

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
British Sleep Society

Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

British Sleep Society

Contents of the Financial Statements
for the Year Ended 31 March 2022

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 11
Detailed Statement of Financial Activities	12

British Sleep Society
Report of the Trustees
for the Year Ended 31 March 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The British Sleep Society was registered as a charity in 1991 and is governed by a trust deed.

The principal objects of the trust are:

To promote knowledge and research in sleep, its disorders and treatment.

In the furtherance of these objectives, but not further or otherwise, the powers of the charity are as set out in its constitution.

These objects have not changed since the last report.

The charity arranges meetings, lectures and seminars to carry out its objectives.

The trustees consider that these objectives comply with the duty in section 4 of the 2006 Charities Act to have regard to guidance published by the Charity Commission.

Public Benefit Statement

The charity's activities benefit the public by promoting knowledge and research in sleep. The trustees have considered that this complies with the Charity Commission guidance on public benefit.

British Sleep Society

Report of the Trustees for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

The financial position of the Trust is set out in the annexed accounts.

The British Sleep Society (BSS) continues to promote education and research into sleep and sleep disorders and to campaign on healthcare issues relating to sleep. It remains at the forefront of UK sleep science & medicine. The global Covid-19 pandemic continued during the 2021-2022 period, but the society has remained fully active during this time. In conjunction with Health Education England (HEE) and the Association of Respiratory Technologists and Physiologists (ARTP), the society has been developing a new series of workshops, with the first of these delivered in March 2022 and more upcoming from September 2022 onwards. The first workshop was virtual and exceptionally well attended. The next workshop will be hands-on at Imperial College, London, with further workshops combining face-to-face and virtual attendance. To assist with the development of these workshops, the BSS will hire its first directly-employed Research Fellow in 2022-2023, for an initial period of six months. This exciting new development marks a turning point for the society, expanding our capabilities and enabling a fuller programme of events. Aside from the workshops, this will also include highlights such as the 6th Clinical Update Sleep, to take place in February 2023.

The previous iteration of this last series - the 5th Clinical Update Sleep - was one of the events we ran in the past year. Other events included a continuation of our full-day webinar approach established the previous year, with one on Non-CPAP Therapy in OSA hosted in June 2021. Undoubtedly the highlight of our activity during the past year, however, was our biennial conference which took place in November 2021. In spite of having to hold this virtually due to the pandemic, this was our largest ever conference. A number of innovations were present for this conference, including the introduction of popular "fireside chats" with eminent sleep researchers from around the world, morning radio introductions by BSS officers, keynote talks by internationally renowned scholars, parallel sessions throughout the three days of the conference, and additional satellite symposia held by sponsors. All of this was hosted on the 3D Aircast virtual conference platform. In spite of being a virtual event, we had around 300 attendees and the success of the event has helped to push our membership numbers over 500 for the first time in the history of the society.

We will continue with our programme of activities in the coming financial year. We also remain committed to the collaboration with other bodies nationally and internationally. The BSS supplied a number of speakers to the last International Sleep Medicine Course (ISMC) which took place virtually in early 2021 and we will be hosting the next ISMC conference ourselves, which will take place in early 2023. We have also confirmed the associate membership of our members with the European Sleep Research Society, which provides them with some additional benefits such as access to their website and educational programmes. Our officers have worked with European colleagues to promote sleep health issues along with scientific, medical and technical training across the continent. The Society also continues to provide expert advice to the media, for public consumption on sleep health issues.

Leadership of the BSS in terms of the officers remains stable, with the President, Treasurer and Secretary unchanged from last year and expecting to continue in post into next year. The Executive Committee continues to function as the main decision-making body of the British Sleep Society and is ably assisted in this regard by Education, Research, Communication and BSDSM Subcommittees. The Executive Committee membership and the constitution governing the constituency of the EC can be seen on the society website at <https://www.sleepsociety.org.uk/>. No remuneration or other benefits have been paid or are payable to any trustee.

FINANCIAL REVIEW

Principal funding sources

The Charity is principally funded by the attendance at the Annual conference and meetings.

Reserves policy

The Trustees monitor the level of reserves to ensure it is sufficient to cover the overheads for a minimum 3 month period.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

In accordance with the constitution the committee is elected at the Annual General Meeting of the society. Election to the committee shall be for 3 years. One third of the committee shall retire annually but shall be eligible for re-election provided that no member shall serve for more than six consecutive years. The trustees during the year are listed on the information page.

British Sleep Society

Report of the Trustees
for the Year Ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The charity is governed by its members, with the management of the charity delegated to its executive committee, who meet not less than once a year.

Induction and training of new trustees

All new trustees undergo training in the legalities of running a charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1009880

Principal address

PO Box 247

Colne

Huntingdon

PE28 3UZ

Trustees

Professor J Steier President

Dr A Hare

Dr S Durrant

Independent Examiner

Wheeler & Co Ltd

Chartered Accountants

The Shrubbery

14 Church Street

Whitechurch

Hampshire

RG28 7AB

Executive Committee

Dr Simon Durrant - Treasurer

Dr Alanna Hare - Secretary

Dr Shruthi Konda

Megan Crawford

Alex Perkins

Nathan Howarth

Dr Jason Ellis

Matthew Reid

Rachel Pickersgill

Hui-Leng Tan

Amanda Sathyapala

Aditi Desai

Dr Anna Weighall

Lisa Artis

Michael Farquhar

Dr Po Fung Wong

Nicholas Budhram

Sakina Dastagir

Michelle Miller

British Sleep Society

Report of the Trustees
for the Year Ended 31 March 2022

Approved by order of the board of trustees on 07 October 2022 and signed on its behalf by:



.....
Professor J Steier - Trustee

Independent Examiner's Report to the Trustees of
British Sleep Society

Independent examiner's report to the trustees of British Sleep Society

I report to the charity trustees on my examination of the accounts of British Sleep Society (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Kevin Wheeler
Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

Date: 18-10-22

British Sleep Society

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		22,185	18,504
Charitable activities			
Conference		48,490	-
Other trading activities	2	400	2,000
Investment income	3	115	205
Total		<u>71,190</u>	<u>20,709</u>
EXPENDITURE ON			
Charitable activities			
Conference		9,750	1,224
Other		37,568	29,963
Total		<u>47,318</u>	<u>31,187</u>
NET INCOME/(EXPENDITURE)		23,872	(10,478)
RECONCILIATION OF FUNDS			
Total funds brought forward		130,369	140,847
TOTAL FUNDS CARRIED FORWARD		<u>154,241</u>	<u>130,369</u>

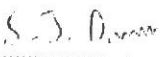
The notes form part of these financial statements


British Sleep Society

Balance Sheet
31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS			
Debtors	6	675	308
Cash at bank		156,274	137,761
		156,949	138,069
CREDITORS			
Amounts falling due within one year	7	(2,708)	(7,700)
NET CURRENT ASSETS		154,241	130,369
TOTAL ASSETS LESS CURRENT LIABILITIES		154,241	130,369
NET ASSETS		154,241	130,369
FUNDS	8		
Unrestricted funds		154,241	130,369
TOTAL FUNDS		154,241	130,369

The financial statements were approved by the Board of Trustees and authorised for issue on
.....07..October..2022..... and were signed on its behalf by:


.....
S Durrant - Trustee


.....
A Hare - Trustee

The notes form part of these financial statements

British Sleep Society

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 Charities Act 2011. 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.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Sponsorships	400	2,000

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	115	205

British Sleep Society

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	18,504
Other trading activities	2,000
Investment income	205
Total	<u>20,709</u>
EXPENDITURE ON	
Charitable activities	
Conference	1,224
Other	29,963
Total	<u>31,187</u>
NET INCOME/(EXPENDITURE)	<u>(10,478)</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	140,847
TOTAL FUNDS CARRIED FORWARD	<u><u>130,369</u></u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	675	308
	<u>675</u>	<u>308</u>

British Sleep Society

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	<u>2,708</u>	<u>7,700</u>

8. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	130,369	23,872	154,241
TOTAL FUNDS	<u>130,369</u>	<u>23,872</u>	<u>154,241</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	71,190	(47,318)	23,872
TOTAL FUNDS	<u>71,190</u>	<u>(47,318)</u>	<u>23,872</u>

Comparatives for movement in funds

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	140,847	(10,478)	130,369
TOTAL FUNDS	<u>140,847</u>	<u>(10,478)</u>	<u>130,369</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	20,709	(31,187)	(10,478)
TOTAL FUNDS	<u>20,709</u>	<u>(31,187)</u>	<u>(10,478)</u>

British Sleep Society

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	140,847	13,394	154,241
TOTAL FUNDS	<u>140,847</u>	<u>13,394</u>	<u>154,241</u>

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	91,899	(78,505)	13,394
TOTAL FUNDS	<u>91,899</u>	<u>(78,505)</u>	<u>13,394</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

British Sleep Society

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations		
Subscriptions	5	5
	22,180	18,499
	<hr/>	<hr/>
	22,185	18,504
Other trading activities		
Sponsorships	400	2,000
Investment income		
Deposit account interest	115	205
Charitable activities		
Conference Income	48,490	-
	<hr/>	<hr/>
Total incoming resources	71,190	20,709
EXPENDITURE		
Charitable activities		
Conference expenses	9,750	1,224
Support costs		
Management		
Insurance	99	127
Telephone	794	1,041
Postage and stationery	4	30
Advertising	295	-
Website costs	731	686
Subscriptions	673	861
Administration	32,340	25,154
	<hr/>	<hr/>
	34,936	27,899
Finance		
Bank charges	1,029	461
Information technology		
Repairs and renewals	720	720
Sundries	43	43
	<hr/>	<hr/>
	763	763
Governance costs		
Accountancy and legal fees	840	840
	<hr/>	<hr/>
Total resources expended	47,318	31,187
	<hr/>	<hr/>
Net income/(expenditure)	23,872	(10,478)
	<hr/>	<hr/>

This page does not form part of the statutory financial statements