

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
BRITISH SLEEP SOCIETY

Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

BRITISH SLEEP SOCIETY

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for the year ended 31 MARCH 2023

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BRITISH SLEEP SOCIETY

Report of the Trustees
for the year ended 31 MARCH 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. 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 objectives 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.

The objectives 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 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

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

During the 2022-2023 financial year, the British Sleep Society (BSS) has continued its mission to provide leadership in the field of sleep within the UK, focusing on education, research and communication.

Perhaps most significant of all the developments during this year has been the contract awarded by Health Education England (HEE) to the British Sleep Society for the provision of sleep education to different parts of the NHS workforce. This exciting development includes a series of thirteen webinars - to start later in 2023 - and provision of six short courses (one day each), covering a range of topics in sleep medicine. The first three of these have already been successfully carried out, focusing on polygraphy, introductory polysomnography and more advanced polysomnography and have mixed virtual and face-to-face delivery. The workshops have been very well received, with attendance exceeding 250 for one of them, far in excess of expectations. Further workshops will run during the next year.

The HEE funding has enabled the BSS to employ its first Transformation Fellow - the first person ever directly employed by the society. This will happen in the summer of 2023, for an initial period of one year, and will require substantial changes to the structure of the society. Work is ongoing to develop employment and payroll support and reform the society as an unincorporated charitable association, which is expected to happen later this year if agreed at the next AGM.

In addition to the work with HEE, the society has continued with its many other activities. This year that has included a joint webinar with the OSA Alliance and symposia at the 6th Clinical Update Sleep, with further similar activities planned including a joint symposium with the British Society of Dental Sleep Medicine at the Royal Society of Medicine.

Every third year, the International Sleep Medicine Course (ISMC) is hosted by the BSS, and that occurred this year. This event was held over four days in Cardiff in March 2023, and was very successful. It was well attended and supported by both delegates and sponsors and organization and delegates gave very positive feedback afterwards. The BSS looks forward to hosting it again in three years' time and to contributing to the course while it is hosted by our Belgian and Dutch colleagues in the intervening years

This year has also seen the beginning of preparation for the our biennial conference, which will take place in October 2023 in Leeds. The programme has already been substantially developed and the organizing committee has already been talking to potential speakers and industry sponsors about their participation. It is expected to be the largest BSS conference to date.

Leadership of the BSS in terms of the officers remain 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 subcommittees. The BSS remains ably supported in all areas of our activity by Executive Business Support, who are contracted to provide us with event, administrative and financial management support.

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 period of 3 months.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

BRITISH SLEEP SOCIETY

Report of the Trustees
for the year ended 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

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.

Organisational structure

The charity is governed by its members, with 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

C/O Executive Business Support (EBS)
City Whard, Davidson Road
Lichfield
Staffordshire
WS14 9DZ

Trustees

Dr J Steier
Dr A Hare
Dr S Durrant

Independent Examiner

Carl Elsby
Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

BRITISH SLEEP SOCIETY

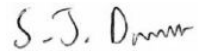
Report of the Trustees
for the year ended 31 MARCH 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Executive Committee

Professor Joerg Steier - President
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

Approved by order of the board of trustees on29/10/2023..... and signed on its behalf by:



.....
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 2023.

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

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 Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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.



Carl Elsby

Elsby & Co
Thistledown Barn
Holcot Lane
Sywell
Northampton
Northamptonshire
NN6 0BG

Date: 24/10/2023.....

BRITISH SLEEP SOCIETY**Statement of Financial Activities
for the year ended 31 MARCH 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	21,515	-	21,515	22,185
Charitable activities					
Charitable activities	5	61,345	430,000	491,345	48,490
Other trading activities	3	950	-	950	400
Investment income	4	157	-	157	115
Total		<u>83,967</u>	<u>430,000</u>	<u>513,967</u>	<u>71,190</u>
EXPENDITURE ON					
Charitable activities					
Charitable activities	6	81,358	-	81,358	47,318
NET INCOME		2,609	430,000	432,609	23,872
RECONCILIATION OF FUNDS					
Total funds brought forward		154,241	-	154,241	130,369
TOTAL FUNDS CARRIED FORWARD		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>

The notes form part of these financial statements

BRITISH SLEEP SOCIETY

Balance Sheet
31 MARCH 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Debtors	10	1,825	-	1,825	675
Cash at bank		193,121	430,000	623,121	156,273
		<u>194,946</u>	<u>430,000</u>	<u>624,946</u>	<u>156,948</u>
CREDITORS					
Amounts falling due within one year	11	(38,096)	-	(38,096)	(2,707)
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
NET CURRENT ASSETS					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
NET ASSETS					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
FUNDS					
	12				
Unrestricted funds				156,850	154,241
Restricted funds				430,000	-
				<u>586,850</u>	<u>154,241</u>
TOTAL FUNDS					
				<u>586,850</u>	<u>154,241</u>

The financial statements were approved by the Board of Trustees and authorised for issue on29/10/2023.....and...were signed on its behalf by:

S.J. D...

.....
Trustee

BRITISH SLEEP SOCIETY

**Cash Flow Statement
for the year ended 31 MARCH 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	I	466,691	18,397
Net cash provided by operating activities		466,691	18,397
Cash flows from investing activities			
Interest received		157	115
Net cash provided by investing activities		157	115
Change in cash and cash equivalents in the reporting period		466,848	18,512
Cash and cash equivalents at the beginning of the reporting period		156,273	137,761
Cash and cash equivalents at the end of the reporting period		623,121	156,273

The notes form part of these financial statements

BRITISH SLEEP SOCIETY

Notes to the Cash Flow Statement
for the year ended 31 MARCH 2023

I. 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)	432,609	23,872
Adjustments for:		
Interest received	(157)	(115)
Increase in debtors	(1,150)	(367)
Increase/(decrease) in creditors	35,389	(4,993)
	<u>466,691</u>	<u>18,397</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
Net cash			
Cash at bank	156,273	466,848	623,121
	<u>156,273</u>	<u>466,848</u>	<u>623,121</u>
Total	<u>156,273</u>	<u>466,848</u>	<u>623,121</u>

The notes form part of these financial statements

BRITISH SLEEP SOCIETY

Notes to the Financial Statements **for the year ended 31 MARCH 2023**

I. 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. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	-	5
Subscriptions	21,515	22,180
	<u>21,515</u>	<u>22,185</u>

BRITISH SLEEP SOCIETY

**Notes to the Financial Statements - continued
for the year ended 31 MARCH 2023**

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Sponsorships	950	400
	<u> </u>	<u> </u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	157	115
	<u> </u>	<u> </u>

5. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022
	Activity	£	£
Conference income	Charitable activities	61,345	48,490
Grants	Charitable activities	430,000	-
		<u>491,345</u>	<u>48,490</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	36,195	45,163	81,358
	<u> </u>	<u> </u>	<u> </u>

7. SUPPORT COSTS

	Management	Finance	Information technology	Governance costs	Totals
	£	£	£	£	£
Charitable activities	40,471	1,302	758	2,632	45,163
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

BRITISH SLEEP SOCIETY

Notes to the Financial Statements - continued
for the year ended 31 MARCH 2023

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	22,185	-	22,185
Charitable activities			
Charitable activities	48,490	-	48,490
Other trading activities	400	-	400
Investment income	115	-	115
Total	<u>71,190</u>	<u>-</u>	<u>71,190</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	47,318	-	47,318
NET INCOME	23,872	-	23,872
RECONCILIATION OF FUNDS			
Total funds brought forward	130,369	-	130,369
TOTAL FUNDS CARRIED FORWARD	<u>154,241</u>	<u>-</u>	<u>154,241</u>

BRITISH SLEEP SOCIETY

**Notes to the Financial Statements - continued
for the year ended 31 MARCH 2023**

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	1,825	675
	<u> </u>	<u> </u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	36,428	2,707
Other creditors	1,668	-
	<u> </u>	<u> </u>
	<u>38,096</u>	<u>2,707</u>

12. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	154,241	2,609	156,850
Restricted funds			
Grant income	-	430,000	430,000
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>154,241</u>	<u>432,609</u>	<u>586,850</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	83,967	(81,358)	2,609
Restricted funds			
Grant income	430,000	-	430,000
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>513,967</u>	<u>(81,358)</u>	<u>432,609</u>

BRITISH SLEEP SOCIETY

**Notes to the Financial Statements - continued
for the year ended 31 MARCH 2023**

12. MOVEMENT IN FUNDS - continued

Comparatives for 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>

Comparative 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>

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	130,369	26,481	156,850
Restricted funds			
Grant income	-	430,000	430,000
TOTAL FUNDS	<u>130,369</u>	<u>456,481</u>	<u>586,850</u>

BRITISH SLEEP SOCIETY

Notes to the Financial Statements - continued
for the year ended 31 MARCH 2023

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	155,157	(128,676)	26,481
Restricted funds			
Grant income	430,000	-	430,000
TOTAL FUNDS	<u>585,157</u>	<u>(128,676)</u>	<u>456,481</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

BRITISH SLEEP SOCIETY

Detailed Statement of Financial Activities
for the year ended 31 MARCH 2023

	2023	2022
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	5
Subscriptions	21,515	22,180
	<hr/>	<hr/>
	21,515	22,185
Other trading activities		
Sponsorships	950	400
Investment income		
Deposit account interest	157	115
Charitable activities		
Conference income	61,345	48,490
Grants	430,000	-
	<hr/>	<hr/>
	491,345	48,490
	<hr/>	<hr/>
Total incoming resources	513,967	71,190
 EXPENDITURE		
Charitable activities		
Conference expenses	36,195	9,750
Support costs		
Management		
Insurance	99	99
Telephone	368	794
Postage and stationery	214	4
Advertising	-	295
Website costs	696	731
Subscriptions	6,232	673
Administration	32,862	32,340
	<hr/>	<hr/>
	40,471	34,936
Finance		
Bank charges	1,302	1,029
Information technology		
Repairs and renewals	720	720
Carried forward	720	720

This page does not form part of the statutory financial statements

BRITISH SLEEP SOCIETY

Detailed Statement of Financial Activities
for the year ended 31 MARCH 2023

	2023	2022
	£	£
Information technology		
Brought forward	720	720
Sundries	38	43
	<hr/>	<hr/>
	758	763
Governance costs		
Accountancy and legal fees	2,632	840
	<hr/>	<hr/>
Total resources expended	81,358	47,318
	<hr/>	<hr/>
Net income	432,609	23,872
	<hr/> <hr/>	<hr/> <hr/>

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