

THE SELF HEAL ASSOCIATION

**Unaudited Accounts
Year Ending 31st March 2022**

Company limited by guarantee
Company Number: 04335524
Charity No: 1094138

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2022

Registered Office PO Box 272
 St Thomas
 Exeter
 EX2 9ZL

Company Number: 04335524
Charity Number: 1094138

Directors:	Karen Huckvale	Chair
	Lisa Thorne	
	Malcolm Learmonth	
	Yvette Parker	resigned 18 March 2022
	John Slater	

Secretary: Joe Miller

Accountants: Exeter Community Accounting

Bankers: Caf Bank
 25 Kings Hill Avenue
 West Malling
 Kent ME 19 4JQ

Date of Incorporation 6th December 2001

THE SELF HEAL ASSOCIATION

Company Number 04335524

Charity Number: 1094138

INDEPENDENT EXAMINATION REPORT

For the period ended 31st March 2022

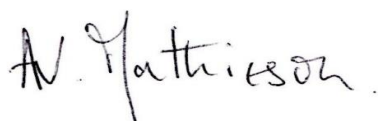
Basis of independent examiner's report

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 statement 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 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and 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.



21-Sep-22

Exeter Community Accounting

THE SELF HEAL ASSOCIATION

Company Number: 04335524

Charity Number: 1094138

DIRECTORS' REPORT

The Directors submit their report and the financial statements

Principal Activity

The activities of the company are those connected with social work, adult and other education, including grants.

Directors

The directors of the company in office during the year had no beneficial interests, the company being limited by guarantee.

Basis of preparation

This report has been prepared in accordance with the relevant provisions for small companies under the Companies Act 2006.

ON BEHALF OF THE BOARD

Karen Huckvale



Date

30th Nov 2022.

THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2022

		Total Funds	Total Funds
	Notes	2021/2022	2020/2021
		£	£
INCOME & ENDOWMENTS FROM:			
Investment	1	25,562	24,847
TOTAL INCOME		25,562	24,847
EXPENDITURE ON:			
Charitable Activities	2	9,183	10,874
Other Expenditure	3	6,006	7,636
TOTAL EXPENDITURE		15,189	18,510
NET EXPENDITURE BEFORE TRANSFERS		10,373	6,337
Unrealised Gains/Losses on investments		74,408	139,858
NET MOVEMENT IN FUNDS		84,781	146,195
TOTAL FUNDS BROUGHT FORWARD		834,753	688,558
TOTAL FUNDS CARRIED FORWARD	9	919,534	834,753

All activities derive from continuing operations.

The notes on the following pages form part of the financial statements.

THE SELF HEAL ASSOCIATION
BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2021/2022	2020/2021
		£	£
FIXED ASSETS			
Tangible			-
CURRENT ASSETS			
COIF Charities Investment Fund		250,414	272,074
COIF Charities Ethical Inv. Fund		246,312	230,519
COIF Global Equity Fund		294,902	227,086
COIF Charities Property Fund		95,914	83,455
COIF Charities deposit account		50	50
Tridos Bank		612	612
CafCash account		31,930	25,182
Debtors		-	-
		<u>920,134</u>	<u>838,979</u>
CREDITORS			
Amounts Falling due within one year	8	(600)	(4,226)
NET CURRENT ASSETS		<u>919,534</u>	<u>834,753</u>
FUNDS			
Unrestricted income fund	9	834,753	694,895
Revaluation reserves		84,781	139,858
TOTAL FUNDS		<u>919,534</u>	<u>834,753</u>

For the financial year ended 31 March 2022, The charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity 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 applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Approved by the Board on and signed on its behalf by:

Karen Huckvale



THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2022

1 Accounting Policies

Statement of Compliance

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Exemption from Preparing Cash Flow Statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

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

Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Tangible Fixed Assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life at the following rates;

Freehold Land	not depreciated
Freehold Buildings	2% pa straight line
Plant & Machinery	20% pa straight line
Fixtures & Fittings	20% pa straight line
Website Development Costs	33.3% pa straight line

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and Cash Equivalent

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

THE SELF HEAL ASSOCIATION

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDING 31 MARCH 2022**

Trade Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Funds

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

	Total Funds 2021/2022 £	Total Funds 2020/2021 £
1 Income from Investments		
COIF Charities Investment Fund	19,895	6,733
COIF Charities Ethical Inv. Fund	19,226	6,862
COIF Global Equity Fund	22,828	7,406
COIF Charities Property Fund	12,459	3,845
COIF Charities deposit account	-	-
Bank Interest	-	-
	74,408	24,847
2 Expenditure on Charitable Activities		
Grants Paid	9,183	10,874
Bursaries paid	-	-
	9,183	10,874
3 Support Costs		
Storage Rent	3,059	2,894
Website costs	-	255
Admin Fees	2,250	3,626
Trustees Expenses	-	142
Bank charges and interest	96	69
Accountancy	600	650
	6,006	7,635
4 Trustees Remuneration & Benefits		
During the year trustees received no expenses (2021 - £142)		
There were no related party transactions with trustees in the year		
5 Independent Examination Fees		
Independent examination of the financial statements	100	100
Other accountancy Services	500	500
	600	600
6 Taxation		
The charity is a registered charity and is therefore exempt from taxation.		

THE SELF HEAL ASSOCIATION

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2021

7	Creditors	2021/2022	2020/2021
		£	£
	Amounts falling due within one year		
	Trade creditors	600	4,226
		600	4,226

8 **Fund Accounts**

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	834,753	25,562	(15,189)	845,126
Revaluation reserve				74,408
Total unrestricted funds	834,753	25,562	(15,189)	919,534
 Total funds	 834,753	 25,562	 (15,189)	 919,534

All assets and liabilities as shown on the balance sheet are unrestricted.

9 **Controlling entity**

The charity is controlled by the trustees who are all directors of the company.