

Body Conscious Belfast

Northern Ireland · Charity number 109076

Details

Status	Received
Registered	2022-08-18
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	8 Cedar Drive 71 Botanic Avenue Bt7 1jl BT7 1JL
Phone	07734027565
Email	studio@bodyconscious.me
Website	www.bodyconscious.me

Activities

Purposes: The advancement of health The advancement of education

What the charity does: The advancement of education,The advancement of health or the saving of lives

How the charity works:

Counselling/support,Education/training,Medical/health/sickness,Sport/recreation,Welfare/benevolent

Who the charity helps: Addictions (drug/solvent/alcohol abuse),Adult training,Asylum seekers/refugees,Ethnic minorities,Mental health,Sexual orientation,Unemployed/low income,Victim support,Voluntary and community sector,Volunteers,Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£9,851	£9,733	£0	0
2024-09-30	£9,616	£9,478	£0	0

Trustees

Name	Role	Appointed
Deirdre Doherty		
Mr James Banks		
Ms Gail Mcaleese		
Ms Kerry Mcwilliams		

Accounts

Charity No:

NIC 109076

Body Conscious Belfast

Financial Statements

For the Year Ended 31/08/24

Body Conscious Belfast

Information

Trustees	James Banks Kerry McWilliams Gail McAleese Deidre Doherty
Address	71 Botanic Avenue Belfast BT7 1JL
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ

Body Conscious Belfast

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Body Conscious Belfast

Directors' Report For the Period Ended 31/08/24

The Directors present their report and financial statements for the period ended 31/08/24

Principal activity

The principal activity of the charity is to educate and support people through embodied wellbeing workshops and classes.

Trustees

The trustees who served during the period are as stated below:

James Banks
Kerry McWilliams
Gail McAleese
Deidre Doherty

Structure, Governance and Management

The organisation is a registered charity, established on 18 August 2022.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The purpose of the charity is to educate and support people through embodied wellbeing workshops and classes.

This is the first annual report for trustees since we became a registered charity on 18th August 2022. The motivation to begin a charity was after a number of discussions about the work and ethos of Body Conscious studio which has been based at 71 Botanic Avenue since 2017.

Our primary ethos has always been embodied wellbeing, by offering services, classes and workshops which promote connection to our bodies, through education and training.

As a not for profit organisation focused on public wellbeing, we plan to explore funding options to expand the scope of work we carry out with those on low incomes and/or addiction issues.

The trustees aim to meet quarterly to take decisions about the space and spending as a collective, in line with our goals and objectives as a charity. So far our income has been generated from rental of therapy rooms to practitioners in the field of wellness, and we hope in coming years to be successful in applying for grants to expand our scope of work that we offer freely to those in need. We are soon to replace the laminate flooring on the first floor space due to water damage and also, if funds are available, add a partition to enable first floor studio space to be used at the same time as the therapy room, with two separate doors. This will assist with day to day running of the space and help to stabilise income going forward. Financial performance was in line with expectations.

This report was approved by the Board on and signed on its behalf by

Signed

Name: James Banks – Chairperson

Body Conscious Belfast

Independent Examiner's Report to the Members of Body Conscious Belfast

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Body Conscious Belfast

Statement of Financial Activities for the year ended 31/08/24

		2024			2023
		Restricted Funds	Unrestricted Funds	Total	
	Notes	£	£	£	
Incoming Resources					
Grants	2	0.00	0.00	0.00	0
Trading activities		0.00	9,615.91	9,615.91	12,736
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0</u>
Total Income		0.00	9,615.91	9,615.91	12,736
Expenditure					
Charitable Activities		0.00	9,478.50	9,478.50	12,063
Administrative Expenses		<u>0.00</u>	<u>450.00</u>	<u>450.00</u>	<u>450</u>
Total Expenditure		<u>0.00</u>	<u>9,928.50</u>	<u>9,928.50</u>	<u>12,513</u>
Net Incoming/(Outgoing) Resources		0.00	-312.59	-312.59	223
Net Movement of Funds in the Period		0.00	-312.59	-312.59	223

There are no recognised gains or losses other than the profit or loss for the above financial year
All activities relate to continuing operations

Body Conscious Belfast

Balance Sheet As at 31/08/24

	Notes	2024 £	2023 £
Fixed Assets			
Tangible Assets			0
Current Assets			
Debtors	5	0.00	0
Cash at bank and in hand		<u>1,303.16</u>	<u>673</u>
		1,303.16	673
Creditors: amounts falling due within one year	6	900.00	450
Net Current Assets		<u>403.16</u>	<u>223.00</u>
Total Assets less current liabilities		403.16	223
Creditors: amounts falling due after more than one year			
Deferred income		492.75	0
Net Assets		<u>-89.59</u>	<u>223</u>
Capital and Reserves			
Restricted Funds		223.00	0
Unrestricted Funds		<u>-312.59</u>	<u>223</u>
Total Funds		-89.59	223

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Body Conscious Belfast

Balance sheet (continued)

**Directors' statement
for the year ended 31/08/24**

For the year ending 31/08/24 the charity was entitled to exemption from audit. No members have required the company to obtain an audit of its accounts for the year in question.

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

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

The financial statements were approved by the Board on and signed on its behalf by:

Signed

Name

Body Conscious Belfast

Notes to the financial statements
For the year ended 31/08/24

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention, with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of 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 (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)).

The charity constitutes a public benefit entity as defined by FRS 102

1.2 Incoming resources

The charity accounts are prepared on a going concern basis. Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. 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 they are receivable.

1.3 Resources Expended

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

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Body Conscious Belfast

Notes to the financial statements For the year ended 31/08/24

2. Grant Income

	2024	2023
	£	£
Government and other Grants	0	0

3. Operating gain/(deficit)

	2024	2023
	£	£
Operating gain is stated after charging:		
Depreciation and other amounts written off	0	0
Accountant's remuneration	450	450

4. Employees

	2024	2023
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	0	0

5. Debtors

	2024	2023
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0

6. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	0	0
Other Creditors	900	450
Other taxes and social security costs	0	0
Accruals and deferred income	0	0
Total Creditors	900	450

Body Conscious Belfast

The following does not form part of the statutory accounts.

Detailed Statement of Financial Activities

For the year ended 31/08/24

	2024 £	2023 £
Income		
Grants	0	0
Generated Income	9,616	12,736
Other Income	0	0
Total Income	9,616	12,736
Expenditure		
Salaries	0	0
Travel & Expenses	0	0
Programmes	738	2,632
Transport	0	0
Rent	7,303	8,136
Office Costs	225	471
Equipment	0	0
Heat & Light	735	824
Maintenance	478	0
Advertising	0	0
Insurance	0	0
Sundry Items	0	0
Pension	0	0
Accountancy & consultancy	450	450
Bank Charges	0	0
Total Expenditure	9,929	12,513
Surplus/Deficit	- 313	223

Accounts

Body Conscious Belfast

Summary of Annual Accounts
September 2022 - September 2023

**Statement of Financial Activities
for the year ended 31/08/23
2023**

income

Grants 0.00

Trading activities 12,736.24

Interest & other income 0.00

Total Income 12,736.24

Expenditure

Charitable Activities 12,063.13

Administrative Expenses 450.00

Total Expenditure 12,513.13

Net Incoming/(Outgoing) Resources 223.11

Net Movement of Funds in the Period 223.11

There are no recognised gains or losses other than the profit or loss
for the above financial year.

Body Conscious Belfast

Northern Ireland - Charity number 109076

Annual report

Trustees Report

Body Conscious Belfast

September 2023

Body Conscious Belfast

Registered Charity Number 109076

Trustees

James Banks

Deirdre Doherty

Gail McAleese

Kerry McWilliams

Welcome to our first annual report for trustees since we became a registered charity on 18th August 2022. The motivation to begin a charity was after a number of discussions about the work and ethos of Body Conscious studio which has been based at 71 Botanic Avenue since 2017.

Our primary ethos has always been embodied wellbeing, by offering services, classes and workshops which promote connection to our bodies, through education and training.

We felt we met the criteria for benefit to public wellbeing, that we were a not for profit organisation and hoped registering as a charity could open up funding options to expand the scope of work we carry out with those on low incomes an/or addiction issues.

As trustees aim to meet quarterly either online or in person and take decisions about the space and spending as a collective and in line with our goals and objectives as a charity.

So far our income has been generated from rental of therapy rooms to practitioners in the field of wellness, we hope in coming years to be successful in applying for grants to expand our scope of work that we offer freely to those in need.

We are soon to replace the laminate flooring on the first floor space due to water damage and also add a partition to enable first floor studio space to be in use the same time as the therapy room with two separate doors if funds are available this will assist with day to day running of the space and hopefully stabilise income going forward.

Detailed Statement of Financial Activities

For the year ended 31/08/23

2023

£

Income

Grants 0

Generated Income 12,736

Other Income 0

Total Income 12,736

Expenditure

Salaries 0

Travel & Expenses 0

Programmes 2,632

Transport 0

Rent 8,136

Office Costs 471

Equipment 0

Heat & Light 824
Maintenance 0
Advertising 0
Insurance 0
Sundry Items 0
Pension 0
Accountancy & consultancy 450
Bank Charges 0
Total Expenditure 12,513
Surplus/Deficit 223

Our financial performance has been in line with expectations for first year of a charity generating a small surplus of £223 that we will use to invest in programmes to ensure that we can continue to meet our objectives for the year going forward.

This report was approved by the Board in September 2023 and signed on its behalf by

Signed

Name: James Banks – Chairperson/Director

Body Conscious Belfast

Northern Ireland - Charity number 109076

Annual return

Charity No:

NIC 109076

Body Conscious Belfast

Financial Statements

For the Year Ended 31/08/23

Body Conscious Belfast

Information

Trustees	James Banks Kerry McWilliams Gail McAleese Deidre Doherty
Address	71 Botanic Avenue Belfast BT7 1JL
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ

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Body Conscious Belfast

Directors' Report For the Period Ended 31/08/23

The Directors present their report and financial statements for the period ended 31/08/23

Principal activity

The principal activity of the charity is to educate and support people through embodied wellbeing workshops and classes.

Trustees

The trustees who served during the period are as stated below:

James Banks
Kerry McWilliams
Gail McAleese
Deidre Doherty

Structure, Governance and Management

The organisation is a registered charity, established on 18 August 2022.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The purpose of the charity is to educate and support people through embodied wellbeing workshops and classes.

This is the first annual report for trustees since we became a registered charity on 18th August 2022. The motivation to begin a charity was after a number of discussions about the work and ethos of Body Conscious studio which has been based at 71 Botanic Avenue since 2017.

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As a not for profit organisation focused on public wellbeing, we plan to explore funding options to expand the scope of work we carry out with those on low incomes and/or addiction issues.

The trustees aim to meet quarterly to take decisions about the space and spending as a collective, in line with our goals and objectives as a charity. So far our income has been generated from rental of therapy rooms to practitioners in the field of wellness, and we hope in coming years to be successful in applying for grants to expand our scope of work that we offer freely to those in need. We are soon to replace the laminate flooring on the first floor space due to water damage and also, if funds are available, add a partition to enable first floor studio space to be used at the same time as the therapy room, with two separate doors. This will assist with day to day running of the space and help to stabilise income going forward. Financial performance was in line with expectations.

This report was approved by the Board on and signed on its behalf by

Signed

Name: James Banks – Chairperson

Independent Examiner's Report to the Members of Body Conscious Belfast

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

D Browne

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Body Conscious Belfast

**Statement of Financial Activities
for the year ended 31/08/23**

		2023		
	Notes	Restricted Funds £	Unrestricted Funds £	Total £
Incoming Resources				
Grants	2	0.00	0.00	0.00
Trading activities		0.00	12,736.24	12,736.24
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>
Total Income		0.00	12,736.24	12,736.24
Expenditure				
Charitable Activities		0.00	12,063.13	12,063.13
Administrative Expenses		<u>0.00</u>	<u>450.00</u>	<u>450.00</u>
Total Expenditure		<u>0.00</u>	<u>12,513.13</u>	<u>12,513.13</u>
Net Incoming/(Outgoing) Resources		0.00	223.11	223.11
Net Movement of Funds in the Period		0.00	223.11	223.11

There are no recognised gains or losses other than the profit or loss for the above financial year
All activities relate to continuing operations

Body Conscious Belfast

Balance Sheet As at 31/08/23

	Notes	2023 £	£
Fixed Assets			
Tangible Assets			0.00
Current Assets			
Debtors	5	0.00	
Cash at bank and in hand		<u>673.11</u>	
		673.11	
Creditors: amounts falling due within one year	6	450.00	
Net Current Assets		<u>223.11</u>	
Total Assets less current liabilities			223.11
Creditors: amounts falling due after more than one year			
Deferred grant income			0.00
Net Assets			<u>223.11</u>
Capital and Reserves			
Restricted Funds			0.00
Unrestricted Funds			<u>223.11</u>
Total Funds			223.11

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Body Conscious Belfast

Balance sheet (continued)

**Directors' statement
for the year ended 31/08/23**

For the year ending 31/08/23 the charity was entitled to exemption from audit. No members have required the company to obtain an audit of its accounts for the year in question.

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

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

The financial statements were approved by the Board on and signed on its behalf by:

Signed

Name

Body Conscious Belfast

Notes to the financial statements
For the year ended 31/08/23

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention, with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of 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 (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)).

The charity constitutes a public benefit entity as defined by FRS 102

1.2 Incoming resources

The charity accounts are prepared on a going concern basis. Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. 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 they are receivable.

1.3 Resources Expended

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

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Body Conscious Belfast

Notes to the financial statements For the year ended 31/08/23

2. Grant Income	2023
	£
Government and other Grants	0
3. Operating gain/(deficit)	2023
Operating gain is stated after charging:	£
Depreciation and other amounts written off	0
Accountant's remuneration	450
4. Employees	2023
Number of employees	
The average monthly number of employees (excluding the Directors) during the year were:	0
5. Debtors	2023
Trade Debtors	0
Other Debtors	0
Prepayments	0
Total Debtors	0
6. Creditors: amounts falling due within one year	2023
	£
Trade creditors	0
Other Creditors	450
Other taxes and social security costs	0
Accruals and deferred income	0
Total Creditors	450

Body Conscious Belfast

The following does not form part of the statutory accounts.

Detailed Statement of Financial Activities For the year ended 31/08/23

	2023 £
Income	
Grants	0
Generated Income	12,736
Other Income	<u>0</u>
Total Income	12,736
Expenditure	
Salaries	0
Travel & Expenses	0
Programmes	2,632
Transport	0
Rent	8,136
Office Costs	471
Equipment	0
Heat & Light	824
Maintenance	0
Advertising	0
Insurance	0
Sundry Items	0
Pension	0
Accountancy & consultancy	450
Bank Charges	0
Total Expenditure	<u>12,513</u>
Surplus/Deficit	223

