

**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 December 2022**  
**for**  
**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A**  
**THE HEALING TRUST**

Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Contents of the Financial Statements**  
**for the year ended 31 DECEMBER 2022**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 5
<b>Independent Examiner's Report</b>	6
<b>Statement of Financial Activities</b>	7
<b>Balance Sheet</b>	8 to 9
<b>Notes to the Financial Statements</b>	10 to 19

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Report of the Trustees**  
**for the year ended 31 DECEMBER 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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**

**Objectives and aims**

The Charity is established to promote public health by the promotion of spiritual healing for the benefit of the public, by educating and training healers and by ensuring proper standards in the practice of spiritual healing.

In recent years, the charity has seen a decline in memberships. The medium-term aim is to reverse this trend and generate an up-take of new memberships, to ensure that the charity can meet its objectives. To achieve this, the charity has been investing in improvements to its systems, to automate administrative tasks and reach a wider audience:

- During the later stages of 2021 and for most of 2022, the charity has been creating a new website, which will be launched in late Spring in 2023. The new website will allow the public to access resources for healing and/or training, furthering the charity's objective of promoting spiritual healing,
- Along with the new website, the office systems will start an upgrade program in 2023, resulting in the automation of many processes. This update will enable office staff to spend more time on new projects to further the charity's profile.

In addition to the above, the charity continues to undertake activities to promote spiritual healing to the public and improve public health through access to spiritual healing:

- Raising awareness of matters associated with healing via the members' newsletter, website, exhibitions, voluntary healing centres and social media presence,
- Promoting research continuing to raise the profile of The Healing Trust,
- Providing workshops and CPD events for members of the public as well as members of the organisation,
- Increasing awareness and credibility of Spiritual Healing by attending key exhibitions,
- Providing Spiritual Healing at Healing Trust and the Healing Trust Associated Centres throughout the UK and at exhibitions and other special events.

To keep public health at the centre of all activities, the charity continues to ensure the highest standard of spiritual healing through its provision of training and education. Activities to support this include:

- Educating and training Healers, continually reviewing and improving the Healing Trust's training programme and delivery of training courses so as to maintain the highest standard of training and healing,
- Providing support groups for Healers and Students, encouraging a culture of collaboration and the sharing of knowledge,
- Ensure representation and co-operation with Government approved bodies responsible for the development of Voluntary Self-Regulation for Healing, i.e., the Healing Professional Specific Body (PSB) and the Complementary and Natural Healthcare Council (CNHC),
- Contributing to the Regulation work of UK Healers, as a key member of the organisation.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake, and when considering what constitutes public benefit.

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Report of the Trustees**  
**for the year ended 31 DECEMBER 2022**

**ACHIEVEMENT AND PERFORMANCE**

**Achievements and performance**

With the objectives of the charity being to promote public health and promote spiritual healing for the benefit of the public, the achievement of these objectives can be measured via public participation in the activities of the charity, along with membership numbers and donations.

During 2022, there were several indicators that the charity has been achieving its objectives regarding the promotion of public health and spiritual healing:

- Healers have continued to offer free distant healing and remote support to those in need who have requested healing through the charity's website,
- The charity's healing centres throughout the UK have begun re-opening after Covid restrictions and are offering face to face physical healing to the wider public via drop-in sessions. Again, this is offered free of charge to members of the public, although a donation towards the running of our charity is most welcome. During the 2022 year, donations from regional centres have increased by over 200%, demonstrating that the public are continuing to seek spiritual healing following the disruption of the pandemic,
- A weekly 'Facebook live' distant healing meditation, held by the charity's Chair, Jennifer Jones, has offered a further opportunity for members, and non-members alike, to request healing for those in need,
- The Healing Trust participated in Healing Awareness Week from 1st to 8th May 2022, during which talks by Patrons were offered. Dr Rosy Daniel offered an evening session called 'Exploring the relationship between Spiritual Healing and Life Energy Management Coaching' and Dr William Bloom offered a talk on 'Angels, Archetypes and Nature Spirits - Healing Gaia and Humanity'. It was notable that many more people were joining via Zoom than might have been able to attend in person. A conversation was had between the charity's Chair, Jennifer Jones, and Training Coordinator Valerie Chiltonsmith discussing the relationship between Mind and Body - 'Can negative thoughts and emotions affect your body?'; studies have shown that they can. An additional live event was held - Sandy Edwards in conversation with Dr Tim Ridge, Chair of The Doctor Healer Network: 'Healing Evidence: Can it persuade the medics?',
- During the year, The Healing Trust was in conversation with UK Healers - the accrediting body - about creating a healing course which could be entirely held online. This course has now become a pilot project, and the charity anticipates it will be accepted when the pilot comes to an end in early 2025.

The charity is aware of a decrease in membership numbers and, as outlined above, has taken steps to address this decline and achieve new memberships. With the investment in the charity's website and office systems, the expectation is that improvements in membership numbers will be evident in the next 3-4 years' time. This time-frame is to account for the new website generating interest from the public, in addition to staff being available to develop new ways to promote the charity once their time is freed up by the automation of several processes.

Overall, the achievements of regional centres and the engagement of the public with the charity's activities are demonstrating that the charity can look positively to the future as it seeks to grow and reach out to new members of the public.

None of these activities could be achieved without the support of our volunteer healer members, and the Trustees wholeheartedly thank them all for their hard work and commitment to The Healing Trust.

The Trustees are also very grateful for our Tutors' continued support and efforts.

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Report of the Trustees**  
**for the year ended 31 DECEMBER 2022**

**FINANCIAL REVIEW**

**Financial position**

The results for the year are shown on pages 7. 2022 generated a net expenditure position of £19,463 (2021: Net income £25,934).

2022 saw a reduction in membership numbers and subsequently membership income (2022: £63,237, 2021: £73,885). As a membership organisation, membership income continues to be the most significant income stream for the charity. As outlined above, the extensive work undertaken over the past year on the online training program will aid in the recruitment of new students and, in due course, increased membership income.

Donations and legacy income have declined against prior year (2022: £29,423 2021: £53,886). Both sources of income are vital to the charity and the trustees are most thankful for all voluntary contributions received. Whilst general donations received in 2022 had declined against the prior year, donations received from regional centres throughout the year increased, reflecting the first full year of opening of most centres post pandemic. As a result, donations received at regional centres accounted for 60% of total donations received. Legacy income during 2022 at £250 was significantly lower than that received in 2021 of £31,292.

The charity continues to make use of the Government's Gift Aid scheme and during 2022 also made use of the Gift Aid Small Donation Scheme (GASDS) to receive gift aid relief on small donations received at regional centres. Gift Aid is a vital stream of income for the charity and work continues to promote its use with our members.

The charity's costs remain stable (2022: £124,240, 2021: £122,703). Increased costs have naturally been incurred in running regional centres for a full year in 2022. Total donations received by regional centres throughout the year have covered all attributable costs of these centres. Central office costs and overheads incurred during 2022 fell by £12k compared to 2021, indicating that the charity has control over its running costs. The charity continues to look for cost savings where possible.

The strategy of increasing membership and awareness of the charity continues to be the focus to grow these income streams to support a mainly fixed cost base.

**Reserves policy**

Available reserves held on 31st December 2022 amount to £353,252 (2021: £372,715). The charity continues to require reserves to protect against future income reduction, resulting from uncertain membership numbers and unpredictable donations and legacies. This is vital due to most significant costs incurred by the charity being fixed costs and not variable with income. In addition to providing security for the charity, the reserves are being utilised to move the charity forward; the new website and upgrade to the system being key examples. Ultimately, these upgrades will generate an increase in memberships and therefore income. The charity will continue to use any reserves necessary to drive the charity into the future and improve income from charitable activities.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 14 April 1999 and registered as a charity on 21st November 2002. The company was established under Memorandum and Articles of Association which sets out the objects and powers of the charitable company. In the event of the company being wound up each member is required to contribute an amount not exceeding £10.

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Report of the Trustees**  
**for the year ended 31 DECEMBER 2022**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Recruitment and appointment of new trustees**

The Directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as the Board of Trustees of the Charity. Under the terms of the Memorandum and Articles of Association the members of the Board of Trustees are required both to be members of NFSH and elected by members. Candidates for the Board positions of Chair, Vice Chair and Treasurer are nominated by The Healing Trust Council Members. Council members, Healer members and Fellows are eligible to nominate candidates for other positions on the Board of Trustees and if candidates exceed vacancies, election is by postal ballot of all members.

Members of the Board of Trustees are elected to serve for a period of 3 years and retire by rotation. They may stand for re-election at the end of their term on the Board of Trustees. A Trustee who has served for three consecutive terms of office must take a break from office and may not be reappointed until the earlier of the anniversary of the commencement of his or her break from office and if applicable, the annual general meeting following the annual general meeting at which his or her break from office commenced.

A range of relevant skills is represented on the Board of Trustees but, in the event of any perceived gaps in skills, the Articles provide for co-option by the Board of up to two individuals to add to the skills needed.

**Induction and training of new trustees**

As Trustees are drawn from the Healing Trust membership, Trustees are already familiar with the activities of the charity before they join the Board of Trustees. Potential Trustees normally attend at least one Board Meeting as an observer and meet and speak with at least some of the Charity's employed staff before accepting and taking on Trustee responsibilities. New Trustees routinely receive copies of the latest accounts; Memorandum and Articles of Association; Standing Orders and the Charity Commission booklet "The Essential Trustee" before taking up a Trustee role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03752333 (England and Wales)

**Registered Charity number**

1094702

**Registered office**

Bull End  
1 Strixton Manor Business Centre  
Strixton Village, Strixton  
Wellingborough  
Northamptonshire  
NN29 7PA

**Trustees**

J Barley Healer  
R R L Brewster Company Director (resigned 5.11.22)  
V Chiltonsmith Healer  
Y Fitzgerald Trustee  
P Hockley Trustee  
B S Hudson Trustee (resigned 5.11.22)  
J M Jones Trustee  
C Newman Trustee (resigned 5.11.22)  
D Stoneham Aromatherapist (resigned 5.11.22)  
L Sumner Trustee  
A G Grunwald Healer (appointed 5.11.22)

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Report of the Trustees**  
**for the year ended 31 DECEMBER 2022**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Carl Elsby ACA  
Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

**EVENTS SINCE THE END OF THE YEAR**

Information relating to events since the end of the year is given in the notes to the financial statements.

Approved by order of the board of trustees on 19 May 2023 and signed on its behalf by:

J M Jones - Trustee

**Independent Examiner's Report to the Trustees of  
The NFSH Charitable Trust Limited**

**Independent examiner's report to the trustees of The NFSH Charitable Trust Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company 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 your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.

Carl Elsby ACA

Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

Date: .....



**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Statement of Financial Activities**  
**for the year ended 31 DECEMBER 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		36,161	64,001
<b>Charitable activities</b>			
Memberships		63,237	73,855
Other trading activities	3	4,649	10,651
Investment income	4	730	130
<b>Total</b>		<u>104,777</u>	<u>148,637</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Memberships		5,714	6,086
Other		118,526	116,617
<b>Total</b>		<u>124,240</u>	<u>122,703</u>
<b>NET INCOME/(EXPENDITURE)</b>		(19,463)	25,934
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		372,715	346,781
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>353,252</u>	<u>372,715</u>

The notes form part of these financial statements

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Balance Sheet**  
**31 DECEMBER 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>FIXED ASSETS</b>			
Intangible assets	10	9,792	4,574
Tangible assets	11	580	274
		<u>10,372</u>	<u>4,848</u>
<b>CURRENT ASSETS</b>			
Stocks	12	1,716	3,214
Debtors	13	9,201	12,940
Cash at bank and in hand		<u>357,014</u>	<u>382,466</u>
		<u>367,931</u>	<u>398,620</u>
<b>CREDITORS</b>			
Amounts falling due within one year	14	(25,051)	(30,753)
<b>NET CURRENT ASSETS</b>		<u>342,880</u>	<u>367,867</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		353,252	372,715
<b>NET ASSETS FUNDS</b>		<u>353,252</u>	<u>372,715</u>
	15		
Unrestricted funds		<u>353,252</u>	<u>372,715</u>
<b>TOTAL FUNDS</b>		<u>353,252</u>	<u>372,715</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

**THE NFSH CHARITABLE TRUST LIMITED (REGISTERED NUMBER: 03752333)**  
**T/A THE HEALING TRUST**

**Balance Sheet - continued**  
**31 DECEMBER 2022**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 19 May 2023 and were signed on its behalf by:

J M Jones - Trustee

The notes form part of these financial statements

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements**  
**for the year ended 31 DECEMBER 2022**

**I. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

Income is recognised when the trust is legally entitled to it after any performance conditions have been met. the amounts can be measured reliably, and it is probable that income will be received and can be measured reliably.

**Donations and Gifts:**

Donations are recognised on receipt. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the the trust has been notified of an impending distribution, the amount is known, and receipt is expected.

**Grants Receivable:**

Revenue grants are credited as incoming resources when they are receivable provided for conditions for receipt have been complied with, unless they relate to specific future periods, in which case they are deferred.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Intangible fixed assets other than goodwill**

Intangible assets acquired separately from an entity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation 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:

Website design and development - 5 years

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment                      - 33% on cost

**Stocks**

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**I. ACCOUNTING POLICIES - continued**

**Stocks**

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Financial instruments**

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**Cash and cash equivalents**

Cash and cash equivalents include cash in hand and deposits held at call with banks.

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**1. ACCOUNTING POLICIES - continued**

**Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY**

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements.

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

**3. OTHER TRADING ACTIVITIES**

	2022	2021
	£	£
Other income	<u>4,649</u>	<u>10,651</u>

**4. INVESTMENT INCOME**

	2022	2021
	£	£
Deposit account interest	<u>730</u>	<u>130</u>

**5. SUPPORT COSTS**

	General running costs	Information technology	Charitable costs	Governance costs	Totals
	£	£	£	£	£
Other resources expended	88,875	23,420	3,291	2,940	118,526
Memberships	<u>5,714</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,714</u>
	<u>94,589</u>	<u>23,420</u>	<u>3,291</u>	<u>2,940</u>	<u>124,240</u>

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**5. SUPPORT COSTS - continued**

Support costs, included in the above, are as follows:

			2022	2021
	Other resources expended £	Memberships £	Total activities £	Total activities £
Wages	50,965	-	50,965	51,613
Payroll costs	114	-	114	114
Pensions	1,034	-	1,034	820
Premises costs	26,751	-	26,751	15,960
Insurance	2,079	5,714	7,793	9,838
Light and heat	1,545	-	1,545	1,056
Advertising costs	844	-	844	66
Travel and hotels	417	-	417	146
Sundries	2,553	-	2,553	1,065
Panel costs	141	-	141	-
Bank charges	2,432	-	2,432	3,838
Office costs	9,194	-	9,194	9,534
Telephone costs	1,812	-	1,812	1,751
Computer costs	6,121	-	6,121	6,339
Photocopier rental cost	1,452	-	1,452	1,605
Computer software amortisation	4,574	-	4,574	6,099
Computer equipment depreciation	267	-	267	220
Meetings and exhibitions	1,321	-	1,321	-
Subscriptions and donations	1,820	-	1,820	164
Newsletter costs	150	-	150	4,805
Council and meeting	-	-	-	35
Accountancy fees	2,280	-	2,280	3,720
Professional fees	660	-	660	3,915
	<u>118,526</u>	<u>5,714</u>	<u>124,240</u>	<u>122,703</u>

**6. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	267	220
Computer software amortisation	<u>4,574</u>	<u>6,099</u>

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

**Trustees' expenses**

There were travel expenses totalling £1,991 relating to 2 trustees (2021: 1 trustee) for the year ended 31 December 2022 (2021: £728).

**8. STAFF COSTS**

	2022	2021
	£	£
Wages and salaries	50,965	51,613
Social security costs	114	114
Other pension costs	1,034	820
	<u>52,113</u>	<u>52,547</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Support costs	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	64,001
<b>Charitable activities</b>	
Memberships	73,855
Other trading activities	10,651
Investment income	130
<b>Total</b>	<u>148,637</u>
<b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
Memberships	6,086
Other	116,617
<b>Total</b>	<u>122,703</u>



**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

Unrestricted  
fund  
£

**NET INCOME**

25,934

**RECONCILIATION OF FUNDS**

Total funds brought forward

346,781

**TOTAL FUNDS CARRIED FORWARD**

372,715

**10. INTANGIBLE FIXED ASSETS**

Computer  
software  
£

**COST**

At 1 January 2022

30,550

Additions

9,792

At 31 December 2022

40,342

**AMORTISATION**

At 1 January 2022

25,976

Charge for year

4,574

At 31 December 2022

30,550

**NET BOOK VALUE**

At 31 December 2022

9,792

At 31 December 2021

4,574

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**11. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 January 2022	659
Additions	573
At 31 December 2022	<u>1,232</u>
<b>DEPRECIATION</b>	
At 1 January 2022	385
Charge for year	267
At 31 December 2022	<u>652</u>
<b>NET BOOK VALUE</b>	
At 31 December 2022	<u>580</u>
At 31 December 2021	<u>274</u>

**12. STOCKS**

	2022	2021
	£	£
Stocks	<u>1,716</u>	<u>3,214</u>

**13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Other debtors	1,371	1,143
Gift Aid debtor	309	5,246
Prepayments	<u>7,521</u>	<u>6,551</u>
	<u>9,201</u>	<u>12,940</u>

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Trade creditors	1,329	4,566
Amounts owed to group undertakings	4,206	4,546
Other creditors	5,466	5,221
Deferred income	14,050	16,420
	<u>25,051</u>	<u>30,753</u>

**Deferred income**

	2022	2021
	£	£
Deferred income at 1 January 2022	16,420	17,922
Resources deferred during the year	14,050	16,420
Amounts released from prior year	(16,420)	(17,922)
<b>Deferred income at 31 December 2022</b>	<u>14,050</u>	<u>16,420</u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the following year.

**15. MOVEMENT IN FUNDS**

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	372,715	(19,463)	353,252
<b>TOTAL FUNDS</b>	<u>372,715</u>	<u>(19,463)</u>	<u>353,252</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	104,777	(124,240)	(19,463)
<b>TOTAL FUNDS</b>	<u>104,777</u>	<u>(124,240)</u>	<u>(19,463)</u>

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**15. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	346,781	25,934	372,715
<b>TOTAL FUNDS</b>	<u>346,781</u>	<u>25,934</u>	<u>372,715</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	148,637	(122,703)	25,934
<b>TOTAL FUNDS</b>	<u>148,637</u>	<u>(122,703)</u>	<u>25,934</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
<b>Unrestricted funds</b>			
General fund	346,781	6,471	353,252
<b>TOTAL FUNDS</b>	<u>346,781</u>	<u>6,471</u>	<u>353,252</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	253,414	(246,943)	6,471
<b>TOTAL FUNDS</b>	<u>253,414</u>	<u>(246,943)</u>	<u>6,471</u>

**THE NFSH CHARITABLE TRUST LIMITED**  
**T/A THE HEALING TRUST**

**Notes to the Financial Statements - continued**  
**for the year ended 31 DECEMBER 2022**

**16. RELATED PARTY DISCLOSURES**

The NFSH Charitable Trust Limited has a linked charity, The Harry Edwards (NFSH) Trust.

The Harry Edwards (NFSH) Trust provides grants and bursaries for members of the NFSH Charitable Trust Limited who are facing financial difficulties and would otherwise be unable to meet the cost of their membership. During the year, the Harry Edwards (NFSH) Trust provided membership bursaries totalling £340 (2021: £2,170), which is recognised as income within The NFSH Charitable Trust Limited.

As The Harry Edwards (NFSH) Trust is an unincorporated entity with turnover below £5,000, there is no requirement to file consolidated accounts.

**17. POST BALANCE SHEET EVENTS**

Following the year end and prior to signing of the balance sheet, the charity received confirmation that it would be due receipt of a legacy for the sum of £360,907. At the date of signing, the Trustees are investigating various options to ensure the funds are best utilised to further the charity's objectives.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.