

# The Oxygen Therapy Centre

## Trustees' Annual Report

Year ended 31 May 2023

### Structure, governance and management

The Oxygen Therapy Centre Limited is a company limited by guarantee and is governed by its Memorandum and Articles of Association. It is recognised by HM Revenue & Customs as a charity for tax purposes. It is also registered as a charity with the Charity Commission for Northern Ireland.

### Organisational Structure

The Trustee Management Committee are responsible for the general management, policy and procedure decisions. They also set the strategic direction, policies and budget of the charity and monitors performance on a regular basis. Day to day management of the charity is delegated to the Centre Manager.

### Purpose, Objectives and activities

The Oxygen Therapy Centre continues to meet its aims and objectives as set out in the company's Memorandum and Articles of Association to aid and improve for the public benefit the condition of those suffering from multiple sclerosis, also sports injuries and other medical conditions for which High Dose Oxygen and other therapy's would be beneficial. To bring people together suffering from similar conditions and offer advice, guidance and support.

High Dose Oxygen is effective in helping to heal wounds, broken bones, reduces pain, inflammation, infection and avoid deterioration in illnesses such as Multiple Sclerosis. Aid's circulation, vision, speech, memory and concentration, bladder and bowel control, energy levels, mood and sense of well-being. Increases stem cells, inhibits cancer growth and controls over 8000 genes in the human body.

Electromagnetic Stimulation is effective in Improving blood circulation encourages deep, relaxing sleep to relieve insomnia, muscle tension, tension headaches and migraine. It also reduces or stops pain. CLINICALLY PROVEN TO BE EFFECTIVE IN PROMOTING IMPROVEMENTS IN... PAIN RELIEF: Back pain, joint pain, headaches. HEALTH AND WELL BEING: Stress, sleep quality, concentration, immune system, cholesterol and blood pressure. SPORTS MEDICINE: Stress, tendon and muscle injuries, fractures. JOINTS AND BONES: Fractures, osteoporosis, rheumatoid arthritis, osteoarthritis, joint disorders. NERVOUS SYSTEM: multiple sclerosis, Parkinson's, stroke, migraine, Alzheimer's disease. ALIMENTARY TRACT: Duodenal and gastric ulcers, irritable colon syndrome.

### Public Benefit

Service users continue to report improved benefits with their health: - positive benefits include increased energy levels, less pain, improved mobility, better sleep & less fatigue, improved concentration and memory, better mood and an overall better quality of life. User's also report a reduction or have been able to stop taking their medication due to the improved health benefits. They are able to continue working and socialising due to the benefits of treatment improving their quality of life. Users continually comment on how welcoming and caring the staff and volunteers are

throughout their time at the Centre, they give thanks for the support and care they receive (testimonials available on our website). They appreciate having a warm and friendly place to come and socialise with others with similar conditions. They can converse with each other and share their highs and unburden their lows amongst others who are in similar circumstances or indeed have endured comparable experiences and can relate to them, this aids their mental health.

### **Achievements and performance**

The Centre has continued to remain in profit with a profit of £13,926 in 2023.

During the year, the Centre provided 3,059 treatments. These included 2,911 High Dose Oxygen Treatments and 148 Electromagnetic Therapy sessions.

Promotional talks to community organisations raising awareness of oxygen treatment continues to generate client numbers.

### **Financial review**

The total profit reflects the dedication and hard work of staff and volunteers.

All profits go directly back into the charity to benefit the clients and raise public awareness. The “real” cost of this treatment would put it beyond the reach of many.

### **Plans for future periods**

The charity will continue to promote the benefits of its services to increase client numbers. It will continue to fundraise to increase funds to ensure treatments are available to those who are in much need of its services.

### **Responsibilities of the Trustees**

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law.

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**Norma Shannon**  
**Chairperson**