

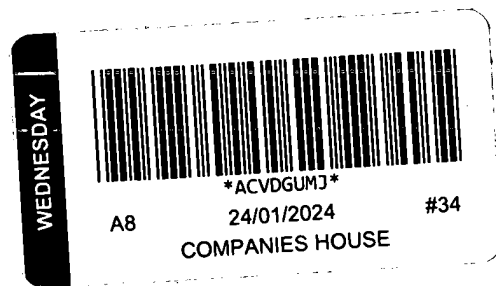
Company Registered number (England and Wales): 01836964

Charity Registered number: 290122

**Brighton Natural Health Foundation Ltd**

Previous Name The Brighton Centre For Natural Health Ltd

**Director's Report and  
Unaudited Financial Statements  
For the Period 1 January 2022 to 31 March 2023**



**Brighton Natural Health Foundation Ltd**  
**Director's Report and Unaudited Financial Statements**  
**For the Period 1 January 2022 to 31 March 2023**

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**Brighton Natural Health Foundation Ltd**  
**Company Information**  
**For the Period 1 January 2022 to 31 March 2023**

**Directors and trustees**

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

**Trustees:**

Robin Bines	
Georgina Collins	Resigned 8 December 2022
Petra Coveney	Appointed 9 March 2023
Peter Deadman	
David Jones	Appointed 6 March 2023
Dr Christine Macfie	Resigned 30 January 2023
Caroline Townsend-Coles	Resigned 6 March 2023
Gary Carter	Appointed 9 May 2023
Joanna Torode	Appointed 29 August 2023
Charlotte Watts	Appointed 9 May 2023

**Secretary** Robin Bines

**Charity number** 290122

**Company number** 01836964

**Registered & Principal office** Community Base  
113 Queens Road  
Brighton  
BN1 3XG

**Brighton Natural Health Foundation Ltd**  
**Company No: 01836964**

**Trustees' Report incorporating Directors' report For the Period 1 January 2022 to 31 March 2023**

**Achievements and performance**

**Financial review**

In the aftermath of the Covid pandemic, which meant running online-only classes for periods and significantly reduced numbers attending in-person, the charity found it increasingly difficult during 2022 to run classes without incurring losses, and other sources of funding had also dried up.

A number of initiatives were instituted to drive numbers and income but without much success. With our retained funds slowly diminishing, in autumn 2022 we launched a local appeal for funds to help keep the centre running and raised £9,500.

However, while this provided temporary financial relief and created a lot of supportive goodwill from the local community, it became increasingly clear that the long-term prospects for running classes and our own premises were not good. In addition, there was the prospect of increased rent costs under a new lease and higher staff, teacher and other running costs, driven by high levels of inflation.

The board of trustees noted that, after being the original pioneers of natural health classes in Brighton and developing a strong reputation over the past 42 years of operations, there were now a wide range of similar classes available in most parts of the city, provided by the private sector, other charities, GP surgeries and elsewhere.

The board considered that the charity has been highly successful in delivering its objects – the promotion and advancement of education of the public in the fields of healthcare, nutrition, and related subjects – and reaching many parts of the city's diverse population. But there remained a major challenge in reaching the more disadvantaged areas of the city.

The board also noted that we had received several new grants for specific outreach projects during the year and the prospects were significantly better for these kinds of externally funded classes focussing on the more disadvantaged parts of the population, run without the overhead of permanent staff and our own premises.

Given these financial prospects and the desire to refocus on a new target audience, in December 2022 the board finally took the difficult decision to close the Regent Street premises and cease running our day-to-day classes from 31 January 2023, and to concentrate on grant-funded outreach classes.

The closure of the Regent Street premises duly took place on that date, with the remaining staff leaving and all equipment being sold off. The lease had expired, and the charity was therefore able to move forward unencumbered by any significant liabilities.

The board agreed to extend its year-end date to 31 March, creating a one-off 15-month financial period and providing for a clean start for the next financial year with no fixed assets, no premises, and no staff, while retaining a reasonable level of unrestricted assets given its lack of any significant ongoing liabilities.

The overall result for this 15-month period was a deficit of £15,460 (2021 [12m only] - £14,601) and at 31 March 2021, the charity held unrestricted reserves of £10,842 (31 December 2021 - £26,300).

It is the policy of the charity that unrestricted reserve funds, which have not been designated for a specific use, should be maintained at a level equivalent to between three- and six-month's expenditure. The board considers that reserves at this level would ensure that, in the event of a significant drop in funding, they would be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

With the now reduced activity and low overheads, the board is comfortable that the level of unrestricted reserves held at the end of the period was in accordance with this policy.

**Brighton Natural Health Foundation Ltd**

**Company No: 01836964**

**Trustees' Report incorporating Directors' report For the Period 1 January 2022 to 31 March 2023  
(continued)**

Since the end of this financial period, there has been a lot of work to develop outreach projects focussing on the more disadvantaged parts of the city, resulting in grants totalling £17,300. The charity has also received a significant unrestricted donation of £50,000. This means that the level of unrestricted assets at the date of this report comfortably exceeds the levels required under this policy.

Given the very different operational situation for most of 2023, the income and expenditure numbers for 2023-24 will be much lower than in previous years but we believe the prospects for the charity for the current year and beyond are good, both financially and in terms of delivering on its objects.

**Grant income and expenditure**

The charity runs an outreach programme offering natural health classes to disadvantaged groups, and also ran low-cost community classes and a series of community talks.

During the period we received external grants totalling £17,042, enabling us to run several outreach projects, with £6,613 of these funds carried forward to complete the remaining projects in 2023-24.

**Structure, governance, and management**

Following the closure of the premises, three of the remaining trustees stepped down and two new trustees joined the board. This was followed after the period end by a further three new trustees joining the board with the experience and enthusiasm to deliver the charity's objects to the newly defined audience.

To better reflect the new direction, the board also decided to change the name of the charity to Brighton Natural Health Foundation Ltd (formerly The Brighton Natural Health Centre Ltd).

Brighton Natural Health Foundation Limited is a charitable company (limited by guarantee) governed by its Memorandum and Articles of Association. It is registered as a charity with the Charity Commission.

**Recruitment and appointment of new council members**

Once the charity identifies the needs for a new Council member, the current members of the Council agree what skills, experience and knowledge are required, and create a job specification. The position is advertised and a short-list of candidates then interviewed by a delegated sub-group of Council members and staff, with the final selection being made by the members of the Council. The position is offered to the selected candidate subject to vetting and once accepted checks are made to ensure they are not disqualified from acting as a Council member and whether there are any conflicts of interest and this is confirmed in writing. Where appropriate checks are also made with the Disclosure and Barring Services or other relevant organisations. Once confirmed, new Council members receive a letter setting out their duties and the charity's expectations, which they sign and return, and an induction process is then arranged. Formal notifications are then made to the relevant authorities and the charity's accountants and bankers.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

**Brighton Natural Health Foundation Ltd**  
**Company No: 01836964**  
**Trustees' Report incorporating Directors' Report For the Period 1 January 2022 to 31 March 2023**  
**(continued)**

**Related Parties**

During the 15-month period to 31 March 2023 Peter Deadman received four payments, the total sum of £716 for teaching Chi Gung classes and workshops. No monies were owed at 31 March 2023.

**Trustees' expenses**

Robin Bines was reimbursed for expenses incurred on behalf of the charity to the sum of £284 for repairs to the premises and secure shredding. No monies were owed at 31 March 2023.

**Statement of the Trustees' responsibilities**

The Trustees, who are also the directors of Brighton Natural Health Foundation Limited for the purpose of company law, are responsible for preparing the Directors Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 Charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Board of Trustees on 21 December 2023 and signed on its behalf by

Robin Bines

Robin Bines

Trustee

**Brighton Natural Health Foundation Ltd**  
**Statement of Financial Activities**  
**For the Period 1 January 2022 to 31 March 2023**

		<b>Unrestricted Funds</b>	<b>Unrestricted Funds</b>
		Jan 2022 - Mar 2023	Jan 2021 - Dec 2021
		£	£
<b>Income and endowments from:</b>			
Donations and legacies	page 6	24,285	40,287
Charitable activities	page 6	161,005	115,912
Other	page 6	147	5
Total		<u>185,437</u>	<u>156,204</u>
<b>Expenditure on:</b>			
Charitable activities	page 6 - 7	<u>200,898</u>	<u>170,805</u>
Total		<u>200,898</u>	<u>170,805</u>
<b>Net Expenditure</b>		<u>(15,461)</u>	<u>(14,601)</u>
<b>Reconciliation of funds:</b>			
Total funds brought forward		<u>26,300</u>	<u>40,901</u>
Total funds carried forward		<u>10,839</u>	<u>26,300</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

**Brighton Natural Health Foundation Ltd**  
**Income and Expenditure Account**  
**For the Period 1 January 2022 to 31 March 2023**

	<b>Unrestricted Funds</b>	<b>Unrestricted Funds</b>
	Jan 2022 - Mar 2023	Jan 2021 - Dec 2021
	£	£
Income from donations and grants		
Donations and gifts	13,856	685
Grants	10,429	4,786
Government Grants	-	34,816
	<u>24,285</u>	<u>40,287</u>
Income from charitable activities		
Class Income	152,965	97,970
Room Hire Sales	7,980	6,205
Other events	60	1,025
	<u>161,005</u>	<u>115,912</u>
Other		
Bank interest	<u>147</u>	<u>5</u>
Charitable activities costs		
Teacher fees	80,098	55,317
Other direct costs	2,303	908
Wages and salaries	51,609	54,101
Pension	663	773
Recruitment costs	-	1,533
Temporary staff	588	395
Travel and subsistence expenses	35	196
Rent	22,835	17,078
Rates	2,858	768
Light and heat	4,541	1,602
Repairs and maintenance	1,288	1,168
Cleaning	6,556	5,633
Computer software, consumables and maintenance	4,578	4,325



**Brighton Natural Health Foundation Ltd**  
**Income and Expenditure Account (continued)**  
**For the Period 1 January 2022 to 31 March 2023**

	<b>Unrestricted Funds</b>	<b>Unrestricted Funds</b>
	Jan 2022 - Mar 2023	Jan 2021 - Dec 2021
	£	£
Insurance	1,618	1,505
Printing, postage and stationery	949	380
Advertising and marketing costs	8,404	13,019
Telecommunications and data costs	1,003	923
Website costs	524	175
Accountancy fees	933	900
Legal fees	-	13
Consultancy fees	110	440
Subscriptions	377	209
Bookkeeping fees	3,038	3,210
Bank charges	4,261	3,733
Charitable donations	-	133
Other office costs	207	36
Sundry expenses	-	140
Fundraising costs	1,200	-
Depreciation	-	2,193
Profit/loss on disposal of intangible fixed assets	797	-
Profit/loss on disposal of tangible fixed assets	(475)	-
	<u>200,898</u>	<u>170,805</u>
Deficit for the Financial Period	<u>(15,461)</u>	<u>(14,601)</u>

**Brighton Natural Health Foundation Ltd**  
previous name The Brighton Centre for Natural Health Ltd  
**Balance Sheet**  
**As At 31 March 2023**

Company Number: 01836964

		<b>31 March 2023</b>	<b>31 December 2021</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>			
Intangible Assets	5	-	475
Tangible Assets	6	-	1,547
		<u>-</u>	<u>2,022</u>
<b>CURRENT ASSETS</b>			
Stocks	7	-	680
Debtors	8	1,633	3,052
Cash at bank and in hand		17,284	38,224
		<u>18,917</u>	<u>41,956</u>
<b>Creditors: Amounts Falling Due Within One Year</b>	9	(8,078)	(17,678)
<b>NET CURRENT ASSETS (LIABILITIES)</b>		<u>10,839</u>	<u>24,278</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		10,839	26,300
<b>NET ASSETS</b>		<u>10,839</u>	<u>26,300</u>
Income and Expenditure Account		10,839	26,300
<b>UNRESTRICTED FUNDS</b>		<u>10,839</u>	<u>26,300</u>

For the period ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

These accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the Board of Trustees on 18 December 2023 and were signed on its behalf by:

DocuSigned by:

*Robin Bines*

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Robin Bines

Trustee

The notes on pages 9 to 13 form part of these financial statements.

**Brighton Natural Health Foundation Ltd**  
**Notes to the Financial Statements**  
**For the Period 1 January 2022 to 31 March 2023**

**1. Accounting Policies**

**1.1 Basis of Preparation of Financial Statements**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (issued October 2019) 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) - Charities SORP (FRS102) and the Companies Act 2006. The charity constitutes a public benefit entity as defined by FRS102. These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. At a General meeting the Trustees / Directors agreed by ordinary resolution to extend the accounting period to fifteen months due to the restructure of the charity, hence the comparative amounts in the financial statements (including the related notes) are not entirely comparable. The charitable company has taken advantage of the provisions in the SORP for charities applying FRS102 not to prepare a Statement of Cash Flows. The financial statements are prepared in sterling, which is the functional currency of the Charitable company.

**1.2 Going Concern**

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charitable company has adequate resources to continue in operational existence for the foreseeable future. Thus, the board continues to adopt the going concern basis of accounting in preparing the accounts.

**1.3 Charitable Funds**

Unrestricted funds are available for use at the discretion of the board of trustees in furtherance of their charitable objectives.

**1.4 Incoming Resources**

Income is recognised when the Charitable company 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. Cash donations are recognised on receipt. Other donations are recognised once the Charitable company has been notified of the donation unless performance conditions require deferral of the amount.

**1.5 Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	25% Straight Line
Fixtures & Fittings	25% Reducing Balance
Computer Equipment	33.3% Straight Line

**1.6 Intangible Fixed Assets other than Goodwill**

Intangible assets acquired 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	33.3% Straight line
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**1.7 Impairment of Fixed Assets**

At each reporting end date, the Charitable company reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

**1.8 Stocks and Work in Progress**

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

**Brighton Natural Health Foundation Ltd**  
**Notes to the Financial Statements (continued)**  
**For the Period 1 January 2022 to 31 March 2023**

**1.9 Financial Instruments**

The Charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the Charitable company's balance sheet when the Charitable company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

**Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

**Derecognition of financial liabilities**

Financial liabilities are derecognised when the Charitable company's contractual obligations expire or are discharged or cancelled.

**2.0 Employee Benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**2.1 Retirement Benefits**

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

**Brighton Natural Health Foundation Ltd**  
**Notes to the Financial Statements (continued)**  
**For the Period 1 January 2022 to 31 March 2023**

**3 Critical accounting estimates and judgements**

In the application of the Charitable company's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**4. Employees**

Average number of employees, during the period was: 1 (2021: 4)

	<b>31 March 2023</b>	<b>31 December 2021</b>
	<b>£</b>	<b>£</b>
Employment costs		
Wages and Salaries	51,609	54,101
Other pension costs	663	773
	<u>52,272</u>	<u>54,874</u>

There were no employees who received benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

**5. Intangible Assets**

	<b>Other £</b>
<b>Cost</b>	
As at 1 January 2022	3,600
Disposals	(3,600)
As at 31 March 2023	<u>-</u>
<b>Amortisation</b>	
As at 1 January 2022	3,125
Disposals	(3,125)
As at 31 March 2023	<u>-</u>
<b>Net Book Value</b>	
As at 31 March 2023	<u>-</u>
As at 1 January 2022	<u>475</u>

**Brighton Natural Health Foundation Ltd**  
**Notes to the Financial Statements (continued)**  
**For the Period 1 January 2022 to 31 March 2023**

**6. Tangible Assets**

	<b>Leasehold Improvements</b>	<b>Fixtures &amp; Fittings</b>	<b>Computer Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>				
As at 1 January 2022	2,317	35,296	23,215	60,828
Disposals	(2,317)	(35,296)	(23,215)	(60,828)
As at 31 March 2023	-	-	-	-
<b>Depreciation</b>				
As at 1 January 2022	1,738	34,594	22,949	59,281
Disposals	(1,738)	(34,594)	(22,949)	(59,281)
As at 31 March 2023	-	-	-	-
<b>Net Book Value</b>				
As at 31 March 2023	-	-	-	-
As at 1 January 2022	579	702	266	1,547

	<b>31 March 2023</b>	<b>31 December 2021</b>
	<b>£</b>	<b>£</b>
<b>7. Stocks</b>		
Stock	-	680
	-	680

	<b>31 March 2023</b>	<b>31 December 2021</b>
	<b>£</b>	<b>£</b>
<b>8. Debtors</b>		
<b>Due within one year</b>		
Trade Debtors	-	934
Prepayments and accrued income	1,634	2,118
	1,634	3,052

**9. Creditors: Amounts Falling Due Within One Year**

	<b>31 March 2023</b>	<b>31 December 2021</b>
	<b>£</b>	<b>£</b>
Other taxes and social security	-	57
Other creditors	607	2,289
Accruals and deferred income	7,469	15,332
	8,076	17,678

**Brighton Natural Health Foundation Ltd**  
**Notes to the Financial Statements (continued)**  
**For the Period 1 January 2022 to 31 March 2023**

**10. Retirement benefit Scheme**

Defined contribution scheme

The charitable company operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charitable company in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £663 (2021 - £773)

**11. Related Parties**

During the 15-month period to 31 March 2023 Peter Deadman received four payments, the total sum of £716 for teaching Chi Gung classes and workshops. No monies were owed at 31 March 2023. There were no related party transactions in the year ending 31 December 2022.

**12. Trustees' expenses**

Robin Bines was reimbursed for expenses incurred on behalf of the charity to the sum of £284 for repairs to the premises and secure shredding. No monies were owed at 31 March 2023.

**13. Accountant fees**

	<b>31 March 2023 £</b>	<b>31 December £</b>
Charges incurred for independent review	<u>933</u>	<u>900</u>