

REGISTERED COMPANY NUMBER: 06773681 (England and Wales)
REGISTERED CHARITY NUMBER: 1131664

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2020
for
The Optimum Health Clinic Foundation

ACL & Co
Chartered Certified Accountants
The Coach House
North Building
1 Howard Road
Reigate
Surrey
RH2 7JE

The Optimum Health Clinic Foundation

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for the Year Ended 31 March 2020

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The Optimum Health Clinic Foundation

Report of the Trustees for the Year Ended 31 March 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of the charity is to relieve sickness, poor health and disability and to promote optimal healing and physical and mental wellbeing through the provision, study and research of integrative medicine, which we define to be a combination of practices and methods of complementary and alternative medicine with conventional biomedicine and functional medicine by:

- 1) Offering integrative medicine treatments to sufferers of Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS) and in due course to sufferers of other serious and chronic illnesses.
- 2) Researching the most effective evidence based interventions for ME/CFS and other chronic illnesses in order to further develop the effectiveness of our integrative medicine approach.
- 3) Raising awareness of the role of integrative medicine in optimal healing for sufferers of ME/CFS and other chronic illnesses.
- 4) Promoting best practice of integrative medicine and patient care.

Significant activities

Established in 2004, The Optimum Health Clinic is an award winning ME/CFS clinic, with patients in over 35 countries. We describe our approach as 'Integrative Medicine' which is a combination of practices and methods of complementary and alternative medicine with conventional biomedicine and functional medicine.

We offer nutrition support using both functional medicine and conventional biomedicine tests to support our recommendations combined with a range of psychology treatments to support patients to better manage their own recovery from ME/CFS.

The aims of our approach to Integrative Medicine are to:

- Combine the best of conventional biomedicine with complementary and alternative (CAM) medicine interventions
- Focus on the relationship between practitioner and patient
- Research and innovate the most effective evidence based interventions for optimal healing and wellbeing.

Volunteers

A big thank for all our volunteers that generously donate their time this year.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our primary current objective is to provide evidence based results to demonstrate the effectiveness of an integrative medicine approach to treating chronic fatigue/myalgic encephalomyelitis and related conditions. In the last year we have made important progress with our RCT project, which included gaining NHS ethics approval. However, we are currently facing significant fundraising challenges to continue this project, and are currently exploring what the best path forward for this project might be.

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Our total income decreased by 9.7% to £41,970 and with expenditure of £32,382 we had a net surplus for the year of £9,588.

The breakdown of our £41,970 of income was as follows:

- £37,947 came from the Clinic's trading company
- £885 came from the Clinic's meditation course
- £60 from various gift aid agencies and individual donors
- fundraising income of £3,078

FINANCIAL REVIEW

Investment policy and objectives

Our objective is to maximise funds for research both through profits made in our trading arm and fundraising direct. Our sole objective is to invest in research which serves our mission.

Reserves policy

We have not thus far enjoyed sufficient cash flow to enable us to implement a reserves policy. The trustees' objective is to implement such a policy as soon as practicable. We believe that maintaining a level of unrestricted funds equivalent to three months of salary costs would be a sensible first step.

FUTURE PLANS

We plan to initiate our RCT in the coming year, subject to current COVID-19 restrictions being lifted. This research will take a further 2-3 years to complete, but is a critical next step in further expanding the evidence base for our approach. This research is a highly ambitious project, but it has the potential to significantly change perceptions of the approach we offer, and ultimately to unlock NHS funding for treatment. With our previous macro-economic study demonstrating that ME/CFS costs the UK £3.3bn a year, this work is more important than ever.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

All trustees give their time voluntarily and received no benefits from the Charity. Any expenses reclaimed from the Charity are set out in the notes to the accounts.

Trustees have been recruited from our patients and ex-patient community. Our Chairman and one of our Trustees have been patients of the Clinic and have fully recovered from ME/CFS. The daughter of our third Trustee also has ME/CFS and is a patient of the Clinic.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

There are two sub committees that are established by the Board and all operate according to clearly defined terms of reference. The committees hold delegated authorities, act as a resource to the Chief Executive and make recommendations. They are made up of staff, practitioners and trustees.

The Research and Medicine Committee meets quarterly to:

- agree research priorities that serve our mission;
- set the direction of research projects;
- review progress against agreed objectives;
- agree action and priorities for the coming quarter;

The Risk Committee meets annually to:

- review all the risks in the Risk Register, and identify any new or emerging risks;
- review the weightings applied to each risk in terms of both impact and likelihood of occurrence;
- review the heat map;
- agree specific controls and actions required to more effectively manage the risks.

The board meets quarterly to review the work of the Research and Medicine committee and to review whether there are any changes to our Risk Register. Research and Medicine, Risk management and conflicts of interest are standing items on our board meeting agendas.

Decision making

Day to day management of the organisation is shared by the Chief Executive of the Clinic and his management team (Director of Nutrition, Director of Psychology and Director of Finance and Operations)

Performance management of the organisation has three components:

- monthly performance reviews by the Chief Executive
- monthly performance reviews between the Chair and the Chief Executive
- quarterly performance reviews by the Board, including reporting against agreed objectives

Chief Executive

Our Chief Executive of The Optimum Health Clinic, Alex Howard, is responsible for the day to day operations of the Clinic.

Alex set up the Clinic in 2004 having himself suffered from ME/CFS for 7 years and fully recovered from it. Alex's commitment has been to create a clinic to help and support ME/CFS sufferers building on all the lessons he learned from having healed himself fully.

Alex realised that in order to carry out research to develop ever more effective evidence based on interventions for the treatment of ME/CFS, we needed to become a charity in order to be able to fundraise directly. Accordingly, Alex set up the Charity and gifted the Clinic to the Charity on 1st April 2013.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06773681 (England and Wales)

Registered Charity number

1131664

The Optimum Health Clinic Foundation

Report of the Trustees
for the Year Ended 31 March 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office

Bickerton House
25-27 Bickerton Road
London
London
N19 5JT

Trustees

D R Butcher
I N Hatton

Director
Director

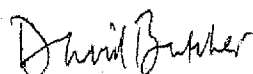
Company Secretary

Independent examiner

ACL & Co
Chartered Certified Accountants
The Coach House
North Building
1 Howard Road
Reigate
Surrey
RH2 7JE

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on16/11/20...and signed on its behalf by:



D R Butcher - Trustee

Independent Examiner's Report to the Trustees of
The Optimum Health Clinic Foundation

Independent examiner's report to the trustees of The Optimum Health Clinic Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



Ian Lee FCCA
ACL & Co
Chartered Certified Accountants
The Coach House
North Building
1 Howard Road
Reigate
Surrey
RH2 7JE

Date: 16/11/2020

The Optimum Health Clinic Foundation

Statement of Financial Activities
for the Year Ended 31 March 2020

	Notes	Unrestricted fund £	Restricted fund £	31.3.20 Total funds £	31.3.19 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		38,892	-	38,892	38,551
Other trading activities	2	3,078	-	3,078	7,950
Total		41,970	-	41,970	46,501
EXPENDITURE ON					
Charitable activities	3				
Core Activities		32,382	-	32,382	51,821
NET INCOME/(EXPENDITURE)		9,588	-	9,588	(5,320)
RECONCILIATION OF FUNDS					
Total funds brought forward		31,041	-	31,041	36,361
TOTAL FUNDS CARRIED FORWARD		40,629	-	40,629	31,041

The notes form part of these financial statements

The Optimum Health Clinic Foundation

Balance Sheet
At 31 March 2020

	Notes	Unrestricted fund £	Restricted fund £	31.3.20 Total funds £	31.3.19 Total funds £
CURRENT ASSETS					
Debtors	6	70,922	-	70,922	87,348
CREDITORS					
Amounts falling due within one year	7	(24,793)	-	(24,793)	(24,807)
NET CURRENT ASSETS		46,129	-	46,129	62,541
TOTAL ASSETS LESS CURRENT LIABILITIES		46,129	-	46,129	62,541
CREDITORS					
Amounts falling due after more than one year	8	(5,500)	-	(5,500)	(31,500)
NET ASSETS		40,629	-	40,629	31,041
FUNDS	10				
Unrestricted funds				40,629	31,041
TOTAL FUNDS				40,629	31,041

The notes form part of these financial statements

The Optimum Health Clinic Foundation

Balance Sheet - continued

At 31 March 2020

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

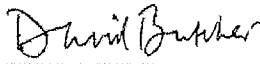
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

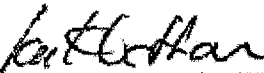
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its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

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

The financial statements were approved by the Board of Trustees on16/11/20... and were signed on its behalf by:



D R Butcher -Trustee



I N Hatton -Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Taxation

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

Fund accounting

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

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

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

2. OTHER TRADING ACTIVITIES

	31.3.20	31.3.19
	£	£
Fundraising events	<u>3,078</u>	<u>7,950</u>

The Optimum Health Clinic Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

3. CHARITABLE ACTIVITIES COSTS

	Direct costs	Support costs (See note 4)	Totals
	£	£	£
Core Activities	<u>436</u>	<u>31,946</u>	<u>32,382</u>

4. SUPPORT COSTS

	Management	Finance	Totals
	£	£	£
Core Activities	<u>28,835</u>	<u>3,111</u>	<u>31,946</u>

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

	31.3.20 Core Activities £	31.3.19 Total activities £
Rent & rate	26,519	24,918
Insurance	74	74
Light and heat	2,062	2,435
Research project costs	180	20,000
Travel Expenses	-	2,188
Bank charges	738	511
Interest payable and similar charges	2,373	719
	<u>31,946</u>	<u>50,845</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 nor for the year ended 31 March 2019.

Trustees' expenses

Trustee expenses paid in the year ended 31 March 2020 is Nil. (£653 for year ended 31 March 2019)

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20 £	31.3.19 £
The Optimum Health Clinic Ltd	<u>70,922</u>	<u>87,348</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20	31.3.19
	£	£
Bank loans and overdrafts (see note 9)	24,686	24,700
Trade creditors	107	107
	<u>24,793</u>	<u>24,807</u>

8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.20	31.3.19
	£	£
Other creditors	<u>5,500</u>	31,500

9. LOANS

An analysis of the maturity of loans is given below:

	31.3.20	31.3.19
	£	£
Amounts falling due within one year on demand:		
Bank overdraft	<u>24,686</u>	24,700

10. MOVEMENT IN FUNDS

	At 1.4.19	Net movement in funds	At 31.3.20
	£	£	£
Unrestricted funds			
General fund	31,041	9,588	40,629
	<u>31,041</u>	<u>9,588</u>	<u>40,629</u>
TOTAL FUNDS	<u>31,041</u>	<u>9,588</u>	<u>40,629</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	41,970	(32,382)	9,588
	<u>41,970</u>	<u>(32,382)</u>	<u>9,588</u>
TOTAL FUNDS	<u>41,970</u>	<u>(32,382)</u>	<u>9,588</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.18 £	Net movement in funds £	At 31.3.19 £
Unrestricted Funds			
General fund	36,361	(5,320)	31,041
TOTAL FUNDS	<u>36,361</u>	<u>(5,320)</u>	<u>31,041</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	46,501	(51,821)	(5,320)
TOTAL FUNDS	<u>46,501</u>	<u>(51,821)</u>	<u>(5,320)</u>

11. RELATED PARTY DISCLOSURES

The charity was owed by The Optimum Health Clinic Limited (the clinic's trading company) £70,922 as at 31 March 2020 (£87,348 Yr 19). Also the charity received £37,250 donation from the trading company during the year.

The charity owed David Butcher, a trustee of the charity, £5,500 as at 31 March 2020 (£31,500 Yr 19).

The Optimum Health Clinic Foundation

Detailed Statement of Financial Activities
for the Year Ended 31 March 2020

	Unrestricted funds £	Restricted funds £	31.3.20 Total funds £	31.3.19 Total funds £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	38,892	-	38,892	38,551
Other trading activities				
Fundraising events	3,078	-	3,078	7,950
Total incoming resources	41,970	-	41,970	46,501
EXPENDITURE				
Charitable activities				
Fundraising costs	436	-	436	976
Support costs				
Management				
Rent & rate	26,519	-	26,519	24,918
Insurance	74	-	74	74
Light and heat	2,062	-	2,062	2,435
Research project costs	180	-	180	20,000
Travel Expenses	-	-	-	2,188
	28,835	-	28,835	49,615
Finance				
Bank charges	738	-	738	511
Bank interest	2,373	-	2,373	719
	3,111	-	3,111	1,230
Total resources expended	32,382	-	32,382	51,821
Net income/(expenditure)	9,588	-	9,588	(5,320)

This page does not form part of the statutory financial statements