

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 2024

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 D J Powell Dr H Harris Mr N C Holladay	(Appointed 14 September 2023)
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 2024

It has been an extraordinary year at the Centre with so many positive developments ranging from the work around the new units next door to the existing Centre building through to the expansion of our services with extended opening hours on some days and an increase in the number of Members using the services together with Carers.

The full list of activities and achievements is detailed in the Directors' Report. I think it highlights the steps and initiatives undertaken to broaden the range of services and activities available and widen access to them. This includes, as an example, recruiting new staff to support the gym and counselling services which we've been able to do following successful fundraising. We're thinking ahead to the time when the new building is open and we can deliver more services in that space, notably the gym, but also the physio and general therapies area. Once the gym has moved from its existing space it will then be possible to reconfigure the current counselling area: as you can tell, there is a lot of hard work already underway to plan and implement major changes to the delivery of our therapies and services. It's intended to make this as smooth as possible with the outcome being one Centre in two closely linked buildings, including a planned covered walkway, or canopy, if funds can be raised and consents obtained. The lynch pin and beating heart of the Centre will still be the café space but it will be redesigned and refreshed to provide a great place to meet, talk and relax but also somewhere providing a place for peace and quiet. Looking ahead, ideally we would like to move onto the refurbishment of the existing building as soon as possible but we need to raise the money first. I know it can be done, as shown through the fundraising campaign for the new building, but it takes time and a lot of hard work; we have been very fortunate to have received support from a wide range of donors, especially four local and regional charitable trusts without whom the work on the first phase would have taken much longer.

Turning to the financial outcomes to 31st March 2024, we have achieved a surplus of just over £50.6k (2023 surplus £72.5k). This is a good outcome and reflects the success of the campaign to raise funds for the new building and some of the associated costs as well as income streams and donations to cover our day to day service delivery but I have to caveat this with the outlook for what is now the current year 2024/25.

There have been considerable challenges along the way and some of these, notably the financial headwinds we face raising the all important day to day funding needed to maintain services and pay our way, remain a key objective and concern. Although inflation is now at a substantially lower level compared with the same period last year the costs to run the Centre continue to increase. The Trustees are also very aware of the impact of the cost of living on our staff and our Members. It is also important to look at the external employment context with the impact of the rise in the Real Living Wage rate and the need to remain competitive with the NHS pay band scales. As a consequence, the Trustees have taken the decision to raise salaries for 2023/24, reflecting these factors which add considerably to the overall costs of running the Centre and, to maintain sustainability, is something we can't afford to do at the same level again in the coming years.

This will be a financially challenging year in 2024/25 with anticipated expenditure of £809k. Funding is tight for day to day running costs and our general reserves are below the level we should be aiming to achieve (see Reserves Policy and Going Concern Statement in the Report & Accounts below). It is always difficult at the start of the financial year to be more precise but we need to concentrate on fundraising for our existing and expanding services from as wide a range of sources as possible. The capital campaign has been a success to date but additional funds are needed to undertake the work on the refurbishment of the existing building; this fundraising will continue but the main focus now has to be covering the operational costs of the Centre and improve cash levels to meet that expenditure. Our fundraising target to match expenditure at 1st April, in addition to known income, was around £300k and I'm pleased to report, as I write, that steady progress is being made to work towards this figure.

I am very grateful for all the support provided by fellow Trustees over the past year and I want to thank Michael Robinson who, as Treasurer, has provided invaluable help over the past 4 years, but he resigned earlier this year due to his increased work commitments. Other Trustees have provided their skills and time dealing with the plans for the new building; guidance on structuring and adapting to service delivery growth in the expanded Centre; and providing a listening ear, not just for me but also for senior management and staff. As ever, grateful thanks go to all our staff and the volunteers for all their hard work, commitment and cheerful way of helping Members, Carers and visitors. I need to mention one person who has just retired at the end of June- Katie Roebuck, our lead fundraiser without whom much of what we've achieved and planned for would have proved so much more difficult.

NEURO THERAPY CENTRE LIMITED

CHAIR'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Finally, but far from least, thanks must go to our Members for all your support, encouragement and understanding, especially at a time of change, exciting though that is. You play such an important role not only as users of the services available to you but also as ambassadors, telling the outside world what the Neuro Therapy Centre does, what it means to you and why it is such a special place.

It's an exciting year ahead, despite the challenges, with a lot to look forward to.

.....
Chair
Dated:
J. Dodd
11th September 2024

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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 Wednesdays, as well as 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 HiIT classes, in-house boxing, circuit classes, creative sessions, and monthly counselling workshops for specific groups
 - The introduction of Organisational membership to allow access to our virtual services by partner organisations
 - Introduction of the Functional Electronic Stimulation (FES) bike to assist in rehabilitation and post-covid recovery as part of our Access to Exercise and Wellbeing project
 - Recruitment of an additional Fitness Instructor
2. **Re-position and market the Neuro Therapy Centre**
 - Integration of the website and database to accommodate online bookings for classes and events, improving the service user experience
 - Successful fundraising campaigns to increase awareness and donations
 - Greater engagement with stakeholders to raise awareness and donations
 - Increased partnership working through the A2EW project increasing our sphere of engagement and reach to a wider audience
 - Increased communication to other stakeholders
3. **Membership expansion**
 - Net membership growth from 533 at the beginning of April 2023 to 585 by end of March 2024
 - 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

NEURO THERAPY CENTRE LIMITED

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

FOR THE YEAR ENDED 31 MARCH 2024

4. **Income Diversification**

- Successful fundraising campaign to realise the redevelopment and equipping of the new unit adjacent to us
- Increased physiotherapy student placements which benefits members and staff, and helps with succession planning
- Increased number of member-led fundraising events on our behalf
- Increased engagement with local businesses to increase support for fundraising events and raise awareness
- Recruitment of Trusts and Foundations fundraiser to strengthen our bid writing capacity
- Individual and corporate donations and legacies totalling £150,535 and £24,564 from fundraising events

5. **Impact Measurement**

- Annual survey of People Living with a Neurological Condition (PlwNC) and their Carers
- Continued 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

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:

- Review and updating 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
- 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
- Trustee and senior management strategy meeting to agree main operational goals for the coming year

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

Continued use of the Neuro Star, a self-assessment tool which helps identify areas where additional support may be needed.

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

- Expansion into our new unit next door made possible by the successful implementation of £300k capital fundraising campaign. The majority of the funding has been raised through links with local charitable Trusts and Foundations
- Redevelopment of the new unit next door increases our ability to deliver more services and grow our footprint by 45% creating a dedicated exercise hub. This will allow greater use of the gym with new equipment and result in the delivery of more bespoke exercise plans
- We have now completed our first year of the Access to Exercise and Wellbeing Project (AtoE&W). This involves 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 aims to reach groups who are hard to reach, and by working with partners such as Brio Leisure, Greenbank Academy and the Brain Charity 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
- Part of the project utilises 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. Over the last 12 months we have seen 25 people use it, and 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
- We have increased counselling services to accommodate increased demand and respond to interest to expand the service through a range of creative arts programmes
- 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 a slice of homemade cake. Here tips and advice are shared and real friendships are made, building a community bound by shared experiences and a desire to live their best neuro life
- Increased participation in lobbying groups to gather evidence of need, influence change and improve services

NEURO THERAPY CENTRE LIMITED

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

FOR THE YEAR ENDED 31 MARCH 2024

Financial Footing Focus

- Ongoing work with Statutories to maintain funding levels amid a very challenging financial climate which is seeing many core budgets cut
- Continued use of the donations model versus service charge, which we monitor regularly and support through a strong communications plan
- Ongoing development of the website to increase functionality, encourage donations and facilitate new ways of generating funds
- Embedding of a new CRM database which links to our website and now enables direct bookings
- Increased financial monitoring to ensure that services are cost effective
- Close monitoring of expenditure and income generation
- Active engagement with local Trusts and Foundations to develop support and financial investment in our new building
- Increased engagement with corporate links to seek support for fundraising events
- Greater participation of service users and their family/friends to raise money on our behalf
- Introduction of an Organisational membership which allows access to some of our virtual services

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
- Training of staff to upskill and improve our service offer. 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'
- Staff expansion - Fitness instructor, Trusts and Foundations fundraiser

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.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

The last 12 months have seen services return fully to face to face delivery, with the majority of service users preferring the opportunity to socialise and meet up in person over the virtual offer. The virtual services, however remain part of our core delivery as they offer people choice, and can fit in well with those who are still working. They have also allowed us to promote our Organisational membership which is being used by our partners in the Access to Exercise and Wellbeing project (AtoEW) as well as MS Cymru.

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 on Mondays and Wednesdays
 - Larger gym will allow more people to benefit from the opportunities provided, and will hopefully encourage more Carers to invest in their own physical well-being
 - Volunteering opportunities - to support a range of services
 - The introduction of more creative sessions, enabling people to try new skills or use existing skills in a different way
 - 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
 - Information & Advice - regular communications to keep people connected, promote participation; signpost to other agencies

- Ongoing and new partnership working with other voluntary and NHS organisations to make our services accessible to more groups supporting people with neurological conditions
- Expand counselling services through more 1:1 appointments and delivery of a greater range of services
- Re-introduction of 'education' events to inform service users and Carers

b) Continued delivery of 'Virtual Centre':

- Complements face-to-face 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
- Expand the use of Organisational membership to other neurological groups so that their members can benefit from the virtual services we provide

NEURO THERAPY CENTRE LIMITED

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

FOR THE YEAR ENDED 31 MARCH 2024

Medium to Long Term:

- 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
- Working in partnership to develop service delivery that meets people's needs
- Broadening of services delivered through digital and face to face means
- Invest in additional staff and technology to help achieve our strategic aims, where there is a good business case for it (fundraising, support worker)
- Extension of the "Access to Exercise and Wellbeing" project into North Wales – funding permitting
- Continued reconfiguration of space to maximise delivery of services and member experience
 - Reconfiguration and refurbishment of existing space
 - Expanded coffee room and kitchen to improve facilities for our service users
- Explore commercial opportunities of the new building to provide an additional income source

Achievements and performance

- Balanced picture of the charity's progress against its objectives
 - Membership up from 533 to 585
 - CEO is now an Organisational Partner Governor at Walton, which raises our profile and gives more feedback into Walton strategy. It also presents greater learning and training opportunities for clinical staff
 - Increased number of referral sources into the AtoEW project
 - 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
 - Individual and corporate donations and legacies totalling £150,535 and £24,564 from fundraising events
 - 243 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
 - Integration of our therapies management system with the website to give service users more control over bookings. This supports member retention and improves diary management through reduction of admin time
 - Brio Leisure now have regular classes that are accessible to people with a neurological condition at 4 of their sites
 - 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 2024

Impact

100% of respondents agreed that the Centre is a safe place, and that they particularly benefited from:

- Experienced and professional instructors/staff provide me with support
- I can access support at an affordable cost
- I don't feel embarrassed about my differences or abilities

98% of respondents agreed that the support the Centre provides has a positive impact on their life

83% attend the Centre to maintain, improve or slow the decline of their physical health

75% attend the Centre to maintain, improve or slow the decline of their independence

71% attend the Centre to improve their mental/emotional wellbeing

85% reported that NTC has helped reduce their reliance on NHS services or additional medical assistance

Respondents told us that being a member of NTC makes them feel:

- Less isolated
- More in control of their health
- Listened to/understood
- Cared for
- Hopeful
- Less fearful for the future
- Supported as a Carer

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 2024

- 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

The past 12 months has seen us launch a fundraising campaign to allow us to develop the building adjacent to our existing premises. The majority of the money raised has been donated by 4 local trusts who were already familiar with the work that we do. These donations have allowed us to complete the building works and create a gym which is three times the size of our existing one. A new physio studio has also been created along with two treatment rooms for 1:1 sessions.

The equipment to furnish the new gym has required additional funding applications so that we can create a facility where we will be able to challenge our users whatever their physical ability.

We will then embark on a programme to develop our existing site in order 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 have also invested 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 rolling out of an Organisational membership category).

Our staff have had to adapt over the last few 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 2024

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 2025 has expenditure of £809,058 (2024: £666,076).

Our free reserves at 31 March 2024 were £188,244 (2023: £196,730). In addition to this, £100,097 (2023: £65,017) of the restricted funds total of £245,267 (2023: £127,528) will contribute to the budgeted expenditure. Restricted funds also include £54,168 (2023: £Nil) associated to the expansion project.

The total contribution towards next years budgeted expenditure is £288,321 (2023: £261,747), which equates to 4.2 months (2023: 4.7 months).

The Trustees are always aware that the budget set for each year presents its own set of challenges. Budgeted expenditure has been calculated, and throughout the year, the fundraising team work through the task of sourcing the necessary funding to meet both anticipated and unforeseen costs. Some costs, such as service delivery employment expenditure, are potentially easier to fund through bid applications to relevant Trusts and Foundations although success cannot be guaranteed. It is more difficult to obtain unrestricted grants and funds which would help cover the costs of general administration and fixed overheads; these are generally covered by income generated from sponsored fundraising events, member donations, café sales, legacies and any other form of unrestricted cash. Every year it is so important for us to find and secure new funding sources but also maintain and reconnect our links with past donors to seek their continued support. Our expanded fundraising team has enabled us to do exactly that, developing and tapping into new income sources and building up the profile of the Centre within the wider community both locally and the broader geographical area we serve.

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. 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 £245,267 (2023: £127,528), 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 decreased to £20,000 (2023: £122,481). 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. Funds received from a legacy a number of years ago had been designated by Trustees for the future development of the Centre. At the end of 2022 the Trustees approved the use of up to £80,000 to begin the renovation work required on the building unit adjacent to the existing Centre as part of our expansion project. The amount of designated funds used by the end of the first phase of work totalled £58,338 and, as the main purpose for the designated fund had been achieved, Trustees agreed at the end of 2023 that the balance left in the designated fund should be reduced and £44,143 should be moved to unrestricted funds for general use.

NEURO THERAPY CENTRE LIMITED

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

FOR THE YEAR ENDED 31 MARCH 2024

Summary of Reserves

	2024	2023
	£	£
Restricted funds	245,267	127,528
Unrestricted funds - allocated to fixed assets	124,165	80,304
Unrestricted funds - free reserves	188,224	196,730
Designated funds	20,000	122,481
Total	<u>577,657</u>	<u>527,043</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 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 D W Sanders

Mrs J L Perry

(Resigned 15 August 2023)

Mr M G D Robinson (Treasurer)

(Resigned 25 March 2024)

Mrs D J Powell

Dr H Harris

Mr N C Holladay

(Appointed 14 September 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 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.

NEURO THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2024*

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 CMT has continued to demonstrate the flexibility required to adapt to rapidly changing circumstances whilst continuing to put future growth and membership choice at its heart. Key areas of work in the last 12 months which demonstrate this ability have included the launch, and near completion of a Capital Campaign to re-develop and fit out the new building next door, planning and recruitment of a new Trust and Foundations fundraiser, in preparation for the retirement of Katie after 18 years with us, and the ability to take on new areas of work as needed as a result of staff changes.

The CMT continues to work with the Trustees to agree and implement our strategic aims as well as oversee the operational activities of the Centre. They also work 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 make recommendations, and base decisions on.

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 2024

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

11th September 2024

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 2024.

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.



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

Dated: ...11/9/2024

NEURO THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

Current financial year

	Notes	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Income from:						
Donations and legacies	3	161,961	1,197	-	163,158	226,798
Charitable activities	4	146,471	-	417,618	564,089	404,024
Other trading activities	5	46,020	-	-	46,020	37,603
Investments	6	5,142	-	-	5,142	2,655
Total income		359,594	1,197	417,618	778,409	671,080
Expenditure on:						
Raising funds	7	27,556	-	-	27,556	9,408
Charitable activities	8	391,441	-	297,398	688,839	587,987
Other	13	8,919	-	2,481	11,400	1,132
Total resources expended		427,916	-	299,879	727,795	598,527
Net (outgoing)/incoming resources before transfers		(68,322)	1,197	117,739	50,614	72,553
Gross transfers between funds		103,677	(103,677)	-	-	-
Net income for the year/ Net movement in funds		35,355	(102,480)	117,739	50,614	72,553
Fund balances at 1 April 2023		277,034	122,480	127,528	527,042	454,490
Fund balances at 31 March 2024		312,389	20,000	245,267	577,656	527,043

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

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 2024

Prior financial year

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

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

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 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	14		210,893		137,567
Current assets					
Debtors	15	24,307		17,805	
Cash at bank and in hand		375,631		422,290	
		<u>399,938</u>		<u>440,095</u>	
Creditors: amounts falling due within one year	16	<u>(33,175)</u>		<u>(50,619)</u>	
Net current assets			<u>366,763</u>		<u>389,476</u>
Total assets less current liabilities			<u>577,656</u>		<u>527,043</u>
Net assets excluding pension liability			<u>577,656</u>		<u>527,043</u>
			<u><u>577,656</u></u>		<u><u>527,043</u></u>
The funds of the charity					
Restricted income funds	19	245,267		127,528	
Unrestricted funds - general		312,389		277,034	
Unrestricted funds - designated		20,000		122,481	
		<u>577,656</u>		<u>527,043</u>	
			<u><u>577,656</u></u>		<u><u>527,043</u></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 2024.

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 11th September 2024

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

L. Dodd

Company registration number 2269526 (England and Wales)

NEURO THERAPY CENTRE LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	23		49,718		115,950
Investing activities					
Purchase of tangible fixed assets		(101,519)		(32,640)	
Investment income received		5,142		2,655	
Net cash used in investing activities			(96,377)		(29,985)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(46,659)		85,965
Cash and cash equivalents at beginning of year			422,290		336,325
Cash and cash equivalents at end of year			<u>375,631</u>		<u>422,290</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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 2024/25 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, the project to increase the service provision and capacity of the Centre continues. 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 and to mitigate any financial risk the project is being implemented in stages with continuous review. The first phase of work within the new building providing the expanded floor space has been fully funded and completed end June 2024. The next stage of the project, the existing Centre floor space, remains at risk if funding cannot be found.

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 possibility of longer-term funding sources including inter year grants and legacies.

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.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

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.

Restricted funds are subject to specific conditions by donors or grantors 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
Units 1 & 2	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.

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 2024

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 Trustees consider that there were no judgements or estimates that have a significant impact on the accounts.

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 2024

3 Donations and legacies

	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Personal donations	86,912	1,197	-	88,109	189,660
Legacies and bequests	11,874	-	-	11,874	2,557
Corporate donations	50,552	-	-	50,552	24,907
Membership fees	12,623	-	-	12,623	9,674
	<u>161,961</u>	<u>1,197</u>	<u>-</u>	<u>163,158</u>	<u>226,798</u>
For the year ended 31 March 2023	<u>217,275</u>	<u>1,168</u>	<u>8,355</u>		<u>226,798</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Services provided under contract	119,487	-	119,487	119,487	-	119,487
Provisions of services	26,984	-	26,984	18,970	-	18,970
Local authority grants	-	63,051	63,051	-	46,620	46,620
Local Health authority grant	-	20,810	20,810	-	20,810	20,810
Trusts and Foundations	-	333,757	333,757	-	198,137	198,137
	<u>146,471</u>	<u>417,618</u>	<u>564,089</u>	<u>138,457</u>	<u>265,567</u>	<u>404,024</u>

5 Other trading activities

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
Fundraising events	24,564	24,879
Sale of provisions	21,456	12,724
Other trading activities	<u>46,020</u>	<u>37,603</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

6 Investments

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
Interest received	5,142	2,655

7 Expenditure on raising funds

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
<u>Fundraising and publicity</u>		
Fundraising costs	6,293	5,656
Items for resale	6,701	3,752
Fundraising agents	14,562	-
Fundraising and publicity	27,556	9,408
	27,556	9,408

NEURO THERAPY CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

8 Charitable activities	Treatments therapies 2024 £	Provision of care 2024 £	Total 2024 £	Treatments therapies 2023 £	Provision of care 2023 £	Total 2023 £
Staff costs	183,533	40,288	223,821	162,401	45,805	208,206
Depreciation and impairment	8,396	8,396	16,792	7,443	7,443	14,886
Travel, training and recruitment	15,998	3,511	19,509	12,225	3,448	15,673
Treatment and therapies	11,359	-	11,359	6,665	-	6,665
	<u>219,286</u>	<u>52,195</u>	<u>271,481</u>	<u>188,734</u>	<u>56,696</u>	<u>245,430</u>
Share of support costs (see note 9)	339,196	74,920	414,116	263,840	75,617	339,457
Share of governance costs (see note 9)	2,658	584	3,242	2,418	682	3,100
	<u>561,140</u>	<u>127,699</u>	<u>688,839</u>	<u>454,992</u>	<u>132,995</u>	<u>587,987</u>
Analysis by fund						
Unrestricted funds - general	319,510	71,931	391,441	280,779	82,653	363,432
Restricted funds	241,630	55,768	297,398	174,213	50,342	224,555
	<u>561,140</u>	<u>127,699</u>	<u>688,839</u>	<u>454,992</u>	<u>132,995</u>	<u>587,987</u>

NEURO THERAPY CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

9 Support costs	Support Governance costs		2024		Support Governance costs		2023	
	£	£	£	£	£	£	£	
Staff costs	287,789	-	287,789	232,008	-	232,008		
Property costs	69,963	-	69,963	44,519	-	44,519		
General office	56,364	-	56,364	62,930	-	62,930		
Independent Examiner fees	-	3,242	3,242	-	3,100	3,100		
	<u>414,116</u>	<u>3,242</u>	<u>417,358</u>	<u>339,457</u>	<u>3,100</u>	<u>342,557</u>		
Analysed between								
Charitable activities	<u>414,116</u>	<u>3,242</u>	<u>417,358</u>	<u>339,457</u>	<u>3,100</u>	<u>342,557</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 2024

10 Net movement in funds	2024	2023
	£	£
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	3,242	3,100
Depreciation of owned tangible fixed assets	16,792	14,886
Loss on disposal of tangible fixed assets	11,400	1,132
	<u>16,434</u>	<u>19,118</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:

	2024	2023
	Number	Number
Equivalent full time employees	23	19
	<u>23</u>	<u>19</u>

Employment costs

	2024	2023
	£	£
Wages and salaries	470,257	404,704
Social security costs	33,414	28,688
Other pension costs	7,939	6,822
	<u>511,610</u>	<u>440,214</u>

Of the total staff costs and trustee remuneration and expenses £251,364 (2023 - £232,008) was unrestricted and £281,034 (2023 - £208,207) was restricted.

Pension costs are allocated in proportion to related staff costs.

The total remuneration benefits payable to key management personnel was £59,847.

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 2024

13 Other

	Unrestricted funds	Restricted funds	Total	Total
	2024 £	2024	2024 £	2023 £
Net loss on disposal of tangible fixed assets	8,919	2,481	11,400	1,132
For the year ended 31 March 2023	<u>1,132</u>	<u>-</u>		<u>1,132</u>

14 Tangible fixed assets

	Leasehold improvements £	Units 1 & 2 £	Pressure Chamber £	Equipment £	Total £
Cost					
At 1 April 2023	380,826	-	19,357	156,785	556,968
Additions	-	96,642	-	4,877	101,519
Disposals	(11,400)	-	-	-	(11,400)
At 31 March 2024	<u>369,426</u>	<u>96,642</u>	<u>19,357</u>	<u>161,662</u>	<u>647,087</u>
Depreciation and impairment					
At 1 April 2023	328,511	-	11,002	79,889	419,402
Depreciation charged in the year	6,281	-	836	9,675	16,792
At 31 March 2024	<u>334,792</u>	<u>-</u>	<u>11,838</u>	<u>89,564</u>	<u>436,194</u>
Carrying amount					
At 31 March 2024	<u>34,634</u>	<u>96,642</u>	<u>7,519</u>	<u>72,098</u>	<u>210,893</u>
At 31 March 2023	<u>52,315</u>	<u>-</u>	<u>8,355</u>	<u>76,897</u>	<u>137,567</u>

15 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	3,119	2,375
Other debtors	2,017	-
Prepayments and accrued income	19,171	15,430
	<u>24,307</u>	<u>17,805</u>

NEURO THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other creditors	23,122	16,098
Accruals and deferred income	10,053	34,521
	<u>33,175</u>	<u>50,619</u>

17 Deferred income

	£
Deferred income at 1 April 2023	3,576
Refunded in the year	(3,576)
Received in the year	1,454
Deferred income at 31 March 2024	<u>1,454</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

	2024	2023
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	<u>7,939</u>	<u>6,822</u>

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.

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Balance at 1 April 2022		Movement in funds				Movement in funds				Balance at 31 March 2024	
	£	£	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	£	£	
Anne Duchess	5,000	-	-	(5,000)	-	-	9,863	-	-	-	9,863	
BCUHB	-	20,810	20,810	(20,810)	-	-	20,810	(20,810)	-	-	-	
Cheshire Community Foundation	-	14,526	14,526	(6,679)	-	7,847	9,482	(9,459)	-	-	7,870	
Clutterbuck Trust	-	-	-	-	-	-	1,500	-	-	-	1,500	
Co-op Arts	-	-	-	-	-	-	2,319	(733)	-	-	1,586	
Co-op Warm Space	-	7,226	7,226	(5,343)	-	1,883	3	(1,886)	-	-	-	
CRH Charitable Trust	-	-	-	-	-	-	10,000	-	-	-	10,000	
CWAC	-	20,286	20,286	(20,286)	-	-	15,214	(15,214)	-	-	-	
CWAC Carers Breaks	-	-	-	-	-	-	9,681	(4,840)	-	-	4,841	
CWAC Physical Wellbeing	-	-	-	-	-	-	9,716	(4,858)	-	-	4,858	
Deeside Round Table	-	1,821	1,821	(386)	(1,435)	-	-	-	-	-	-	
Denbighshire CC	-	7,925	7,925	(7,925)	-	-	9,967	(9,967)	-	-	-	
Earl of Chester	-	1,500	1,500	(1,500)	-	-	-	-	-	-	-	
Edward Gosling Foundation	-	25,000	25,000	(25,000)	-	-	-	-	-	-	-	
Essential Appeal	10,945	99	99	(99)	-	-	93	(93)	-	-	-	
Equipment grant	-	-	-	(2,017)	28,455	37,383	-	(3,869)	-	-	33,514	
February Foundation	-	-	-	-	-	-	5,000	(5,000)	-	-	-	
Flintshire CC	-	11,700	11,700	(11,700)	-	-	11,700	(11,700)	-	-	-	
Flintshire NEWCIS - Carers Workshops	805	-	-	(805)	-	-	-	-	-	-	-	
FLVC	-	3,000	3,000	(3,000)	-	-	3,000	(3,000)	-	-	-	
Garfield Weston Foundation	-	-	-	-	-	-	30,000	(30,000)	-	-	-	
Geoffrey & Pauline Martin Trust	-	-	-	-	-	-	40,000	-	-	-	40,000	
Hospital Saturday Fund	-	-	-	-	-	-	2,000	-	-	-	2,000	
James Tudor Trust	-	-	-	-	-	-	7,500	-	-	-	7,500	
Millenium Stadium Charitable Trust	-	7,380	7,380	-	-	7,380	-	(7,380)	-	-	-	

NEURO THERAPY CENTRE LIMITED
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds	(Continued)					
Morrison's	5,733	-	(490)	-	5,243	-
National Lottery Community Fund	-	-	-	-	-	8,250
NEWCIS	-	3,853	(3,853)	-	-	3,773
Postcode Community Trust	-	19,600	(6,295)	-	13,305	-
Reaching Communities	-	58,944	(26,797)	(18,665)	13,482	88,518
Reaching Communities (Consumables)	-	-	-	-	-	2,710
Rebuilding grants C1	22,370	-	(2,487)	-	19,883	-
Saltney Town Council	-	2,856	(2,856)	-	-	-
South Cheshire Masonic Golf Club	-	8,355	-	(8,355)	-	-
Sport England	11,661	30,000	(41,661)	-	-	-
Steve Morgan Foundation	-	1,000	(1,000)	-	-	30,426
St James' Place	-	-	-	-	-	5,000
The Big Give	21,647	16,449	(21,647)	-	16,449	22,217
Units 1 & 2	-	-	-	-	-	-
Ursula Keys Trust	-	-	-	-	-	50,000
Virtual Centre	-	1,592	(1,592)	-	-	876
Waterloo	-	10,000	(5,327)	-	4,673	8,000
	<u>78,161</u>	<u>273,922</u>	<u>(224,555)</u>	<u>-</u>	<u>127,528</u>	<u>417,618</u>
						<u>(299,879)</u>
						<u>245,267</u>
						<u>(5,243)</u>
						2,455
						-
						-
						-
						20,670
						-
						14,913
						-
						-
						-
						1,237
						5,000
						22,217
						42,575
						(37,332)
						12,668
						-
						-

NEURO THERAPY CENTRE LIMITED
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds (Continued)

Anne Duchess	Provision of virtual support and networking services / counselling fund
BCUHB	Provision of care
Cheshire Community Foundation	Neurological Physiotherapy & Impact Measurement / counselling fund
Clutterbuck Trust	Gym equipment
Co-op Arts	Arts Project
Co-op Warm Space	Warm Space
CWAC	Carer breaks
CWAC	Physical health & wellbeing
CRH Charitable Trust	Additional counsellor fund
Deeside Round Table	Sound proof doors
Denbighshire CC	Carer support
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	Physiotherapy funding
Flintshire CC	Carers support
Flintshire NEWCIS Carers	Carers workshops
FLVC	Loneliness and Social Isolation Fund
Garfield Weston Foundation	Therapies Team Costs
Geoffrey & Pauline Martin Trust	Neuro Gym Expansion Project
Hospital Saturday Fund	Contribution to FES work
James Tudor Trust	Additional gym instructor fund
Millenium Stadium Charitable Trust	Talking spaces

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds (Continued)

Morrison's Foundation	Oxygen
National Lottery Community Fund	Additional gym instructor fund
NEWCIS	Bridging the gap
Postcode Community Trust	Talking spaces
Reaching Communities	Access to Exercise and Wellbeing
Saltney Town Council	Staff Training
South Cheshire Masonic Golf Club	Deluge Tank
Sport England	Access to Exercise Project
Steve Morgan Foundation	Physiotherapy salary costs
St James Place	Counselling fund
The Big Give	Fitness support and emotional health & wellbeing support
Ursula Keys Trust	Neuro Gym Expansion Project
Virtual Centre	Virtual Centre donations
Waterloo	Neuro Gym Covid Recovery Programme

Equipment grants
Rebuilding grants

Grants received in previous years relating to capital equipment and leasehold improvements. A depreciation charge reduces the restricted fund over the life of the asset.

20 Analysis of net assets between funds	Unrestricted funds		Designated funds		Restricted funds		Total Unrestricted funds		Designated funds		Restricted funds		Total	
	2024	£	2024	£	2024	£	2024	£	2023	£	2023	£	2023	£
Fund balances at 31 March 2024 are represented by:														
Tangible assets	124,165		-		86,728		210,893	80,304	-		57,263		137,567	
Current assets/(liabilities)	188,224		20,000		158,539		366,763	196,730	122,481		70,265		389,476	
	312,389		20,000		245,267		577,656	277,034	122,481		127,528		527,043	

NEURO THERAPY CENTRE LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

21 Operating Lease Commitments

Lessee

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:

	2024 £	2023 £
Within one year	55,649	25,187
Between two and five years	109,859	1,616
	<u>165,508</u>	<u>26,803</u>

22 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

23 Cash generated from operations

	2024 £	2023 £
Surplus for the year	50,614	72,553
Adjustments for:		
Investment income recognised in statement of financial activities	(5,142)	(2,655)
Loss on disposal of tangible fixed assets	11,400	1,132
Depreciation and impairment of tangible fixed assets	16,792	14,886
Movements in working capital:		
(Increase)/decrease in debtors	(6,502)	1,260
(Decrease)/increase in creditors	(17,444)	28,774
Cash generated from operations	<u>49,718</u>	<u>115,950</u>

24 Analysis of changes in net funds

The charity had no debt during the year.