

Registered number
2757864

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

REPORT & ACCOUNTS

FOR THE YEAR ENDED
31 MARCH 2004



RIC
COMPANIES HOUSE

R0J3X001

0487
4/11/04

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

CONTENTS

	Page
Company Information	1
Report of the Trustees	2
Accountants' report	3
Income and expenditure account	4 - 5
Balance sheet	6
Notes to the accounts	6 - 7

COMPANY INFORMATION

Trustees

Mr S J Bromley
Ms C Brown
Mrs P R Gordon-Duff-Pennington
Ms R Polkinghorne
Mrs H E Rushton
Dr T Sowton
Dr Peter Tiplady
Mr R B Woodall

Secretary

Miss M K Briggs

Method of appointment or election of Trustees

By agreement of existing Trustees at a properly constituted Trustee Meeting

Reporting Accountants

S G Banister and Co.
Chartered Accountants
40 Great James Street
London
WC1N 3HB

Bankers

National Westminster Bank plc
Market Place
Egremont
Cumbria
CA18 1RT

Registered Name

The Centre for Complementary Care, Eskdale

Registered Office

The Chase
Muncaster
Ravenglass
Cumbria
CA18 1RD

Registered Number

2757864

Governing Document

Memorandum and Articles of Association dated 13th October 1992

REPORT OF THE TRUSTEES/DIRECTORS

The Trustees present their annual report with the accounts of the company for the year ended 31st March 2004.

The Centre for Complementary Care is a company limited by guarantee (No: 2757864) registered at: The Chase, Muncaster, Ravenglass, Cumbria CA18 1RD. It is a registered charity (No: 1015007.)

Principle Activities

The object of the charity is to provide for the treatment and relief of sickness by the practice of and education of the public in healing.

The Trustees' policy is to offer treatment to all who seek it, regardless of religious affiliation or financial circumstances.

The Centre is staffed by: Gretchen Stevens, Centre Director; Moira Briggs, Centre Manager; Mary Brown, Clerical Assistant and two complementary practitioners. Volunteers carry out all additional work.

In the period under review:

- ❖ Trustees accepted the resignations due to pressures of time and work of Trustees John Bannister and Keith Fitton.
- ❖ The Centre completed its long and happy association with Knott End landlords William and Marie Arnold when the property was sold and our tenancy relinquished. On November 1st, we moved to Muncaster Chase and a new tenancy with Muncaster Castle Estate. The spacious Victorian vicarage and its large informal garden is eminently suitable for the healing work of the Centre. Located on the main A595 coast road, it provides easier access and better public transport connections for clients.
- ❖ The Centre continued its outcomes research programme, gathering data for future studies. Papers on research results in musculoskeletal conditions and cancer were published in the American Journal of Public Health and European Journal of Oncology Nursing. A paper on all conditions was accepted for publication by the British journal, Public Health, and further articles on mental health and other ailments were submitted to the medical press for consideration. Using the same research team, we intend to undertake a further stage of the research, which will consist of prospective, randomised, controlled trials and extended monitoring of effectiveness and safety of healing over a three-year period.
- ❖ The Trustees accepted Annual Accounts, which showed a deficit. The shortfall is attributed to failed funding bids in the public sector, as well as the current financial climate responsible for the decline of disposable income of most grant-giving charitable trusts. The Trustees endorse the management decision to broaden the base of the healing work of the Centre by offering services nationally and encouraging fundraising by individuals and groups to support the Sheila Robinson Fund which provides the costs of treatment for clients suffering financial hardship. The Trustees are satisfied that the Centre holds sufficient reserves to carry the Centre programme forward.
- ❖ The Centre continued to offer healing treatment to all who came in need, referred or self-referred, five days per week at Knott End, one day per week at Lowick Green and two days per month at the Senhouse Centre. The full cost of treatment for those unable to donate the entire amount was provided by the Sheila Robinson Memorial Fund and donor trusts.
- ❖ The Centre made weekly home and hospital visits to seriously ill clients when requested by their doctors or when deterioration of their condition made it impossible for them to attend appointments.
- ❖ The Centre provided presentations, talks, information and project support for: District, Practice and Macmillan Nurses and Health Visitors; Ullswater Day Ward, Stroke Rehabilitation Unit, West Cumberland Hospital; the Christian Meditation Community, Cambridge; Dent Meditation Centre; Health and Social Care Department, Workington College; Anglican Clergy; Community Fund Presentation, Muncaster Castle; NHS Cancer Study Day, Working with Cancer Patients and Their Families; Interviews Radio Cumbria and local press; Iceland Grocery Team Building Garden Project, Muncaster Chase.

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

- ❖ Sponsored or participated in local fundraising events: Garden Party, Eskdale; Eskdale Fete, Four Day Flower Festival, St Michael's Muncaster; Robin Hood Marathon; Open Day, Knott End; Christmas Party, Muncaster Chase and monthly ReNewal meetings to plan and support fundraising. Quarterly newsletters are sent to more than 3000 friends and supporters of the Centre, giving those who live too far away to participate in Centre activities an opportunity to keep in touch and donate to the healing work.
- ❖ Publications: American Journal of Public Health, European Journal of Oncology Nursing.

REVIEW OF BUSINESS

The Charity operates as a company limited by guarantee and does not have a share capital. A summary of the income and expenditure for the period is given on page 5 of the accounts. The Trustees consider the state of affairs to be satisfactory.

FIXED ASSETS - Acquisitions and disposals of fixed assets during the period are shown in note 3.

REPORTING ACCOUNTANTS - S G Banister have been appointed as reporting accountants for a further year.

Signed on behalf of the
Board of Trustees


Dr Peter Tiplady
Chair

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

ACCOUNTANTS' REPORT TO THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

**Accountants' report on the unaudited accounts to the trustees of
THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE**

As described on the balance sheet, you are responsible for the preparation of the accounts for the year ended 31st March 2004 set out on pages 4 to 9, and you consider that the company is exempt from an audit under section 249A(2) of the Companies Act 1985. In accordance with your instructions, we have compiled these unaudited accounts in order to assist you to fulfill your statutory responsibilities, from the accounting records and information and explanations supplied to us.

S G Banister & Co.

Chartered Accountants
40 Great James Street
London
WC1N 3HB

Date:

20/02/04

S G Banister & Co.

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

INCOME AND EXPENDITURE ACCOUNT

For the YEAR ended 31 March 2004

	2004		2003
	£	£	£
INCOME			
Healing	15,980		19,388
Donations & Convenants	41,118		23,594
Research Project	-		4,714
Fundraising	6,630		7,060
Sundry Income	717		6,854
Restricted Grant Funding:			
Francis C Scott (Cancer Patients)	-		9,000
Sheila Robinson Fund	2,714		7,539
	<hr/>		<hr/>
	67,159		78,149
CHARITABLE ACTIVITY DIRECT EXPENDITURE			
Consulting Fees	43,899		47,379
Purchases	641		779
Motor expenses	1,610		1,460
	<hr/>		<hr/>
	46,150		49,618
GROSS SURPLUS	21,009		28,531
Gross profit percentage	31.3 %		36.5 %

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

Gross Surplus b/f from previous page	21,009	28,531
OTHER INCOME		
Interest received	2,259	3,862
	<u>23,268</u>	<u>32,393</u>
LESS: EXPENSES		
Wages & Salaries	35,300	36,759
Staff training	-	757
Rent & Rates	8,250	12,265
Light and heat	1,597	1,674
Repairs and maintenance	6,272	193
Printing, Postage and Stationery	1,069	5,727
Telephone and Fax	3,558	1,056
Computer costs	299	141
Subscriptions	(63)	335
Catering, Cleaning & Sundry expenses	1,735	3,243
Insurance	2,565	1,430
Fund Raising	385	1,097
Research Project	1,028	1,550
Legal and professional	33	-
Accountancy & Book keeping fees	1,625	2,209
Bank charges	85	116
Depreciation - motor vehicles	368	490
Depreciation - equipment	1,571	1,527
	<u>65,677</u>	<u>70,569</u>
NET DEFICIT FOR THE YEAR	<u>£ (42,409)</u>	<u>£ (38,176)</u>

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

BALANCE SHEET
As at 31 March 2004

		2004		2003	
	Note	£	£	£	£
FIXED ASSETS					
Tangible fixed assets	1		10,006		10,127
CURRENT ASSETS					
Debtors	2	2,141		3,753	
Cash at bank and in hand		51,564		94,987	
		<u>53,705</u>		<u>98,740</u>	
CREDITORS DUE WITHIN ONE YEAR	3	(5,239)		(7,986)	
NET CURRENT ASSETS			<u>48,466</u>		<u>90,754</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>£ 58,472</u>		<u>£ 100,881</u>
CAPITAL AND RESERVES					
Accumulated Fund	4		<u>£ 58,472</u>		<u>£ 100,881</u>

For the year ended 31st March 2004, the company was entitled to exemption under section 249A(1) of the Companies Act 1985.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 249B(2).

The directors acknowledge their responsibility for:

- (i) Ensuring the company keeps accounting records which comply with section 221; and
- (ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of its financial year, and of its profit and loss for the financial year in accordance with section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

The accounts are prepared in accordance with the special provisions of part VII of the Companies Act 1985 relating to small companies.

Dr Peter Tiplady, Chairman
Centre for Complementary Care, Eskdale.



1. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Total £
Cost			
At 1 April 2003	20,318	6,200	26,518
Additions	1,818	-	1,818
	<u>22,136</u>	<u>6,200</u>	<u>28,336</u>
At 31 March 2004			
Depreciation			
At 1 April 2003	11,663	4,728	16,391
Charge for the year	1,571	368	1,939
	<u>13,234</u>	<u>5,096</u>	<u>18,330</u>
At 31 March 2004			
Net book value			
At 31 March 2004	<u>£ 8,902</u>	<u>£ 1,104</u>	<u>£ 10,006</u>
At 31 March 2003	<u>£ 8,655</u>	<u>£ 1,472</u>	<u>£ 10,127</u>

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

NOTES TO THE ACCOUNTS
For the YEAR ended 31 March 2004

2. DEBTORS

	2004	2003
	£	£
Due within one year		
Trade debtors	282	14
Prepayments and accrued income	1,859	3,739
	<u>2,141</u>	<u>3,753</u>
	£ 2,141	£ 3,753

3. CREDITORS DUE WITHIN ONE YEAR

	2004	2003
	£	£
Bank loans and overdrafts	1,429	-
Social security and other taxes	238	-
Other creditors	-	1,600
Accruals and deferred income	3,572	6,386
	<u>5,239</u>	<u>7,986</u>
	£ 5,239	£ 7,986

4. ACCUMULATED FUND

	2004	2003
	Total	Total
	£	£
At 1 April 2003	100,881	139,057
Less:		
Loss	<u>42,409</u>	<u>38,176</u>
At 31 March 2004	<u>58,472</u>	<u>100,881</u>

THE CENTRE FOR COMPLEMENTARY CARE, ESKDALE

Reserves Policy

Reserves held:

	Accumulated fund per accounts:	58,472.00
Less:	Fixed assets per accounts:	8,655.00
		<hr/>
TOTAL RESERVES:		£49,817.00

Every year the Management Committee carry out a risk assessment on the issues arising with regard to the Centre's finances, enabling them to decide on the level of reserves necessary for running costs for the next financial year:

This year they believe that, in view of the financial situation, the following should be held in reserve for six months' running costs:

Salaries:	10,000.00	
Consultancy fees:	25,000.00	
Heat and Light:	1,000.00	
Insurances (Professional, Public and car):	1,500.00	
Rent and rates:	4,000.00	
Total		41,500.00
		<hr/>
The Free Reserves for 2004/2005 are therefore:		£8,317.00
		=====

Monitoring and review of this Policy will take place at the Annual General meeting and six months thereafter, or at a time to be agreed between the Trustees depending on the financial circumstances of the Centre from month to month.