

Foundation for Paediatric Osteopathy Annual Review

Annual Review, Report of the Trustees and Financial Statements
1 November 2020 – 31 October 2021

Foundation
for Paediatric
Osteopathy



Osteopathic
Centre for
Children



Letter from the Director of Osteopathy

Notwithstanding the difficulties surrounding the COVID pandemic and the paucity of funds available to charities during this time the OCC has continued to serve the needs of children and their mothers during the last year, whilst furthering the education of post graduate osteopaths.



Foundation
for Paediatric
Osteopathy



The one year APO course has attracted 12 osteopaths who are accommodated at each of our two clinics, on Thursdays in Shoreditch and Fridays in Southfields. The Tuesday clinic in Southfields is now fortnightly and staffed by volunteers, under the supervision of a consultant osteopath.

The ability to keep open the OCC is due, in no small measure, to the unstinting work of our very small administration team and by stringent financial control. Funding is sufficient to see us through to the end of the coming financial year and promised donations should ensure the continuation of the project for the future.

Stuart Korth
Trustee/Director of Osteopathy

Report of the Trustees for the Year Ended 31 October 2021

What we do

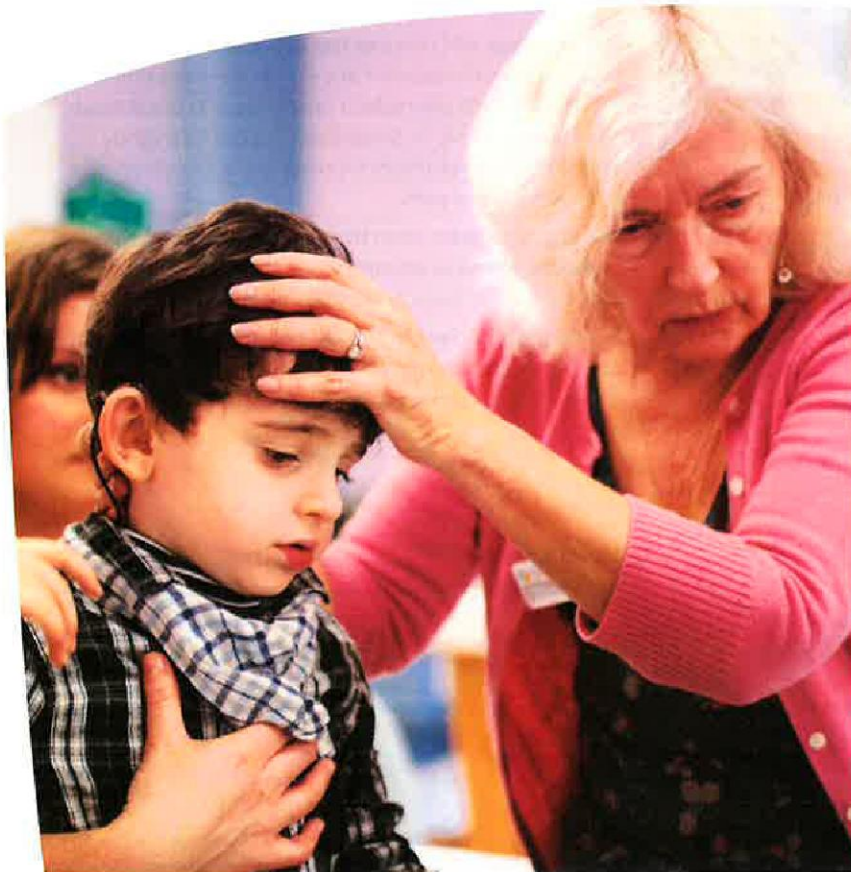
Charitable objectives:

- The relief of sickness amongst children and young people by the provision of osteopathic treatment and the improvement of quality of life among children and young people
- To provide education and training for osteopaths
- To promote the benefits of osteopathy for children
- To monitor and carry out research.

Mission/Vision/Values

Our vision is of a world where any family can take a baby or child to consult a reputable paediatric osteopath who is safe and effective in the management of children. Paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

Our mission is to train skilled and knowledgeable paediatric osteopaths, research osteopathy for children and provide excellent osteopathic care for children and perinatal women, at our dedicated paediatric clinics; to use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.



The OCC is such a great organisation, they helped my baby at 3 days old. He is now totally sorted thanks to the osteopathic care he received. I would encourage anyone with babies to try it!

OCC has been a lifeline for my two children. Whilst many children's services were closed during COVID, OCC kept its doors open, in a 'COVID-secure' way to help my children. The professionalism, passion and sincere concern of both the practitioners and the tutors is world-class. Thank you! – Manjit helped my leg feel better (my daughter).

I came to the OCC for my baby son – not really knowing what to expect. The care, professionalism, kindness and expertise were amazing from start to finish. They even recommended I was seen and reminded me that self-care is also very important! I couldn't recommend these guys more highly. It's such a happy, kind and caring place to be and the best at what they do.



Key workstreams

OSTEOPATHIC CENTRE FOR CHILDREN

Training excellent osteopaths, providing CPD opportunities

Establishing specialist skills for paediatric osteopaths

Families have a reputable, trained, reliable local osteopath who will refer to OCC if needed

Conducting and reviewing research

Establishing best practice, evidencing effectiveness

Osteopaths and others have a reputable authority to refer to and work with

Operating dedicated paediatric clinics

Offering specialised skills and experience, particularly for complex cases and subsidised appointments for disadvantaged families

Families have a specialist facility available that they can consult at affordable cost

Objectives 2020–21

- To offer specialist osteopathic treatment regardless of the family's ability to pay
- Train graduate osteopaths to an excellent clinical standard in paediatrics
- Continue operating a pop-up clinic model throughout London.

The OCC have provided our family with consistent support. They were informative and extremely professional throughout an otherwise stressful time.

I have been here for 5 years. Over the years, they have helped me.

Achievements and Performance

The aim of the charity for 2020–2021 was to continue offering osteopathic care, courses in paediatric osteopathy and to break even financially. This was achieved with the support of all its stakeholders, that have donated their time and support to keep the charity's door open. We thank you all.

The Director of Osteopathy has donated over 500 hours of his time to the charity in an admin/teaching capacity which would otherwise be a paid role.

The Volunteer Osteopaths have donated over 6,000 hours of their time to support families, that can't afford to otherwise go private.

The Managing Director, is the only senior manager role, has had to cover the shortfall in administrative staff, often working an extra 14 hours or more per week. Measures are in hand to reduce the burden of work, but the task will remain demanding. Without her tireless and dedicated commitment, underpinned by an in-depth understanding of the financial and needs of the organisation, the Charity would be unable to function in an effective manner.

We will continue to raise more funds and keep our costs low which should allow us to continue to be financially viable until a new business model is developed for the charity. The long term future of the charity is still uncertain due to market variations but we know the breakeven point of the charity and this will be reviewed each year.

Total income raised for the period is £351k and expenditure is £350k (previous year income was £305k as against expenditure of £419K).

Clinic – offering free specialist osteopathic treatment

In 2020–21 we ran two teaching clinic days per week and one bi-weekly volunteers-only-clinic-day (previously for 3 days) in Southfields and Wandsworth, as well as a half day weekly outreach clinic in the Barnet Hospital Starlight Neonatal Unit where possible.

The charity has done well to continue to support families during the pandemic that needed Osteopathic care and support. The charity had focused on two of its objectives – treating patients and running the education course.

We were able to provide osteopathic treatment to 1,774 patients (previously for 1,724), we carried out 7,232 (previously 7,211) treatment sessions, with 15 post-graduates and 14 volunteer Osteopaths (previously 18 and 6 prospectively).

We have seen an increase of 3% on patients and treatment sessions carried out.

The charity encountered many challenges such as:

1. The clinic footfall is still low compared to pre-pandemic 2018–19. The COVID-19 pandemic has affected our income and charity's objective greatly
2. The two year Diploma in Paediatric Osteopathy (DPO) courses is still suspended from November 2019 due to uncertainty in the current economic environment to guarantee completion
3. The charity's cash reserve is very low although we were able to breakeven (previous year was £113k deficit)
4. We were unable to replace the fundraising or marketing staff, due to reduced activities in this areas due to COVID-19
5. Our funding raised is one third of the funding needed to run the charity at its fullest capacity.

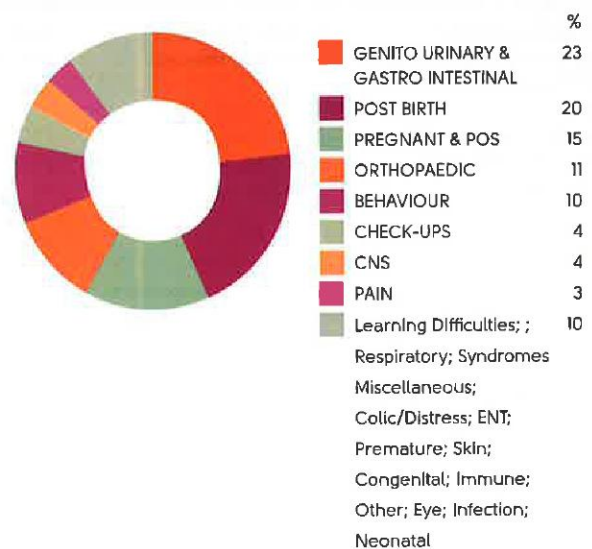
Pregnant and postnatal treatment sessions made up 15% of our total sessions (previously it was 12%). We plan to spread the word about our services among parents and via our health and wellbeing referrals. Consultations and treatments for children made up the remaining 85%, most frequently presenting gastro-intestinal, genito-urinary, orthopaedic or behavioural concerns.

Diagnosis Analysis:

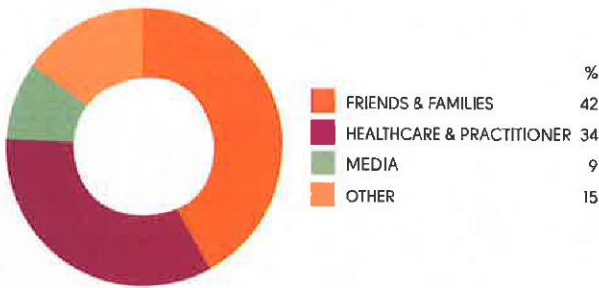
23% of our patients presented cases in Genito Urinary and Gasto Intestinal condition.

20% are treated for Post Birth condition.

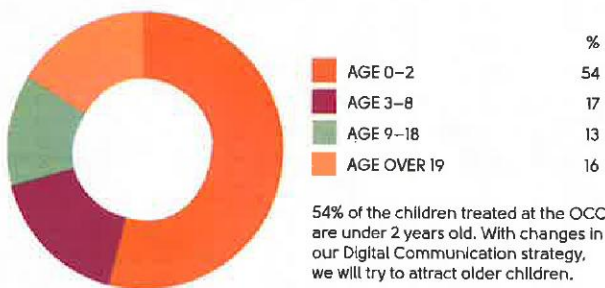
DIAGNOSIS REPORT



REFERRAL REPORT



AGE ANALYSIS REPORT



During the year more than 34% of our patients told us they'd been advised to bring their children to our clinic by a member of NHS staff and other Health professionals, most frequently midwives, breastfeeding clinics/lactation consultants, health visitors and GPs. Word of mouth remains the channel through which most of our patients hear about our clinic – another indication that our work is highly thought of by the families we work with.

Most of our patients are still being referred to us by friends and family. The reception team will continue to engage more with patients to encourage more referrals. **42% Friends and Family, and 34% Healthcare.**

We continued to work in Barnet Hospital half a day per week (previously one day per week) with NHS staff in our outreach clinic. This is a quiet and respectful project

bringing a consultant osteopath into the Starlight neonatal intensive care unit. In 2018–19, the Starlight unit held a public meeting where we were delighted to hear that the parents of former patients really valued our osteopaths' presence on the unit, as osteopathy is rarely offered in this kind of sensitive environment.

Families experiencing financial hardship are never turned away from our clinics – we offer our treatments for free.

Around 5% of patients and families attending our 'open' clinics cannot make even a token donation towards the work of the charity.

We do not approach parents of babies in a neonatal inpatient unit with fundraising requests, meaning that an additional 4.5% of our treatment sessions this year are provided to those who are unable to make a donation towards the charity.

Thanks so much for your help on my little baby Ari. We have been going through a lot since he was born. However, your help really helped to make our life easier by the treatments on him.

The clinic manager is the warmest hearted lady with professional skills, gentle communications, patient altitude and deep understanding and empathy.

Konstantinos is the best for the osteopathic treatments for the babies we have met. He knows what he is doing and has advanced skills and knowledge about his profession. Ari had been fortunate to have treatments with Konstantinos and we will recommend him and OCC to all friends and families who need treatments.

Yan & Ari

I can't express my gratitude, thank you so much for your care.

Eliot's mum

The support and care has been outstanding in just two sessions we have noticed a difference. Everyone in the clinic is so friendly and professional. Thank you.

Amazing team, warm, attentive. Thank you for being with us every step of the way.

Roxane Edouard

Achievements and Performance continued

Education Achievement – training graduate osteopaths to an excellent clinical standard

This year our Education activity continued to attract registered osteopaths for specialist training and continuing professional development in paediatrics.

Education Achievement 2020–2021

Recruiting for the two-year Diploma in Paediatric Osteopathy course was suspended and a one-year Award in Paediatric Osteopathy instigated. This is mostly a clinic-based programme. Our working relationships with other osteopathic institutions continued, but has been suspended this year. We will continue validating the course at Fondazione Osteopatia Pediatrica in San Marino and hope to expand this area.



I have studied at the OCC for over a year and the experience has been quite remarkable. This is why I am going back to volunteer every month! The multitude of approaches and personalities present creates an effective environment for learning and healing to take place. Additionally, it provides the rare opportunity for several osteopathic hands to be working on the patient at the same time. The benefits are evident in the happy patients (and their relieved parents!) as well as the practitioners. Professionally it has been a very important step to my development in treating young humans as well as mothers and I am frequently recommending it to colleagues.

I thank you and wish you all very well!

Ilias Sachpazidis

Thank you for all the support and kind words over the past few years. It was quite a journey getting to that finish line – final exams, and now I'm thrilled to see those results. My initial thoughts were of gratitude for all the tutors and staff I engaged with along the way, especially the tutors and consultants for their patience and feedback. The wonderful course participants, I've met very passionate and skilled Osteopaths and made some great friends along the way. The course was a mammoth undertaking to complete travelling from Ireland, and has been the most rewarding experience too, so thanks a million.

Siobhan Quirke



287

DPO/MSc awarded to date (1991–2021)

16

APOs awarded to date (started April 2019)

8

new Diplomas in Paediatric Osteopathy (DPO) were awarded

11

new Awards in Paediatric Osteopathy (APO) were awarded

117

osteopaths attended 8 CPD courses held in 2020–2021 and we have re-advertised these courses for 2022

12

new osteopaths began their 1-year APO course in November 2021–October 2022 (Prev. we had 12 APO)



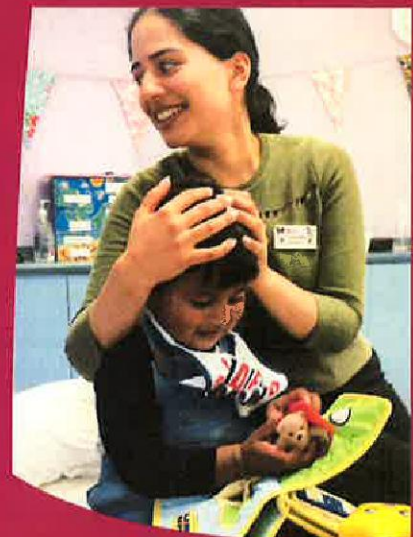
HENNA'S STORY

Eshaan was 4 months old when he first came for treatment to reduce muscular tension in his jaw. The osteopath took an interest in a slight rash and unusual skin pigmentation, as well as asking about reflux and feeding more generally – the GP was similarly concerned and so Eshaan was moved to goats' milk. His older sister Hakimah had a cough which the osteopath noticed while treating Eshaan – later she was given a series of inhalers and comprehensive allergy tests at the hospital. "That's one of the reassuring things about coming here" says Henna. "You come in with one thing and sometimes they'll pick up on something else that needs attention"

When Hakimah was being bullied at school, feeling tight in her chest, stressed out and upset, Henna brought her to OCC where the

osteopath talked to her about what was happening. "She'd been getting so stressed out and upset she'd started to rely on her blue pump. The osteopaths talk to the child properly. They make the child feel important, and like everything matters to them. Hakimah feels comfortable enough to talk to them about everything". The osteopath treated Hakimah for stress, tension and tightness in the chest. "It improved – the osteopath's support and treatment helped her".

"We love OCC – it has helped us and I can't recommend it enough. Treatment here means my children aren't taking lots of days off school sick, it doesn't disrupt them. In fact, they're not often aware of the treatment, but afterwards they are chirpier, clearer and more perky. The team here is lovely – even my husband loves coming here"



Achievements and Performance continued



We have been coming to the OCC for the past three years and my son has had multiple issues, and I couldn't be happier with the treatment. It's like a big supportive family. Thank you for everything.

We couldn't have been more pleased. An excellent team of caring professionals, happy to explain everything, while providing outstanding level of care from when my son was only 6 weeks old! Highly recommended service!

This is the place I have been bringing my daughter since she was born, it has, over the years, re-aligned and harmonised her, and everything else in between.

Ida (Darcey's mother)

I have come here since I was born. It has helped me know what I should do to help me grow healthily. Thank you osteopaths, you have helped me a lot.

Darcey, age 8

Thank you so much to the OCC Team! We had a great experience for our 1st appointment today for our 2 week old boy. Everyone was very kind and explained in details everything we wanted to know. We felt in very good hands! Thank you!

Quentin & Lina

Ezra has been seen since he was 5 days old after a forceps delivery and feeding troubles and has absolutely thrived with the help of the OCC. The OCC has been amazing and has helped him. Would highly recommend to new parents.



RILEY'S STORY

Riley's mum Denise brought her baby to the OCC with concerns soon after birth, and the team diagnosed craniosynostosis, the premature fusing of the plates of his skull, which required corrective surgery at Great Ormond Street Hospital.

Denise says, "without the amazing Tuesday team at the Wandsworth OCC clinic, this would have been missed. They pushed us to get second opinions and demand a paediatric appointment, when all the doctors said it was nothing to worry about".

Riley is now home and recovering well from his surgery.



We heard about the centre via our NCT Course Leader. Our daughter was born using ventouse and we were keen to have her checked over to ensure she was comfortable, we came to the clinic and saw Hans, he was calming, friendly and super knowledgeable. As an osteopath he was able to help treat our daughter and he was also able to offer guidance and support on general concerns we were experiencing. The Centre is incredibly welcoming and I have been recommending it to anyone who would also like to come for treatment.

My son who has a diagnosis of Asperger's, has been a patient of OCC for 11 years now – from when he was 3 months old. The help, care and services that OCC provide have been very helpful and valuable to us. My son's health and wellbeing improve after each visit – without fail. Full of gratitude that OCC is still around and able to provide this service for my son.

I started bringing my daughter to the clinic from about 5 weeks old. Now at 5 months, the difference in her is phenomenal. Feeding and winding problems have improved. Her posture and overall alignment have developed and she is so content and calm. Kostas has been an incredible osteopath the whole way through, taking such care with baby and me as a new mum. Thank you so much for all you do.

My 10 year old child has had a gruelling experience of chronic constipation and treatment (conventional). As we continue coming to the OCC, the sensitive, kind and intuitive staff receive us kindly and holistically and each treatment I notice my child is a little lighter (energetically and in mood) and I notice a release in his energy; physically I feel a trust that things are improving.

All the staff at the OCC have simply been amazing! From seeing my son in his very early days to now he's visiting two, each treatment he has had has made significant improvement and positive impact. I can't recommend them enough – I do already to anyone who'll listen! Keep up the great work.



Financial Report

How we raised our money

Most of our income is from donations at our clinic (55%). Patients are not charged for their appointments as this is our main charitable activity. We do ask for donations to help the charity continue to provide osteopathy to families, regardless of their financial situation. Basic fundraising activity was carried out by the charity staff, which meant that fundraising from some sources, particularly Trusts, fell short but individual giving continued to increase.

The charity is grateful for the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate. Many people have contributed to our work through donations in clinic, regular giving and volunteering their time or skills. We are, as ever, hugely grateful for all such contributions.

Objectives achieved

2020–21 was a challenging year for the Foundation as we had to scale back the charity’s activities to basic to remain open for families that would otherwise not be able to afford private osteopathic care.

We had to review a few areas and make changes where possible, such as:

- We have not reappointed most of our Senior Management staff in core areas but increased the operational staff role with the support of temporary agency staff as and when needed. We have restructured, merged and trained staff in areas that had synergy in their job roles. The MD has incorporated the most extra tasks in her role
- We are renting clinic spaces in community centres, shared admin office space and working from home
- We have setup for the first time a bi-weekly volunteer only clinic day at minimal cost, where seven Osteopaths have given their time for free to continue to support families
- We have Increased our offering of CPD courses by 50%
- We were able to carry on clinic activities with the support of 14 volunteers and 15 APO. They continue to treat families that could not otherwise afford private osteopathic care
- With the above implementations and more tighter measures being put in place we were able to break even financially and will continue this model, until new model and funding are identified.

My lactation consultant recommended we bring my 5-week-old son to OCC. The team at the OCC Shoreditch were brilliant – really responsive, confident with working with tiny babies and reassuring with me. After his sessions, my son was noticeably more relaxed and really responded to his treatment. I was also offered some postnatal sessions which helped me. As a result both my son and I are now much better.

Christine

INCOME



EXPENDITURE



Given the circumstances, our ability to end the year at the point at which total cost and total revenue are equal and also carried our 7,232 treatment sessions is a laudable achievement.

In order to deal with the ongoing budgeted surplus for 2021–22, we keep undertaking budget and activity planning review. The organisation is in a continuous transition period. In the long run, we will have to set up a new working model which will generate alternative income for the charity.

During the transition, a new business plan and strategic planning will be key.

Strategic plan for 2021–2022

The total projected income and expenditure for 2021–22 are about £400k and £382k respectively. The charity is continuously reviewing its going concerns, to be able to carry out its two main objectives. In 2020–21 we were able to scale back the Foundation's operation and finance allowing the charity to be self-sustainable.

Moving forward, the main focus for 2021–22 will be on organisational growth. This will be achieved through increasing the clinic footfall. At the moment 56% of patients are under 2 years old and we would however like to attract a few older children. We will be reserving the 3pm–5pm slots for after school children.

We have employed a part-time Digital communications officer (an existing staff) to carry out this role. We will be advertising in family magazines, social media postings, contacting other children's charity groups, Health professions and engaging with the parents to refer more friends and families.

Clinic 2021–2022

We will continue to run two teaching clinic days (Thursday and Friday) and one bi-weekly volunteer clinic on Tuesdays in Southfields.

The clinic has 28 treating Osteopaths (12 APO applicants and 16 Volunteers). With 28 treating Osteopaths this will allow us to carry out 10,000–12,000 treatment sessions (previously 7,232), this is an increase of 27%. We will be monitoring the progress accordingly.

Barnet Hospital

The charity will continue to maintain an osteopath in Barnet Hospital half day per week. This is to allow the charity to maintain a presence in the hospital. The APO Osteopaths will be offered the opportunity to visit the hospital when it fully reopens to the public.

Education

The Awards in Paediatric Osteopathy (APO) course has 12 applicants who will be placed on Thursday and Friday clinics. The clinic will have four tutors to support their learning.

Continued Professional Development Courses (CPD)

The charity will continue to expand its CPD courses.

Staffing

Based on recent adverts, there has been no interest in the two day per week Fundraising Officer role. The MD will continue to market this role but in the meantime the admin team will continue applying to Charitable Trusts.

A long awaited admin officer has joined the admin team (this role was covered by an agency staff in previous year) – this is a full time member of staff to support the MD with general admin tasks and clinics. This will be a great help to the team and the charity.

Admin team office move

The admin team will be moving office to Canopi Building at Borough High Street.

Reserves

At the end of October 2021, the overall reserve stood at £207k unrestricted and is available to finance the charitable objective. This represents around 6 months of operating expenditure, which is slightly below the charity's reserves policy which requires a reserve of 6–12 months of expenditure. The reserves policy was reviewed by the Trustees at the end of 2021 and found it marginally sufficient.

The OCC is not an easy cause to fundraise for, so the Trustees feel the reserve required by the policy is justified for the charity to sustain its activities in the event of a significant drop in funding, in order to cover costs should the charity ever need to wind down and to allow for a longer lead time for working capital.

Risk management

The Trustees regularly review the major financial, operational and reputational risks which the charity faces. With overall responsibility for the charity and its systems of internal control, the Trustees ensure there are reasonable procedures in place to prevent and detect fraud and other irregularities. It is noted that such procedures can only provide reasonable, not absolute, assurance against errors and fraud.

Senior staff are expected to identify and analyse risks relating to their area of work and report on the procedures which are in place, being developed or reviewed to minimize their likely impact on the charity.

Particular risks we anticipate include the more difficult funding landscape facing smaller charities like ours. Although we are not in receipt of EU or UK government funding, the loss of these funds to other organisations will inevitably put increased pressure on other funding sources. As a small charity with no extra fundraising resource, and the increased expectations of many Trusts and Foundations asking for significant amounts of planning, documentation and evidence before the proposal stage, we feel this is one of our most significant risks in the coming years. Succession planning and the loss of continuity and expertise through staff turnover remains a risk, as does the increased competition from our own postgraduate osteopaths for wealthier patients who may be in a better position to make donations to the charity.

Remuneration

The salaries of all staff are reviewed on an annual basis to ensure that where appropriate they take account of the rise in the cost of living. In October 2020–21 no staff was given the standard pay rise. All salaries were benchmarked against similar charities in 2021–22 and found to be within an acceptable range.

Pensions

All staff are enrolled in an auto-enrolment pension scheme, currently held by NEST and Friends.

Organisation Structure, Governance and Management

The Board of Trustees is responsible for the overall governance of the charity. The Managing Director is responsible for the day to day management of the charity's affairs, its future development and for implementing policies agreed by the Trustees, assisted by other staff. The Director of Osteopathy (co-founder Stuart Korth) is responsible for the care and safety of patients.

Governing Document

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

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Foundation for Paediatric Osteopathy for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing those financial statements, the Trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, which enables them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

there is no relevant audit information of which the charitable company's auditors are unaware; and the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Thank you so much for all your help, patience and support. Your gentle demeanour and touch has been wonderful. Excellent service and the reception has always been delightful with a lovely smile. Very supportive and helpful team and are much appreciated. Lots of love to the whole team. Thank you very much indeed.

Veronica Peters

Really friendly staff, attentive and thoughtful at ALL times. They made my family feel safe and looked after. The receptionist lady is ACE!

I cannot thank the OCC enough for the attention, time, care and education they have provided my husband and I in regard to our son, who has been coming here since he was approx. 4 months old (he's now 3). I owe them so much and am so grateful for their existence! Continue to do this fabulous work forever please.

My family and I have been attending the OCC in various locations for 22 years on and off. It started with my eldest daughter Emma, who was born prematurely at 26 weeks. Although she thrived, she suffered with constant chest infections, every 6 weeks or so. At the age of 3 or 4 we heard about the OCC (this was a week before she was to go into hospital for a course of steroids). I was so upset as she had been through so much already. On arriving at the OCC treatment started and she went from strength to strength. I've had 3 more children since, each attending the OCC as babies. Because of the OCC and only because of them, I have children whose are growing well because of help given in early stages. All with no tablets. Thank you, thank you, thank you!



Recruitment/Appointment of Board of Directors

The Directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Directors. Under the requirements of the Articles of Association at every Annual General Meeting, one-third or if their numbers cannot be divided by three, the number nearest to one-third of the Directors, shall retire from office but may offer themselves for reappointment by the Members. The Directors to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. For persons who were appointed or last reappointed on the same day, those to retire shall be determined by drawing lots (unless they agree otherwise among themselves). A Director appointed since the previous Annual General Meeting shall not be taken into account in determining the Directors who are to retire by rotation. All Trustees are volunteers and represent a range of backgrounds and experiences.

New Trustees are invited and receive an induction from the committee to acquaint them with charitable company's policies, practices, its aims, activities, management and governance, as is expected under charity law and the Charity Commission's guidance and publications.

Statement of Public Benefit

The Trustees have reflected upon the charitable objectives of the Osteopathic Centre for Children and reviewed the activities of the charity over the past year, as described in detail in this report. The Trustees are satisfied they have

had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research into the effectiveness of osteopathy in the paediatric population. The work undertaken by the charity plays an important role in helping children's bodies work to the best of their ability, whatever their starting point and regardless of their family's financial situation, to help them achieve their optimum function later in life. The Osteopathic Centre for Children believes that paediatric osteopathy should be available to all children, and is committed to making our clinics accessible to disabled and disadvantaged children, making osteopathy a trusted holistic health care option for all families.

Independent Examiner

The independent examiner, Leroy Reid & Co, will be considered for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees, incorporating a strategic report, approved by order of the board of Trustees, as the company directors, on 28-03-22 and signed on the board's behalf by:

J M Lyras



Independent Examiner's Report to the Trustees of Foundation for Paediatric Osteopathy

Independent examiner's report to the Trustees of Foundation for Paediatric Osteopathy ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.



Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

E Okai

Ebenezer Okai (BSc) FCCA

On behalf of
Leroy Reid & Co
Chartered Certified Accountants
and Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Date: 05-04-22

Statement of Financial Activities for the Year Ended 31 October 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	296,122	–	296,122	241,263
Charitable activities	3				
Education		55,707	–	55,707	64,211
Total		351,829	–	351,829	305,474
EXPENDITURE ON					
Charitable activities	4				
Clinic		302,729	–	302,729	363,805
Education		47,559	–	47,559	55,152
Total		350,288	–	350,288	418,957
NET INCOME/(EXPENDITURE)		1,541	–	1,541	(113,483)
RECONCILIATION OF FUNDS					
Total funds brought forward		205,784	–	205,784	319,267
TOTAL FUNDS CARRIED FORWARD		207,325	–	207,325	205,784

Statement of Financial Position at 31 October 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	9	1	4,373
CURRENT ASSETS			
Debtors	10	3,246	7,581
Cash at bank and in hand		296,585	225,780
		299,831	233,361
CREDITORS			
Amounts falling due within one year	11	(92,507)	(31,950)
NET CURRENT ASSETS		207,324	201,411
TOTAL ASSETS LESS CURRENT LIABILITIES		207,325	205,784
NET ASSETS		207,325	205,784
FUNDS			
Unrestricted funds:	15		
General fund		207,325	205,784
TOTAL FUNDS		207,325	205,784

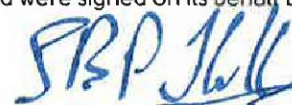
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 28-03-22 and were signed on its behalf by:



S B P Korth
Trustee

Statement of cash flows for the Year Ended 31 October 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	15	70,805	(119,532)
Net cash provide by/(used in) operating activities		70,805	(119,532)
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(2,387)
Net cash provided by/(used in) investing activities		-	(2,387)
Change in cash and cash equivalents in the reporting period		(70,805)	(121,919)
Cash and cash equivalents at the beginning of the reporting period		225,780	347,699
Cash and cash equivalents at the end of the reporting period		296,585	225,780

Notes to the Financial Statements for the Year Ended 31 October 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Grants received from the Government Coronavirus Job Retention Scheme for furloughed employees are recognised in the financial statements on the cash receipt basis.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Notes to the Financial Statements continued

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	– 10% on cost
Computer equipment	– 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Pension costs and other post-retirement benefits

The charitable company operates a Stakeholder pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on the going concern basis on the understanding that there is enough reserve for the next 12 months and the charity's ability to raise sufficient funds from new sources in the future.

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Donations	194,917	–	194,917	138,738
Gift aid	46,119	–	46,119	27,811
Grants	23,262	–	23,262	32,172
Trust income	–	–	–	7,550
Sundry income	12,189	–	12,189	21,572
Individual giving	19,635	–	19,635	13,420
	296,122	–	296,122	241,263

Grants received, included in the above, are as follows:

	2021 £	2020 £
Government Coronavirus Job Retention Scheme	23,262	32,172

3. INCOME FROM CHARITABLE ACTIVITIES

	2021 Education £	2020 Total activities £
Education	41,925	55,080
Other education income	13,782	9,131
	55,707	64,211

Notes to the Financial Statements continued

4. CHARITABLE ACTIVITIES COSTS

	Direct costs (see note 5) £
Clinic	302,729
Education	47,559
	350,288

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	177,398	178,028
Rent and rates	38,489	49,912
Insurance	4,647	5,028
Telephone and photo copier	8,862	25,013
Postage and stationery	3,662	3,979
Sundries	5,250	6,290
Travel expenses	891	264
Computer maintenance	20,218	24,403
HR outsource expenses	3,066	2,684
Directory osteopathy	–	4,250
Clinic consultants	30,258	26,465
Bank charges and interest	4,274	3,462
Recruitment cost	4,206	9,429
Outreach cost – hospital	–	1,715
Agency staff cost	12,626	5,587
Examiner's fees	4,000	3,996
Education clinic tutor	18,260	25,851
Education direct overhead	–	1,547
Shoreditch direct cost	–	1,388
Administration consultancy fee	7,920	37,197
London clinic PPE expenses	1,889	–
Depreciation	4,372	2,469
	350,288	418,957

Notes to the Financial Statements continued

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021 £	2020 £
Depreciation – owned assets	4,372	2,469

7. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any connected person with them) received any remuneration during the year, except for Mr Stuart Korth, Director of Osteopathy was paid teaching fees of £Nil (2020 – £4,250).

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st October 2021 nor for the year ended 31st October 2020.

8. STAFF COSTS

	2021 £	2020 £
Wages and salaries	125,415	148,013
Social security costs	7,695	8,193
Other pension costs	44,288	21,822
	177,398	178,028

The average monthly number of employees during the year was as follows:

	2021	2020
London clinic	4	6
Education – FTE	1	2
	5	8

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1st November 2020 and 31st October 2021	126,209	27,094	94,458	247,761

Notes to the Financial Statements continued

9. TANGIBLE FIXED ASSETS (continued)

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
Depreciation				
At 1st November 2020	126,208	25,918	91,262	243,388
Charge for year	–	1,176	3,196	4,372
At 31st October 2021	126,208	27,094	94,458	247,760
Net book value				
At 31st October 2021	1	–	–	1
At 31st October 2020	1	1,176	3,196	4,373

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accrued income	3,246	7,581

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	4,628	5,891
Student fees	33,879	20,472
Accruals	4,000	5,587
Accruals and deferred income	50,000	–
	92,507	31,950

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets	1	–	1	4,373
Current assets	299,831	–	299,831	233,361
Current liabilities	(92,507)	–	(92,507)	(31,950)
	207,325	–	207,325	205,784

Notes to the Financial Statements continued

13. MOVEMENT IN FUNDS

	At 1.11.20 £	Net movement in funds £	At 31.10.21 £
Unrestricted funds			
General fund	205,784	1,541	207,325
TOTAL FUNDS	205,784	1,541	207,325

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	351,829	(350,288)	1,541
TOTAL FUNDS	351,829	(350,288)	1,541

Comparatives for movement in funds

	At 1.11.19 £	Net movement in funds £	At 31.10.20 £
Unrestricted funds			
General fund	319,267	(113,483)	205,784
TOTAL FUNDS	319,267	(113,483)	205,784

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	305,474	(418,957)	(113,483)
TOTAL FUNDS	305,474	(418,957)	(113,483)

Notes to the Financial Statements continued

13. MOVEMENT IN FUNDS (continued)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.11.19 £	Net movement in funds £	At 31.10.21 £
Unrestricted funds			
General fund	319,267	(111,942)	207,325
TOTAL FUNDS	319,267	(111,942)	207,325

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	657,303	(769,245)	(111,942)
TOTAL FUNDS	657,303	(769,245)	(111,942)

14. RELATED PARTY DISCLOSURES

Related party transactions for the year ended 31st October 2021 are as follows:

In addition to salary payments for the current year, the Managing Director of the charity was paid £7,920 for additional work undertaken. In 2020 – £37,197 was paid for finance and administration consultancy services.

There were no payment to the Director of Osteopath in the current year (2020 – £4,250).

15. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income/(expenditure) for the reporting period (as per the Statement of financial activities)	1,541	(113,483)
Adjustments for:		
Depreciation charges	4,372	2,469
Decrease in debtors	4,335	19,869
Increase/(decrease) in creditors	60,557	(28,387)
Net cash provided by/(used in) operations	70,805	(119,532)

Notes to the Financial Statements continued

16. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.11.20	Cash flow in funds	At 31.10.21
	£	£	£
Net cash			
Cash at bank and in hand	225,780	70,805	296,585
	225,780	70,805	296,585
TOTAL FUNDS	225,780	70,805	296,585

19. GOING CONCERN

The full effects of the coronavirus (COVID-19) pandemic and its consequences is having a material impact across the charity. For the year under review the charity reported a small surplus of £1,541 when compared to a deficit of £113,483 in 2020. The general fund reserve at the year-end was £207,325 (2020 – £205,784). Funding challenges and other uncertainties still cast doubt on the charity's ability to plan long term but will continue as we have in 2020–2021 to breakeven financially. The charity will continue to source funding in order to continue two of its objectives.

Reference and Administrative Details

Trustees

D E Barber MBE
P Ferrall
E C Foinette
S B P Korth
J M Lyras
M Lyras

Company Secretary

S S Pusey

Registered Office

Canopi Building
7–14 Great Dover Street
London
SE1 4YR

Registered Company Number

02545759 (England and Wales)

Registered Charity Number

1003934

Independent Examiner

Ebenezer Okai
Leroy Reid & Co
Chartered Certified Accountants
& Statutory Auditors
299 Northborough Road
Norbury
London SW16 4TR

Solicitors

Lee, Bolton & Lee
1 The Sanctuary
London SW1P 3JT

Bankers

Co-operative Bank Plc
80 Cornhill
London EC3V 3NJ
Clydesdale Bank
55 Regents Street
London SW1Y 4ND



The Osteopathic Centre for Children is the clinical arm
of the Foundation for Paediatric Osteopathy.

Company No: 2545759 Registered Charity No: 1003934

All photographs show our osteopaths and patients at the OCC. To protect identities,
the pictures are not necessarily related to any specific cases mentioned.

Photography: Aneesa Photography, Mascot Creative, Denise Berjak,
Osteopathic Centre for Children.