

Okido Natural Health Education Trust CIO

Charity registration number: 326669

Trustees' Annual Report

for the period from 1 September 2022 to 31 August 2023

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The main objects of the CIO, as set out in its constitution, are to relieve and prevent the onset of physical and mental illness, handicaps and disablement by disseminating knowledge of, and encouraging the use of, healing techniques developed by, Dr Masahiro Oki.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	In furtherance of these objects the CIO runs workshops and provides educational information through its website.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the Charity Commission's guidance on public benefit when planning and running workshops and other activities to ensure that these are accessible to all.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The CIO ran two in-depth workshops in the autumn and spring, and a successful Okido Yoga community gathering took place in the summer. The CIO continued to deliver its educational activities on its website. The CIO identified a lack of educational materials regarding Okido Yoga, and decided to fill this gap by translating some of Masahiro Oki's books from Japanese to English. Hundreds of hours of volunteers' time were devoted to translating the first book. The CIO acknowledges the contributions of the following volunteers: Junko Furugori and Tomoko Mori for teaching in the autumn workshop 2022; Tomoko Mori for teaching in the spring workshop 2023; Tomoko Mori, Junko Furugori and Anna Mackenzie for running a summer social event 2023;

		Tomoko Mori, Junko Furugori and Hiroyuki Mori for long hours of translation; Michael Cullingworth for editing advice; Junko Furugori, Chisato Mochi and Tomoko Mori for modelling yoga postures; and Hiroyuki Mori for photography.
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income for the year was £701 (2021-22: £7,412) and after meeting running costs there was a surplus for the year of £210 (2021-22: deficit of £4,610). The trustees' policy is to maintain unrestricted reserves in the general funds, sufficient to meet unexpected operational costs and regulatory requirements. As at 31 August 2023, this equated to £16,823 (2021-22: £16,613) out of total funds of £18,013 (2021-22: £17,803). The trustees are holding the remaining reserves with a view to funding any further initiatives to extend the reach of Okido Yoga in the UK. The trustees plan to continue to deliver Okido Yoga education through in-depth holistic workshops, by translating works of Masahiro Oki and making these available to wider audience, and by supporting Okido Yoga teachers.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The trustees are interviewed and selected by other trustees. They are representative of the community in which the CIO delivers its services. All trustees go through an induction process which includes a review of the CIO's policies and procedures.

Reference and Administrative details

Charity name	Okido Natural Health Education Trust CIO
Other name the charity uses	Okido Natural Health Education Trust Limited (Previous name, up to 29 August 2023). It was a charitable company (no: 1837611) and converted to a CIO on 29 August 2023.
Registered charity number	326669
Charity's principal address	196 Great Elms Road, Hemel Hempstead, England, HP3 9UJ

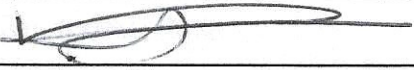
Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kiran Patel			
2	Kevin Doyle			
3	Tomoko Mori			

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Kiran Patel	
Position (eg Secretary, Chair, etc)	Trustee	
Date	23 February 2024	

Annual Accounts for the period of 1 September 2022 to 31 August 2023

Statement of Financial Activities

	note	£	2023 £	£	2022 £
Income					
Donations and gifts			76		-
Courses, Seminars and Workshops			433		7,363
Sales of publications and equipment			43		24
Bank interest			149		25
Total income			701		7,412
Expenditure					
<u>Direct activity costs</u>					
Salary	4	-		(9,120)	
Room hire		-		(968)	
Workshop costs		(291)		(339)	
Travel		-		(321)	
Training		-		(31)	
Insurance		(134)		(135)	
		(425)		(10,914)	
<u>Support and governance costs</u>					
Office running costs		(66)		(508)	
Accountancy fees		-		(600)	
		(66)		(1,108)	
Total expenditure			(491)		(12,022)
Net income/(expenditure)			210		(4,610)
Reconciliation of funds					
Funds at beginning of the year			17,803		22,413* ¹
Funds at end of the year			18,013		17,803*²

The notes on pages AA3 - AA6 form part of these accounts.

All operations are classed as continuing.
All recognised gains and losses are shown above.
Movement on reserves is shown above.
All the income is unrestricted.

*¹) and *²) were reported with 21,824 and 17,214 respectively in the accounts for the year ended 31 August 2022. There was an error, which is reported in Note 1.3 (page AA3) of these accounts.

Balance Sheet

	Notes	2023 £	2022 £
Current Assets			
Stocks	5	609	589* ³)
Debtors and Prepayments	6	99	195
Bank and Cash Balance		17,305	17,679
(Total current assets)		18,013	18,463*⁴)
Creditors: Amounts falling due within one year	7	-	(660)
Net Current Assets		18,013	17,803*⁵)
Funds			
Unrestricted funds			
Designated Funds	8	1,190	1,190
General Funds		16,823	16,613* ⁶)
(Total funds)		18,013	17,803*⁷)

The notes on pages AA3 – AA6 form part of these accounts.
*³ - *⁷) are reflecting the corrections reported in Note 1.3 (page AA3).

The trustees approved these accounts on 23 February 2024.



K Patel

29/2/24

On behalf of all the trustees

Notes

1. Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006, and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.3 Prior year errors

The charity has identified one error. In prior years, the charity correctly reported the cost of purchasing books for resale or distribution and the income of selling them. However, not all books were sold or distributed. The error is that the book stock was omitted in prior years' accounts. Working out from the records of purchases and sales, the trustees tried their best to estimate the value of the book stock in prior years. The followings were the estimated value of the book stock:

As at 31 August 2022	£589
As at 31 August 2021	£589
As at 31 August 2020	£594
As at 31 August 2019	£594
As at 31 August 2018	£620
As at 31 August 2017	£576

2. Accounting policies

2.1 INCOME

Recognition of income

Income is recognised once the charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably. Income relating to future periods is deferred.

Donations

Donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

Donated goods

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Income from interest

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

2.2 EXPENDITURE**Expenditure recognition**

Expenditure is recognised when a liability is incurred. Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

Governance and support costs

The charity has incurred expenditure on support costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

2.3 ASSETS**Stocks**

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3. Taxation

As all income is received from and applied to charitable purposes the charity is exempt from corporation tax.

4. Staff Costs

	2023	2022
	£	£
Gross Salary	-	9,000
Employers NI	-	120
Total	-	9,120

The charity employs no staff member (2022: 1).

5. Stocks

Charitable activities:	Stock for resale £	Donated goods for resale £
Opening	589	-
Added in period	-	36
Expensed in period	(16)	-
Closing	573	36
Total this year	573	36
Total previous year (Refer to Note 1.3)	589	-

6. Debtors and Prepayments

	2023	2022
	£	£
Prepayments	99	195
Total	99	195
Debtors recoverable in more than 1 year (included in Prepayments above)	2023	2022
	£	£
	21	52
Total	21	52

7. Creditors: Amounts due within one year

	2023	2022
	£	£
Accruals	-	600
Other creditors	-	60
Total	-	660

8. Designated Fund

	2023	2022
	£	£
At 1 September 2022	1,190	1,190
Transfer from general funds	-	-
Expenditure	-	-
At 31 August 2023	1,190	1,190

The purpose of this fund is to provide grants for students to attend training workshops at the Stichting Okido Yoga Dojo, Netherlands.

9. Transactions with trustees and related parties**9.1 Trustee remuneration and benefits**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity. (2022 – nil)

9.2 Trustees' expenses

Travel expenses of £12 have been reimbursed to 1 trustee. (2022 - nil)

9.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period. (2022-nil)