Water rates	207	-	-	207	144
Insurance	189	-	-	189	1,912
National Federation fees	260	-	-	260	200
Hyperbaric Oxygen Trust	-	-	-	-	50
Staff and volunteer training	756	-	-	756	-
Cleaning and hygiene	555	-	-	555	761
Canteen expenses	336	-	-	336	-
Travelling expenses	223	-	-	223	-
Payroll administration	-	-	750	750	440
General expenses	264	-	-	264	342
Company House	-	-	13	13	13
49 Club prizes	-	-	-	-	35
Depreciation:					
Prefabricated Building	5,814	-	-	5,814	6,022
Multi-Occupancy Chamber	-	-	-	0	-
Equipment	-	-	-	0	-
	32,597	4,013	13,184	49,794	40,575

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

7. Net Incoming Resources for the Period

	Year Ended 31.03.22	Year Ended 31.03.21
This is stated after charging:	£	£
Depreciation	5,814	6,022

8. Trustees Remuneration and Transactions Involving Trustees

No trustee of the company, nor any person connected with them, has received or is due to receive any remuneration for the period, directly or indirectly from the Charity's funds.

8a. Staff Emoluments

	Year Ended 31.03.22	Year Ended 31.03.21
	£	£
Gross Salaries	27,061	20,071
Employers National Insurance Contributions	-	-
Employers Pension Contributions	239	167
	27,300	20,238

9. Taxation

The Charity considers its income to be exempt from corporation tax.

10. Tangible Fixed Assets

	Prefab Building	Multi-Occupancy Chamber	Equipment	Furniture & Fittings	Total
	£	£	£	£	£
Cost					
As at 1st April 2021	120,433	25,112	8,714	1,774	156,033
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
As at 31st March 2022	120,433	25,112	8,714	1,774	156,033
Depreciation					
As at 1st April 2021	29,273	25,112	8,714	1,774	64,873
Charge for the year	5,814	-	-	-	5,814
Disposals	-	-	-	-	-
As at 31st March 2022	35,087	25,112	8,714	1,774	70,687
Net Book Value					
31st March 2022	85,346	-	-	-	85,346
1st April 2021	91,160	-	-	-	91,160

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

11. Debtors

	31.03.22	31.03.21
	£	£
Prepayments	1,410	425
Accrued income	-	4,205
	1,410	4,630

12. Cash at Bank and in Hand

	31.03.22	31.03.21
	£	£
Current Account	11,619	14,028
Deposit Accounts	64,566	67,654
Cash in hand	203	121
	76,388	81,803

13. Creditors: Amounts due within one year

	31.03.22	31.03.21
	£	£
PAYE/NI	-	-
Pension	-	75
Accrued Expenses	3,916	986
	3,916	1,061

14. Analysis of Net Assets between Funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible Fixed Assets	85,346	-	85,346
Current Assets	45,426	32,372	77,798
Total Assets	130,772	32,372	163,144
Less Current Liabilities	(3,916)	-	(3,916)
	126,856	32,372	159,228
Net Assets at 31st March 2022	126,856	32,372	159,228

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

15. Movement in Funds

	At 1st April 2021 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31st Mar 2022 £
Restricted Funds					
1. Openbox Foundation	27,452	3	(3,052)	-	24,403
2. Openbox Foundation (IR)	1,200	-	(368)	-	832
3. William Cadbury Trust	750	-	-	-	750
4. Douglas Arter Benevolent Foundation	500	-	-	-	500
5. Dumbreck Charity	500	-	-	-	500
6. Anton Jurgens Charitable Trust	5,000	-	(593)	-	4,407
7. J S F Pollitzer Charitable Settlement	980	-	-	-	980
Total Restricted Funds	36,382	3	(4,013)	-	32,372
Unrestricted Funds:					
General Funds:	107,150	32,487	(45,781)	-	93,856
Transfer to Restricted Fund					
Contingency Fund	33,000	-	-	-	33,000
Total Unrestricted Funds	140,150	32,487	(45,781)	-	126,856
Total Funds	176,532	32,490	(49,794)	-	159,228

The Contingency Fund of £33,000 is to provide funding to meet salary commitments and other operational costs for a minimum of eight months.

16. Purposes of Restricted Funds

1. Openbox Foundation	funding External refurbishment
2. Openbox Foundation	funding Internal building refurbishment
3.-5. Funders	funding for Cryospeed Unit
6. Anton Jurgens Charitable Trust	funding for New Oxygen System
7. J S F Pollitzer Charitable Settlement	funding for Physiotherapy treatments

17. Contingent Liabilities

There are no contingent liabilities at the accounting date.

OXYGEN & WELLNESS THERAPY CENTRE

England & Wales - Charity number 701924

Accounts

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

Company number: 2294595 (England and Wales)
Charity number: 701924

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

UNAUDITED

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

CONTENTS

	Page
Company Information	1
Trustees and Directors Report	2-4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8-14

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

COMPANY INFORMATION

Directors/Trustees	Mr B Freeman (Chairman) Mr B Hilliard FCA (Treasurer) Mrs S Leeuwangh (Company Secretary) Mrs A Dalton Mrs A Garland Mrs A Kitchen Mr P Marriott Mrs L Shaw Mr R Shimmin
Company registered number	2294595 (England and Wales)
Charity registered number	701924
Registered Office	31 Mostyn Street Hereford Herefordshire HR4 0EG
Accountant	B Hilliard FCA Chartered Accountant Sandford Lodge Clive Avenue Church Stretton Shropshire SY6 7BS
Bankers	Lloyds Bank 6-8 High Town Hereford Herefordshire HR1 2AE Virgin Money Jubilee House Gosforth Newcastle upon Tyne NE3 4PL

TRUSTEES AND DIRECTORS REPORT
For Year Ended 31 March 2021

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their report and the financial statements of the Herefordshire Multiple Sclerosis Therapy Centre Limited for year ended 31 March 2021.

Objectives

To improve for public benefit, by any lawful means, the condition of those with Multiple Sclerosis and other medical conditions.

COVID-19 pandemic crisis

This has had a profound and dramatic effect on the Centre with the Board implementing the immediate closure on 19th March 2020 with all staff put on the Government furlough scheme. As all our users and most of our volunteers are in the vulnerable category it was felt a prudent cause of action. There was a short period of time around Christmas 2020 when we did reopen for Oxygen therapy with stringent precautions in place, after only a few therapy treatments given we had to close again due to a rise in COVID-19 cases in the country. With the ongoing situation we anticipate there will be some considerable time before the Centre can open again.

Activities

All activities have been put on hold until further notice.

All our staff and therapists are very keen to resume work as soon as possible in the friendly atmosphere that prevailed in the Centre.

Therapies

Oxygen Therapy is our principal treatment with over 1,600 client appointments in the year prior to closure. With the completion of the new building extension, expansion of therapy services was underway with the addition of the dedicated therapy/gym room. Other therapies provided previously include physiotherapy, massage, reflexology, Pilates, yoga and hydrotherapy, as well as holistic and beauty therapies and will be provided again when circumstances allow.

Oxygen Therapy was used as a treatment for other medical conditions and will again on reopening. The Centre treated a variety of conditions including cancers, brain injury, cerebral palsy, COPD, ME, motor neurone disease, Parkinson, stroke and sports injuries. We anticipate it could be a treatment for COVID-19.

Catchment Area

The geography of the Centre client base means we serve the surrounding districts of Worcestershire, Shropshire and South, Mid- and West Wales with distances of up to eighty miles travelled from places as far afield as Aberystwyth and we look forward to seeing our users from all these locations on reopening.

The local MS nurse was holding monthly clinics in the Centre prior to closure and will resume again on reopening.

We communicate with our members through our newsletter, website and social media.

Centre extension “Space to Grow”

The “Space to Grow Appeal” has come to fruition - with the new building extension now built providing much needed therapy/gym facilities, this was in use prior to closure due to the pandemic, we can only hope we can open again soon so we can utilise our new facilities. We have also had a generous donation to improve the existing building interior décor and external infrastructure and security. All to enhance the user experience.

We continue to be involved with our over-arching body the National Therapy Centres (MSNTC) via regional meetings.

Trustees and Directors Report for Year Ended 31 March 2021 (continued)

Staffing

Normally The Centre Manager works a three-day week, with the Assistant Manager and Reflexology Therapist each working one and two days a week, respectively. The Assistant Manager covers holidays and sickness which has given greater flexibility to working practices. All our staff and therapists are very keen to resume work as soon as possible in the friendly atmosphere that prevailed in the Centre.

Volunteers

The Trustees are deeply grateful for the commitment and dedication shown by volunteers and sincere thanks go to all of the Centre's volunteers. The Centre could not operate successfully without their willing help, some of whom have MS. They contribute in a variety of ways, including: offering a warm welcome, supporting clients and their carers, making tea, cleaning, raising funds, operating the Oxygen Therapy Chamber and delivering other therapies.

As a self-help charity, the Board of Directors and Trustees consist of people with MS or their carers, which creates a sympathetic empathy with clients and a sensitive understanding of the services the Centre provides. They are also volunteers contributing to the welfare of the charitable company and are unpaid.

Events for the coming year

Due to the uncertainties of COVID-19 pandemic fundraising events previously planned for the coming year have been put on hold until sometime in the future.

Financial review

The company is fully self-financed, deriving its income from personal donations, local fundraising and Trust grants.

The Charity had net income for the year of £4,096 (2020: net income £35,840), comprising unrestricted income of £8,935 (2020 Net expenditure £3,184), and restricted net expenditure of £4,839 (2020: Net income £39,024).

Total income for the year decreased by £44,464 and total expenditure decreased by £12,720.

Reserves policy

The directors consider it prudent to hold a minimum of £33,000 contingency reserve to cover eight months budgeted operating costs for the year to 31 March 2022.

Financial position during COVID-19 pandemic

Due to the crisis and these extraordinary and unprecedented times the Board have taken all necessary steps to protect the financial position of the company. The most significant financial challenges arise from the scale of the crisis and the uncertainty of when and how long restrictions will be in force.

As a result of the impact of having to close our Therapy Centre and postpone or abandon fundraising events we have had nearly 100% reduction in our activities and fundraising income during the financial year. To withstand a drop in income of that level we have taken steps to reduce expenditure, including putting our staff on furlough, in order to protect staff employment as far as possible by using the Governments Coronavirus Job Retention Scheme.

We will continue to work actively to address the financial challenges as they arise.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the "going concern" basis in preparing the financial statements. Further details regarding the adoption of the "going concern" basis can be found in the Accounting Policies.

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

Trustees and Directors Report for Year Ended 31 March 2021 (continued)

Trading style

Since 1 June 1997, the work of the charity has been carried out under the name of “Herefordshire MS Therapy Centre”.

Support

Recognition is given to the following for their financial contributions to the charity:

Openbox Foundation

Anton Jurgens Charitable Trust

Douglas Arter Benevolent Foundation

Herefordshire Council COVID-19 Grants

Government Furlough Grants

William Cadbury Trust

Dumbreck Charity

JSFPollitzer Charitable Settlement

Co-Op Local Community Fund

In preparing this report, the Trustees have taken advantage of the small companies’ exemption provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 12 May 2021 and was signed on their behalf by:

Mr B Freeman

Chairman on behalf of the Trustees

INDEPENDENT EXAMINER'S REPORT
For Year Ended 31 March 2021

Independent examiner's report to the Trustees of Herefordshire MS Therapy Centre Limited

I report on the financial statements of the company for the year ended 31 March 2021 which are set out on pages 6 to 14.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity and company law and is eligible for independent examination, it is my responsibility to:

- Examine the financial statements under section 145 of the Act;
- Follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanation from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view" and the report is limited to those matters set out in the statement below.

Emphasis of Matter

I draw attention in Note 1 of the financial statements under Going Concern which describes the effects of the COVID-19 pandemic on the charitable company's ability to continue as a going concern. My Statement is not modified in respect of this matter.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 336 of the Companies Act 2011; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2011 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed: _____ Date: 12 May 2021
B Hilliard FCA

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 MARCH 2021
(Including Income & Expenditure Account)

	Notes	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.21	Total Year Ended 31.03.20
		£	£	£	£
Income & endowments from:					
Donations, Grants & Similar Income	3	42,377	-	42,377	56,420
Charitable Activities	4	844	-	844	26,993
Other activities	5	1,283	-	1,283	5,454
Investment income	5	157	10	167	268
Total Income		44,661	10	44,671	89,135
Expenditure on:					
Raising funds	6	-	-	-	101
Charitable Activities	6	28,701	4,849	33,550	44,614
Other	6	7,025	-	7,025	8,580
Total Expenditure		35,726	4,849	40,575	53,295
Net Income / (Expenditure)		8,935	(4,839)	4,096	35,840
Transfer between Funds	15	-	-	-	-
Net Movement in Funds		8,935	(4,839)	4,096	35,840
Reconciliation of Funds:					
Fund Balances Brought Forward	15	131,215	41,221	172,436	136,596
Fund Balances Carried Forward	15	140,150	36,382	176,532	172,436

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The notes on pages 8 to 14 form part of these financial statements.

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

BALANCE SHEET AT 31 MARCH 21

		31.03.21		31.03.20	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets:	10		91,160		97,182
CURRENT ASSETS					
Prepayments and accrued income	11	4,630		333	
Cash at bank and in hand	12	81,803		75,885	
			86,433		76,218
CURRENT LIABILITIES					
Less: Amounts falling due within one year	13	(1,061)		(964)	
Net Current Assets			85,372		75,254
NET ASSETS			176,532		172,436
FUNDS					
Unrestricted					
Contingency fund		33,000		33,000	
Other unrestricted funds		107,150		98,215	
Unrestricted funds carried forward	15		140,150		131,215
Restricted funds carried forward	15		36,382		41,221
			176,532		172,436

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 (“the Act”) and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company at 31 March 2021 and of its results for the twelve months in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, and in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008).

The financial statements were approved by the Trustees on 12 May 2021 and signed on their behalf by:

Mr B Freeman – Chairman: _____

The notes on pages 8 to 14 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2021

1. Accounting Policies

Basis of Accounting

The financial statements have been prepared in accordance with 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 the Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Herefordshire Multiple Sclerosis Therapy Centre Limited meets the definition of a public benefit entity under FRS 102.

Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income & Endowments

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when the entity is entitled to the funds.

In accordance with the Charities SORP (FRS 102), the value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognized in full in the Statement of Financial Activities in the period in which the charity becomes entitled to the funds.

Incoming resources from the operation of the centre are included when receivable.

Expenditure

Resources expended are recognised in the period in which they are incurred.

Fixed Assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life on a straight line basis as follows:

Prefabricated Building	5%
Multi-Capacity Chamber	10%
Equipment	20%
Fixtures & Fittings	20%

Fund Accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Contingency funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe, despite the impact of the COVID-19 pandemic, the charity has sufficient liquid unrestricted funds to continue operating for the foreseeable future and twelve months from the authorisation of these financial statements.

The Trustees are taking all necessary steps to protect the financial position of the charity focusing on minimising the reduction in existing income streams, finding new ways to generate income and taking the necessary steps to reduce expenditure.

These plans are kept under constant review by the Trustees to enable them to quickly react to any change in the scale of the crisis, government advice and restrictions imposed.

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

2. **Legal Status of the Charity**

The charity is a company limited by guarantee and has no share capital.

3. **Donations, Grants and Similar Income**

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.21	Total Year Ended 31.03.20
	£	£	£	£
General donations	1,131	-	1,131	4,199
The Co-op Local Community Fund	4,352	-	4,352	-
Herefordshire Council COVID-19 grant	10,000	-	10,000	-
Herefordshire Council Local Lockdown COVID-19 Furlough grant	8,803	-	8,803	-
	17,086	-	17,086	-
Memberships	10	-	10	727
McKechnie Foundation	-	-	-	250
Tea, coffee & book donations	-	-	-	452
Gift Aid receipts	995	-	995	2,072
E F Bulmer	-	-	-	5,000
Openbox Foundation	-	-	-	35,000
Anton Jurgens Charitable Trust	-	-	-	5,000
Douglas Arter Benevolent Foundation	-	-	-	500
Burghill School CROC8	-	-	-	1,300
Funds Raised at CROC8	-	-	-	143
Pauline & Bob Hungerford	-	-	-	115
Gill Worthing	-	-	-	50
Hereford City Rotary	-	-	-	325
Dumbreck Charitable Trust	-	-	-	500
Aims2Cure	-	-	-	787
	42,377	-	42,377	56,420

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

4. **Income earned from Charitable activities**

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.21	Total Year Ended 31.03.20
	£	£	£	£
Oxygen therapy donations	814	-	814	17,573
Alternative therapies income	30	-	30	9,420
	844	-	844	26,993

5. **Income earned from Other activities**

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.21	Total Year Ended 31.03.20
	£	£	£	£
Fundraising Activities				
49 Club Bonus Ball	1,283	-	1,283	2,363
Kington Show - Cake sale Suzanne Hughes	-	-	-	820
Kington Show - Pimms sales	-	-	-	23
Vintage tea party ticket sales	-	-	-	653
Leominster Community Choir - coffee morning	-	-	-	150
Lyonshall coffee morning - Suzanne Hughes	-	-	-	120
Christmas raffle ticket sales	-	-	-	116
Easter raffle ticket sales	-	-	-	113
Duck raffle	-	-	-	42
Hamper raffle at Centre	-	-	-	93
Psychic evenings ticket sales	-	-	-	458
Sale of donated goods	-	-	-	109
Quiz night at Secret Garden	-	-	-	394
	1,283	-	1,283	5,454
	£	£	£	£
Investment Income				
Bank interest	157	10	167	268

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.21	Total Year Ended 31.03.20
	£	£	£	£
Fundraising Expenses	-	-	-	101

	Costs in furtherance of the Charity's objects		Costs of Management & Administration of the Charity	Total Year Ended 31.03.21	Total Year Ended 31.03.20
	Unrestricted	Restricted			
	£	£	£	£	£
Wages Administration	-	-	5,751	5,751	6,563
Wages Therapists	14,320	-	-	14,320	17,730
Employer pension contributions	-	-	167	167	249
Casual Wages	-	-	-	-	697
Therapists fees	-	-	-	-	6,050
Oxygen	1,036	-	-	1,036	2,402
Therapy consumables	249	-	-	249	250
Equipment maintenance	847	440	-	1,287	1,883
Telephone and internet	-	-	387	387	453
Light and heat	516	-	-	516	1,334
Printing, stationery, postage	-	-	267	267	671
Premises maintenance	1,267	4,409	-	5,676	1,245
Ground rent	1,000	-	-	1,000	1,000
Water rates	144	-	-	144	280
Insurance	1,912	-	-	1,912	1,412
National Federation fees	200	-	-	200	200
Hyperbaric Oxygen Trust	50	-	-	50	300
Staff and volunteer training	-	-	-	-	272
Cleaning and hygiene	761	-	-	761	311
Canteen expenses	-	-	-	-	118
Travelling expenses	-	-	-	-	59
Payroll administration	-	-	440	440	300
General expenses	342	-	-	342	842
Company House	-	-	13	13	13
49 Club prizes	35	-	-	35	653
Depreciation:					
Prefabricated Building	6,022	-	-	6,022	6,022
Multi-Occupancy Chamber	-	-	-	-	1,885
Equipment	-	-	-	-	-
	28,701	4,849	7,025	40,575	53,194

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

7. Net Incoming Resources for the Period

	Year Ended 31.03.21	Year Ended 31.03.20
This is stated after charging:	£	£
Depreciation	6,022	7,907

8. Trustees Remuneration and Transactions Involving Trustees

No trustee of the company, nor any person connected with them, has received or is due to receive any remuneration for the period, directly or indirectly from the Charity's funds.

8a. Staff Emoluments

	Year Ended 31.03.21	Year Ended 31.03.20
	£	£
Gross Salaries	20,071	24,293
Employers National Insurance Contributions	-	-
Employers Pension Contributions	167	249
	20,238	24,542

9. Taxation

The Charity considers its income to be exempt from corporation tax.

10. Tangible Fixed Assets

	Prefab Building	Multi- Occupancy Chamber	Equipment	Furniture & Fittings	Total
	£	£	£	£	£
Cost					
As at 1st April 2020	120,433	25,112	8,714	1,774	156,033
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
As at 31st March 2021	120,433	25,112	8,714	1,774	156,033
Depreciation					
As at 1st April 2020	23,251	25,112	8,714	1,774	58,851
Charge for the year	6,022	-	-	-	6,022
Disposals	-	-	-	-	-
As at 31st March 2021	29,273	25,112	8,714	1,774	64,873
Net Book Value					
31st March 2021	91,160	-	-	-	91,160
1st April 2020	97,182	-	-	-	97,182

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

11. Debtors

	31.03.21	31.03.20
	£	£
Prepayments	425	333
Accrued income	4,205	-
	4,630	333

12. Cash at Bank and in Hand

	31.03.21	31.03.20
	£	£
Current Account	14,028	4,794
Deposit Accounts	67,654	70,944
Cash in hand	121	147
	81,803	75,885

13. Creditors: Amounts due within one year

	31.03.21	31.03.20
	£	£
PAYE/NI	-	189
Pension	75	95
Accrued Expenses	986	680
	1,061	964

14. Analysis of Net Assets between Funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible Fixed Assets	91,160	-	91,160
Current Assets	50,051	36,382	86,433
Total Assets	141,211	36,382	177,593
Less Current Liabilities	(1,061)	(-)	(1,061)
Net Assets at 31st March 2021	140,150	36,382	176,532

HEREFORDSHIRE MS THERAPY CENTRE
(A company limited by guarantee)

15. Movement in Funds

	At 1st April 2020 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31st Mar 2021 £
Restricted Funds					
1.Openbox Foundation	27,735	10	293	-	27,452
2.Openbox Foundation (IR)	4,466	-	3,266	-	1,200
3.William Cadbury Trust	750	-	-	-	750
4.Douglas Arter Benevolent Foundation	500	-	-	-	500
5. Dumbreck Charity	500	-	-	-	500
6.Anton Jurgens Charitable Trust	5,000	-	-	-	5,000
7. JSF Pollitzer Charitable Settlement	980	-	-	-	980
8.Hereford WI	51	-	51	-	-
9.Hereford City Rotary	325	-	325	-	-
10.Pauline & Bob Hungerford	115	-	115	-	-
11.Gill Worthing	5	-	5	-	-
12.Burghill School CROC8	794	-	794	-	-
Total Restricted Funds	41,221	10	(4,849)	-	36,382
Unrestricted Funds:					
General Funds:	98,215	44,661	(35,726)	-	107,150
Transfer to Restricted Fund					
Contingency Fund	33,000	-	-	-	33,000
Total Unrestricted Funds	131,215	44,661	(35,726)	-	140,150
Total Funds	172,436	44,671	(40,575)	-	176,532

The Contingency Fund of £33,000 is to provide funding to meet salary commitments and other operational costs for a minimum of eight months.

16. Purposes of Restricted Funds

1.Openbox Foundation	funding for External refurbishment
2.Openbox Foundation	funding Internal building refurbishment
3.-5..Funders	funding for Cryospeed Unit
6. Anton Jurgens Charitable Trust	funding for New Oxygen System
7. J S F Pollitzer Charitable Settlement	funding for Physiotherapy treatments
8 - 11.Funders	funding for Therapy Room
12. Burghill School CROC8	funding for Equipment & general costs

17. Contingent Liabilities

There are no contingent liabilities at the accounting date.