

The Balint Society
Registered Charity No: 261387

Financial Statements
for the year ended
31 March 2016

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Legal and Administrative Information

Name:	The Balint Society	
Registered Charity No:	261387	
Principal Address/Contact:	Dr Ceri Dornan 10 Raynham Avenue Manchester M20 6BW	
Officers of the Society:	President:	Dr David Watt
	Vice President:	Dr Caroline Spencer-Palmer
	Hon Treasurer:	Dr Ann Evans
	Hon Editor:	Dr Tom McNea
	Hon Secretary:	Dr Ceri Dornan
Council Members:	Dr Jane Dammers Dr Shake Seigel Dr Gearoid Fitzgerald Dr Glenda Mock Dr Sara Wraight	
Bankers:	Lloyds Bank 45 Broadway Ealing LONDON W5 5UJ	
Independent Examiner:	Kate Tully FMAAT FCIE 21 Peartree Bungalows Blackhall Mill Newcastle Upon Tyne NE17 7TW	

Trustees Annual Report

1. Structure, Governance and Management

The affairs of the society are managed by the council according to the constitution.

2 Objects of the Society

To promote and advance discussion groups using the Balint method, and research and studies on the psychological aspects of health and social care, with special reference to the professional-patient/client relationship and to disseminate this knowledge beyond the Society for the improvement of the care of the public at large.

3 Policies to Further Objectives

- To provide an opportunity for the study of similar problems as experienced by members of branches of other helping professions and in this connection to support and promote Balint Groups of the type already established in this country and elsewhere.
- To promote the publication of the transactions of the society and of the relevant material.
- To establish relationships with similar charitable societies.
- To assist any charitable body or bodies financially or otherwise
- To obtain, collect and receive money and funds by way of contributions, donations, affiliations, subscriptions, legacies, grants and other lawful methods and to accept and receive gifts of property of any description (whether subject to any special trusts or not).

4 Achievements and Performance

Our Society continues to grow, with full membership number now over 200 for the first time. There is a steady change in the proportion of different professions within the membership, as the strong leadership training programme attracts more people from psychiatry, psychology and psychotherapy to join, so GP members are now in the minority. We have a few members from nursing professions and a dentist. We are working with colleagues in the Republic of Ireland who are promoting Balint interest there, initially as part of the UK Balint Society, with a view to forming their own Society in the future. The Royal College of Veterinary Science is currently looking at the Balint method, and a group for teachers has been started by one of our leaders, so we could see a very different membership in future years. Onwards and outwards for the Balint Society.

People sometimes ask how many Balint groups there are across the UK. The answer is that we don't know, but would like to. One of the benefits of coming to our events is the opportunity to form and expand regional networks, so the more knowledge we have of activity 'out there' the better. Members or leaders of groups are encouraged to send us details of their group. We are always looking for contacts so those approaching us for local information can be given something positive to follow up. Growth areas for Balint groups are in Medical Schools, thanks to the Royal College of Psychiatrists' initiative and the pleasing take up by institutions, in Foundation Doctor groups and in Psychiatry beyond the obligatory groups held in Core Training. Wake up General Practice!

What has the Society been doing in the last year? To find out read the Regional Reports to see how much activity there has been with more day events for leadership training and supervision, as well as the regular weekends. The study day held before the Annual Dinner is now a popular event, with a reminder of the theory behind Balint work given in a talk by Gearoid Fitzgerald. This can be heard as a podcast on the Balint Society website. The Annual Dinner was well attended and we heard from Professor George Freeman about research into continuity of care, a subject close to the heart of many doctors in our increasingly fragmented care system.

The Balint Society council has met four times. A new constitution was adopted on 9th April 2016 to align the document to our present needs and represent the wider scope of membership and activity beyond General Practice. We are having a big push to modernise our infrastructure with on-line application for membership and events via the website. Please bear with us during the early stages of this work, which will inevitably have some teething troubles. We anticipate having a more accurate database of our contacts and the ability to search for information in a 21st century system. Of course there will still be a

The Balint Society

need for humans to know how to work with this and we are having expert guidance from an IT specialist in both setting everything up and in training those who need to know.

We are very keen for Council to be seen as an accessible and representative body. Our job is to use the assets of the Society to fulfil its charitable purpose, the end point of which is to benefit the health and wellbeing of the population served by our members. It can be hard to interest people in committees, but Council tries to be a creative and enabling body and thrives on new ideas and enthusiasm.

As a member of the International Balint Federation we try to keep in touch with as much international activity as possible, including ways of training leaders. This is always enriching for us and we hope, for others. We had good representation at the IBF Congress in Metz, France, last September, including presentation of their work with medical students by members Judy Malone and Ami Kothari. Members have attended Balint Conferences in Austria, Hungary, Russia and Germany, and been active in presenting Balint work at WONCA Conferences in 2015 and 2016. We frequently have international visitors at our weekend conferences.

The trustees / directors have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

5 Financial Review

As can be seen from the accounts the Society maintains enough income for running costs.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable Charity Law and United Kingdom Generally Accepted Accounting Practice.

Charity Law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Comply with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operational existence.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Signed on behalf of the Trustees

Name ANN EVANS Position Treasurer
Signature Ann Evans Date 12.1.17

Independent Examiners Report

Report to the Trustees of the Balint Society on Accounts for the year ended 31 March 2016 set out on pages 7 to 13.

Respective responsibilities of the Charity and the Independent Examiner

As members of the Charity you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulation 3(3) and section 144(2) of the Act do not apply and that an independent examination is needed. It is my responsibility to

- Examine the financial statements under s.145 of the 2011 Act;
- Follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- State whether particular matters have come to my attention

Basis of examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

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 130 of the 2011 Act; and
 - to prepare accounts which agree with the accounting records and comply with the accounting requirements of the 2011 Act ; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Tully FMAAT FCIE

Date.....18/1/17.....

Signed.....K. A. Tully.....



Kate Tully is a Fellow Member of the Association of Charity Independent Examiners and a Fellow Member of the Association of Accounting Technicians

Statement of Financial Activities

For the year ended 31 March 2016

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2015-16 £	Total Funds 2014-15 £
INCOMING RESOURCES					
Fundraising Income		0		0	0
Income from Charitable Activities		59,391		59,391	7,286
Investment Income		481		481	359
Other Income		0		0	2,425
TOTAL INCOMING RESOURCES		59,872	0	59,872	10,070
RESOURCES EXPENDED					
Fundraising Costs		(4,358)		(4,358)	(2,378)
Costs of Charitable Activities		(45,464)		(45,464)	(4,701)
Governance Costs		(536)		(536)	(150)
Other Costs		0		0	0
TOTAL RESOURCES EXPENDED		(50,358)	0	(50,358)	(7,229)
NET INCOMING/(OUTGOING) RESOURCES		9,514	0	9,514	2,841
Gains/(losses) on investments		(507)		(507)	(128)
NET MOVEMENT IN FUNDS		9,007		9,007	2,713
Total Funds brought forward		125,227	0	125,227	122,514
TOTAL FUNDS CARRIED FORWARD		134,234	0	134,234	125,227

Balance Sheet

As at 31 March 2016

			Total Funds 2015-16 £	Total Funds 2014-15 £
Investments				
	Charities Aid Foundation	2	87,604	88,111
			0	0
			87,604	88,111
Current Assets				
	Debtors and Prepayments		420	300
	Cash held for International Balint Society		195	826
	Cash on Deposit		20,385	20,375
	Cash at Bank		25,779	15,615
Total Current Assets			46,780	37,116
Current Liabilities				
	Members subscriptions received in advance			
	Amounts owed to International Balint Society			
	Other Creditors		(150)	
Net Current Assets			46,630	37,116
	TOTAL NET ASSETS		134,234	125,227
Represented by:				
	Unrestricted General Fund		134,234	125,227
	Restricted Fund		0	0
	TOTAL CHARITY FUNDS		134,234	125,227

Signed and approved on behalf of the Trustees

Name..... ANN EVANS Position..... Treasurer

Signature..... Ann Evans Date..... 12.1.17

NOTES TO THE FINANCIAL STATEMENTS

For the period 1 April 2015 to 31 March 2016

Accounting Policies

Accounting Convention

These Financial Statements have been prepared under the historical cost convention as modified by the inclusion of investments at market value. In preparing the financial statements the charity follows best practice as laid down by the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP – Revised 2015).

Investment Income

Investments are included in the balance sheet at market value. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposal throughout the year.

Investment Income

Investment income from both dividends and bank interest is brought into the Statement of Financial Activities gross, on a cash received basis, and allocated to the Income Fund.

Resources Expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Investment Management Charges

The investment portfolio fee is charged to the Income Fund in accordance with the general provisions of the Scheme Document of the Charity Commission dated 15 March 1973, which outlined the charity's policy on application of income.

This policy differs to the general recommendation of the SORP – revised 2005, which recommends that investment management charges relating to the capital account are allocated to the capital account, but the impact on the Statement of Financial Activities, is not considered to be significant.

Realised Gains and Losses

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or purchase date if later). Realised and unrealised gains are not separated in the Statement of Financial Activities.

2 Funds

The Society has one general unrestricted fund.

Analysis of Income and Expenditure 2015/16

Incoming Resources

Voluntary Income

Income from Charitable Activities

	Unrestricted	Restricted	Total
Annual Dinner	530		530
Birmingham Study Day	775		775
Bristol 3.12.15	1,680		1,680
Burnley (Whalley)	6,505		6,505
Claremont Group	240		240
Journal	10		10
Leaders Course 28.11.14	70		70
Leaders workshop Bristol 3.12.15	350		350
Leeds 2015	7,180		7,180
London Leadership 12.6.2015	490		490
London Leadership 10.6.2016	140		140
London Study Day	1,490		1,490
London Study Day and Annual Dinner	2,745		2,745
London Study Day & Dinner plus Partner	600		600
Manchester Study Day 22.4.16	420		420
Membership Fees	8,538		8,538
Newcastle Conference	290		290
Oxford 16	300		300
Oxford 15	25,393		25,393
Oxford Conference	600		600
South of Tyne Group	225		225
Other	820		820
Total Incoming Resources	59,391	-	59,391

Investment Income

CAF Investment Income	470		470
Bank Interest Earned	10		10
Total Investment Income	481	-	481

Total Incoming Resources

59,872	-	59,872
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Resources Expended

Fundraising Costs

Journal costs	118		118
Journal Printing	4,240		4,240
Total Fundraising Costs	4,358	0	4,358

Cost of Charitable Activities	Unrestricted	Restricted	Total
Administrator	105		105
Bristol 3.12.15	173		173
Essay Prize	500		500
Food Expenses	721		721
IBF Conference Oxford 2017	5,800		5,800
Leadership Fee	994		994
Leadership Travel	638		638
Leeds 2015	6,202		6,202
Leeds Leader Refund	800		800
London Leader	100		100
London Study Day and Dinner	2,221		2,221
London Supervision Day	244		244
London workshop 12/6/15	387		387
Membership refund	200		200
Memorial lecture	610		610
Newcastle 2016	640		640
NW Peer Supervision	27		27
Oxford 2015	19,358		19,358
Oxford 2015 refund	1,659		1,659
Oxford Leader	100		100
Penguin Internet	51		51
RCPsych mtg 29-30/6	174		174
Refund	1,530		1,530
Secretarial Costs	347		347
Technology workshop	40		40
Travel costs	54		54
Travel to International meetings	296		296
Unpaid cheque	185		185
Venue costs	164		164
Whalley Abbey Refund	425		425
Whalley deposit 2016	110		110
General expenses	7		7
Insurance	308		308
Office costs	58		58
Sage One Accounts	156		156
Staff	81		81
Total Costs of Charitable Activities	45,464	0	45,464
Governance Costs			
Independent Examination of Accounts	150		150
Council Meeting Travel	386		386
Total Governance Costs	536	0	536
Total Resources Expended			
	50,358	0	50,358

Support Costs
Support Cost Type

	Fundraising Activity £	Charitable Activity £	Governance Activity £	Total Cost £
Administrator	116	116	116	347
Council Meeting Travel			386	386
NW Peer Supervision		27		27
Secretarial Costs	66	66	66	197
Travel to International meetings		296		296
Venue costs		164		164
General expenses		7		7
Insurance		308		308
Office costs		58		58
Sage One Accounts		156		156
Staff		81		81
Journal costs	118			118
Journal Printing	4,240			4,240
Independent Examination of Accounts			150	150
Other				-
Total	4,539	1,278	717	6,534

3 Investments

	General Fund £	Total 2015-16 £	Total 2014-15 £
IM CAF Fixed Interest Fund B Income			
No of units 31 March 2015		0	9,403
Acquired during the year		0	0
Disposed of during the year		0	9,403
No of units 31 March 2016		0	0
<i>Historic cost of acquisition (£)</i>		0	9,403
Market Value of units 31 March 2015 (£)		0	9,403
Unrealised gain/(loss) (£)		0	176
Market Value of units 31 March 2016 (£)		0	0
IM CAF UK Equity Fund B Accumulation			
No of units 31 March 2015		0	28,901
Disposed of during the year		0	28,901
No of units 31 March 2016		0	0
<i>Historic cost of acquisition (£)</i>		0	20,511
Market Value of units 31 March 2015 (£)		0	28,901
Unrealised gain/(loss) (£)		0	(2,447)
Market Value of units 31 March 2016 (£)		0	0
CAF Managed Portfolio			
No of units 31 March 2015	73,564	73,564	0
Acquired from distributions during the year	0	0	73,564
Disposed of during the year	0	0	0
No of units 31 March 2016	73,564	73,564	73,564
<i>Historic cost of acquisition (£)</i>	73,564	73,564	73,564
Market Value of units 31 March 2015 (£)	88,111	88,111	85,000
Value of Distribution reinvested during the year (£)		0	
Unrealised gain/(loss) (£)	(507)	(507)	3,111
Market Value of units 31 March 2016 (£)	87,604	87,604	88,111

4 Debtors and Prepayments

	2015-16	2014-15
	£	£
Trade Debtors	£ 420	£ 300
	£ 420	£ 300

5 Creditors and Accruals

	2015-16	2014-15
	£	£
Trade Creditors	£ 150	£ 150
	£ 150	£ 150

6 Cash on Deposit

	2015-16	2014-15
	£	£
General Account Deposit	£ 20,385	£ 20,375
Balint International	£ 195	£ 826
	£ 20,580	£ 21,201

7 Cash at Bank

	2015-16	2014-15
	£	£
General Account Deposit	£ 25,779	£ 15,615
	£ 25,779	£ 46,038

8 Investment and Interest Income

	2015-16	2014-15
	£	£
<i>Interest Income</i>		
General Fund (Treasury Deposit 2014 2.8%)	£ 10	£ 153
	£ 10	£ 153
<i>Investment Income</i>		
IM CAF Fixed Interest Fund B		£ 49
CAF Managed Portfolio	£ 470	£ -
IM CAF UK Equity Fund B Accumulation		£ 156
	£ 470	£ 206

9 Officers, Employees and Emoluments

All officers of the Society act in an honorary capacity, the Society has no employees.