

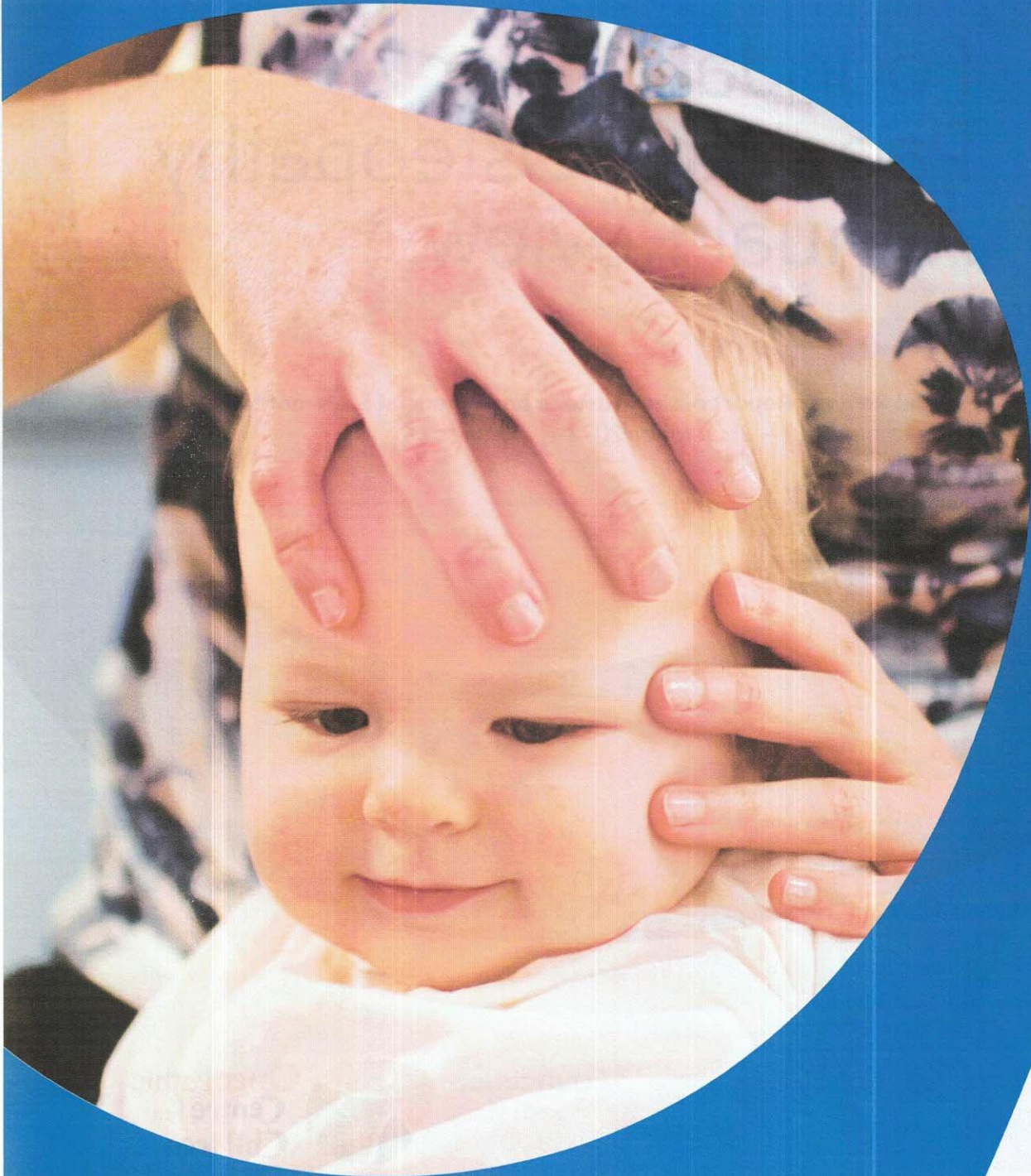
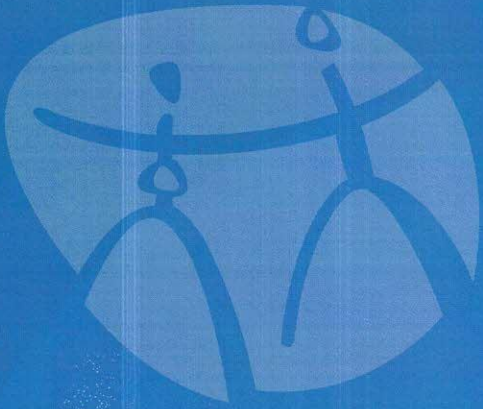
Foundation for Paediatric Osteopathy Annual Review

Annual Review, Report of the Trustees and Financial Statements
1 November 2021 – 31 October 2022

Foundation
for Paediatric
Osteopathy



**Osteopathic
Centre for
Children**



Letter from the Director of Osteopathy

The year 2022 to 2023 has seen significant changes within the Foundation.

It is with sadness that I have to record the death of our co-founder, Patricia Ferrall, without whom the Charity would not have come into being.



The Tuesday clinic has now moved to premises off Warren Street and is running weekly. The Shoreditch and Southfields clinics continue as before, namely weekly on Thursdays and Fridays respectively.

We have re-established the two year Diploma in Paediatric Osteopathy course, with the first year as a Certificate stage. A committee of senior osteopaths has redesigned the project and its members are ably managing matters.

A Director of Comms and Development has joined the exceptionally hard working administrative team. He combines the roles of Fundraising and Communications.

Overall, the Charity is performing well, advancing in its effectiveness and generates just sufficient income to be considered a going concern.

Stuart Korth
Trustee/Director of Osteopathy

Report of the Trustees for the Year Ended 31 October 2022

What we do

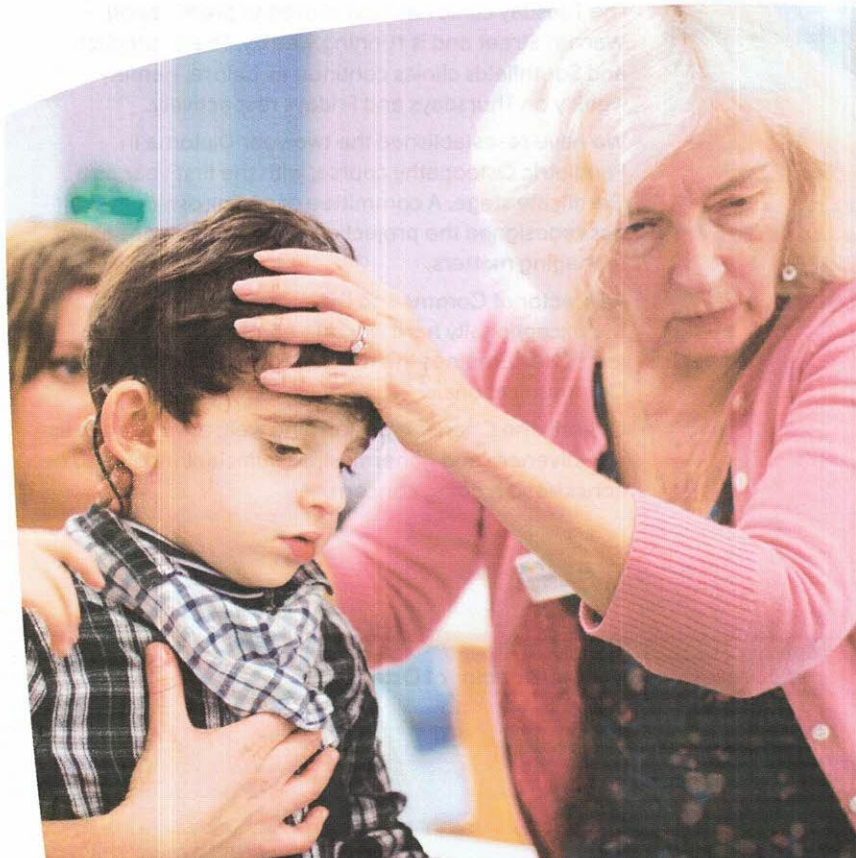
Charitable objectives:

- 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 2021–22

- To offer specialist osteopathic treatment regardless of the family’s ability to donate
- 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 2021–2022 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 2,700 hours of their time to support families, that can't afford to otherwise go private.

The Managing Director, is the only senior manager role and has had to cover the shortfall in administrative staff tasks. 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 £382k and expenditure is £370k (previous year £351k and £350K respectively).



We have been able to achieve:

9%

growth in income raised

13%

increase in treatment sessions carried out

15%

increase in patient's footfall

Open a new clinic in central London area

38%

increase in Fundraising Income

100%

increase in Certificate in Paediatric Osteopathy course applicants (CPO) for 2022–23

50%

increase in Continuing Professional Development (CPD) course offerings

A new Education Development Group has been formed to develop the courses offered.

Clinic – offering free specialist osteopathic treatment

The charity has done well to continue to support families post pandemic that needed Osteopathic care and support. The charity had focused on three of its objectives – treating patients, running the education courses and awareness of Osteopathy.

The charity ran two teaching days per week, one bi-weekly volunteers only day (previously 3 days in 2020–21) in Wandsworth and Hackney, as well as a half day per week outreach clinic in the Barnet Hospital.

The clinic was staffed with 23 Osteopaths, 12 post-graduates and 11 volunteer osteopaths (previously 21).

During the last 12 months we have started to remodel the organisation. Our main focus has been on increasing patient footfall, fundraising and paving the way to re-institute and develop the erstwhile gold standard diploma course.

The goodwill and energetic support of the senior osteopaths is contributing to this vision and, together with the improved performance all round, has resulted in a very positive sense of progress throughout the organisation.

Clinics

We were able to provide treatment to 2,077 patients (previously 1,774) an increase of 15% in footfall.

Carried out 8,284 (previously 7,232) treatment sessions, an increase of 13%. The clinic operated at 82% of its overall capacity.

Donations and Gift Aid raised is £239k (previously £241k), which is 62% of our total income.

Cost of living increase has started to impact on the donations raised which has seen a 16% reduction in average donation but we are still encouraging patients to attend their appointment. We are applying to charitable trusts for more funding to support patients that are unable to donate.

The Warren Street clinic was opened on the 13th September 2022. We treated 33 patients on the first day.

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

Around 6% of patients and families attending our 'open' clinics cannot make even a token donation towards the work of the charity.

Barnet Hospital

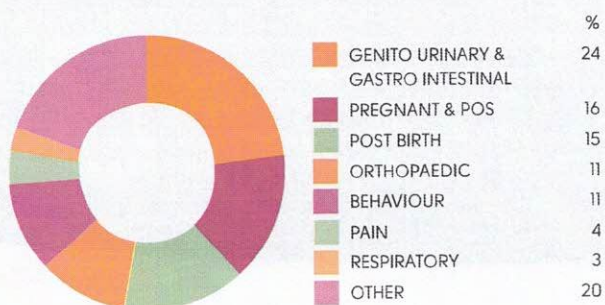
We continued to work in Barnet Hospital half a day per week with NHS staff in our outreach clinic.

This is a quiet and respectful project bringing a senior 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.

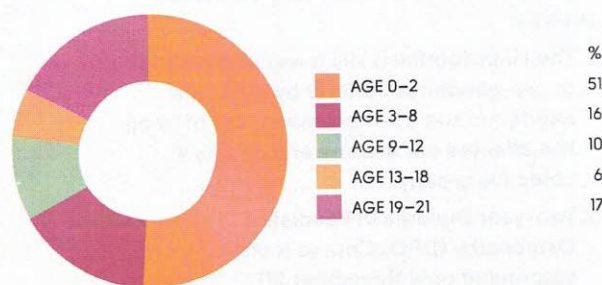
We do not approach parents of babies in a neonatal inpatient unit with fundraising requests, meaning that an additional 4.5% of our treatment sessions this year are provided to those who are unable to make a donation towards the charity.



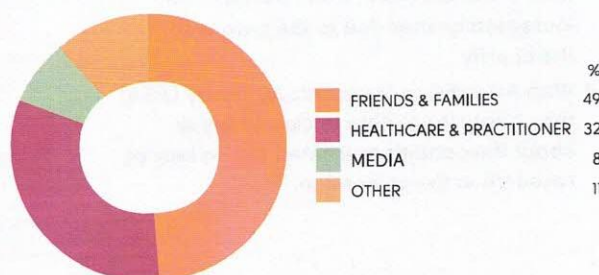
DIAGNOSIS ANALYSIS



AGE ANALYSIS



REFERRALS



Diagnosis Analysis

24% of our patients presented cases in Genito Urinary and Gastro Intestinal condition.

15% are treated for Post Birth condition.

Pregnant and postnatal treatment sessions made up 16% of our total sessions (previously 15%).

Consultations and treatments for children made up the remaining 84%, most frequently presenting conditions are gastro-intestinal, genito-urinary, orthopaedic or behavioural concerns.

We promoted our services to parents and via our health and wellbeing referrals.

Age Analysis

51% of our patients are under 2 years old. We are working hard to attract older children to the clinic.

Referrals

During the year more than 32% 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. 49% Friends and Family, 34% Healthcare, 8% media and 11% by other means.

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.

Award in Paediatric Osteopathy (APO)

15 Osteopaths have successfully completed the APO course and they have enrolled on the CPO course. The APO course was discontinued October 31, 2022 and the new Certificate in Paediatric (CPO) was launched November 2022 with 24 FTE enrolled. All our course offerings are being reviewed and redeveloped in line with the needs of our stakeholders.

CPD 2021–2022

We had 12 days of CPD courses this year (previously eight). An increase of 50% in course offerings. This is being reviewed by the new Education Development Team.

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 (1991–2022)

31

APOs awarded to date (October 2022)

15

new Awards in Paediatric Osteopathy (APO) were awarded in October 2022

107

osteopaths attended 12 CPD courses held in 2022 and we have re-advertised these courses for 2023

28

new osteopaths began their 1-year CPO course in November 2022–October 2023 (Prev. we had 12 APO)

The charity encountered many challenges such as:

1. The clinic footfall is still lower compared to pre-pandemic 2018–19 by 40%. The pandemic and the increase in cost of living has affected our income and charity's objective greatly
2. Two-year Diploma in Paediatric Osteopathy (DPO) Course is still suspended until November 2023. This is currently being reviewed
3. The charity's cash reserve of £220k is at its five months point, it still needs to be increased further due to the nature of the charity
4. With Advertising Standards Authority (ASA) the charity is not able to clearly speak about the conditions treated due to lack of research in the profession.



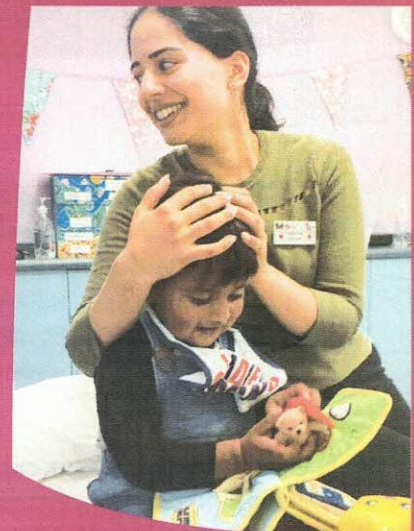
HENNA'S STORY

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.

Financial Report

How we raised our money

Most of our income is from donations at our clinic (50%). 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

After a few difficulty years, the charity has started to grow and we are moving in a positive direction post-pandemic. Our annual income have increased by 9% to £382k (previously £351k) and expenditure £370k. The aim of the charity this year was to continue to break even financially and increase patient numbers.

With the extra fundraising income raised of £88k this has helped the charity to remain open to support families that need osteopathic treatment. Patient footfall have increased by a further 15% and donation have remained a steady flow of income.

We have seen a reduction in the average donation received due to the increase in the cost of living expenditure that has negatively impacted on patient's ability to donate more, but we are still encouraging patients to attend their appointment. Six percentage of our treatment sessions carried out; our patients were unable to donate anything toward their treatment.

We have been able to keep cost low by continuing to rent clinics in community centres, shared admin office space and hybrid working.

We have increased our offering of CPD courses by 50%. We were able to carry on clinic activities with the support of 11 volunteers and 12 APO. They continue to treat families that could not otherwise afford private osteopathic care. With tighter measures being put in place we were able to break even financially and will continue this model, until a new model and funding are identified. The charity 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.

Based on the charity's objectives, for 2021–22 our main focus was on organisational growth. This was achieved through increasing the clinic footfall (increase of 15%), increase treatment sessions (increase 13%), the redevelopment of the Paediatric course (increase in 100% intake), and 8% increase in income stream.

52% of our patients are under 2 years old but we are starting to see an increase in older children attending the clinic. We have employed a Social Media Communications Officer (an existing staff) to carry out the digital marketing role.

With a new experienced senior staff member overseeing the marketing and fundraising department we will be able to increase advertising and explore more funding options. We will be able to advertise in family magazines, more social media postings, contacting other children's charity groups, health professionals and requesting parents to refer more friends and families.

Financial Report continued

Strategic plan for 2022–2023

Charitable objectives

The aim and objective for 2022–23 is to further increase the three of its four charitable objectives. The charity has grown by 21% (based on number of treating osteopaths 23/29) and with growth more resources are needed, such as extra staffing, better IT systems and more marketing.

Clinic: We will be running three clinic days (previously 2.5 days) from three different London locations SW19, N1 and W1T (previously 2 locations) aiming to reach patients from all locations and conditions making it easier to reach one of our clinics.

The clinic will have 29 treating Osteopaths (24 CPO Osteopaths and 5 Volunteers). With 29 treating osteopaths (prev. 23 Osteopaths), we will be able to offer 12,825 treatment sessions (an increase of 28% in capacity). The clinics will be staffed with four consultants and seven tutors.

Warren Street: The charity have opened a new clinic in central London area. This clinic will run one day per week from November 2022. It will be staffed with nine and a half treating Osteopaths and 3 Senior Osteopaths. They will be able to treat up to 82 patients per week. This clinic is within close proximity to a hospital and other therapists. This clinic will support patients from the north of London that found it hard to get to us in the past. The **Southfield Clinic** will be able to treat up to 78 patients per week. The **Shoreditch Clinic** will be able to treat up to 78 patients per week.

Barnet Hospital: The charity will continue to maintain a volunteer osteopath in Barnet Hospital half day per week. The CPO/DPO Osteopaths will be offered the opportunity to visit Barnet Hospital.

Education: The redevelopment of the CPO course has seen a high number of intakes of 24 Osteopaths (prev. 12) starting in November 2022, 100% growth. This will require more administration as the CPO is clinical and an assessment based course (previously clinical based only). The new Education Development group will be working on the content for the Diploma in Paediatric Osteopathy course starting in November 2023 and reviewing the CPD offering as an extra sources of income for the charity.

Continued Professional Development Courses (CPD): The charity will continue to expand its CPD courses.

Awareness: we will continue to build on the growth of the charity with the hope of running more clinic days in 2024. A big push on marketing through face to face contact (F2F) to get the word out there about our clinic and what we treat is needed, as well as going into schools, community groups etc. to inform people about the centres.

Due to ASA restrictions we are unable to fully say what conditions we treat via digital marketing. We will need to build a volunteer group to help spread the word.

We have appointed a part time Director of Development and Communication for 3 days per week. He will be able to spend time looking for new opportunities for the charity to explore.

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.

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.

Budget Proposal 2022–23

The total income to be raised is about £500k and expenditure is £489k, leaving a small surplus. Our income and expenditure will increase by 25% and 27% (respectively) compared to 2022 but we will just about breakeven.

Admin staff salary will be increased by 1% but should be reviewed if more funds are raised.

The Osteopaths wages have been increased by 3% as they have not had an increase in the past 10 years.

Reserves

At the end of October 2022, the overall reserve stood at £220k unrestricted and is available to finance the charitable objective. This represents around 5 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 2022 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 2021–22 staff was given the standard pay rise of 1%. 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.



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.

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

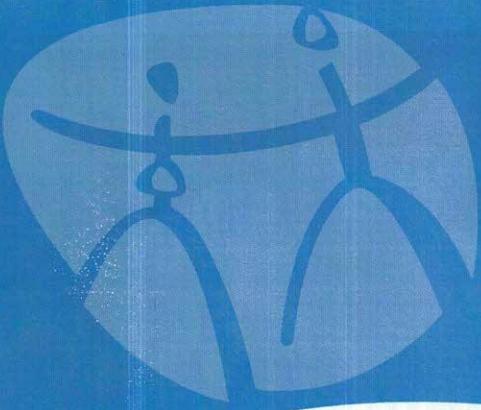
had due regard to the guidance of the Charity Commission on public benefit, and note that the charitable activities focus on the provision of a dedicated osteopathic clinic for babies, children and perinatal women, the postgraduate training of qualified osteopaths in the paediatric specialism and research 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 21-2-2023 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 2022.

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: 17-3-2023

Statement of Financial Activities for the Year Ended 31 October 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	327,833	-	327,833	296,122
Charitable activities					
Education		54,760	-	54,760	55,707
Total		382,593	-	382,593	351,829
EXPENDITURE ON					
Charitable activities					
Clinic		321,608	-	321,608	302,729
Education		48,204	-	48,204	47,559
Total		369,812	-	369,812	350,288
NET INCOME		12,781	-	12,781	1,541
RECONCILIATION OF FUNDS					
Total funds brought forward		207,325	-	207,325	205,784
TOTAL FUNDS CARRIED FORWARD		220,106	-	220,106	207,325

E. Owen

Executive Director (CEO) FPCA

On behalf of

Levy Field & Co

Chartered Certified Accountants

and Statutory Auditors

299 Northborough Road

Notbury

London SW18 4TR

Date: 12/11/22

Statement of Financial Position at 31 October 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	9	-	1
CURRENT ASSETS			
Debtors	10	6,628	3,246
Cash at bank and in hand		337,818	296,585
		344,446	299,831
CREDITORS			
Amounts falling due within one year	11	(124,340)	(92,507)
NET CURRENT ASSETS		220,106	207,324
TOTAL ASSETS LESS CURRENT LIABILITIES		220,106	207,325
NET ASSETS		220,106	207,325
FUNDS			
Unrestricted funds:	13		
General fund		220,106	207,325
TOTAL FUNDS		220,106	207,325

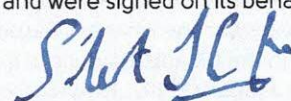
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2022 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 21-2-2023 and were signed on its behalf by:



S B P Korth
Trustee

Statement of cash flows for the Year Ended 31 October 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	15	(84,976)	70,805
Net cash (used in)/provided by operating activities		(84,976)	70,805
Cash flows from investing activities			
Sale of tangible fixed assets		126,209	–
Net cash provided by investing activities		126,209	–
Change in cash and cash equivalents in the reporting period		41,233	70,805
Cash and cash equivalents at the beginning of the reporting period		296,585	225,780
Cash and cash equivalents at the end of the reporting period		337,818	296,585

Notes to the Financial Statements for the Year Ended 31 October 2022

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 £	2022 Total funds £	2021 Total funds £
Donations	191,818	–	191,818	194,917
Gift aid	47,630	–	47,630	46,119
Grants	–	–	–	23,262
Trust income	65,000	–	65,000	–
Sundry income	1,805	–	1,805	12,189
Individual giving	21,580	–	21,580	19,635
	327,833	–	327,833	296,122

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

	2022 £	2021 £
Government Coronavirus Job Retention Scheme	–	23,262

3. INCOME FROM CHARITABLE ACTIVITIES

	2022 Education £	2021 Total activities £
Education	54,760	41,925
Other education income	–	13,782
	54,760	55,707

Notes to the Financial Statements continued

4. CHARITABLE ACTIVITIES COSTS

Direct costs (see note 5)
£

Clinic	321,608
Education	48,204
	369,812

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022 £	2021 £
Staff costs	190,661	177,398
Rent and rates	40,964	38,489
Insurance	5,216	4,647
Telephone expenses	4,151	8,862
Postage and stationery	6,311	3,662
Sundries	7,258	5,250
Travel expenses	2,145	891
Computer maintenance	21,936	20,218
HR outsource expenses	5,838	3,066
Clinic consultants	28,175	30,258
Bank charges and interest	4,429	4,274
Recruitment cost	9,369	4,206
Agency staff cost	1,681	12,626
Examiner's fees	4,000	4,000
Education clinic tutor	33,393	18,260
Administration consultancy fee	–	7,920
London clinic expenses	4,285	1,889
Depreciation	–	4,372
	369,812	350,288

6. NET INCOME/(EXPENDITURE)

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

	2022 £	2021 £
Depreciation – owned assets	–	4,372

7. TRUSTEES' REMUNERATION AND BENEFITS

None of the Trustees (or any connected person with them) received any remuneration during the year.

Trustees' expenses

There were no Trustees' expenses paid for the year ended 31st October 2022 nor for the year ended 31st October 2021.

Notes to the Financial Statements continued

8. STAFF COSTS

	2022 £	2021 £
Wages and salaries	139,191	125,415
Social security costs	7,653	7,695
Other pension costs	43,817	44,288
	190,661	177,398

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

	2022	2021
London clinic	6	6
Education – FTE	1	2
	7	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 2021	126,209	27,094	94,458	247,761
Disposals	(126,209)	–	–	(126,209)
At 31st October 2022	–	27,094	94,458	121,552
Depreciation				
At 1st November 2021	126,208	27,094	94,458	247,760
Charge written back	(126,208)	–	–	(126,208)
At 31st October 2022	–	27,094	94,458	121,552
Net book value				
At 31st October 2022	–	–	–	–
At 31st October 2021	1	–	–	1

Notes to the Financial Statements continued

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Accrued income	6,628	3,246

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	202 £	2021 £
Trade creditors	5,540	4,628
Student fees	49,400	33,879
Accruals	19,400	4,000
Accruals and deferred income	50,000	50,000
	124,340	92,507

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets	-	-	-	1
Current assets	344,446	-	344,446	299,831
Current liabilities	(124,340)	-	(124,340)	(92,507)
	220,106	-	220,106	207,325

13. MOVEMENT IN FUNDS

	At 1.11.21 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	207,325	12,781	220,106
TOTAL FUNDS	207,325	12,781	220,106

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	382,593	(369,812)	12,781
TOTAL FUNDS	382,593	(369,812)	12,781

Notes to the Financial Statements continued

13. MOVEMENT IN FUNDS (continued)

Comparatives for 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

Comparative 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

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

	At 1.11.20 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	205,784	14,322	220,106
TOTAL FUNDS	205,784	14,322	220,106

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	734,422	(720,100)	14,322
TOTAL FUNDS	734,422	(720,100)	14,322

Notes to the Financial Statements continued

14. RELATED PARTY DISCLOSURES

Total highest paid remuneration to any employees who falls within the scope of those considered to be related party during the year was £70k (2021 – £80k).

15. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income for the reporting period (as per the Statement of financial activities)	12,781	1,541
Adjustments for:		
Depreciation charges	–	4,372
Disposal at nil value	(126,208)	–
(Increase)/decrease in debtors	(3,382)	4,335
Increase in creditors	31,833	60,557
Net cash (used in)/provided by operations	(84,976)	70,805

16. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.11.21 £	Cash flow in funds £	At 31.10.22 £
Net cash			
Cash at bank and in hand	296,585	41,233	337,818
	296,585	41,233	337,818
TOTAL FUNDS	296,585	41,233	337,818

Reference and Administrative Details

Trustees

J M Lyras

S B P Korth

D E Barber MBE

E C Foinette

M Lyras

P Ferrall – resigned 27/3/2022

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

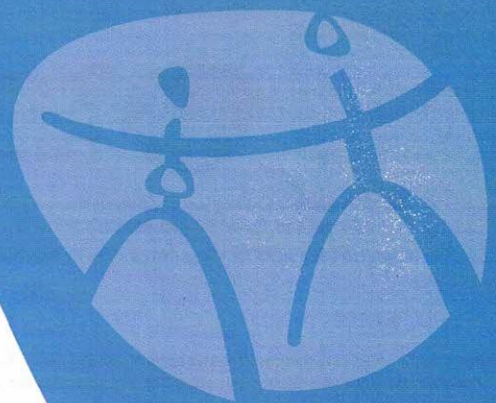
Bankers

Co-operative Bank Plc

80 Cornhill
London EC3V 3NJ

Clydesdale Bank

55 Regents Street
London SW1Y 4ND



Foundation
for Paediatric
Osteopathy



Osteopathic
Centre for
Children

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.