

Charity registration number 700904

Company registration number 2269526 (England and Wales)

NEURO THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

NEURO THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs L Dodd (Chair) Mr J Brierley Mrs B Burke Mrs J L Eccleston Mr D W Sanders Mrs J L Perry Mr M G D Robinson (Treasurer) Mrs D J Powell Dr H Harris	(Appointed 14 September 2022)
Secretary	Mrs J L Perry	
Charity number	700904	
Company number	2269526	
Registered office	Unit C4 Brymau One Estate River Lane Saltney Chester CH4 8RG	
Independent examiner	Champion Allwoods Limited 2nd Refuge House 33-37 Watergate Row CHESTER CH1 2LE	
Senior Management Personnel	J Johnston-Cree	

NEURO THERAPY CENTRE LIMITED

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NEURO THERAPY CENTRE LIMITED

CHAIR'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

The Centre and its Members have experienced a year of mainly positive change and achievements despite the challenging financial circumstances we've all faced with rapidly rising costs and inflation, and the need to generate income to cover these. We've welcomed a significant number of new people using our services, together with carers. This, together with membership renewals from our existing Members has helped to raise awareness of what the Centre can do to help them. Drawing from the words of the Charity's vision and mission, we aim to help those impacted by neurological conditions to live the best neuro life.

The Directors' Report provides much more detail on what has been achieved over the past year to underpin and grow our services. These can be practical things such as extended opening hours as well as streamlining the membership renewal process via the website. The range of services on offer, both in person and virtually, is increasing support both physical and mental well being. A major achievement has been our successful application to the National Lottery Community Fund for the Access to Exercise and Wellbeing project which places emphasis on mental health support as well as physical activity. Our counselling support is an important service for members, including carers, and we need to consider how the need for it could grow in future.

All of the therapies and services available are vitally important but we shouldn't underestimate the heart of the Centre, the Neuro Café, as a much needed space for relaxation and recuperation after exercise classes, physio sessions and the gym. It's such a central place to gather, talk, exchange ideas and experiences. As an example, I joined four members recently, all talking about their experiences with the new FES bike, and I learnt so much from that informal but informed discussion which I wouldn't have achieved otherwise. In other words, coming on to future plans shortly, the social meeting space has to be a key element in whatever we do.

We have, as ever, financially challenging headwinds to face but also an opportunity to expand our premises which will mean we can deal with the space pressures we now have in our existing building. I hasten to add we are not moving but simply adding to our space. Members were informed in early July that we've managed to secure the lease on a building immediately adjacent to the current Centre. The aim is to create a new home for our group exercise classes, 1-1 treatments as well as a much larger gym. We have to raise the money to do all of this but the aim is to open by summer 2024, if all goes to plan.

The next stage, bearing in mind we are very much working towards having one overall Centre, as now, but in two buildings next door to each other, is to refurbish the existing site and develop the space to complement the services in the new building. Given my comments above, we will be focusing on the social space in Neuro Café as well as counselling services, space to deliver our important virtual services and new therapies. Again, this is a special project and funds must be raised to achieve ambitious but much needed development plans to enhance service delivery by the Centre for its Members.

Turning to the financial outcomes to 31 March 2023 and the outlook for what is now the current financial year, we have achieved a surplus of £72.5k (2022 deficit £32.6K). This is a good outcome but we were fortunate in receiving a significant one-off donation; without it, we would have experienced another small deficit. Again, looking at my comments in last year's report, it is hard to achieve a break even position and a meaningful surplus to bolster general reserves.


This will be a financially challenging year in 2023/24 with anticipated expenditure in the region of £666K especially when taking into account cost of living pressures. We need to continue enhancing our services to our Members and to take advantage of the opportunity to expand the Centre into the new building next door to it. We need to continue with our fundraising for existing services from as wide a range of sources as possible whilst at the same time undertake a special fundraising campaign to allow us to realise the vision of opening the new building to services next summer.

NEURO THERAPY CENTRE LIMITED

CHAIR'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

I am grateful for the support provided by fellow Trustees over the past year. Our thanks go to all our staff and volunteers, together with the senior management team, led by our Chief Executive, for all the hard work they've undertaken. I also thank our Members for your support, encouragement and understanding, all of which are much needed to make the Centre the special place it is. We have an exciting, if challenging, year ahead but a lot to look forward to.

..... 

Chair

Dated:



NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

Aims, including details of issues/changes we seek to tackle/make

Over the last year we have worked hard to ensure that everything we do is aimed at improving the way we deliver our services and organise ourselves for our members benefit. Our approach to community rehabilitation supports people living with neurological conditions (PlwNC) enabling them to access tailored exercise and mental wellbeing support at a time and place that they choose, and very much aligns with the NHS Long-term plan and the Community Rehabilitation Alliance Best Practice Standards.

Our vision is 'Living the best Neuro Life', and through promoting 'self-help' and providing preventative support through access to regular and affordable services, our mission is to, 'Improve the quality of life for people impacted by Neurological Conditions through tailored and inclusive services which support physical and emotional wellbeing'.

Our strategic initiatives for achieving our stated aims and objectives are,

1. **Develop service offering**
 - Extended opening hours on Mondays, so more people who are working can access the support they need
 - Expanded range of services – more choice of services for members, both face to face and virtually which support both physical and mental well-being
 - Introduction of reflexology, sports massage, stretching sessions, condition specific group support sessions
 - The trialling of a pilot working with Nursing Care homes to provide a weekly virtual exercise class to residents with a neurological condition
 - Introduction of the Functional Electronic Stimulation (FES) bike to assist in rehabilitation and post-covid recovery
2. **Re-position and market the Neuro Therapy Centre**
 - Development of the website to accommodate online renewals for membership
 - Expansion of the website to provide more support 'out of hours' through a library of video resources
 - Successful fundraising campaigns to increase awareness and donations
 - Development of a toolkit based on our Access to Exercise (AtoE) programme
3. **Membership expansion**
 - Net membership growth from 442 at the beginning of April 2022 to 533 by end of March 2023
 - Embedding a new member pathway to ensure our members needs are met in a timely way and to maintain accurate information
 - System review resulting in more accurate data collection for monitoring and reporting purposes
 - Investment in new Wi-Fi telephone system to accommodate increasing call numbers
 - Increased number of Carer members
4. **Income Diversification**
 - Successful bid to The National Lottery Community Fund for a 3-year follow-up project to the AtoE programme, Access to Exercise and Wellbeing (AtoE&W), which will also provide mental health support alongside access to physical activity
 - Increased physiotherapy student placements which benefits members and staff, and helps with succession planning
 - £96,203 raised through donations and fundraising events
5. **Impact Measurement**
 - Annual survey of People Living with a Neurological Condition (PlwNC) and their Carers
 - Development and implementation of the Neuro Star – a self-reported tool used to give a snapshot of how an individual feels they are coping across 7 health and wellbeing areas
 - Investment in, and expansion of, the way we use our databases to produce more accurate information for decision making

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6. **Organisational Re-Design**
- Succession planning and workforce focus
 - Investment in staff and training
 - Strategic plan for growth

These strategic initiatives are underpinned and supported by:

- Development of our Strategy and Business Plan
- Focus on our Operational Plan
- Marketing and Communications Strategy to raise awareness of our work and the challenges facing people affected by a neurological condition.
- Advocacy and representation. Talking to and working with our key stakeholders, such as statutory bodies, political representatives at local and regional level, businesses, other charities and the local communities we serve in order to ensure the voice of our service users is reflected
- Fundraising Strategy to secure the financial future of the Neuro Therapy Centre and develop its longer-term strategy and vision of an improved physical working environment providing an enhanced level of services to our users.
- The regular review by our Trustee board comprising people who are affected by, or care for someone with a neurological condition, or who have specific skills

Measures used to assess our impact and success during the year:

Operational Plan. This is reviewed regularly by management and Trustees to check we are on track in terms of service delivery, our financial health including fund raising, and corporate governance.

Annual Survey. We aim to ask our members their views about service delivery, what works for them, or not, and ideas on how to improve our provision. It helps to highlight the main areas of interest and concerns our members might have and how we could address these issues.

Testimonials and Case Studies. These help us to understand where our services and their delivery have gone well but also what lessons can be learned about improving those services and focusing on what members want, both PlwNC and Carers.

Anecdotal evidence and video story-telling helps to underpin the messages received from all the above but can also highlight areas where further research and information gathering might be needed, for example, to support new initiatives around services offered.

Monitoring reports to statutory bodies provides hard evidence of the levels of work undertaken, its quality and impact on the users of our services.

The development and introduction of an impact measurement tool the Neuro Star.

Significant activities undertaken. How they contribute to the achievement of our aims and objectives

The last 12 months have seen services transition from mainly virtual delivery supported by face to face appointments for those most in need, to full resumption of face to face delivery of services supported by continuation of virtual services for those who are unable to attend the Centre.

- One of our biggest changes in the last 12 months has been the successful application to the National Lottery Reaching Communities fund for 3 years funding to support our Access to Exercise and Wellbeing Project (AtoE&W). This builds on the learnings of a previous project and will see greater collaborative working with project partners in order to reduce health inequalities and increase access to exercise and wellbeing opportunities across West Cheshire and South Liverpool
- Importantly the project will try and reach groups who are hard to reach, and by working with partners such as Brio Leisure, and Greenbank Academy hopes to increase exercise opportunities for those who often feel excluded. This has been supported by additional in-house and external inclusivity and diversity training

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

- Part of the project will also utilise a FES cycle to assess the difference it makes to functional activities for people with a neurological condition. This is something that has traditionally only been available to people following spinal cord injuries, and has not widely been used by people living with degenerative neurological conditions. Whilst it has only been used by a small number of people at the moment, early indications are that it can make a demonstrable difference to people's physical ability. The outcomes will be evaluated by Sheffield Hallam University as part of our AtoE&W project
- Our newly recruited Wellbeing Co-Ordinator will also build links with other local groups and GP surgeries to ensure that those who would benefit from our services can easily access us, and reduce the need for GP appointments
- Increased counselling services has seen the embedding of our Listening service, a low-level intervention giving people who need some additional support access to a trained volunteer with listening skills to help them find solutions to their needs
- Counselling has further been supported by a student placement which allows them to gain valuable experience towards their qualification, whilst supporting our mental wellbeing services
- Use of social media allows people to interact with each other and to access information outside of normal working hours connecting people with similar experiences, empowering them to share and take control of their condition
- Our online support also extends to our website which is accessible to all and provides a wealth of information. Members can use it to book classes directly, either on-line 'virtual' classes, or face to face classes at the Centre. They can also benefit from the library of recorded videos which offer a range of resources including exercise classes, gym work-outs, and self-help methods presented in an accessible way
- When not exercising our members can relax in our Neuro Café and catch-up with friends over a cup of tea and a light bite, or slice of homemade cake. Here tips and advice are shared and real friendships are made, building a community bound by shared experiences and desire to live their best neuro life

Consolidation of our financial footing through:

- Ongoing work with Statutories to maintain funding levels
- Continued use of the donations model versus service charge, which we continue to monitor and support through regular communications
- Ongoing development of the website to increase functionality, encourage donations and facilitate new ways of generating funds
- Implementation of a new CRM database which links to our website
- Increased financial monitoring to ensure that services are cost effective
- Close monitoring of expenditure and income generation
- Continuation of the work started in the Garfield Weston Pilotlight scheme which focused on our Strategy and plans for growth

Other

- Active networking with Statutory bodies to lobby and influence them to review funding, and contribute to improved service delivery
- Partnership work with other voluntary orgs and statutory bodies to develop services or influence change
- Investment in tech to support and improve our systems e.g. Investment in a new cloud-based Telephone system which allows multiple calls in and out of the Centre at one time, instead of a single line in and out
- Training of staff to upskill and improve our service offer e.g. Pilates and Acupuncture training for Physios, Mindfulness for Therapy Assistant. Systems training for admin staff to use software more efficiently and ensure we can monitor performance
- We continue to represent our service users in all the networks which we are involved in, trying to influence change that supports our vision of everyone 'Living the best Neuro Life'

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Significance of volunteers in our activities

Since the resumption of face to face services the commitment to volunteering remains very strong within the NTC and we have been delighted to welcome back 'old volunteers' as well as recruit new ones to help in the delivery of Oxygen therapy sessions, assisting in the coffee room, or delivering a telephone support service as part of our Listening Service which is available to any member who needs some additional support.

We help to develop the skills of our Volunteers through our connections with the local Councils for Voluntary Action, and we are working with NEWCIS (North East Wales Carers Information Service) to help Carers to develop skills.

Current volunteering opportunities at the NTC include the following areas:

- Running of the sessions in our oxygen bar-chamber
- Fund-raising activities including individual challenge events, raffles, and Fashion Show
- Involvement in the development of the Centre through the role of Trustee
- Delivery of our Listening programme to provide peer support for mental wellbeing
- Coffee room support
- Physio support

We also provide regular opportunities for students from Glyndwr and Keele Universities to gain valuable hands-on experience of working with people with neurological conditions through their physiotherapy graduate programme, as well as working with students from Colleg Cambria and Salford Uni to increase our offer to Carers and increase our counselling capacity.

Main activities undertaken to further the charity's purposes for public benefit

As detailed in our Memorandum of Association, the main object of the NTC is:

To aid and improve for the public benefit in the Area of Benefit the condition of those suffering from: -

- i. Multiple Sclerosis, Parkinson's disease or other long-term degenerative neurological conditions or
- ii. other symptoms or conditions who in the opinion of their medical advisors may benefit from therapy which is available to those persons suffering from long-term degenerative neurological conditions

In line with Charity Commission guidance, this meets the test of public benefit under the heading of 'the advancement of health or the saving of lives'. As a self-referral organisation people choose to use our services, and it is our policy never to turn away anyone who can benefit from the therapies and support that we provide, which are referred to in our Annual Financial Statement.

Details of short-term and longer-term aims and objectives.

Short Term:

a. Expansion of face-to-face services as follows:

- Delivery of:
 - Group/1:1 physiotherapy-based classes and Gym based fitness sessions now available over extended hours particularly on Monday
 - Coffee room fully accessible again to encourage social/peer support with an additional table to cater for increased numbers coming back to face to face services following Covid
 - Volunteering opportunities - to support a range of services
 - An expanded counselling service incorporating group sessions for MS, ME & Fibro, Ataxia and Functional Neurological Disorder, and the introduction of mindfulness sessions
 - Listening Programme - peer support from trained NTC volunteers; helps develop strategies, skills, confidence to empower individuals to deal with the challenges faced; removes isolation; accessible through face-to-face/phone/virtual delivery

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

- Information & Advice - regular communications to keep people connected, promote participation; signpost to other agencies
- Increased services through the introduction of sports massage, stretching sessions, reflexology, mindfulness & relaxation
- Greater opportunities for Carers through partnership work with Colleg Cambria offering pamper sessions such as facials and hand-massage

- Recruitment into "Access to Exercise and Wellbeing" sessions in partnership with Brio Leisure services, and Greenbank Sports Academy, offering a greater range of sessions at more facilities
- Recruitment to our FES bike as part of the above project to examine the effectiveness of this therapy in a community setting
- Ongoing and new partnership working with other voluntary and NHS organisations to make our services accessible to more groups supporting people with neurological conditions

iii. Continued delivery of 'Virtual Centre':

- Complements face-to-face services
- Use learnings from Covid to embed into NTC's core services
- Focus on 'hard-to-reach' communities due to health/geographical/logistical/financial barriers
- Spread reach/increase accessibility to those working/isolated/ or who have no transport
- Broaden reach to new groups not currently supported or those who can no longer attend due to physical deterioration experienced during lockdown or as a result of their condition
- Introduce further Counselling-based/peer support to deal with mental health impact of Covid-19

Medium to Long Term:

1. Continuing to look for opportunities to work in partnership with NHS in both England and Wales and to influence and develop local care pathways for people living with neurological conditions – using an evidence-based approach
- b. Working in partnership to develop service delivery that meets people's needs
- c. Broadening of services delivered through digital and face to face means
- d. Invest in additional staff and technology to help achieve our strategic aims, where there is a good business case for it (fundraising, gym, counselling)
- e. Extension of the "Access to Exercise and Wellbeing" project into North Wales – funding permitting
- f. Continued reconfiguration of space to maximise delivery of services and member experience
 - Acquisition of a new unit to provide additional service delivery space
 - Reconfiguration and refurbishment of existing space

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

- . Balanced picture of the charity's progress against its objectives
 - . Membership up from 442 to 533
 - . Increased Carer members + 49
 - . Increased involvement with Walton Centre through working groups – Access to Therapies/FES/Neuro Science programme board
 - . Adoption of Neuro Star to improve outcome measures
 - . Extended opening hours in response to service user requests
- . Key performance indicators explaining outputs achieved by activities
 - . Increase of 2000 therapy attendances compared to previous year
 - . Donations and fundraising income totalling £96,203
 - . 215 new referrals in the 12 month period
 - . We have developed a clear organisational structure which looks at existing and future needs, along with a banding system for staff roles which supports personal development and recruitment, and ensures we stay in touch with sector pay-scales
 - . We have successfully introduced a new management system for our therapies as our old one 'Northwood' was decommissioned; which supports member retention and improves diary management
 - . Brio Leisure now have regular classes that are accessible to people with a neurological condition at 4 of their sites
 - . Centre manager appointment with focus on operational performance
 - . Better use of data to drive decisions
 - . Increased functionality of website to encourage self – referral, bookings, involvement in events
 - . Increased volunteer recruitment matching skills to operational needs
 - . NHS changes from CCG to Integrated Care Board have made it challenging to keep abreast of changes and work closely with healthcare teams to ensure that those who need our services are able to find us easily

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Impact

PlwNC

- 95% use services at least once a month
- 85% drive themselves or are brought in a car
- 1 in 4 recognised the flexibility virtual services offered
- 100% reported being happy or very happy with staff attitude
- 91% reported being happy or very happy with the quality of the facilities and services offered
- 91% reported being happy or very happy with their ability to move around the Centre safely
- 98% would give the Neuro Therapy Centre a 5-star rating

Carers

- 90% stated they benefitted from a break from their caring roles by engaging with the Neuro Therapy Centre
- 60% reporting being more aware of scheduling 'me' time
- 100% reported being happy or very happy with staff attitude
- 80% reported that attending the Neuro Therapy Centre provided opportunities for social interaction and reduced feelings of isolation
- 90% would give the Neuro Therapy Centre a 5-star rating

Our primary aims for both PlwNC and their Carers are:

- Improved physical health
- Improved mental wellbeing

By supporting both physical health and mental wellbeing we help our service users 'Live their best neuro life' and make the following difference to our beneficiaries:

- a) People living with a neurological condition:
 - Empowerment to be proactive about their care through our preventative approach to managing conditions
 - Recognition that they are informed individuals who understand the healthcare system and are 'experts' in their condition
 - Bridge gap between the NHS & individual post diagnosis, enabling earlier support & improved referrals pathway
 - Increased awareness within statutory health of our work to support both PlwNC and their carers
- Reintegration of vulnerable individuals into their pre-Covid communities of support
- Options and choices through access to a blended and complementary mix of face-to-face, outreach and virtual sessions, resulting in increased participation
- Reduced loneliness and social isolation by focusing on those who are 'hidden'/'hard-to-reach'
- Support for vulnerable people who may be anxious and at risk of crisis
- Reduced need to access primary and/or secondary healthcare for both PlwNC and their Carers, resulting in improved quality of life
- Embedding of the ethos of self-help, increasing confidence, self-esteem and independence
- Development of friendships and peer support amongst people with shared experiences
- Enable those with lived experience of neurological conditions to share their story, giving them a voice
- A feeling of ownership of the future of the NTC amongst many, and a keenness to act as Ambassadors
- Creating a resilient community, giving PlwNC skills to deal with the challenges faced now and in the future

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

- b) Carers and wider family:
- Respite from their caring role
 - Allows them to address their own needs and have a life of their own
 - Reassurance that their loved one is being supported by skilled and experienced staff
 - Access to respite, information, signposting and advice which can help contribute towards the physical and mental wellbeing of the whole family and in doing so strengthen the caring network around PlwNC
- c) Wider Impact of our Project – social value:
- Reduce health inequalities
 - Socio-economic impact – deprivation
 - Employment – helping individuals remain working for longer
 - Wider roll-out of virtual services due to the elimination of geographical barriers
 - Increased provision in community-based settings by working with local Leisure Centres, supporting their staff through training, enabling them to provide services that support people living with neurological conditions
 - An improved care pathway for people living with a neurological condition, through our work with the NHS and other statutory partners, resulting in reduced health inequalities
 - Reduced strain on NHS during crisis and beyond
 - Opportunity to share learnings amongst wider networks, regionally & nationally as well as locally

Sustainability

Our long-term plan is to acquire a vacant unit next door so that we can increase our delivery capacity for gym and classes. We will increase the size and capacity of our gym threefold, and will benefit from a much larger studio for group exercise delivery. This will then enable us to further develop our existing site to accommodate a larger counselling area and coffee room for the benefit of our members. Increased space will require increased resources to meet the demand and we have a planned recruitment programme to run in tandem with the refurbishment.

In order to succeed with these plans we are also investing in the fundraising and marketing team, to give them greater capacity to reach new markets and to achieve an ambitious fundraising target.

Innovation

We have successfully, and safely transitioned from restricted face to face services to pre-pandemic service delivery levels, and have introduced a wider choice of services through use of our website to host virtual sessions, and through expanded opening hours. Retaining virtual delivery methods as a core service helps us to engage better with those who are unable to attend the Centre itself, whether it's through the impact of their condition, travel constraints or financial constraints. It has also enabled us to look at new markets and through our AtoEW work will see us increase the number of people who are accessing virtual services through partnership working (and the development of an Organisational membership category).

Our staff have had to adapt over the last 2 years and we have developed a blended way of working which offers more flexibility for some roles and has resulted in more efficient use of existing systems to enable us to make informed decisions based on evidence. This in turn gives us better insight and drives efficiencies so that we can operate more effectively, and respond to change, putting us in a stronger position to be able to focus more on planned growth.

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

The Trustees are committed to protecting and managing our financial resources in an effective and transparent way. In order to achieve this, we aim to maintain a reserve level of at least 6 months of our budgeted annual expenditure. The reserve level is considered to be the total of free unrestricted reserves plus any restricted income covering salaries and other operating costs that has already been received.

The Trustees regularly review this policy and the level achieved to ensure that it remains appropriate.

For clarity the reserves level does not include unrestricted funds allocated to fixed assets, nor does it include designated funds set aside by the Trustees to meet future projects that could not be funded from future income.

The reserves are monitored on an ongoing basis to ensure that they are being managed in accordance with what is agreed and this is regularly reported to the Board of Trustees.

If it is deemed that there will be an on-going failure to meet the reserves target then a plan will be drawn up to develop new sources of income or cut back on related expenditure.

Our budget for the coming year ending 31 March 2024 has expenditure of £666,076 (2023: £570,344).

Our free reserves at 31 March 2023 were £196,730 (2022: £167,385). In addition to this, £65,017 (2022: £44,847) of the restricted funds total of £127,528 (2022: £78,161) will contribute to the budgeted expenditure.

The total contribution towards next years budgeted expenditure is £261,747 (2022: £212,232), which equates to 4.7 months (2022: 4.5 months).

The Trustees are always aware that the budget set for each year presents its own set of challenges. A budget of expenses has been established, and throughout the year, the fundraising team work through the task of sourcing the necessary funding to meet both anticipated and unforeseen costs. Subsequent to the year end the Trustees have approved two new roles around fundraising to further strengthen our resources in this area. Each year we always want to secure new funding sources while also reconnecting with past donors to seek their continued support.

By cultivating a diverse range of funding streams that are consistently sustained, we can ensure the Centre's long-term viability. The annual budget is designed to facilitate investment and maintain an exceptional level of service to our members, encompassing both the physical and virtual offerings.

It is never certain what income we will receive nor what unexpected costs could be around the corner. As an example, the oxygen tank has recently had to undergo maintenance and a health and safety audit has highlighted costs to ensure the safety of the centre and its staff and members. Therefore, the finance team, finance committee, and Trustees monitor the financial position on a regular basis, enabling decisions to use and safeguard available funds.

The Trustees acknowledge that the Neuro Therapy Centre has fallen short of meeting the minimum reserves level outlined in its own policy in recent years. Attaining this minimum reserves threshold remains a long-term objective for the Trustees, as we strive to fortify the Centre's financial stability.

Our restricted funds, standing at £127,528 (2022: £78,161), are subject to specific conditions required by the donor or by the specific terms of the appeal which generated the funds. These funds are applied as soon as practicable, as shown in the movement of restricted income during the year.

Our designated funds have increased to £122,481 (2022: £121,313). The medium to longer term strategy of the Centre has been to improve our property facilities, enhance our current service provision and develop services further.

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Summary of Reserves

	2023	2022
	£	£
Restricted funds	127,528	78,161
Unrestricted funds - allocated to fixed assets	80,304	87,631
Unrestricted funds - free reserves	196,730	167,385
Designated funds	<u>122,481</u>	<u>121,313</u>
Total	<u>527,043</u>	<u>454,490</u>

The Trustees have approved the use of some of those designated funds towards a project to utilise an increased property footprint and associated facilities for use by members. This use of funds has allowed work to begin on early stages of the project allowing potential funders to see the commitment being made by the Centre.

The Trustees have decided to continue to designate the remaining funds for these purposes but are mindful that there may be a need to utilise a proportion of the designated funds, if required, to cover the operation of the Centre.

Structure, governance and management

The company is limited by guarantee, and was incorporated under the Companies Act 2006. Its governing document is its Articles of Association updated 16 September 2021. The company is registered as a charity by the Charity Commissioners – Number 700904. In line with our Rules of Membership those who use the services of the Centre become a member and are thereby entitled to contribute to the way the Centre is run through participation at general meetings.

There were 481 fully paid up members at the year end, each of whom is required to contribute up to £10 in the event of the charity winding up. The membership figure has increased compared to the previous year, and we anticipate further growth as our new strategy is implemented over the next financial year and beyond. The last 12 months has allowed us to introduce rolling membership renewal dates and whilst these work for many members, there remains 52 who may need a different approach in order to renew which is currently being reviewed to understand their needs. As restrictions have lifted it has been encouraging to see many members returning to the Centre which demonstrates the importance of our service.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs L Dodd (Chair)

Mr J Brierley

Mrs B Burke

Mrs J L Eccleston

Mr C Jones

(Deceased 8 January 2023)

Dr E L Rose

(Resigned 8 July 2022)

Mr D W Sanders

Mrs J L Perry

Mr M G D Robinson (Treasurer)

Mrs D J Powell

Dr H Harris

(Appointed 14 September 2022)

Ms J E Hubbard

(Appointed 16 September 2021 & Resigned 07 February 2022)

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Trustees are appointed by member vote at the Annual General Meeting; the minimum number of Trustees is 3 and one third of their number is required to retire and seek election upon their third anniversary of appointment. As part of our governance and following the Charity Excellence Framework (CEF), the Trustees have reviewed their skill sets and this makes it possible to determine where there may be deficiencies in the overall skills required. Training and induction processes for Trustees are also being reviewed upon the basis of requirements. None of our Trustees receive any remuneration or other benefit from their work for the charity.

The Centre Management Team (CMT), reporting to the Chief Executive Officer, has continued to provide co-ordinated development and action in the key areas of activity supporting the overall operation of the Centre; those areas are Therapies & Services, Fundraising, Marketing & Communications, Member Services and Finance. The structure has proven invaluable, enabling the Centre to adapt to new ways of working, and supporting members and carers with the deployment of virtual services, telephone support and the full reintroduction of face to face services. The CMT has demonstrated the flexibility required to adapt to rapidly changing circumstances, and this has led to embedding the NTC strategy based on learning from the pandemic which puts future growth and membership choice at its heart. Through the strategy process a review of the organisational structure has been completed, which has identified the need to separate strategic and operational activities. This has resulted in the appointing of a Centre Manager to support service delivery, which is in line with our strategic ambition of increasing membership reach. The CMT has also worked towards continuous improvement through critical analysis of the systems and processes currently used in order to work more efficiently and ensure that they have the correct information on which to base informed decisions.

The pay of senior staff is reviewed annually on terms which do not vary from those which apply to all other paid staff.

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Neuro Therapy Centre Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.

.....
Mrs L Dodd (Chair)

Trustee

Dated:

L. Dodd

14th September 2023

NEURO THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NEURO THERAPY CENTRE LIMITED

I report to the Trustees on my examination of the financial statements of Neuro Therapy Centre Limited (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the Trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Champion Allwoods Limited

Susan Harris MA ACA
Champion Allwoods Limited
Refuge House
33-37 Watergate Row
Chester
CH1 2LE

Dated: 14 September 2023

NEURO THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Income from:						
Donations and legacies	3	217,275	1,168	8,355	226,798	80,000
Charitable activities	4	138,457	-	265,567	404,024	357,574
Other trading activities	5	37,603	-	-	37,603	48,921
Investments	6	2,655	-	-	2,655	965
Total income		395,990	1,168	273,922	671,080	487,460
Expenditure on:						
Raising funds	7	9,408	-	-	9,408	2,776
Charitable activities	8	363,432	-	224,555	587,987	517,275
Other	13	1,132	-	-	1,132	-
Total resources expended		373,972	-	224,555	598,527	520,051
Net income/(expenditure) for the year/ Net movement in funds		22,018	1,168	49,367	72,553	(32,591)
Fund balances at 1 April 2022		255,016	121,313	78,161	454,490	487,081
Fund balances at 31 March 2023		277,034	122,481	127,528	527,043	454,490

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

NEURO THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes				
Income from:					
Donations and legacies	3	78,438	1,562	-	80,000
Charitable activities	4	133,958	-	223,616	357,574
Other trading activities	5	48,921	-	-	48,921
Investments	6	965	-	-	965
Total income		<u>262,282</u>	<u>1,562</u>	<u>223,616</u>	<u>487,460</u>
Expenditure on:					
Raising funds	7	<u>2,407</u>	<u>-</u>	<u>369</u>	<u>2,776</u>
Charitable activities	8	<u>269,943</u>	<u>-</u>	<u>247,332</u>	<u>517,275</u>
Total resources expended		<u>272,350</u>	<u>-</u>	<u>247,701</u>	<u>520,051</u>
Net income/(expenditure) for the year/ Net movement in funds		(10,068)	1,562	(24,085)	(32,591)
Fund balances at 1 April 2021		<u>265,084</u>	<u>119,751</u>	<u>102,246</u>	<u>487,081</u>
Fund balances at 31 March 2022		<u><u>255,016</u></u>	<u><u>121,313</u></u>	<u><u>78,161</u></u>	<u><u>454,490</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

NEURO THERAPY CENTRE LIMITED

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	14		137,567		120,945
Current assets					
Debtors	15	17,805		19,065	
Cash at bank and in hand		422,290		336,325	
		<u>440,095</u>		<u>355,390</u>	
Creditors: amounts falling due within one year	16	<u>(50,619)</u>		<u>(21,845)</u>	
Net current assets			389,476		333,545
Total assets less current liabilities			<u>527,043</u>		<u>454,490</u>
Income funds					
Restricted funds	19		127,528		78,161
Unrestricted funds - designated			122,481		121,313
Unrestricted funds - general			277,034		255,016
			<u>527,043</u>		<u>454,490</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 14th September 2023

.....
Mrs L Dodd (Chair)
Trustee

Company registration number 2269526

NEURO THERAPY CENTRE LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	23		115,950		(38,074)
Investing activities					
Purchase of tangible fixed assets		(32,640)		(18,893)	
Investment income received		2,655		965	
Net cash used in investing activities			(29,985)		(17,928)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			85,965		(56,002)
Cash and cash equivalents at beginning of year			336,325		392,327
Cash and cash equivalents at end of year			<u>422,290</u>		<u>336,325</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Neuro Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit C4 Brymau One Estate, River Lane, Saltney, Chester, CH4 8RG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities SORP (FRS 102), the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention.

1.2 Going concern

The Trustees have reviewed the initial budget forecasts for the 2023/24 financial year, which predicts another significant fundraising target for the coming year. It is customary for the Neuro Therapy Centre to anticipate a projected gap between expenditure and known income at the beginning of the financial year. The shortfall between projected income and expenditure has historically been covered through fundraising efforts plus additional trust and grant applications, although this can never be guaranteed. A comprehensive plan is always in place to actively pursue various sources of income throughout the year, contributing towards achieving funding the budget set for the year.

The primary risk that the Centre has encountered and continues to face is the potential loss of income from the services it provides. Ultimately, the risk is that a service will be committed to be provided but a way to fund that service is not found. To mitigate that risk, the Centre continuously strives to secure funding from a wide range of sources while always monitoring and managing costs. The services provided are free of cost when provided, but the actual cost of providing the service and suggested donations are always highlighted within the centre and in marketing materials.

In addition to the usual budget for the ongoing operation of the centre, a project is underway to be able to increase the service provision and capacity of the centre. This includes the expansion of the floor space occupied. As a result, separate budgets are being kept to ensure that appropriate funding can be obtained. There is a risk that funding could not be found to complete this project as intended. To mitigate any financial risk the project is being implemented in stages with continuous review.

The Trustees and the sub finance group continue to meet regularly throughout the year to carefully monitor the financial position of the centre and seek outside advice as and when required.

In reaching their conclusion, the Trustees have reviewed the charity's monthly cash flows, applied sensitivity analyses as appropriate, and considered the various financial support measures that have been announced by the UK government.

As a result of the actions taken and after consideration of all factors, the Trustees consider that no material uncertainty exists and they continue to adopt the going concern basis in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are for the improvement of property facilities and enhancement of the current service provision.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Donations and legacies are recognised and included in the accounts when the charity is entitled to the income, receipt is probable and the amount can be measured reliably.

Grants receivable are credited to the Statement of Financial Activities in the year in which they are due and when any performance conditions have been met.

Membership subscriptions are accounted for when received, unless they are received in advance of the year to which they relate, in which case they are included in deferred income.

Assets for distribution are recognised only when distributed. Assets given for use by the charity are recognised when receivable. Stocks of undistributed donated goods are not valued for balance sheet purposes.

1.5 Expenditure

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT which cannot be recovered. Expenditure is recognised when there is a legal and constructive obligation to pay, it is probable that settlement will be required and the amount can be measured reliably.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include general office costs, staff costs, property costs and governance costs which support the charity's activities. These costs have been allocated to expenditure on charitable activities. The bases on which support costs have been allocated are set out in the support costs note to the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	10% per annum - straight line
Pressure Chamber	10% per annum - reducing balance
Equipment	10% and 20% per annum - reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

Fixed Assets are capitalised in the Balance Sheet on acquisition at a cost of £1,000 or above.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Personal donations	180,137	1,168	8,355	189,660	66,247
Legacies and bequests	2,557	-	-	2,557	1,635
Corporate donations	24,907	-	-	24,907	4,811
Membership fees	9,674	-	-	9,674	7,307
	<u>217,275</u>	<u>1,168</u>	<u>8,355</u>	<u>226,798</u>	<u>80,000</u>
For the year ended 31 March 2022	<u>78,438</u>	<u>1,562</u>	<u>-</u>		<u>80,000</u>

4 Charitable activities

	2023 £	2022 £
Services provided under contract	119,487	119,486
Provisions of services	18,970	14,472
Local authority grants	46,620	53,797
Local Health authority grant	20,810	20,604
Trusts and Foundations	198,137	149,215
	<u>404,024</u>	<u>357,574</u>
Analysis by fund		
Unrestricted funds - general	138,457	133,958
Restricted funds	265,567	223,616
	<u>404,024</u>	<u>357,574</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

5 Other trading activities

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Fundraising events	24,879	41,552
Sale of provisions	12,724	7,369
	<u>37,603</u>	<u>48,921</u>
Other trading activities	<u>37,603</u>	<u>48,921</u>

6 Investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Interest received	2,655	965
	<u>2,655</u>	<u>965</u>

7 Raising funds

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £
<u>Fundraising and publicity</u>				
Fundraising costs	5,656	663	-	663
Purchase of vitamins and other items for resale	3,752	1,744	369	2,113
	<u>9,408</u>	<u>2,407</u>	<u>369</u>	<u>2,776</u>
Fundraising and publicity	<u>9,408</u>	<u>2,407</u>	<u>369</u>	<u>2,776</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Charitable activities	Treatments therapies 2023		Provision of care 2023		Total 2023		Treatments therapies 2022		Provision of care 2022		Total 2022	
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs	162,401	45,805	208,206	119,151	41,864	161,015						
Depreciation and impairment	7,443	7,443	14,886	7,321	7,321	14,642						
Travel, training and recruitment	12,225	3,448	15,673	14,959	5,256	20,215						
Treatment and therapies	6,665	-	6,665	8,907	-	8,907						
	<u>188,734</u>	<u>56,696</u>	<u>245,430</u>	<u>150,338</u>	<u>54,441</u>	<u>204,779</u>						
Share of support costs (see note 9)	263,840	75,617	339,457	235,361	74,245	309,606						
Share of governance costs (see note 9)	2,418	682	3,100	2,139	751	2,890						
	<u>454,992</u>	<u>132,995</u>	<u>587,987</u>	<u>387,838</u>	<u>129,437</u>	<u>517,275</u>						
Analysis by fund												
Unrestricted funds - general	280,779	82,653	363,432	205,133	64,810	269,943						
Restricted funds	174,213	50,342	224,555	182,705	64,627	247,332						
	<u>454,992</u>	<u>132,995</u>	<u>587,987</u>	<u>387,838</u>	<u>129,437</u>	<u>517,275</u>						

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

9 Support costs	2023		2022	
	Support Governance costs	£	Support Governance costs	£
Staff costs	232,008	-	217,147	217,147
Property costs	44,519	-	46,717	46,717
General office	62,930	-	45,742	45,742
Independent Examiner fees	-	3,100	-	2,890
	<u>339,457</u>	<u>3,100</u>	<u>309,606</u>	<u>312,496</u>
Analysed between	339,457	3,100	309,606	2,890
Charitable activities				
	<u>339,457</u>	<u>3,100</u>	<u>309,606</u>	<u>312,496</u>

Support costs are allocated to activities on the basis which reflects the time spent by direct staff on those activities.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

10 Net movement in funds	2023	2022
	£	£
Net movement in funds is stated after charging/(crediting)		
Fees payable to the company's independent examiner for the independent examination of the company's financial statements	3,100	2,890
Depreciation of owned tangible fixed assets	14,886	14,642
Loss on disposal of tangible fixed assets	1,132	-
	<u>19,118</u>	<u>27,574</u>

11 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

12 Employees

Number of employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Equivalent full time employees	19	18
	<u>19</u>	<u>18</u>

Employment costs

	2023	2022
	£	£
Wages and salaries	404,704	347,827
Social security costs	28,688	23,744
Other pension costs	6,822	6,591
	<u>440,214</u>	<u>378,162</u>

Of the total staff costs and trustee remuneration and expenses £232,008 (2022 - £217,147) was unrestricted and £208,207 (2022 - £161,015) was restricted.

Pension costs are allocated in proportion to related staff costs.

The total remuneration benefits payable to key management personnel was £58,458.

There were no employees whose annual remuneration was £60,000 or more.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

13 Other

	Unrestricted funds	Total
	2023	2022
	£	£
Net loss on disposal of tangible fixed assets	1,132	-
	<u> </u>	<u> </u>

14 Tangible fixed assets

	Leasehold improvements	Pressure Chamber	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	379,026	15,142	135,257	529,425
Additions	1,800	8,355	22,485	32,640
Disposals	-	(4,140)	(957)	(5,097)
At 31 March 2023	<u>380,826</u>	<u>19,357</u>	<u>156,785</u>	<u>556,968</u>
Depreciation and impairment				
At 1 April 2022	322,230	14,388	71,862	408,480
Depreciation charged in the year	6,281	387	8,218	14,886
Eliminated in respect of disposals	-	(3,773)	(192)	(3,965)
At 31 March 2023	<u>328,511</u>	<u>11,002</u>	<u>79,888</u>	<u>419,401</u>
Carrying amount				
At 31 March 2023	<u>52,315</u>	<u>8,355</u>	<u>76,897</u>	<u>137,567</u>
At 31 March 2022	<u>56,796</u>	<u>754</u>	<u>63,395</u>	<u>120,945</u>

15 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Other debtors	2,375	3,119
Prepayments and accrued income	15,430	15,946
	<u>17,805</u>	<u>19,065</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	16,098	11,368
Accruals and deferred income	34,521	10,477
	<u>50,619</u>	<u>21,845</u>

17 Deferred income

	£
Deferred income at 1 April 2022	240
Refunded in the year	(240)
Received in the year	3,576
Deferred income at 31 March 2023	<u>3,576</u>

Deferred income relates to funds received in advance from fundraisers for events that take place after the year end or membership subscriptions received in advance.

18 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £6,822 (2022 - £6,591).

The amount outstanding at the year end was £3,374 (2022: £1,459). Employer's contributions are based upon 3% of gross earnings and employee's contributions are based upon 5% of gross earnings.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2021		Movement in funds			Movement in funds			Balance at 31 March 2023		
	£	£	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	£	£
Airbus Community Awards	2,000	-	-	(2,000)	-	-	-	-	-	-	-
Anne Duchess	-	5,000	5,000	-	-	5,000	-	(5,000)	-	-	-
Aviva/Crowd Funder	-	2,832	2,832	(351)	(2,481)	-	-	-	-	-	-
BCUHB	-	20,604	20,604	(20,604)	-	-	20,810	(20,810)	-	-	-
Community Foundation Wales	3,137	-	-	(3,137)	-	-	-	-	-	-	-
Cheshire Community Foundation	2,000	-	-	-	(2,000)	-	14,526	(6,679)	-	-	7,847
Cheshire Community Energy	536	-	-	(536)	-	-	-	-	-	-	-
Co-op Local Community Fund	828	-	-	(828)	-	-	-	-	-	-	-
Co-op Local Community Fund	-	2,810	2,810	(2,810)	-	-	-	-	-	-	-
Co-op Warm Space	-	-	-	-	-	-	7,226	(5,343)	-	-	1,883
CWAC	-	20,286	20,286	(20,286)	-	-	20,286	(20,286)	-	-	-
Deeside Round Table	-	-	-	-	-	-	1,821	(386)	(1,435)	-	-
Denbighshire CC	-	7,925	7,925	(7,925)	-	-	7,925	(7,925)	-	-	-
Denbighshire CC - Coping with Caring	-	1,650	1,650	(1,650)	-	-	-	-	-	-	-
Earl of Chester	-	-	-	-	-	-	1,500	(1,500)	-	-	-
Edward Gostling Foundation	-	-	-	-	-	-	25,000	(25,000)	-	-	-
Essential Appeal	-	197	197	(197)	-	-	99	(99)	-	-	-
Equipment grant	12,176	-	-	(1,231)	-	10,945	-	-	-	-	-
February Foundation	842	-	-	(842)	-	-	-	-	-	-	-
Flintshire CC	-	11,700	11,700	(11,700)	-	-	11,700	(11,700)	-	-	-
Flintshire CC	-	11,179	11,179	(11,179)	-	-	-	-	-	-	-
Flintshire NEWCIS	-	2,708	2,708	(2,708)	-	-	-	-	-	-	-
Flintshire NEWCIS - Carers Workshops	-	805	805	-	-	805	-	(805)	-	-	-
										28,455	37,383

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19 Restricted funds											(Continued)
FLVC	-	-	-	-	-	-	3,000	(3,000)	-	-	-
Listening Service Donor	-	1,000	-	(1,000)	-	-	-	-	-	-	-
Hospital Saturday Fund	2,000	-	-	(2,000)	-	-	-	-	-	-	-
Independent Age	-	15,000	-	(15,000)	-	-	-	-	-	-	-
JA Shone Memorial Trust	2,500	2,500	-	(5,000)	-	-	-	-	-	-	-
Kemsley Donation	388	-	-	(388)	-	-	-	-	-	-	-
Marjory Boddy	-	10,000	-	(10,000)	-	-	-	-	-	-	-
Mental health & learning disability winter pressure grant	-	4,979	-	(4,979)	-	-	-	-	-	-	-
Millenium Stadium Charitable Trust	2,207	-	-	(2,207)	-	-	7,380	-	-	-	7,380
Morgan Foundation	-	10,416	-	(10,416)	-	-	-	-	-	-	-
Morrisons	-	13,026	-	-	(7,293)	5,733	-	(490)	-	-	5,243
National Lottery Community Fund Wales	6,939	14,650	-	(21,589)	-	-	-	-	-	-	-
Neuro Hub	-	500	-	(500)	-	-	-	-	-	-	-
NEWCIS	-	-	-	-	-	-	3,853	(3,853)	-	-	-
Postcode Community Trust	3,753	-	-	(3,753)	-	-	19,600	(6,295)	-	-	13,305
Reaching Communities	-	-	-	-	-	-	58,944	(26,797)	(18,665)	-	13,482
Rebuilding grants C1	12,478	-	-	(1,882)	11,774	22,370	-	(2,487)	-	-	19,883
Saltney Town Council	-	-	-	-	-	-	2,856	(2,856)	-	-	-
South Cheshire Masonic Golf Club	-	-	-	-	-	-	8,355	-	(8,355)	-	-
Sport England	6,161	34,000	-	(28,500)	-	11,661	30,000	(41,661)	-	-	-
Steve Morgan Foundation	-	-	-	-	-	-	1,000	(1,000)	-	-	-
The Big Give	18,577	23,984	-	(20,914)	-	21,647	16,449	(21,647)	-	-	16,449
Toikien Trust	13,334	-	-	(13,334)	-	-	-	-	-	-	-
Virtual Centre	12,390	5,865	-	(18,255)	-	-	1,592	(1,592)	-	-	-
Waterloo	-	-	-	-	-	-	10,000	(5,327)	-	-	4,673
	102,246	223,616	-	247,701	-	78,161	273,922	224,555	-	-	127,528

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

(Continued)

19 Restricted funds

Airbus Community Awards	Listening programme
Anne Duchess	Provision of virtual support and networking Services
Aviva/Crowd Funder	Delivery of Support
BCUHB	Provision of care
Community Foundation Wales	NTC re-opening Wales
Cheshire Community Foundation	Neurological Physiotherapy & Impact Measurement
Cheshire Community Energy	LED lighting
Co-op Local Community Fund	Telephone support
Co-op Local Community Fund	Listening programme
Co-op Warm Space	Warm Space
CWAC	Carer breaks
Deeside Round Table	Sound proof doors
Denbighshire CC	Carer support
Denbighshire CC CWC	Coping with caring
Earl of Chester	Staff Training
Edward Gostling Foundation	Therapies Team Costs
Essential Appeal	For essential costs such as rent/rates, lighting/heating, phone bills
February Foundation	Pilnths and coffee slots
Flintshire CC	Carers support
Flintshire CC	Flintshire care workers payment
Flintshire NEWCIS Carers	Carers workshops
Flintshire NEWCIS	Bridging the gap
FLVC	Loneliness and Social Isolation Fund
Listening Service Donor	Listening services
Hospital Saturday Fund	NTC Re-opening
Independent Age	Supporting the return of face-to-face services
JA Shone Memorial Trust	
Kemsley Donation	Reopening of oxygen tank
Mental health and learning disability winter pressure grant	Creating additional capacity/activity
Millenium Stadium Charitable Trust	Talking spaces

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19 Restricted funds

(Continued)

Steve Morgan Foundation	Physiotherapy salary costs
Morrison's Foundation	Oxygen
Neuro Hub	Marketing support
NEWCIS 22/23	Bridging the gap
Postcode Community Trust	Talking spaces
Reaching Communities	Access to Exercise and Wellbeing
National Lottery Community Fund England	Virtual Centre England
Steve Morgan Foundation	Lost income/contribution to salary costs
Emergency Fund	Staff Training
Saltney Town Council	Deluge Tank
South Cheshire Masonic Golf Club	Access to Exercise Project
Sport England	Increase reach to new groups & income generation
Steve Morgan Foundation	Virtual Centre
The Big Give	Physiotherapy and overheads
Tolkien Trust	Virtual Centre donations
Virtual Centre	Virtual Centre Wales
National Lottery Community Fund Wales	Neuro Gym Covid Recovery Programme
Waterloo	
Equipment grants	Grants received in previous years relating to capital equipment and
Rebuilding grants	leasehold improvements. A depreciation charge reduces the restricted fund over the life of the asset.

NEURO THERAPY CENTRE LIMITED
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

20 Analysis of net assets between funds	Unrestricted funds		Designated funds		Restricted funds		Total Unrestricted funds		Designated funds		Restricted funds		Total	
	2023	£	2023	£	2023	£	2023	£	2022	£	2022	£	2022	£
Fund balances at 31 March 2023 are represented by:														
Tangible assets	80,304		-		57,263		137,567		-		33,314		120,945	
Current assets/(liabilities)	196,730		122,481		70,265		389,476		121,313		44,847		333,545	
	<u>277,034</u>		<u>122,481</u>		<u>127,528</u>		<u>527,043</u>		<u>121,313</u>		<u>78,161</u>		<u>454,490</u>	

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

21 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	25,187	25,187
Between two and five years	1,616	3,772
	<u>26,803</u>	<u>28,959</u>

22 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023 £	2022 £
Aggregate compensation	<u>58,458</u>	<u>57,305</u>

23 Cash generated from operations

	2023 £	2022 £
Surplus/(deficit) for the year	72,553	(32,591)
Adjustments for:		
Investment income recognised in statement of financial activities	(2,655)	(965)
Loss on disposal of tangible fixed assets	1,132	-
Depreciation and impairment of tangible fixed assets	14,886	14,642
Movements in working capital:		
Decrease/(increase) in debtors	1,260	(1,991)
Increase/(decrease) in creditors	28,774	(17,169)
Cash generated from/(absorbed by) operations	<u>115,950</u>	<u>(38,074)</u>

24 Analysis of changes in net funds

The charity had no debt during the year.