

FRESHWINDS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2009

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FRESHWINDS

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2009

The company is a registered charity, governed by its memorandum and articles of association.

Registered Charity Number: 1079968

Registered Company Number: 3936089

Trustee Directors: Mohammed Sulieman Ibrahim Ibn Hassan Al Nur Al Rahim
Dr. Rhonda Theresa Lee
Lynette Tatton-Brown
Gary De'ath
Roland Heinke
Anna Allford
Justin Kite
France Quirin
Nick Scott
Dr Rafik Taibjee (resigned 14/7/09)
Damon Fletcher (appointed 29/5/09)
Dr Sukhdev Singh (appointed 29/5/09)

The directors of the Charitable Company ("the Charity") are its Trustees for the purposes of charity law and throughout the report are collectively referred to as the Trustees.

Secretary: Gary De'ath

Chief Executive: Mohammed Al-Rahim

Registered Office: Freshwinds House
(Principal Office) Prospect Hall
12 College Walk
Selly Oak
Birmingham
B29 6LE

Banker: Triodos Bank
Brunel House
11 The Promenade
Bristol
BS8 3NN

Solicitors: Gross & Co.,
84 Guildhall Street,
Bury St. Edmonds,
Suffolk
IP33 1DR

Auditors: Horwath Clark Whitehill LLP
Hatherton House
Hatherton Street
Walsall
WS1 1YB

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2009

STATEMENT BY FOUNDER, PRESIDENT AND CHIEF EXECUTIVE

MOHAMMED AL-RAHIM



This year has seen an enormous growth of the charity's activities and development in many project areas. This has led to an investment in infrastructure and systems to support this growth and to therefore provide a solid platform for continuing expansion in the coming months and years. This included the trustees voting to move our banking provision to Triodos who we felt were better equipped to meet our changing needs.

This significant expansion has been in the context of preserving what is most valuable to us, the ethos and values that makes Freshwinds what it is and our truly holistic model of care and support that has made such an impact on the lives of people in Birmingham. Over this year and in the coming year, we will be working with our staff, volunteers and service users to ensure that this remains up to date and relevant.

As well as the maintenance of our existing projects, we also were proud to work with the Birmingham HIV sector to secure £48,000 for the Birmingham HIV Living Archive, a new oral history project, housed within Freshwinds, to record the lives of people living with HIV before these are lost. This project is discussed in more detail in this report but I believe highlights some of the excellent and powerful service user involvement activities that the charity has embarked upon and the cross sector partnerships that are being developed and strengthened. This also demonstrates our continuing important lead role in the local HIV sector.

We have 6,500 fully registered clients, in addition we provide over 4,000 telephone advice sessions per annum and have added 1,200 new fully registered clients in the past year. Approximately 49% of our clients are from BME backgrounds and our current telephone contact rate is 7,500 per month. The charity provided 35,300 client care support/advice face-to-face episodes during 2008-09. We currently have 300 volunteers.

This growth in activity has been underpinned by a financial growth for the charity with us exceeding our predicted income of 1.3 million to achieve 1.4 million at the end of this financial year. This income is mainly consisted of the new and existing contracts that the charity holds and we predict that this will substantively grow as our tendering and income generation strategy reaches fruition over the coming year. The known contractual income for year end March 2010 is 2.1 million, and March 2011 is 3.3 million. We expect to improve on these forecasts as with further new project funding as it becomes available.

The development and expansion of the Charity and its activities has not been without its challenges, although these have led to many innovations within the charity that have enabled us to provide excellent, high quality services that deliver value for money for our funders. As the funding environment rapidly changes and securing resources becomes more challenging, I believe that, despite the challenges this will inevitably bring, Freshwinds is in a very strong position to continue to meet the needs of the citizens of Birmingham.

Finally I would like to recognise the valuable contributions from our volunteers, staff and managers without which the significant positive impact we have achieved for the residents of Birmingham would not have been possible. I would like to also thank the Freshwinds Board of Trustees for their continued commitment and support during this period of rapid growth and development.

Mohammed Al-Rahim
Founder, President and Chief Executive

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STATEMENT BY DR R T LEE, VICE PRESIDENT AND DIRECTOR OF INTEGRATIVE MEDICINE



In 2008/09 the charity has been moving to continue its steady growth and expansion. This was demonstrated in the dramatic increase in the charity's income by 44% to 1.4 million, and the addition of new staff. We were fortunate to be in a secure position at the time of the economic downturn and have been largely unaffected. Instead, we reviewed our position and developed a strategy to be able to play a major role to support those affected by the credit crunch. One of our most noteworthy achievements is a major grant award from the Susil Kumar and Jamila Mitra Charitable Trust to realise our vision to develop a post graduate Integrated Medicine training programme. The Mitra programme will be a truly unique international collaborative effort and will be delivered through a web-based teaching environment.

Many of our achievements are not without the vast amount of volunteer support which broke all records in this period. At the heart of this the kindness and compassion demonstrated by our volunteers for others in their community has been exemplary. In this year more than 50 volunteers were specifically recruited towards our older adult (B-Sage) project, which accounted for more than a 1000 hours of support work. Another 50 new volunteers also joined us to assist in reception, admin, IT, research and sexual health work. The growth of Freshwinds would not be possible without the collective efforts of its managers, staff and volunteers. We look forward to making more progress in the coming year.

Thank you,
Dr Rhonda T Lee
Vice President/Director Integrated Medicine

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About the Charity

Freshwinds is a Charity registered in 1992 to help support adults and children living with life threatening and life limiting conditions, or belonging to socially excluded groups. The Charity formally transferred to become a registered company in January 2002 (in line with good practice). The mission statement of Freshwinds is:

"To provide a fully integrated model of care and support to individuals with life threatening illnesses, within a caring and secure environment, in an effort to explore their circumstances and emotions to find a true resolution of their situation."

The Charity has now been located for over two years in Selly Oak as a response to the increase in demand for services. In conjunction with this we are providing further outreach surgeries at our strategic partners' premises. The Charity provides a comprehensive package of care, which includes addressing not only the individual's physical health but also emotional, psychological, social and financial issues. The Charity has a commitment to try and reduce the burden on patients and ease their hardship, therefore all services are offered completely free of charge. This holistic approach is made available through the following Freshwinds projects.

The governance and relevance of the Charity is strengthened by the 50% representation on the board of service users, many of whom have trained and become therapists in their own right and play an active role in volunteering for the Charity. The Charity also acknowledges with deep gratitude and appreciation the many volunteers who have been with the charity for over 15 years.

The Charity is exceptionally pleased with the diversity of its service users, volunteers, staff, managers and trustees who represent all the communities that we serve.

Funding

The Charity is funded under a number of statutory and voluntary agency funds. Projects are funded generally for not less than two years, normally three, though pilot projects are initiated as one year funding with the take-up following successful completion. Prior to the end of one funding stream, the Charity seeks further funding support. Some projects have a mix of funders as contribution to overall costs, as opposed to full funding. For example, we have been receiving funds from social services and health for over seven years for our HIV services. This is augmented by us through financial inputs from national funders.

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FUTURE DEVELOPMENTS

We continuously build on our excellent reputation and best practice and as a result we are planning to improve and extend our current projects in order to meet the changing and emerging needs of service users and to ameliorate the impact of changes in statutory and social care provision. Whilst providing new and innovative programmes of care, advice and support to address changing demographics, new emerging populations of need and finally to address long-term outstanding issues of deprivation faced by the general population.

The Charity is continuing with its international programmes in 2009/10 and look forward to welcoming various participants from Europe, Africa and South America. In 2009/10 we are also expanding our international online training for our Integrated Medicine (Mitra Programme).

Our research activities are forecast to grow in late 2009/early 2010 and this is a strategic priority of the organisation in terms of improving the evidence base behind Complementary Medicine. In light of this we have strengthened our partnerships with local universities and hospitals.

In our overall organisational review and with respect to our partnerships we have expanded within the building in Selly Oak which has provided further capacity for the Charity to meet its aims and objectives in the coming year.

As the charity expands we are operationally improving the facilities at our main offices and increasing our hub-based activity as well as investing in infrastructure to ensure that future growth is on a firm foundation. This has included investment in developing a bespoke database system to capture, manage and report on the complex activities and demographics of Freshwinds clients and services.

We expect the staff numbers to double and potentially treble, particularly in light of the anticipated growth in activity and potential new projects.

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**Integrated Medicine
Annual Report 2008-2009**

*"Integrated Medicine is a synergistic and harmonious
combination of conventional and complementary
medicine within a safe environment"*

Integrated Medicine recognises the individual to be unique and understands that a person's well-being is dependent on many aspects of their life. The project offers support to clients with palliative/end of life care needs through the provision of integrated complementary therapy services. Over the years the Integrated Medicine project has evolved and expanded from a simple complementary therapy service into a unique model of care widely respected for its clinical and educational expertise. In 2008, the project entered its sixteenth year of development and steered its focus on building on its existing work, but also expanding into areas of research and development. The project aim is to enhance the individual's physical and emotional well-being. This is done by,

- Minimising signs and symptoms (e.g. pain, diarrhoea)
- Minimising side effects from drugs (e.g. nausea, constipation) and therefore continue with their vital medical treatments.
- Psycho-emotional support
- Enhance quality of life

In this year the project offered support to 453 clients of which 204 were new clients. They received a total of 3937 one-to-one sessions, which averages around 9 sessions per client. Each session ranges from 1-1 ½ hrs long; around 5,900 hours in total. These activities were provided through a team of around 50 therapists, of which 40 are committed volunteers. All of the services continue to be well received in the Community amongst clients and referrers. Feedback from both indicates a high level of satisfaction; 100% felt that their patients have benefited. Positive changes include symptom control, medication and psycho-emotional emotional well-being. Around 90% of our referrers are health professionals and all of them have particularly appreciated the dedication and high standard of the service.

Client comment:

'Prior to treatment I was very dependent on my wife for assistance I have found that since having treatment I am more self reliant i.e. showering – my wife had to assist me, but now I can manage on my own. My breathing capacity and function has definitely improved and there is a marked improvement to my general well-being.....Thank you'

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The Children's Complementary Therapy Network (CCTN) remains the only Paediatric Complementary therapy network in the UK. Links with our paediatric equivalent in Canada, PedCAM were fortified through a formal partnership agreement. Up to March 2008 the network had expanded its links to include organisations from the US, Netherlands, Israel and Germany, as well as within the UK. The international membership of more than 300 members has continued to reflect the networks influence at a global level, while the popularity of the CCTN conferences signifies a demonstrable need for the network.

The project's work with children has been ongoing. Around 88% of the children have complex care needs with associated sensory and cognitive impairment. Local palliative organisations and centres have repeatedly expressed a willingness to develop working partnerships, but this has been limited by the challenges of establishing funding opportunities for additional outreach services. The Parent support group has continued to play a vital role in supporting the children and their families. A total of seven parent group events were organised with visits to the Sea Life Centre, Botanical Gardens, cinema, bowling and our must have, Christmas pantomime theatre show. All of them proved to be extremely popular throughout the year, with up to 15 families attending each event.

Since 2005 the working partnership with Primrose Hospice has continued to strengthen. The complementary therapy service at the Hospice has evidenced a significant lift in its uptake and provision, seeing an overall increase of more than 50% in activity. This is also added by the introduction of the new bereavement programme 'The River Group'.



Finally, the project was privileged in early 2009 with a Major grant award from the 'Dr Susil Kumar and Jamila Mitra Charitable Trust (UK)', which has enabled a long term vision of developing an on-line/web based post graduate education in Integrated Medicine, known as the Mitra Programme. It is planned for the programme to be slowly developed over the next two years into a PGCert, PGDip and Fellowship.

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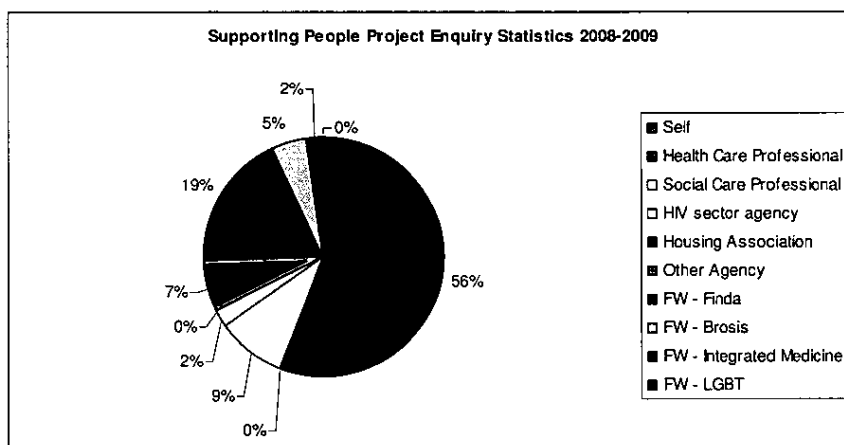
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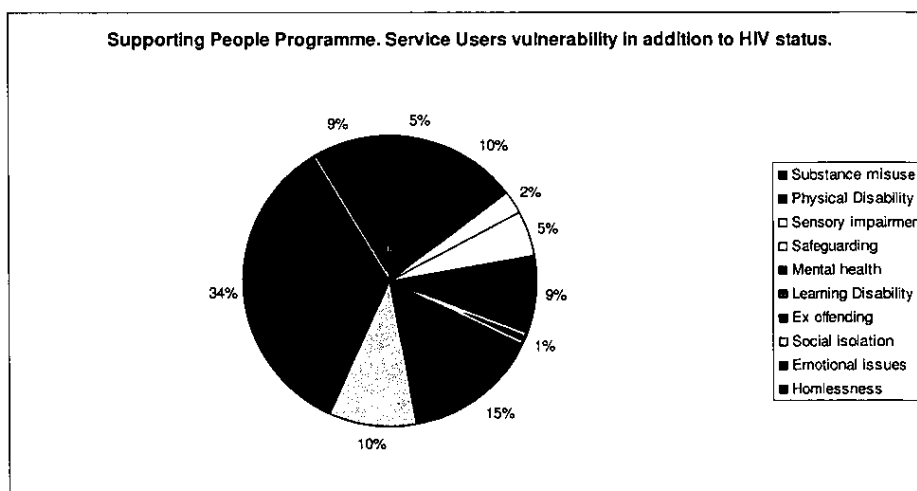
SUPPORTING PEOPLE PROJECT

The Supporting People Project provides a specialised tenancy support for vulnerable adults living with HIV. The programme uses a holistic and integrated model of support which supports clients to live independently.

The service continued to receive a steady flow of referrals throughout this period identifying a 30% increase on the previous year. Data collected on referrals revealed that 50% of all referrals made to the project were generated directly by clients.



The programme monitors closely the vulnerability of each client entering the programme and identified that clients with HIV had multiple needs, increasing their vulnerability. These included substance misuse issues, experiencing homelessness, emotional issues and mental health.



Clients remained involved in activities and initiatives that included the launch of '*Fresh in the City*' magazine. This publication was facilitated by the project staff and was lead by the clients in terms of their stories and articles. The magazine is the only HIV positive client led publication in the city.

During this period the project prepared for an expansion and underwent the procurement of Supporting People Services. The procurement process included an initial evaluation which resulted in an "excellent" score rating being awarded over the 3 assessed areas which allowed an opportunity to continue to the next stage of procurement. The tender process began during this

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SUPPORTING PEOPLE PROJECT

period and the Supporting People Project submitted our bid for an increase in service provision for those who were socially excluded including Refugees and Offenders.

The programme hosted Social Work Student Placements from Birmingham City University who were completing their second year degree course. The Students activities included delivering supervised sessions with clients, assisting with the service user participation events, collecting data, applying for grants on behalf of clients and gathering feedback from those accessing the service.

The programme was fortunate to work with volunteers from the ICYE (International Cultural Youth Exchange) and EVS (European Voluntary Service). Volunteers from India, South Africa and Uruguay spent from three to five months with the project bringing with them expertise and their culture and to taking back a wealth of knowledge and experiences to their countries. The project captured their activities and experiences which can be viewed on the Freshwinds website.



What makes the delivery of our service worthwhile is the positive difference we make to the lives of our clients'. Client feedback includes:

'The help that Freshwinds gave and how the SP team have supported me is good. If that's the way they look after everybody who comes to Freshwinds then they are doing a great job.'

'Praise is not enough for Freshwinds'

'I have benefited a lot from getting all the help I have had from Freshwinds'

'Freshwinds have been so helpful; they have helped me mentally and gave me confidence, I can't say enough good about Freshwinds'

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FRESHWINDS INFORMATION AND DISABILITY ADVICE (FInDA)

A 2006 estimate puts Birmingham's population at 1,006,500, with approximately 35% of the total from a BME background. The End Child Poverty campaign (www.endchildpoverty.org.uk), notes that 33% of children in Birmingham are in families that receive an out of work benefit, a common indicator of a level of need. These statistics do not give any back-story on the lives of the children who are unable to achieve their potential due to poverty and their social circumstances; on the lives of the families who have to make daily choices on whether they will have heat or food due to the rise of fuel poverty in the U.K.; of the disabled individuals, or families, that live with disability who have their lives severely compromised by their inability to navigate their way through the complex benefits system.

These are FInDA's client groups. In the most basic sense, our role is to ensure that families and individuals have access to quality advice and information to ensure that they can make informed choices and to be empowered to take control of their own futures, and to ensure that they achieve their right to economic well being.

We work with a wide range of clients across our projects. All people who are experiencing a variety of challenges. For this reason we don't have a 'one size fits all' approach, but adopt a holistic model so that the level of service that client's can access varies from a simple signposting query, to full representation at Independent Appeal Tribunals. The key to our success is that we recognise that we are working with people, not 'problems', and that people have complicated lives. We need to be able to respond to the challenges that this poses. This is well illustrated by two of our larger projects.

In the Aston area of North Birmingham, as part of the Aston Pride Community Outreach Family Support Service, we work in a truly collaborative way with Family Support Services, Maternity Support Services and Domestic Violence Services from other agencies including the local Primary Care Trust and Women's Aid to address people's problems, and ultimately improve their health. We have become an integral part of this multi agency approach, identifying and securing additional unclaimed income for families and individuals and helping them to deal with debts and other money issues. We also have an OISC registered immigration and nationality service that can help with asylum or residency queries. Already, in the first full year of delivery we have raised in excess of £1,000,000, and dealt with over £500,000 of indebtedness on behalf of clients. The other point worth noting about this project is the fact that, traditionally, Aston residents will shop locally, so that this income will go towards bolstering the local economy.

Similarly, at our SureStart services based in the Lozells and East Handsworth ward of Birmingham, our Family Support and Advice Work team is also an integral part of the three separate outlets mission to ensure that all children can fully reach their potential by applying the five principles of the Every Child Matters philosophy.

These are just two of our projects. At our Selly Oak office, the FInDA team provides vital support to the other Freshwinds services, and is an important spoke in the charity's holistic approach.

We are proud of what we have achieved so far but we are also aware that to remain relevant to the people who access our services, we need to be proactive and to evolve our approach. The addition of enhanced Employment and Training services builds on our track record of delivering innovative projects which offer local people the opportunity to gain an accredited qualification as well as experience through volunteering. We were extremely happy to receive an award from Community Network South West Birmingham for our Equip and Enable project. These services are also

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extremely important as they provide a natural conclusion for people who have seen their circumstances improve as a result of our interventions.

The obvious factor in our success and development, and our ability to work in such a dynamic way is our Staff Team, who provide a solid foundation to build truly effective services with their skill, knowledge, passion and dedication. Their value cannot be underestimated. In our client feedback responses we receive testimony from people whose lives have been totally transformed for the better through our interventions, and the whole team has a right to feel proud of the results they achieve.

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BIRMINGHAM LIVING ARCHIVE

In 2008, Freshwinds received £48,000 from the Heritage Lottery Fund to create the city's first HIV oral history project. The project – The Birmingham Living Archive – will be managed by Freshwinds on behalf of the city's HIV sector.

The purpose of the project is to create a 'Living Archive' of memories and experiences of HIV in Birmingham since the beginning of the epidemic in the 1980s. The Archive will gather oral histories from a cross section of the community including medical staff, support workers and voluntary groups as well as those living with, or personally affected by, the virus. It is hoped that the Archive will serve both as a lasting memorial to those who have died of HIV and AIDS in Birmingham and, as a celebration and testament to those still living with the virus.



In addition to the Archive, the project will be using the interviews and information gathered to help challenge the stigma surrounding the virus, to help educate the public, and to provide remote peer support to HIV positive people. This will be achieved through the creation of a website where excerpts from the interviews and education resources will be easily accessible to members of the public and the full interviews will be available for HIV positive people through a login area. It is hoped that it will enable members of the public to educate themselves by hearing positive people's stories first hand, and that positive people will benefit by hearing the testimonies of their peers.

The project will also be working with other agencies to help create an education package that will be offered to secondary schools around World AIDS Day. The package includes an awareness raising theatre production, an exhibition of people's stories, and an education resource pack.

To ensure the project remains in touch with the community, positive people will not only be able to contribute their stories but also to give their feedback on the outputs in consultation events, and to become volunteers on the project. Volunteers will be central to the success of this project with a wide variety of positions and training available, including transcription, project management, research and oral history interviewing.

The project will officially be handed over to Birmingham Central Library in December 2010 but it is hoped that volunteer interviewers will keep adding to the archive long after this date.

To give your story, volunteer or just find out more about the project please contact Catherine O'Byrne on 0121 4156681 or livingarchive@freshwinds.org.uk

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B-SAGE GOOD NEIGHBOUR SCHEME



The B-Sage Good Neighbour Project was originally funded through Birmingham City Council (BCC) to promote well being, health and independence in 50+ older adults by tackling issues of inappropriate admission to hospital or residential care, isolation and safety.

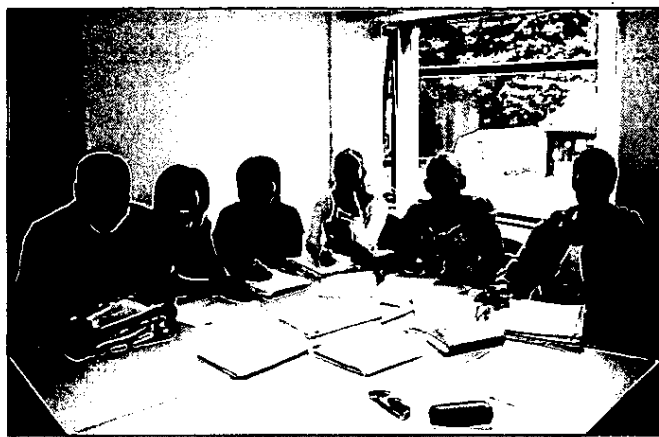
After the enormous success of the Yardley Pilot, the initial pilot was extended beyond the first year to the end of August 2008. Outcomes from the project surpassed expectations, which reinforced our original forecast of the high need for support amongst older adults. In September 2008 the project was rolled out across the whole of BEN PCT areas through joint funding from BCC and Birmingham East and North PCT (BEN PCT).

Between the periods of April 2008 to March 2009 there were a total of 282 clients supported in this period. This consisted of 132 Advanced Clients, who are enabled to achieve independent living through the support of a volunteer, and 150 Lower Level clients who receive advice and information on local groups, services and referral to other agencies. Activities include support to attend hospital/GP visits, dentists, shopping, visit to the park or community group, choosing a wheelchair and many more. From the above total figure, 43% of clients were successfully moved on to a local community group, signposted, or enabled to self advocate for services by themselves. The B-Sage Team has also been able to link clients with each other. This has enabled them to meet others in similar circumstances and reduce their social isolation and loneliness. Clients have felt more empowered and confident within themselves.

During this period, there was also an overwhelming and unexpected response of volunteer interest. This has been from a large proportion of volunteers wanting to return to work; who were interested in enrolling on the NVQ training in Health and Social Care. From this response 14 volunteers were recruited who were entered into the induction and training process. Out of the 14 volunteers recruited, 6 enrolled on the Health and Social Care NVQ 2 and used their volunteering time, as part of the course requirement. 3 volunteers were further referred to the Freshwinds employment advisor at the FINDA Project. Overall, 2 volunteers were successful in gaining paid employment within the health and Social care sector. This volunteer support was further enhanced by the addition of a Social Work Student Placement in the early months of 2009.

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Figure 2 (Picture of volunteers where completing NVQ in Health and Social Care)



One of the challenges that the project has faced has been the recruitment of new staff and changes in existing staff. Despite this the project still achieved its targets with the help of strategic support enabled through alternative organisational resources. The project also faced the task of developing new working partnerships across the whole of the PCT with numerous organisations and key individuals such as, the local PCT's, Hospitals, Social Services and other third sector organisations. This was made possible by the establishment of our new Hub in Castle Vale in February 2009, which enhanced our presence in the PCT and linking up with new partners. The Hub also helped us to gain a logistical advantage in being able to reach clients and volunteers. Staff are based there during the week, but it is also used to interview and train volunteers.

One of the key accomplishments of the project was to develop a Handyman Service in February 2009, after it was identified as a distinct client need during the pilot year. This was made possible through grants awarded by a number of Trusts to enable people to have safer homes. This service has grown considerably since its introduction, evidenced by the widening range of activities delivered by the Handyman volunteers.

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BROS-SIS

Bro-sis Project Works within the African Caribbean Community in Birmingham. The project delivers community based, grass-roots interventions in sexual health and substance misuse and in areas of youth empowerment. This year has been a challenging year for the project but we are now in a stronger position and looking forward to the year ahead. Despite this, we have made significant achievements in this year which the following section describes.

Sexual Health Service

The Sexual Health Service has a dedicated team comprising of a Sexual Health Coordinator and 4 Lay Sexual Health Workers. We offer a sexual health information service at grassroots level combined with cultural expertise so we are able to engage with the "hard to reach" groups within the community. We work to remove long standing social stigmas attached to certain groups of the young African Caribbean community. We have put in place a number of new initiatives and the service has developed significantly over the last 12 months, however, we have maintained our on going partnership work with a number of leading community organisations. We have also worked in close partnership with Sexual Health Promotion to consult the African Caribbean community about the services that they want for their community. This culminated in a 2 day consultation event that was mainly attended by professionals on which Bro-Sis was a lead partner.

Mothers in Pain partnership project

This is a grassroots organisation that works with young people affected by gun and knife crime. Bro-sis has developed a working partnership to train up to 10 young mentors to assist in the delivery of workshops. The young people involved in this project can gain accredited mentoring training and invaluable experience of working in the African Caribbean community. Bro-sis and Mothers in Pain will also be working with West Midlands Police and local councils to design and produce a tool kit for use in schools.

Young Disciples Partnership

Young Disciples works mainly with African Caribbean young people to address gang culture and social exclusion. Bro-Sis has developed a satellite service at the Young Disciple's office offering sexual health information and advice. The service is accessed by a large number of young people and our clients can also access the Young Disciples service through Bro-Sis. This exchange makes it easier to engage clients as both services are available through a single point of access.

Other Activities

The Bro-Sis sexual health team has been involved in a wide range of projects and activities over the past year and has reached over 200 young people with sexual health information through the provision of workshops and has distributed over 16,000 condoms to community members. The team have supported over 200 people to attend sexual health screening services and provided over 150 Chlamydia screens in the community.

The sexual health team has also established a number of ongoing partnerships to deliver sexual workshops and information and advice sessions including St. Basils, Focus Foyer, Greenspring Training Centre and we have carried numerous one off workshops.

A key achievement for Bro-sis this year was the project being voted the Favorite Charity by Local Black Business in the Handsworth and Lozells area. The project also supported the fundraising for the HIV hardship fund which raised over £600 at the collection in the Nightingale Club.

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Bro-Sis Substance Misuse Service

The substance misuse service provides structured, tier 3 interventions for members of the African Caribbean community who use drugs. The service specialises in working with people who use cannabis and crack cocaine as these are the main drugs of choice within our client base. The past year has seen changes in the staff of the project and a focusing of the work that we do in the community, increasing our specialism.

The project has worked closely with the sexual health team to provide a combined service delivering training and advice to the community on risk taking behaviours and work is being undertaken to link with the prisons in the area to deliver a programme of training.

The Bro-Sis staff and volunteers would like to thank Birmingham Drug and Alcohol Action team and the Heart of Birmingham Primary Care Trust for their continued support.

LGBT and Equality and Diversity

It has been a busy year in the LGBT project especially with the development of a pilot Equality and Diversity project funded by the Equality and Human Rights Commission.

The LGBT project has continued to provide support and advice to the community with the support from a grant from the M.A.C. AIDS Fund to increase our work with people from the LGBT community who are also from minority backgrounds and HIV positive. Over the year the project has provided 2 main strands of work, our counselling service and our support service.

The counselling service has been well used providing over 400 hours of support to 22 clients over the year. The cases that we have seen over the year have often been very complex and we have often been our client's only support. We would like to take this opportunity to thank our volunteer counsellors whose contributions make the service possible.

The support service has also continued to develop over the year with new outreach services being provided in Dudley in partnership with Dudley Primary Care Trust. Over the year we have worked with 643 clients on a variety of issues such as homophobic abuse, 'coming out' to family and friends, substance misuse, disclosure of HIV status and mental health issues. The service particularly worked with people who were partaking in risky sexual behaviour and worked with the clients to tackle the root causes of this.

Over the year we also attended over 30 community events such as the Birmingham Gay Pride Festival and the LGBT Health Summit in Bristol. As well as attending events to promote our work, we have also organised a number of training workshops and seminars. This series of events was very well attended and covered topics such as mental health and the LGBT community, Diversity and Trans Issues.

This year also saw the start of our Equality and Diversity Project funded by the Equality and Human Rights Commission. This year long project was developed to provide short term advice and support to people across all of the equality strands with a particular specialism in LGBT issues and issues of multiple discrimination.

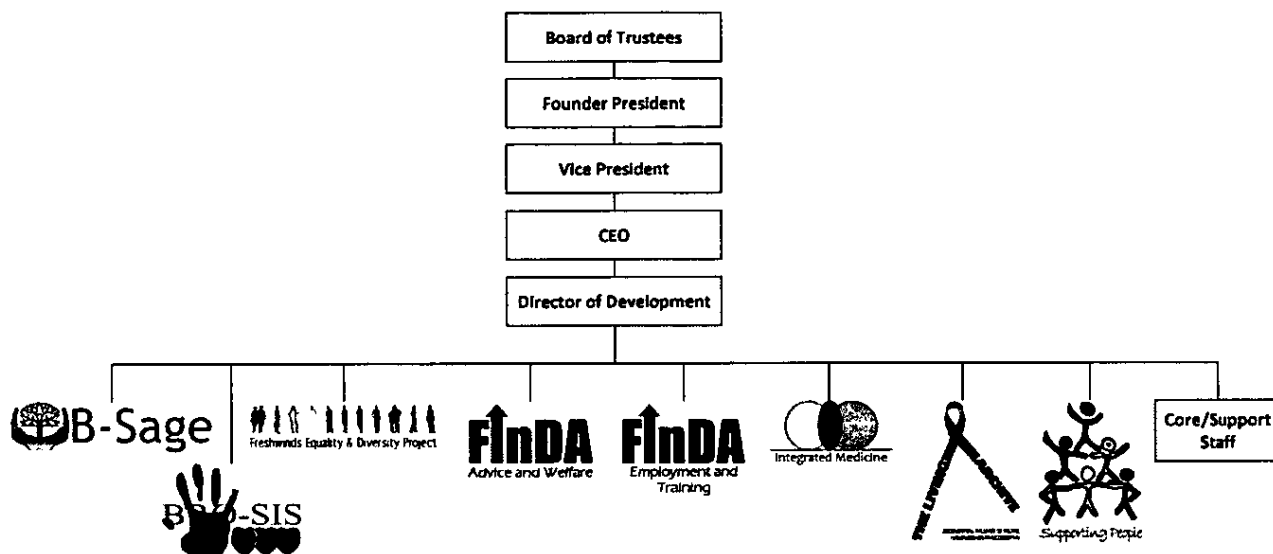
Over the year, the project has been very successful in engaging these often very hard to reach groups and has worked with over 450 providing support and advice on issues of discrimination due to sexuality, faith, disability, gender, belief, age and race. We hope that this project and this vital area of work will continue to develop over the coming months.

We would like to thank all of supporters including the Birmingham Pride Ball, The M.A.C AIDS Fund, The Lloyds TSB Foundation, The Equality and Human Rights Commission and The Nightingale Club.

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Organisation Structure

Freshwinds' structure is as indicated below:



N.B. The roles of president and CEO are occupied by the same person (as authorised by the Charity Commission).

Freshwinds' activities and work is overseen by the Board of Trustees. At regular meetings the Vice-President and President/CEO report to the Board with the activities of the charity.

Within each project there is an assigned line manager who reports directly to the CEO firstly or Vice-President. Senior Managers, Operation Managers, Project Managers and other key staff meet on a regular basis to discuss the Charity's activities.

Within each project there may be appointed coordinators or assistant managers depending on project structure and funding.

Staff meetings are held on a regular basis and projects hold their own meetings depending on the nature of the project and its requirements.

Trustee Recruitment

Freshwinds' Board of Trustees are recruited and selected by the current members of the Board from the service users, volunteers and stakeholders of the organisation. The Board regularly undertakes skills audits to assess the skills needs of the Board and to identify any training needs or where new members with those skills need to be recruited. All applicants who are approached are required to submit a C.V. for discussion by the Board and are required to attend an informal interview with the Chair of The Trustees. Once the Trustees have agreed the appointment, a full induction is provided. From the regular skills audits carried out by the Board, a training and development strategy is produced and opportunities are sourced to meet the needs identified, both individually and as a group.

FRESHWINDS
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2009

Review of the Transactions and Financial Position of the Charity

The Registered Charitable Company received donations and grants totalling £1,387,066. A total of £13,438 remained in the bank as at 31 March 2009.

The Charity is organised in accordance with the Charity Commission Guidelines and this report and accounts fully comply with the Charity's SORP 2005.

Risk Management

The Trustees have examined the major strategic, business and operation risks which the Charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Reserves Policy

The charity needs reserves both to enable it to progress to completion its long term projects and to protect its current activities, in order to allow the trustees to meet their responsibilities and ensure that it continues to operate on a going concern basis. The trustees have examined the needs, risks and challenges faced by the charity in both the short and medium term, along with relevant financial forecasts, and have formulated a policy to meet those needs.

Auditors


Horwath Clark Whitehill LLP have expressed their willingness to continue in office and a resolution proposed their appointment will be submitted to the forthcoming Annual General Meeting.

Members' Guarantee

Each member's liability is limited by guarantee and consequently the company does not have a share capital.

Approved by the Trustees and
Signed on their behalf on

1st December 2009


.....
Mohammed Al-Rahim

FRESHWINDS

STATEMENT OF TRUSTEES' RESPONSIBILITIES

YEAR ENDED 31 MARCH 2009

The Trustees are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and 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 surplus or deficit of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records which 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 1985. They are also responsible for safeguarding the assets of the charity and ensuring their proper application and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

So far as each of the Trustees is aware at the time the report is approved:

- There is no relevant audit information of which the Company's auditors are unaware; and
- The Trustees have taken all steps that ought to have been taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

FRESHWINDS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FRESHWINDS

We have audited the financial statements of Freshwinds for the year ended 31 March 2009 which comprises the Statement of Financial Activities, the Balance Sheet and the related notes set out on pages 24 to 32. These financial statements have been prepared under the accounting policies set out on page 24.

This report is made solely to the charitable company's members, as a body, in accordance with Sections 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company's trustees as a body, for our audit work, for this report, or for the opinion we have formed.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND AUDITORS

The responsibilities of the trustees for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) are set out in the Statement of Trustees' Responsibilities.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985 and whether the Trustee's Annual Report is consistent with financial statements. We also report to you, if in our opinion, the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding Trustee's remuneration and other transactions with the charity is not disclosed.

We read other information contained in the Trustees' Annual Report and consider whether it is consistent with the audited financial statements, we consider the implication for our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements. Our responsibilities do not extend to any other information beyond that referred to in this paragraph.

BASIS OF OPINION

We conducted our audit in accordance with International Standards of Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the preparation of the financial statements, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance as to whether financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

FRESHWINDS

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF
FRESHWINDS**

UNQUALIFIED OPINION

In our opinion:

- The financial statements give a true and fair view, in accordance with United Kingdom Generally Accepted Accounting Practices, of the state of the charity's affairs as at 31 March 2009 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- The financial statements have been prepared in accordance with the Companies Act 1985; and
- The information given in the Trustees' Annual Report is consistent with the financial statements.

Horwath Clark Whitehill LLP

Horwath Clark Whitehill LLP

Chartered Accountants

Registered Auditors

Hatherton House

Hatherton Street

Walsall

West Midlands

WS1 1YB

Date: *8th December 2009*

FRESHWINDS

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2009

	Note	Un- Restricted Funds £	Restricted Funds £	2009 Total £	2008 Total £
INCOMING RESOURCES					
Income from Charitable Activities					
Donations and grants	3	57,342	1,329,268	1,386,610	968,564
Incoming Resources from Generated Funds					
Other Income		-	-	-	5,059
Investment income	7	<u>456</u>	<u>-</u>	<u>456</u>	<u>901</u>
TOTAL INCOMING RESOURCES		<u>57,798</u>	<u>1,329,268</u>	<u>1,387,066</u>	<u>974,524</u>
RESOURCES EXPENDED					
Charitable Activities	8	37,214	1,124,268	1,161,482	955,809
Governance costs	9	<u>6,342</u>	<u>-</u>	<u>6,342</u>	<u>5,170</u>
TOTAL RESOURCES EXPENDED		<u>43,556</u>	<u>1,124,268</u>	<u>1,167,824</u>	<u>960,979</u>
NET INCOMING RESOURCES AND MOVEMENT IN FUNDS		14,242	205,000	219,242	13,545
FUND BALANCES BROUGHT FORWARD AT 1 APRIL 2008		<u>18,918</u>	<u>-</u>	<u>18,918</u>	<u>5,373</u>
FUND BALANCES CARRIED FORWARD AT 31 MARCH 2009		<u>33,160</u>	<u>205,000</u>	<u>238,160</u>	<u>18,918</u>

All incoming resources and resources expended derive from continuing activities.

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

The notes on pages 24 to 32 form part of these accounts.

FRESHWINDS
BALANCE SHEET
31 MARCH 2009

	Notes	2009 £	2008 £
FIXED ASSETS			
Tangible assets	10	<u>42,036</u>	<u>39,874</u>
CURRENT ASSETS			
Debtors	11	356,933	169,974
Cash at bank and in hand		<u>13,438</u>	<u>746</u>
		<u>370,371</u>	<u>170,720</u>
CREDITORS amounts falling due			
Within one year			
Trade creditors		20,203	6,627
Obligations under finance lease and hire purchase		9,619	7,409
Other taxes and social security costs		46,436	139,603
Other creditors		23	750
Accruals		<u>14,510</u>	<u>29,515</u>
		<u>90,791</u>	<u>183,904</u>
NET CURRENT LIABILITIES		279,580	(13,184)
CREDITORS amounts falling due			
After one year			
Other creditors – Bank loan		(74,787)	-
Obligations under finance lease and hire purchase		<u>(8,669)</u>	<u>(7,772)</u>
NET ASSETS		<u>238,160</u>	<u>18,918</u>
FUNDS			
Unrestricted		33,160	18,918
Restricted	13	<u>205,000</u>	<u>-</u>
		<u>238,160</u>	<u>18,918</u>

Approved by the trustees on *1st December 2009*
and signed on their behalf :

Rhonda T Lee
.....
Dr Rhonda T Lee

Mohammed Al-Rahim
.....
Mohammed Al-Rahim

The notes on pages 24 to 32 form part of these accounts.

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

1. BASIS OF ACCOUNTING

The financial statements have been prepared under the Companies Act 1985 in accordance with applicable accounting and financial reporting standards in the United Kingdom, and the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities issued in March 2005.

The financial statements have been prepared under the historical cost convention. The Charity is reliant on donations and grants to fund its activities.

The trustees have prepared the accounts on a going concern basis which assumes Freshwinds will continue in operational existence for the foreseeable future based upon the satisfactory receipt of monies owed and the settlement of unpaid liabilities.

2. ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the accounts are as follows:

2.1 Incoming resources

2.2 *Donations and grants*

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable

Interest receivable

Interest is included when receivable by the charity.

2.2 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Governance Costs

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Leased Assets

Where assets are financed by leasing arrangements that give rights approximating to ownership (Finance leases), the assets are treated as if they had been purchased outright and the corresponding liability to the leasing company is included as an obligation under finance lease. Depreciation on leased assets is charged to the Statement of Financial Activities on the same basis as above. Leasing payments are treated as consisting of capital and interest elements and the interest is charged to the Statements of Financial Activities over the period of the lease.

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

2.3 Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees, or

Restricted funds – these are funds that 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.

2.4 Depreciation of Tangible Assets

Fixed assets are depreciated over their estimated useful lives as follows :-

Fixtures, equipment and computers - 20% straight line

3. DONATIONS AND GRANTS

Donations and grants were received from the following organisations :-

	Un-Restricted Funds 2009 £	Restricted Funds 2009 £	2008 £
BBC Children In Need	-	-	8,211
Severn Trent – Debt Counselling	-	-	29,117
Bro-Sis Lay Sexual Health	-	90,000	90,000
Surestart – FINDA	-	36,860	15,000
Birmingham Supporting People	-	104,578	106,132
Primrose Hospital	-	17,940	17,500
Living Choices – Bham PCT's	-	101,492	99,584
Birmingham Social Services – HIV ASG	-	18,488	18,125
Bro-Sis – D.A.T.	-	43,536	101,796
Bro-Sis – Safer Birmingham Partnerships	-	34,508	-
BEN PCT HIV Support Services	-	28,506	27,865
Hardship Grants	-	15,202	12,690
Big Lottery – FINDA	-	-	30,686
Birmingham Connexions – Next Steps	-	-	4,366
Carried forward to page 26	-	491,110	561,072

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

Brought forward from page 25	-	491,110	561,072
Aston COFSS	-	209,013	88,278
Surestart Advice Worker	-	39,703	38,810
Birmingham HIV Outreach	-	-	9,000
Birmingham City Council – B-Sage	-	-	12,500
B-Sage Good Neighbour Scheme	-	95,199	27,000
LGBT Lloyds TSB Counselling	-	4,000	-
Neighbourhood Renewal	-	-	9,600
FINDA – Surestart Parents And Children	-	87,181	85,221
FINDA – Enable	-	6,099	9,927
Elton John Foundation	-	20,000	20,000
FINDA Lone Parents	-	9,884	-
National Heritage Fund	-	24,450	-
LGBT – Equalities and Human Rights	-	38,890	-
The Calouste Gulbenkian Foundation	-	-	10,000
The Cloth Workers Foundation	-	-	10,000
Estee Lauder – MAC Aids Fund	-	30,000	-
FINDA – Surestart Employment & Training	-	33,872	-
FINDA – Rookery Children's Centre	-	6,615	-
Working Neighbourhood Transition Fund	-	23,252	-
MITRA	-	210,000	-
Others	<u>57,342</u>	<u>-</u>	<u>87,156</u>
	<u>57,342</u>	<u>1,329,268</u>	<u>968,564</u>

4. OPERATING COSTS

		2009 £	2008 £
Net incoming resources for the year are stated after charging:			
Auditors remuneration	- Audit	6,342	5,170
Depreciation	- Owned	4,803	6,669
	- Hire purchase	6,080	5,266
Operating leases	- Land and building	58,920	58,920
	- Other	15,720	15,510

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

5. STAFF

	2009	2008
	£	£
Staff Costs:		
Wages and Salaries	787,183	630,374
Employers NI	<u>71,518</u>	<u>58,945</u>
	<u>858,701</u>	<u>689,319</u>

The weekly average number of employees during the year was made up as follows:

	No	No
Employees	<u>44</u>	<u>38</u>

No employee received remuneration amounting to more than £60,000.

The following payments have been made to Trustees as authorised by the Charities Commission and pursuant to empowering clauses in the constitution:

Dr Rhonda Theresa Lee received a salary of £41,437 (2008: £36,696) – Consultancy Services

Mr Mohammed Al-Rahim, received a salary of £48,156 (2008: £42,146) – Chief Executive

No Trustees were reimbursed for any expenses (2008: Nil).

6. INTEREST PAYABLE

	2009	2008
	£	£
On overdraft	26	34
On bank loan		
- repayable within five years	856	-
Hire purchase interest	<u>1,897</u>	<u>1,244</u>
	<u>2,779</u>	<u>1,278</u>

7. INVESTMENT INCOME

	£	£
Interest on cash deposits	<u>456</u>	<u>901</u>

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

8. CHARITABLE ACTIVITIES

	2009		2008
	Un-Restricted Funds	Restricted Funds	
	£	£	£
Wages and Salaries	25,330	827,923	689,319
Rent	-	67,025	72,936
Repairs and maintenance	-	2,231	1,248
Insurance –Medical, Public Liability	-	6,349	5,265
Recruitment costs	-	15,980	-
Printing, postage, stationery	-	27,299	22,140
Office expenses – Subscriptions etc	-	1,868	2,406
Marketing and promotional costs	-	20,668	26,557
Telephone	-	9,282	8,503
Office equipment rental	-	16,802	18,577
Travelling expenses	-	14,588	9,535
Book-keeper	-	11,290	10,470
Hardship payments	-	15,774	12,690
Therapy consultancy fees	-	40,481	27,518
Training	-	25,325	3,221
Patient health care products	-	412	1,096
Sundry Expenses – Cleaning etc	1,001	3,729	5,850
Depreciation	10,883	-	11,935
Consultancy fees – computer etc	-	12,615	10,246
Hire purchase interest	-	1,897	1,244
Bank charges	-	1,848	1,228
Interest on overdue tax	-	-	13,791
Loan interest payable	-	882	34
	<u>37,214</u>	<u>1,124,268</u>	<u>955,809</u>

9. GOVERNANCE COSTS

	2009	2008
	£	£
Auditors fees for audit services	<u>6,342</u>	<u>5,170</u>

FRESHWINDS
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2009

10. TANGIBLE FIXED ASSETS

	Fixtures, Equipment & Computers
	£
Cost:	
Cost at 1 April 2008	79,355
Additions	<u>13,045</u>
At 31 March 2009	<u>92,400</u>
Depreciation:	
Depreciation at 1 April 2008	39,481
Provision for the Year	<u>10,883</u>
At 31 March 2009	<u>50,364</u>
Net Book Value	
At 31 March 2009	<u>42,036</u>
<i>At 31 March 2008</i>	<u>39,874</u>

The net book value of assets held under finance lease or hire purchase contracts, included above are as follows:

	2009	2008
	£	£
Fixtures, Equipment & Computers	<u>20,061</u>	<u>19,804</u>

11. DEBTORS

	2009	2008
	£	£
Trade Debtors	351,513	155,834
Prepayments	<u>5,420</u>	<u>14,140</u>
	<u>356,933</u>	<u>169,974</u>

12. FINANCIAL COMMITMENTS

At 31 March 2009, the company has annual commitments under non-cancellable leases as follows :

	Land and Buildings	
	2009	2008
	£	£
Two to five years	<u>58,920</u>	<u>58,920</u>
	Other	
	2009	2008
	£	£
Two to five years	<u>13,200</u>	<u>13,200</u>

FRESHWINDS
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2009

13. RESTRICTED FUNDS

	At 1.4.2008	Incoming Resources	Outgoing Resources	At 31.3.2009
Bro-Sis Lay Sexual Health (African Caribbean Community Sexual Health)	-	90,000	90,000	-
Surestart – FINDA (Children’s Centre Family Support)	-	36,860	36,860	-
Birmingham Supporting People (HIV Tenancy Support)	-	104,578	104,578	-
Primrose Hospital (Complementary Therapy Palliative Care)	-	17,940	17,940	-
Living Choices – Bham PCT's (Complementary Therapy Palliative Care Outreach)	-	101,492	101,492	-
Birmingham Social Services – HIV ASG (HIV Services)	-	18,488	18,488	-
Bro-sis – D.A.T. (Tier 3 Treatment)	-	45,536	45,536	-
Bro-Sis – Safer Birmingham Partnership (Community Drug Work)	-	34,508	34,508	-
BEN PCT HIV Support Services (HIV Support)	-	28,506	28,506	-
Hardship Grants (Client Funding Support)	-	15,202	15,202	-
Aston COFSS (Advocacy and Welfare)	-	209,013	209,013	-
Surestart Advice Worker (Children’s Centre Family Support)	-	39,703	39,703	-
B-Sage Good Neighbourhood Scheme (Older Adults Community Support)	-	95,199	95,199	-

Continued on page 31

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

13. RESTRICTED FUNDS (Continued from page 30)

FINDA – Surestart Parents And Children (Children's Centre Family Support)	-	87,181	87,181	-
FINDA – Enable (Employment services)	-	6,099	6,099	-
Elton John Foundation (HIV Services)	-	20,000	20,000	-
FINDA Lone Parents (Employment Services)	-	9,884	9,884	-
National Heritage Fund (HIV Oral History Project)	-	24,450	24,450	-
LGBT – Equalities & Human Rights (Human Rights Advocacy)	-	38,890	38,890	-
LGBT – Lloyds TSB Counselling (LGBT counselling)	-	4,000	4,000	-
Estee Lauder Ltd – MAC Aids Fund (HIV Services)	-	30,000	30,000	-
Working Neighbourhood Transition Fund (Employment and Work Skills)	-	23,252	23,252	-
MITRA Trust (Integrative Medicine Education)	-	210,000	5,000	205,000
FINDA – Surestart Employment & Training (Employment and Training Services)	-	33,872	33,872	-
FINDA – Rookery Child Centre (Children's Centre Family Support)	-	<u>6,615</u>	<u>6,615</u>	<u>-</u>
	-	<u>1,329,268</u>	<u>1,124,268</u>	<u>205,000</u>

FRESHWINDS

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2009

14. ANALYSIS OF NET LIABILITIES BETWEEN FUNDS

	Un-Restricted Funds £	Restricted Funds £	Total £
Fund balances are represented by:			
Tangible fixed assets	42,036	-	42,036
Current assets	-	370,371	370,371
Current liabilities	-	(90,791)	(90,791)
Liabilities due after more than one year	<u>(8,876)</u>	<u>(74,580)</u>	<u>(83,456)</u>
Total net assets	<u>33,160</u>	<u>205,000</u>	<u>238,160</u>

15. RELATED PARTY TRANSACTIONS

The Charity receives income from Freshwinds Institute of Integrated Medicine Limited, a trading company, three of whose directors, namely Mohammed Sulieman Ibrahim Ibn Hassan Al Nur Al-Rahim, Dr. Rhonda Theresa Lee and Gary D'eath are also trustee/directors of the Charity. During the year the Charity received income of £nil (2008: £4,176).