



Trustees' Annual Report for the period

	Period start date			Period end date		
From	08	04	2019	To	05	04
						2020

Section A Reference and administration details

Charity name	Friends of Salisbury Medical Practice		
Other names charity is known by			
Registered charity number (if any)	1172839		
Charity's principal address	Fisherton House, Fountain Way		
	Wilton Road		
	Salisbury		
Postcode	SP2 7FD		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Graeme Rothwell	Chair	02/05/17 - Present	
2	Rebecca Seabridge	Secretary	02/05/17 – Present	
3	Martin Allen	Treasurer	02/05/17 - present	
4	Robert Hewetson	Account Signatory	02/05/17 – present	
5	Ruth Croxall		02/05/17 – present	
6	Sarah Vaughan		02/05/17 – 06/02/19	
7	Jessie Edwards		02/05/17 – 19/02/19	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Vacancies arising may be filled by the decision of the members at the annual general meeting held in November.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

A communication and engagement strategy is in place.

The following policies are in place;

- Donations and charitable gift
- Fundraising Events Management
- Reserves
- Safeguarding
- Privacy notice

With the following currently under review;

- Complaints
- Allegations
- Risk Management

All trustees give their time voluntarily and receive no remuneration or other benefits.

A risk assessment for the charity exists; areas that have been considered are fraud and mismanagement, loss of income, unexpected costs, and changes in environment. Preventative measures are in place with responsibilities falling on trustees.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To provide the relief of sickness, disease or human suffering as well as the promotion of health for the patients of The Salisbury Medical Practice and for the public benefit of people residing or working in the general area of Salisbury, in particular but not exclusively, by providing and assisting in the provision of facilities, support services, equipment, training and education, not normally provided by the doctors or the statutory authorities

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year, trustees kept in mind the Charity Commissions guidance on Public Benefit.

The first 6 week Family Fitness course gave families that are not financially in a position to afford these classes an opportunity to benefit. The charity aimed to reduce social isolation, reduce chronic diseases in children, improve physical health, maintain mental wellbeing, increase healthy eating, and increase communication in families.

The charity is also offering the local community to learn how to manage breath through singing.

An opportunity to reduce social isolation and meet others with breathing difficulties, learn how to manage breath more effectively and have great fun while doing it! No need to have sung before or be able to read music. Everything is taught by ear and fully inclusive. As well as the breathing benefits, the course aims to improve wellbeing and reduce social isolation.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

A policy on contribution made by volunteers exists to highlight the actions to be taken in the recognition and management of gifts and the conditions under which gifts can be accepted. This allows Friends of Salisbury Medical Practice Charity to maintain a positive and beneficial relationship with donors in order to generate future and potentially greater levels of donor support.

The Friends of Salisbury Medical Practice trustees have delegated responsibility for the day to day management of the charitable funds to the Charity Administrator and Finance Lead Trustee.

Interest is accrued on all surplus funds.

Summary of the main achievements of the charity during the year

- Friends of Salisbury Medical Practice kindly funded and donated a 24 hour blood pressure machine to the surgery and patients of Fisherton House.

The device is an easy-to-use 24-hour ambulatory blood pressure monitor that is designed to help avoid the effects of white coat hypertension, provide accurate sleep blood pressure readings, and tailor drug therapy regimes to your individual patient's needs.

This is a service that the surgery finds crucial to its patients but is not financially supported by the NHS. We hope the surgery and patients both benefit from this donation.

- The charity is offering the local community to learn how to manage breath through singing.

An opportunity to reduce social isolation and meet others with breathing difficulties, learn how to manage breath more effectively and have great fun while doing it! No need to have sung before or be able to read music. Everything is taught by ear and fully inclusive. As well as the breathing benefits, the course aims to improve wellbeing and reduce social isolation.

- The first 6 week Family Fitness course was completed, to give families that are not financially in a position to afford these classes an opportunity to benefit. The charity aimed to reduce social isolation, reduce chronic diseases in children, improve physical health, maintain mental wellbeing, increase healthy eating, and increase communication in families.

- Dementia Friendly Thai chi sessions aimed at benefiting the local Dementia community and carers, both physically and mentally. Physically it is a form of exercise that works the leg muscles that help with balance and coordination, reducing the number of falls. It enhances mobility and flexibility, improves posture, balance, strength and coordination. It also eases arthritis and fibromyalgia symptoms. Emotionally it reduces stress in people with dementia and their carers as well as improves memory whilst reducing anxiety and depression.

- AliveCor machine purchased for use by patients at Fisherton House. The aim of this project is to increase people's awareness of their pulse and to detect Atrial Fibrillation (AF) by a simple pulse check using an AliveCor. These machines help early detection of AF, AF is a major risk factor for stroke, and stroke is a leading cause of disability impacting on an individual's ability to live independently.

- Friends of Salisbury Medical Practice have kindly donated a portering chair to the surgery and patients of Fisherton House. Designed to withstand the demands of the healthcare environment, the charity hopes the chair will provide a comfortable, clean and visually reassuring patient transportation method. The chair was used within 2 hours of being delivered for the benefit of a young patient needing an increased level of safety and support. We hope it offers many more this convenience.

Section E

Financial review

Brief statement of the charity's policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principle activity. We intend to maintain our reserves at a level which is at least equivalent to 6 months.

The Board of Trustees will review the amount of reserves quarterly to ensure that they are adequate to fulfil our continuing obligations.

Details of any funds materially in deficit

NA

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our main source of income this year has been through restricted funding, however patient donations remain high and unrestricted.

Most expenditure has been applied to Lung Health sessions within the community to encourage health and wellbeing.

Section F

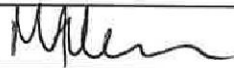
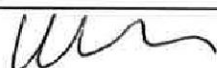
Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Martin Allen	Rebecca Seabridge
Position (eg Secretary, Chair, etc)	Treasurer	Secretaries
Date	4/12/2010	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Friends of Salisbury Medical Practice

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
06/04/2019

To

Period end date
05/04/2020

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	389			389	877
Grants		17665		17665	1000
Balance rollover					4343
Sub total (Gross income for AR)	389	17665		18053	6220
A2 Asset and investment sales, (see table).					
Sub total					
Total receipts					
A3 Payments					
Activities		8970		8970	900
Fundraising material	366			366	36
Insurances	35			35	35
Trustee retirement	33			33	
Surgery equipment	1826			1826	
Sub total	2260	8970		11230	971
A4 Asset and investment purchases, (see table)					
Sub total					
Total payments	2260	8970		11230	971
Net of receipts/(payments)	-1871	8695		6823	5249
A5 Transfers between funds					
A6 Cash funds last year end	4785	463		5249	
Cash funds this year end	2914	9158		12072	5249

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
	Total cash funds	0.00	0.00	0.00

(agree balances with receipts and payments
account(s))



[illegible]

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				0.00
				0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00

[illegible]

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			0.00	
			0.00	
			0.00	
			0.00	
			0.00	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	M. Allen	4/12/20.
	R SEABRIDGE	7/12/20.