

**FULL CIRCLE FUND THERAPIES  
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2021**

**CHARITY NUMBER 1162010  
COMPANY NUMBER 09554871**

**Full Circle Fund** THERAPIES  
**Supporting quality of life**

**FULL CIRCLE FUND THERAPIES**

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**FULL CIRCLE FUND THERAPIES**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees:**

B H Brennan  
T L DI Lorenzo  
A F P Dunn  
M C McCann  
G D Norton  
K Prasad  
S A Ruggles  
N Sharma  
F M Willis

**Charity registration number:** 1162010

**Company registration number:** 09554871

**Registered office address:** 12 Northfields Prospect  
Putney Bridge Road  
London  
SW18 1PE

**Operational address:** c/o The Ruth Myles Unit  
2nd Floor  
St. James's Wing  
St. George's University Hospitals NHS Foundation Trust  
London  
SW17 0QT

**Independent examiner:** **S B Chicksand, F.C.A**  
Chicksand Gordon Avis Ltd  
12 Northfields Prospect  
Putney Bridge Road  
London  
SW18 1PE

## **FULL CIRCLE FUND THERAPIES**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2021**

The trustees who are also directors of the Charity for the purposes of the Companies Act 2006, present their report and the financial statements of the Charity for the year ended 30 April 2021.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is a company limited by guarantee governed by its memorandum and articles of association, a deed of trust and is registered as a Charity with the Charity Commission.

##### **Recruitment and appointment of new trustees**

New trustees are selected and appointed by the existing trustees. Appointment of members of the Committee is governed by the Constitution dated 22 April 2015. The Committee is authorised to appoint new members to fill vacancies arising through resignation or death of any existing member.

##### **Relevant interests**

Any trustee with a relevant interest is required to disclose such interest and withdraw from any decisions where conflict may arise.

##### **Risk management**

The trustees continue to assess and monitor the risks to which the Charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The Charity's twin objectives, as set out in the Governing Document, are

a - to relieve those in need by reason of ill health, or disability, and to preserve the health of patients, carers and staff at St. Georges Hospital, London, and N.H.S. Hospitals regionally and nationally through funding and through the advancement of research into supportive and complementary therapies, and

b- to advance the education of health care professionals, including supportive therapists, patients, their carers and the general public about the role and benefits of supportive and complementary therapies.

There is no means testing relating to provisions, support is available at the point of need to all referred to the Full Circle service at St. George's Hospital.

##### **Public benefit**

The trustees, as required by section 4 of the Charities Act 2006, have paid due regard to the Charity Commission's guidance on providing public benefit when reviewing the Charity's aims and objectives in deciding what activities the Charity should undertake and how the donations made have advanced the objects of the Charity.

## **FULL CIRCLE FUND THERAPIES**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2021**

It is with great pride that the Charity continued its Covid-19 adapted function: to deliver highly skilled integrative know-how to increase support, coping, resilience and wellbeing for very sick patients with major, life limiting conditions and their NHS carers.

#### **Delivering Differently: post Covid-19**

As the pandemic was declared, we had the benefit of being agile and entrepreneurial in our response. We immediately developed our service to an online resource known as Full Circle's 'Wellbeing Hub' [www.fullcirclefund.org.uk/wellbeing-hub](http://www.fullcirclefund.org.uk/wellbeing-hub)

The aim is to provide a trusted, expert-led continuity of support for our patients as well as our NHS colleagues.

Within its first year a total of 8,602 site visits were recorded to the new Wellbeing Hub.

From Spring 2020 - with the arrival of Covid-19 - it became clear that the Charity's website needed to be upgraded to meet the new demands of delivering our service digitally. To this end, we researched numerous Digital Marketing leaders, which would see us develop and launch a brand new website later in 2021.

In addition, we undertook numerous consultations with lead clinicians (doctors, nurses, psychologists) who all voiced significant concern about the mental wellbeing and resilience of their patient cohorts and NHS staff caring for them, and asked the Charity to develop a solution for these diverse cohort's mental wellbeing. This was prioritised and developed by the Charity in consultation with clinical leads from two NHS Hospital sites.

To this end the Charity, guided by patient and clinician collaboration, spent time creating blueprints for digital projects. The Charity's initiatives included a world first conference on 'Nutrition in Sickle Cell Disorder' (scheduled for June 2021) and bespoke Nutritional content specifically created for NHS staff by Genetic Dietitian on subjects including: 'nutrition and inflammation' and 'nutrition and stress'.

In order to re-start our in-patient service, we also worked closely with Infection Control teams at both our NHS sites and successfully and safely re-started our service in the month of March 2021.

The Charity received income of £99,157 during the year.

The trustees feel that the Charity is exceptionally well placed to continue to provide the level of integrative medicine support that very sick patients and NHS carers need during a pandemic of this current scale.

We remain committed to finding new, innovative, safe and responsive ways of supporting patients and their NHS carers both digitally and in-person.

## **FULL CIRCLE FUND THERAPIES**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2021**

The Charity has a proven track record in this 'twin-approach' to compassionate and resilience-based care in the medical environment and is at the front end of actively knowing about, contributing to, developing, and pioneering evidence-based approaches to support the wellbeing and resilience of extremely sick patients during a pandemic and the NHS staff caring for them.

The Full Circle model - an exemplar of holistic, integrative, evidence-based care - has never been more needed in today's NHS.

Approved by order of the board of trustees and signed on its behalf by:

**T L Di Lorenzo - Treasurer and Trustee**

10 January 2022

## **FULL CIRCLE FUND THERAPIES**

### **INDEPENDENT EXAMINER' S REPORT TO THE TRUSTEES**

I report on the accounts for the year ended 30 April 2021 set out on pages 6 to 9.

#### **Respective responsibilities of trustees and examiner**

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

#### **Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

S B Chicksand, F.C.A  
Chicksand Gordon Avis Ltd  
12 Northfields Prospect  
Putney Bridge Road  
London  
SW18 1PE

Date: 10 January 2022

**FULL CIRCLE FUND THERAPIES**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 APRIL 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income		8,904	61,072	69,976	60,650
Activities for generating funds		5,464	2,486	7,950	5,964
Coronavirus job retention scheme grant		21,231	-	21,231	-
<b>Total incoming resources</b>		<u>35,599</u>	<u>63,558</u>	<u>99,157</u>	<u>66,614</u>
<b>RESOURCES EXPENDED</b>					
<b>Cost of generating funds</b>					
Administration and fundraising		9,762	10,800	20,562	804
<b>Charitable activities</b>					
Therapists		-	4,830	4,830	38,110
Governance costs		22,651	15,766	38,417	17,002
Other resources expended		10,720	4,000	14,720	10,145
<b>Total resources expended</b>		<u>43,133</u>	<u>35,396</u>	<u>78,529</u>	<u>66,061</u>
<b>NET INCOMING RESOURCES</b>	2	(7,534)	28,162	20,628	553
Total funds brought forward		36,361	9,018	45,379	44,826
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>28,827</u>	<u>37,180</u>	<u>66,007</u>	<u>45,379</u>

## FULL CIRCLE FUND THERAPIES

### BALANCE SHEET AS AT 30 APRIL 2021

	Notes	2021 £	2020 £
<b>FIXED ASSETS</b>			
Intangible assets	3	-	-
Tangible assets	4	-	-
		<u>-</u>	<u>-</u>
<b>CURRENT ASSETS</b>			
Cash at bank and in hand		71,815	47,970
<b>CREDITORS</b>			
Amounts falling due within one year		(5,808)	(2,591)
		<u>66,007</u>	<u>45,379</u>
<b>NET CURRENT ASSETS</b>			
		<u>66,007</u>	<u>45,379</u>
<b>NET ASSETS</b>			
		<u>66,007</u>	<u>45,379</u>
<b>FUNDS</b>			
Unrestricted funds	5	28,827	36,361
Restricted funds	5	37,180	9,018
		<u>66,007</u>	<u>45,379</u>
<b>TOTAL FUNDS</b>			
		<u>66,007</u>	<u>45,379</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 April 2021 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 on 10 January 2022 and were signed on its behalf by:

S Ruggles - Trustee

T Di Lorenzo - Treas. / Trustee

## FULL CIRCLE FUND THERAPIES

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2021

#### 1. ACCOUNTING POLICIES

##### Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

##### Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

##### Resources expended

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.

##### Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost over its expected useful life, as follows:

Computer Software                      33.33% straight-line

##### 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/provider of funding or when funds are raised for particular restricted purposes.

#### 2. NET INCOMING RESOURCES

This is stated after charging:

	2021	2020
	£	£
Trustees remuneration	36,167	16,042

#### 3. INTANGIBLE FIXED ASSETS

Trade mark:

£

Cost

At 1 May 2020 and 30 April 2021

9,868

Amortisation

At 1 May 2020 and 30 April 2021

9,868

Net book value

At 1 May 2020 and 30 April 2021

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## FULL CIRCLE FUND THERAPIES

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2021

#### 4. TANGIBLE FIXED ASSETS

##### Equipment:

	£
<b>Cost</b>	
At 1 May 2020 and 30 April 2021	<u>1,683</u>
<b>Depreciation</b>	
At 1 May 2020 and 30 April 2021	<u>1,683</u>
<b>Net book value</b>	
At 1 May 2020 and 30 April 2021	<u>-</u>

#### 5. MOVEMENT IN FUNDS

	2021 £	2020 £
<b>Unrestricted funds</b>		
Brought forward	36,361	44,826
Net (outgoing) resources for the year	(7,534)	(8,465)
	<u>28,827</u>	<u>36,361</u>
Carried forward	<u>28,827</u>	<u>36,361</u>
<b>Restricted funds</b>		
Brought forward	9,018	-
Net incoming resources for the year	28,162	9,018
	<u>37,180</u>	<u>9,018</u>
Carried forward	<u>37,180</u>	<u>9,018</u>

#### 6. RELATED PARTY DISCLOSURES

During the year trustee's salaries amounting to £36,167 were paid to S A Ruggles, as executive officer.

During the year the following trustees were paid fees:

T L DI Lorenzo - £7,790 as administrator

N Sharma - £12,772 as administrator