

The Oxygen Therapy Centre

Trustees' Annual Report

Year ended 31 May 2024

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.

Objectives and activities

The charity Trustees continue 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.

The Centre provides a range of holistic and complementary medical therapies (High Dose Oxygen Therapy, Electromagnetic Therapy and Salt Therapy) to people affected by chronic, lifelong debilitating illnesses and disabilities and exists to ease the impact of suffering on their and their loved ones' lives. It enables them to have a meaningful role within society by continuing to work, education, spiritual, social and community life.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy, active and independent as possible; and experience better quality of life.

Without our Centre, the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in most cases would be non-existent.

High Dose Oxygen – this treatment involves breathing pure oxygen within a pressurized chamber. It is effective in helping to heal wounds, broken bones, reduces pain, inflammation, infection and avoid deterioration in illnesses such as Multiple Sclerosis. Aid circulation, vision, speech, memory and concentration, bladder and bowel control, boost immunity and energy levels, mood and sense of well-being.

Electromagnetic Therapy – has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.

Salt Therapy – is a 100% natural treatment that uses dry micronized salt to treat various respiratory and dermatological ailments. It will ease the need for inhalers and antibiotics, ease breathing after a few sessions, strengthen lung function, increase resistance to respiratory diseases, strengthen your immune system, reduce stress and anxiety, improve general health and enhance sports performance.

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. They 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. They 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

During the year we delivered 4563 treatments and helped more than 296 people and welcomed 146 new clients.

We continued relationships with many of our funders, local businesses and organisations and enlisted the help of new funders who saw the valuable contribution and difference we are making to people's lives.

We were granted funds to purchase new equipment for the High Dose Oxygen chamber that will enable us to extend our range of treatments and cater for additional clients. We received funding to provide essential First Aid Training, Fire Training and Safeguard Training for all our volunteers. We also received funding to put up a new fence and remove the hedging and grass around our building. This will reduce future expenditure on maintaining the gardens.

Promotional talks to community organisations raising awareness of Oxygen Therapy continues to generate client numbers. We had an Open Day on the 24th October for the opening of our Salt Therapy; this brought new clients and 3 new volunteers.

Financial review

We are a self-funding, non-profit making charity. We do not receive any government funding. The funding to provide this service comes from, general fundraising, public collections, subscriptions and donations from members and supporters. Donations and grants from charitable trusts, companies, councils and voluntary groups.

Our income for the year was £94,019 and comprised £3374 from fundraising events and collections, £78182 from member and supporter donations, £2880 from grants and company donations (TBF & KL Thompson Trust £2000 and Black Santa Appeal £880), and £9583 from Gift Aid.

Increase in "Profit" reflects the dedication and hard work of staff, volunteers and fundraisers (a/c's attached.) 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.

Thank you to everyone who fundraised, donated and supported our work throughout the year. Your support enables us to continue the work we do here making a real difference to the lives of those suffering with lifelong chronic conditions.

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.



Norma Shannon
Chairperson