

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

Company number: 02294595 (England and Wales)

Registered Charity number: 701924

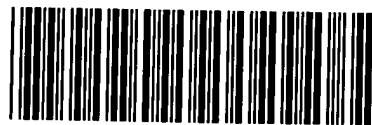
OXYGEN AND WELLNESS THERAPY CENTRE

(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

THURSDAY



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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.

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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".

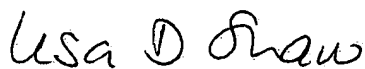
Support

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
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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

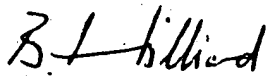
In connection with my examination, no matter has come to my attention:

(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
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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
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BALANCE SHEET AT 31 MARCH 24

	Notes	31.03.24 £	31.03.23 £
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
		<u>48,188</u>	<u>43,118</u>
CURRENT LIABILITIES			
Less: Amounts falling due within one year	13	<u>(1,172)</u>	<u>(1,276)</u>
Net Current Assets		<u>47,016</u>	<u>41,842</u>
NET ASSETS		<u>155,457</u>	<u>165,249</u>
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		<u>108,441</u>	<u>123,407</u>
Unrestricted funds carried forward	15	146,672	160,530
Restricted funds carried forward	15	<u>8,785</u>	<u>4,719</u>
		<u>155,457</u>	<u>165,249</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 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
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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.

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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 Pantomime Society	300	-	300	-
Hereford Lions Club	-	1,000	1,000	-
	8,987	13,140	22,127	36,231

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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

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6. Total Expenditure

	Unrestricted Funds	Restricted Funds	Total Year Ended 31.03.24	Total Year Ended 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	6,306
Wages Therapists	23,168	-	23,168	17,314
Employer pension contributions	-	-	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	495
Light and heat	-	942	942	1,832
Printing, stationery, postage	-	-	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	(145)
General expenses	282	-	282	1,100
Company House	-	-	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	47,860

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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
	<u>30,349</u>	<u>23,945</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 2023	120,433	25,112	44,163	11,047	200,755
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
As at 31st March 2024	<u>120,433</u>	<u>25,112</u>	<u>44,163</u>	<u>11,047</u>	<u>200,755</u>
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	<u>47,338</u>	<u>25,112</u>	<u>15,804</u>	<u>4,060</u>	<u>92,314</u>
Net Book Value					
31st March 2024	<u>73,095</u>	<u>-</u>	<u>28,359</u>	<u>6,987</u>	<u>108,441</u>
Net Book Value					
1st April 2023	<u>79,116</u>	<u>-</u>	<u>35,449</u>	<u>8,842</u>	<u>123,407</u>

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11. Debtors

	31.03.24	31.03.23
	£	£
Prepayments	1,867	1,569
Accrued income	-	-
	<u>1,867</u>	<u>1,569</u>

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
	<u>46,321</u>	<u>41,549</u>

13. Creditors: Amounts due within one year

	31.03.24	31.03.23
	£	£
Pension	285	278
Accrued Expenses	887	998
	<u>1,172</u>	<u>1,276</u>

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	<u>147,844</u>	<u>8,785</u>	<u>156,629</u>
Less Current Liabilities	(1,172)	-	(1,172)
Net Assets at 31st March 2024	<u>146,672</u>	<u>8,785</u>	<u>155,457</u>

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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.