

3 Counties Holistic Healthcare Limited

**Trustees annual report and financial statements
for the year ended
30 June 2023**

Charity number 1124440

Company number 6271600



3 Counties Holistic Healthcare Limited
Annual report of the trustees for the year ended
30 June 2023

The trustees present their annual report together with financial statements for the period under review. The trustees have adopted Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) and the Financial Reporting Standard applicable in the UK (FRS 102) in preparing the annual report and financial statements of the charity.

The attached financial statements cover the year ended 30 June 2023.

Objectives and activities

3CHH is a Worcester based local charity that offers subsidised holistic and complementary therapies to those in receipt of means tested benefit who would otherwise not be able to access such care. The charity provides a range of therapies that aim to empower clients to become more aware of their own physical and mental health and well being. These include mindfulness courses, massage, reflexology, Indian head massage and aromatherapy massage.

The objects of the charity, as stated in its governing document, are:

- to help relieve sickness and preserve and protect the good health of people by providing or assisting in the provision of complementary and alternative medicine including the provision of financial assistance.
- to advance education and research in all matters relating to complementary care by the provision of training and facilities to share information among interested healthcare professionals and the dissemination of the useful knowledge gained for the benefit of the public in general and in particular for people suffering from life threatening illness and their families, carers and friends.

The trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.

Achievements and performance

During the past twelve months 3CHH has continued to offer subsidised complementary therapies for those on low-income families and means tested benefits. In addition to running health and wellbeing courses from our base at County House in the centre of Worcester we have also delivered a workshop, for which the charity received payment, at the Horizon Centre in Worcester on behalf of Community First and The Joy Project.

New relationships with other local charities are being fostered with the aim of collaboration and knowledge of the services these charities provide. The trustees have attended workshops, seminars and exhibitions to grow their knowledge base and further personal development.

3CHH continues to host monthly meditations as a regular source of funding and Easyfundraising generates a small income but remains reliant on securing funding from grants and benefactors to be able to continue its work.

The recruitment of additional volunteers and trustees with the relevant skills and expertise to help raise the awareness and profile of the charity to secure additional funding for its work is ongoing.

Financial review

The principal sources of income were grants and donations. A summary of transactions is as follows:

21-22		22-23
8731	Income	11705
	Expenditure:	
5517	Direct expenditure on charitable activities	2312
6447	Costs of supporting charitable activities	8393
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-3234	Net movement in funds	1000
13409	Funds at start of year	10175
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£ 10175	Funds at end of year	£ 11175
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The trustees consider the reserves are a suitable level to provide for continuing activities.

Structure, governance and management

3 Counties Holistic Healthcare is a company limited by guarantee governed by its Memorandum and Articles of Association dated 6 June 2007 as amended on 15 May 2008.

Charity number: 1124440

Company number: 6271600

Registered Office: County House, St. Marys Street, Worcester, England, WR1 1HB

Trustees

Director trustees who served during the year were:

Jaqueline Bayliss

Rita Davies

Andrew Whittle

Transactions with trustees

During the period under review Rita Davies was paid £1040 (2021-22 £1600) in professional fees for tutorial services provided as part of the company's charitable activities.

The director trustees declare that they have approved the above report
Signed on behalf of the board



Marguerite Ann Davies

Date: 15 March 2024

3 COUNTIES HOLISTIC HEALTHCARE LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 30 JUNE 2023

21-22		
£		£
	Current assets	
77	Debtors	3313
10098	Cash at bank and in hand	7862
10175	Total current assets	11175
0	Creditors: amounts falling due within one year	0
10175	Net current assets	11175
10175	Total assets less current liabilities	11175
£ 10175	TOTAL NET ASSETS	£ 11175
	Funds of the charity	
10175	Unrestricted funds	11175
£ 10175	TOTAL FUNDS	£ 11175

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102.

The company has opted not to file a copy of their P&L at Companies House in accordance with section 444 of the Companies Act 2006.

Signed on behalf of all the trustees/directors



Marguerite Ann Davies

Date: 15 March 2024