



Foundation for Paediatric Osteopathy

Publicly known as The Osteopathic Centre for Children (Registered Charity No: 1003934)

Report of trustees and annual accounts 2022/23

About the Foundation for Paediatric Osteopathy

The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

Our mission is to:

- Provide excellent osteopathic care for children and perinatal women
- Train skilled and knowledgeable paediatric osteopaths
- Research osteopathy for children
- Use osteopathic techniques to restore, maintain and support wellbeing for a lifetime, regardless of a family's ability to pay.

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 and paediatric osteopathy is a respected option in promoting and managing childhood health, trusted by families and medical professionals.

The Foundation for Paediatric Osteopathy is a specialist osteopathy charity that makes osteopathy an option for all children and families. The Osteopathic Centre for Children is the name of our dedicated paediatric clinic.

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Message from the Director of Osteopathy



This year, 2022 - 2023, has seen overall progress in the working of the Osteopathic Centre for Children. The challenges of the previous two years, in particular the effect the Covid pandemic had on the organisation, are slowly being left behind.

Thanks to the commitment of the consultants and senior osteopaths, the education course is now back on track to deliver the full Diploma course which is seen as the international gold standard in post-graduate training in paediatric osteopathy. Great credit is also due to our loyal administrative staff whose work and dedication has enabled the organisation to continue to grow and flourish.

Our three clinics continue to provide excellent care for babies, children and postpartum mothers. Although much of our work is with newborn babies and their mothers, we are experiencing a welcome increase in the number of older children whose parents are seeking help with a wide variety of health problems.

Financially, we are secure and expect the organisation to continue operating successfully for the foreseeable future. In fact, signs suggest that we are at the beginning of a new period of growth as an organisation.

Stuart Korth (DO DPO FICO)
Trustee/Director of Osteopathy

What our patients say



‘Oliver was diagnosed with ADHD. After coming here for treatment, he is very calm. He listens more instead of getting upset. The treatment has improved his fidgeting at school. He’s much more focused. They’re very nice people here. They advise and support us a lot!’

Darius & Oliver, 7 years old



‘We came in because Lamin has growing pains. We have noticed a big difference since starting treatment. His aches and pains have stopped. The treatment is working. Lamin is the one who requested to come back and now they’re working on his lower body.’

Ola & Lamin, 16 years old



‘The treatment has been amazing. I really can’t fault them. I came in for back pain, lower back pain, and because my posture has been bad after birth.’

Chandra



‘We came here as Albert has tongue tie and tension in his face and body. I have definitely noticed a difference since starting the treatment. Before he was rigid, but now he can move his arms a lot more. He’s like a different baby now.’

Kelly & Albert, 5 months old

Trustees' report

Structure and governance

The Foundation for Paediatric Osteopathy is an independent charitable company limited by guarantee. The Osteopathic Centre for Children is the name of the organisation's paediatric clinic.

The Foundation for Paediatric Osteopathy is governed by a Board of 6 Trustees. The board meets quarterly and Trustees have responsibility for the overall strategy and direction of The Foundation for Paediatric Osteopathy, and for financial and risk management.

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

Objects of the Foundation for Paediatric Osteopathy

- 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

Objectives and activities for 2022/23

The following objectives were set for the Foundation for Paediatric Osteopathy in 2022/23:

1. To offer specialist osteopathic treatment regardless of the family's ability to donate
2. Continue operating a pop-up clinic model throughout London
3. Increase our footfall in the clinics
4. Review our growth model post pandemic
5. Running and developing the education training courses
6. Train graduate osteopaths to an excellent clinical standard in paediatrics
7. Continue to breakeven and rebuild our cash reserve
8. Promote public awareness of osteopathy

 *Osteopathic consultation*



Our key workstreams



Our achievements

The aim of the charity for 2022–2023 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, who have donated their time and support to keep the charity's doors open. We thank you all.

The Director of Osteopathy has donated over 320 hours of his time to the charity in an admin/teaching capacity which would otherwise be a paid role.

The eight Volunteer Osteopaths have donated over 1,500 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 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 £477k and expenditure is £463k (previous year £382k and £370K respectively).

During the last year we have started to remodel the organisation. Our main focus has been on growth, increasing patient footfall, marketing, fundraising and paving the way to re-institute and redevelop the gold standard diploma course.

14%

increase in patient footfall

21%

increase in treatment sessions carried out

16.5%

increase in course applications. The re-launch of our Gold standard course - Diploma in Paediatric Osteopathy and the continuation of CPO course resulted in an increase in course applications.

11

Continuous Professional Development Days

20%

growth in income raised

10%

increase in Fundraising income

£233k

Cash Reserve balance



📷 *Shmuel receiving treatment*



Shmuel

Shmuel is 4-months old. He has many medical issues that medical professionals haven't been able to identify the cause of yet. 'He is a bit of a mystery... He has breathing and feeding difficulties. [Other professionals have] done lots of investigations but they still don't know what's wrong,' his mother, Malka, says.

In addition to his breathing and feeding difficulties, he carries tension in his body. 'He is stiff. He doesn't like turning his head. He's not growing as he should be.'

Malka sought out our help to relieve his pain. 'The osteopaths work on loosening his chest to help with his breathing. They help to loosen him up so his movement is better. After the treatment, he's calmer and happier.'

1. Clinic - offering free specialist osteopathic treatment

1.1 Clinic reach

The charity has continued to support families that needed osteopathic care. The charity ran 3 teaching days per week (previously 2.5 days) in Camden, Wandsworth and Hackney. The clinic was staffed with 24 osteopaths (20 FTE post-graduates and 4 FTE volunteer osteopaths) over 3 days per week.

We were able to provide treatment to 2,406 patients (prev. 2,077) and carried out 10,489 (pre. 8,284) treatment sessions. In each borough in which we operate, we carried out the following number of treatment sessions:

- Wandsworth – 3,810 treatment sessions
- Hackney – 3,220 treatment sessions
- Camden – 3,359 treatment sessions

We have seen an increase of 14% in footfall and 21% in treatment sessions carried out. The clinic operated at 84% of its capacity. We had 1,961 new patients and 445 follow up patients.

2,406

babies, children and perinatal women received treatment, regardless of their ability to donate

10,489

treatment sessions were carried out to help disadvantaged babies, children and perinatal women in need of care in London




Laura

Laura was born extremely prematurely at 25 weeks gestation, weighing just 618g. She had septicaemia, was intubated, and fitted with an arterial line. Laura spent 208 days in the neonatal unit and was oxygen dependent at discharge.

Laura was referred to our clinics where she received treatment for trauma, left head turn preference, feeding problems and underdeveloped lungs. 'I was holding her during the treatment, and I could feel the change in her. The tension left her body. After, she was instantly babbling, smiling and giggling,' her mother, Katrina, told us.

Laura has severe gastro-oesophageal reflux disease and is predominantly tube fed. 'After a treatment session about 7 weeks ago – when they started working on Laura's feeding – she has not heaved out a single feeding tube out her nose,' says Katrina.

 *Laura receiving osteopathic treatment*

1.2 Clinic donations

Our patients are not charged for their appointments as this is our main charitable activity. However, we ask our patients for donations to help the charity to provide osteopathy to families from lower-income backgrounds.

The increased cost of living and other factors have affected the donations raised. The average clinic donation has decreased by 9% to £21. In addition, in 9% (or 844) of our treatment sessions carried out, our patients were not able to donate anything toward their treatment cost.

We will continue to monitor this and are applying to charitable trusts for more funding to support patients who are unable to donate towards the cost of treatment.

Although the average clinic donation has decreased, our total donations and Gift Aid increased by 12% to £272k (prev. £239k) as we were able to carry out more treatment sessions than previously.

Level of donations

- 9% of patients donated (£0) (prev. 6%)
- 21% of patients donated from £1 - £10 (prev. 17%)
- 26% of patients donated from £11-£20 (prev. 28%)
- 12.5% of patients donated from £21-£30 (prev. 14%)
- 0.5% of patients donated from £31-£39 (prev. 1%)
- 20% of patients donated £40 (prev. 23%)
- 11% of patients donated from £41 or more (prev. 11%).

It costs the organisation £90 to provide a one-hour new patient assessment, treatment and evaluation, and £45 for a 30 minute follow-up appointment. This year, 69% of our patients were unable to donate £40 per session.

The organisation has applied to various Trusts and Foundations to make up the shortfall in treatment costs and will make fundraising its priority for 2024.

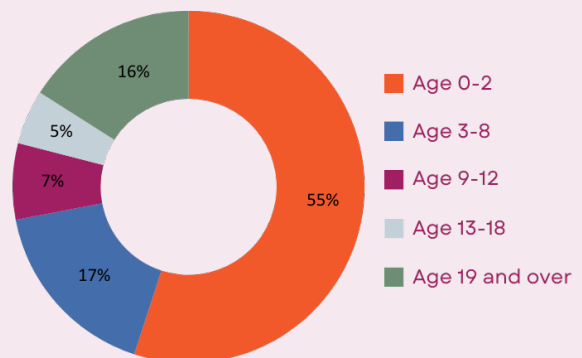
1.3 Patient analysis

This year, the majority of our patients were young children, with 55% of our patients being under 2 years old. Our treatment sessions were predominantly filled with children in need of treatment. 85% of consultations and treatment sessions were made up of children and the remaining 15% treatment sessions were made up of pregnant and postnatal patients.

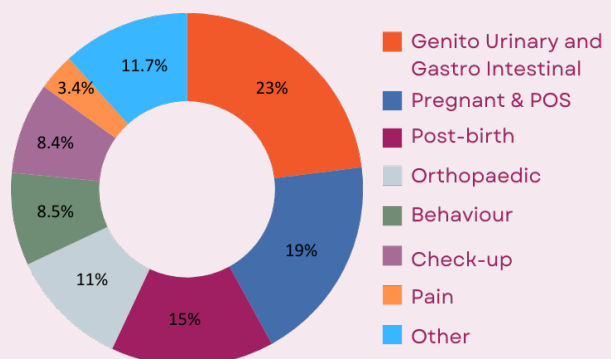
We saw patients with a wide range of conditions. Children coming in for treatment most frequently presented with gastrointestinal, genitourinary, orthopaedic or behavioural concerns.

- 23% of our patients presented cases in genitourinary and gastrointestinal condition
- 19% of patients were treated for a post-birth condition

AGE ANALYSIS FOR 2022 -2023



DIAGNOSIS ANALYSIS FOR 2022 -2023





📷 Greta regularly receives osteopathic treatment

1.4 Clinic referrals

During the year, over 26% 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. This indicates a growing confidence from the established medical community in our ability to help improve the day-to-day lives of young patients.

Word of mouth remains the channel through which most of our patients hear about our clinic – another indication that our work is highly regarded by the families we work with. This year, our referrals are as follows:

- 48% friends and family
- 26% healthcare
- 6% media
- 20% by other means.

Greta

Greta, now age 9, has been coming to our clinic since she was 6 days old.

She last visited our clinic after her grandfather passed away. Her mother, Nicola, told us, 'we had a sudden bereavement in the family and Greta took it hard. She wasn't showing how she was feeling...There was a lot of rage. Greta holds her emotions deep inside her body. This is the only thing that helps.'

For patients like Greta, osteopathy can help with the physical effects of grief and anger on the body.

2. Education – training graduate osteopaths to an excellent clinical standard

2.1 Post-graduate training

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

- 17 osteopaths completed the Certificate in Paediatric Osteopathy (CPO) course at the end of 2023
- 12 have enrolled on the Diploma in Paediatric Osteopathy (DPO) course for 2023-24
- 12 have enrolled on the Certificate in Paediatric Osteopathy (CPO) course for 2023-24

2.2 Continuous professional development

We had 11 days of Continuous Professional Development (CPD) courses this year (previously 12). This 9% decrease in course offerings 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.

287

Diplomas in Paediatric Osteopathy/MSc awarded to date (1991–2022)

17

Certificates in Paediatric Osteopathy (CPO) have been awarded to date (October 2023)

31

Awards in Paediatric Osteopathy (APO) have been awarded to date (October 2022)

86

osteopaths attended 11 Continuous Professional Development (CPD) courses held in 2023

12

new osteopaths began their 1-year Certificate in Paediatric Osteopathy (CPO) course in November 2023–October 2024

3. Fundraising & Marketing

Despite the organisation not having a member of staff dedicated to fundraising for a large proportion of the year, we increased our fundraising income by 10%. We applied to funders who have supported the charity in the past and raised £97k.

As the organisation has lost contact with a lot of funders, our priority going forward will be to re-engage with previous funders and identify new funding opportunities, primarily through trusts and foundations. Through recruiting fundraising staff, we aim to explore more funding options going forward.

Our new Marketing and Communications Manager, who joined the organisation in the second half of the year, is working on increasing the organisation's visibility, promoting paediatric osteopathy and our charity's vision, and increasing patient footfall. Next year, through targeted marketing campaigns we aim to increase patient footfall by 20%.

10%

The organisation's Fundraising income increased by 10%

£97k

We raised £97k to support disadvantaged babies, children and perinatal women in London

14%

This year, patient footfall increased by 14%

📷 *One of our osteopaths treating her patient*



4. Finance

4.1 How we raised our money

The charity has four sources of income – Clinic donations, Gift Aid, Fundraising and Education.

A large proportion of our income (48%) comes from clinic donations. Although our patients are not charged for their appointments, as this is our main charitable activity, we ask for donations to help the charity continue to provide osteopathy to families from lower-income backgrounds.

In the absence of a fundraising staff, basic fundraising activity was carried out by the charity staff. The extra income raised through fundraising has helped the charity to remain open and to support families that need osteopathic treatment.

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 as well as the continued generosity of charitable trusts, companies and individuals, without which the Foundation would be unable to operate.

4.2 Objectives achieved

After a few difficult years, the charity has started to grow and we are moving in a positive direction post-pandemic. The charity's main focus for 2022-23 was on organisational growth. This was achieved through increasing clinic footfall, increased treatment sessions, redeveloping the paediatric course which increased our intake for the year, and increasing our annual income.

We're pleased to say that the organisation broke even financially. Our annual income increased by 20% to £477k and our expenditure decreased to £463k. Our cash reserve is £233k which is within the charity commission's guideline of six months of expenditure.

Through operating a pop-up clinic model, renting clinics in community centres, shared admin office space and hybrid working we have been able to keep costs low. Clinic donations have provided the charity with a steady flow of income. However, the increased cost of living has negatively affected our patient's ability to donate resulting in a reduction in the average donation received in clinic. Despite this, we continue to encourage our patients to attend their appointments, and never turn away families requiring treatment who cannot afford to donate.

With the support of 4 FTE Volunteers and 20 CPO, we were able to carry on clinic activities and treat families who could not otherwise afford private osteopathic care. With a new experience senior staff member overseeing the marketing and fundraising department, we will be able to increase advertising, explore more funding options and receive more patient referrals to our clinic thus increase our patient footfall further next year.

Our education department was able to increase the intake on our paediatric course and continued to provide continuous professional development courses to train osteopaths to an excellent clinical standard in paediatrics.

The charity is in a transition period, and we continue to review our growth model post-pandemic. In this period, the organisation is focused on strategic planning and creating a new business plan. In the long term, we plan to set up a new working model which will generate alternative income for the charity.

 *Keeping our young patient entertained during her treatment*



Strategic Plan for 2023-2024

Charitable objectives

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

Organisational growth

Based on the charity's objectives, for 2023-24 our main focus will continue to be on organisational growth. The aim and objective is to further increase the three of its four charitable objectives.

This will be achieved through:

1. Increasing clinic footfall through advertising
2. Increasing treatment sessions offering by having more osteopaths in clinic
3. Further developing our paediatric courses
4. Further increasing our Trust income stream
5. Creating more awareness of OCC and paediatric osteopathy

The clinics need a constant flow of new patients as, on average, a patient's course of treatment lasts for four sessions. With new staff members overseeing the marketing and fundraising department we will be able to explore more funding options. We aim to reach more patients through targeted advertising campaigns.

Targeted outcome for 2023-2024 is to further increase our offerings back to pre-pandemic levels. We are hoping to see a:

25%

increase in overall income raised

20%

increase in treatment session capacity to 13,000

20%

increase in patient's footfall to around 3,000

16%

increase in CPD,CPO and DPO paediatric course applicants

100%

increase in Fundraising income expected

Clinic

We will continue running three clinic days from three different London locations (SW19, N1 and W1T). We are aiming to make it easier for patients from various locations to reach our clinics.

With 29 treating osteopaths, we will be able to offer 13,000 treatment sessions (prev. used 10,489).

Barnet hospital

The charity will continue to maintain an osteopath in Barnet Hospital one day per week. The CPO/DPO osteopaths will be offered the opportunity to visit Barnet hospital.

Education

The course has 24 trainee osteopaths starting from November 2023. The Education Development group will continue to work on the course content for the CPO/DPO Diploma and reviewing the CPD offering as an extra source of income for the charity. Continued Professional Development courses (CPD). The charity will continue to expand its CPD courses.

Marketing 2023-2024

We will continue to build on the growth of the charity with hope of running more clinic days in 2024-25. A big push in marketing is planned to get the word out there about our clinics, our patients and what kind of conditions we treat. Due to ASA restrictions, we are unable to clearly say which conditions we treat via digital channels. We will therefore work within these restrictions to promote the organisation online and are planning on rebuilding our existing website in order to make it more accessible to patients and the general public. In addition to this, we will utilise offline channels to promote our work.

Budget proposal 2023-24

The total income to be raised is around £626k. The total annual expenditure is £602k, leaving a small surplus. Our income and expenditure will be 25% more than 2022-2023 but we should continue to breakeven and build up more cash reserve.

The charity's challenges

1. The clinic footfall is still 17% lower than in 2019 (pre-pandemic our treatment sessions totalled 12,196). The pandemic and the increase in cost of living has greatly affected our income and charity's objective.

2. Two-year Diploma in Paediatric Osteopathy (DPO) Course was suspended until November 2023. This is currently being reviewed.
3. The charity's cash reserve of £233k is at its six month point, it still needs to be increased further due to the nature of the charity.
4. Due to Advertising Standards Authority's restrictions (ASA), the charity is not able to clearly speak about the conditions treated. This is due to the lack of research in the profession.

Reserves

At the end of October 2023, the overall reserve stood at £233k unrestricted and is available to finance the charitable objective. This represents around 6 months of operating expenditure. This 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 2023 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 2022–23 staff were given the standard pay rise of 3%. The Managing Director has foregone a salary increase. All salaries were benchmarked against similar charities in 2022–23 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.

 *Our open-plan, warm and friendly clinics create a relaxed atmosphere that's reassuring for children*



Reference and administrative details

Registered Company Number:	02545759 (England and Wales)
Registered Charity Number:	1003934
Registered office:	Canopi Building 7-14 Great Dover Street London, SE1 4YR
Board of Trustees:	D E Barber MBE E C Foinette S B P Korth J M Lyras M Lyras N D Woodhead (appointed 15.3.23)
Company Secretary	S S Pusey
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

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.

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

22-2-2024

and signed on the board's behalf by:



J M Lyras

 *Albert feeling relaxed and happy during his treatment*



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 2023.

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 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:..... 26/02/2024

Statement of Financial Activities for the year ended 31 October 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	370,189	-	370,189	327,833
Charitable activities					
Education	3	<u>107,216</u>	<u>-</u>	<u>107,216</u>	<u>54,760</u>
Total		<u>477,405</u>	<u>-</u>	<u>477,405</u>	<u>382,593</u>
EXPENDITURE ON					
Charitable activities					
Clinic	4	353,650	-	353,650	321,608
Education		<u>109,916</u>	<u>-</u>	<u>109,916</u>	<u>48,204</u>
Total		<u>463,566</u>	<u>-</u>	<u>463,566</u>	<u>369,812</u>
NET INCOME		13,839	-	13,839	12,781
RECONCILIATION OF FUNDS					
Total funds brought forward		220,106	-	220,106	207,325
TOTAL FUNDS CARRIED FORWARD		<u>233,945</u>	<u>-</u>	<u>233,945</u>	<u>220,106</u>

Statement of Financial Position
31 October 2023

	Notes	2023 £	2022 £
CURRENT ASSETS			
Debtors	9	6,280	6,628
Cash at bank and in hand		<u>366,786</u>	<u>337,818</u>
		373,066	344,446
CREDITORS			
Amounts falling due within one year	10	(139,121)	(124,340)
		<u>233,945</u>	<u>220,106</u>
NET CURRENT ASSETS			
		233,945	220,106
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>233,945</u>	<u>220,106</u>
NET ASSETS			
		<u>233,945</u>	<u>220,106</u>
FUNDS			
	12		
Unrestricted funds:			
General fund		<u>233,945</u>	<u>220,106</u>
TOTAL FUNDS			
		<u>233,945</u>	<u>220,106</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) 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

22-2-2024.....

and were signed on its behalf by:

.....
S B P Korth - Trustee

Statement of Cash Flows
31 October 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	14	<u>28,968</u>	<u>(84,976)</u>
Net cash provided by/(used in) operating activities		<u>28,968</u>	<u>(84,976)</u>
		373,066	344,446
Cash flows from investing activities			
Sale of tangible fixed assets		<u>-</u>	<u>126,209</u>
Net cash provided by investing activities		<u>-</u>	<u>126,209</u>
		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period			
		28,968	41,233
Cash and cash equivalents at the beginning of the reporting period			
		<u>337,818</u>	<u>296,585</u>
Cash and cash equivalents at the end of the reporting period			
		<u><u>366,786</u></u>	<u><u>337,818</u></u>

Notes to the financial statements for the year ended 31st October 2023

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.

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.

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 £	2023 Total funds £	2022 Total funds £
Donations	221,884	-	221,884	191,818
Gift aid	43,002	-	43,002	47,630
Trust income	92,322	-	92,322	65,000
Sundry income	8,691	-	8,691	1,805
Individual giving	<u>4,290</u>	<u>-</u>	<u>4,290</u>	<u>21,580</u>
	<u>370,189</u>	<u>-</u>	<u>370,189</u>	<u>327,833</u>

3. Income from charitable activities

	2023 Education £	2022 Total activities £
Education	<u>107,216</u>	<u>54,760</u>

4. Charitable activities costs

	Direct Costs (see note 5) £
Clinic	353,650
Education	<u>109,916</u>
	<u>463,566</u>

5. Direct costs of charitable activities

	2023	2022
	£	£
Staff costs	233,279	190,661
Rent and rates	58,259	40,964
Insurance	5,390	5,216
Telephone expenses	5,887	4,151
Postage and stationary	9,268	6,311
Sundries	1,622	7,258
Travel expenses	-	2,145
Computer maintenance	20,373	21,936
HR outsource expenses	2,872	5,838
Clinic consultants	36,288	28,175
Bank charges and interest	4,714	4,429
Recruitment cost	5,920	9,369
Agency staff cost	1,318	1,681
Examiner's fees	4,000	4,000
Staff training and subscription	801	-
Education clinic tutor	60,296	33,393
Education general expenses	5,140	-
London clinic expenses	3,139	4,285
Marketing and publicity cost	<u>5,000</u>	<u>-</u>
	<u>463,566</u>	<u>369,812</u>

6. 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 2023 nor for the year ended 31st October 2022.

7. Staff costs

	2023	2022
	£	£
Wages and salaries	178,563	139,191
Social security costs	10,557	7,653
Other pension costs	<u>44,159</u>	<u>43,817</u>
	<u><u>233,279</u></u>	<u><u>190,661</u></u>

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

	2023	2022
London clinic	10	8
Education - FTE	1	1
Marketing and fundraising	<u>2</u>	<u>-</u>
	<u><u>13</u></u>	<u><u>9</u></u>

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

8. Tangible fixed assets

	Fictures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2022 and 31st October 2023	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
DEPRECIATION			
At November 2022 and 31st October 2023	<u>27,094</u>	<u>94,458</u>	<u>121,552</u>
NET BOOK VALUE			
At 31st October 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31st October 2022	<u>-</u>	<u>-</u>	<u>-</u>

9. Debtors: amounts falling due within one year

	2023 £	2022 £
Accrued income	<u>6,280</u>	<u>6,628</u>

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	1,600	5,540
Student fees	72,577	49,400
Accruals	14,944	19,400
Accruals and deferred income	<u>50,000</u>	<u>50,000</u>
	<u>139,121</u>	<u>124,340</u>

11. Analysis of net assets between funds

	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
Current assets	373,066	-	373,066	344,446
Current liabilities	<u>(139,121)</u>	<u>-</u>	<u>(139,121)</u>	<u>(124,340)</u>
	<u>233,945</u>	<u>-</u>	<u>233,945</u>	<u>220,106</u>

12. Movement in funds

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	220,106	13,839	233,945
TOTAL FUNDS	<u>220,106</u>	<u>13,839</u>	<u>233,945</u>

12. Movement in funds - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	477,405	(463,566)	13,839
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>477,405</u>	<u>(463,566)</u>	<u>13,839</u>

Comparatives for 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
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>207,325</u>	<u>12,781</u>	<u>220,106</u>

Comparative 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
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>382,593</u>	<u>(369,812)</u>	<u>12,781</u>

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

	At 1.11.21 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	207,325	26,620	233,945
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>207,325</u>	<u>26,620</u>	<u>233,945</u>

12. Movement in funds - continued

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	859,998	(833,378)	26,620
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>859,998</u>	<u>(833,378)</u>	<u>26,620</u>

13. Related party disclosures

Related party transactions for the year ended 31st October 2023 are as follows:

The MD of the charity was paid remuneration including employer NI, Pension and other overtime expenses totalling £79k (2022- £70k) and Nicholas D. Woodhead was paid £900 for teaching services rendered.

14. Reconciliation of net income to net cash flow from operating activities

	2023 £	2022 £
Net income for the reporting period (as per the Statement of financial activities)	13,839	12,781
Adjustments for:	-	(126,208)
Decrease/(increase) in debtors	348	(3,382)
Increase in creditors	<u>14,781</u>	<u>31,833</u>
Net cash provided by/(used in) operations	<u>28,968</u>	<u>(84,976)</u>

15. Analysis of changes in net funds

	At 1.11.22 £	Cash flow £	At 31.10.23 £
Net cash			
Cash at bank and in hand	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>
	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>
Total	<u>337,818</u>	<u>28,968</u>	<u>366,786</u>

Thank you

The Foundation for Paediatric Osteopathy would like to thank the following trusts, foundations, and donors for their support:

Coutts Charitable Trust

Carmona Chaitable Trust

Sandra Charitable Trust

Gerald Micklem Charitable Trust

PF Charitable Trust

Unity Onlus - SK

The William Allen Trust/Young Charitable Trust

Squire Patton Bogg

We would also like to thank our team of osteopaths, administrative team, and the many individuals who supported our clinics in London.



📷 Archie playing during his treatment

📷 *Our open plan clinics allow our osteopaths to work together as a team when treating patients*

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The Foundation for Paediatric Osteopathy is a charity dedicated to making osteopathy an option for all children and families.

We're here to help babies, children, teenagers (up to 18), pregnant and post-natal women access specialist paediatric osteopathy, regardless of their ability to pay. We also train highly skilled osteopaths in the specialism of paediatrics and conduct research into the benefits of osteopathy.

The Foundation for Paediatric Osteopathy

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