



Salus Fatigue Foundation

Registered Charity No: 1151924

Annual Report 2017

Report of the Trustees for the 18-month period ended 30th June 2017

The Trustees present their annual report and financial statements for the period ended 30th June 2017 and confirm they comply with the Charities Act 2011, the trust deed and have been prepared in accordance with all statutory and regulatory requirements.

Reference and Administrative Information

Charity Name	Salus Fatigue Foundation
Charity Registration Number	1151924
Registered Office	26a Lichfield Road Sutton Coldfield Birmingham B74 2NJ
Board of Trustees	Ingeborg Kettner-Wood (from October 2016 and appointed as Chair in December 2016) Ian Phelps (until December 2016) Dr Christine Lloyd Rod Mitchell Dave Woods (from July 2017) Emma Pugh (until July 2016) Karen Bloor (until May 2017)
Bankers	HSBC 289 Lichfield Road Four Oaks Sutton Coldfield B74 4BY
Independent Examiner	Stella Sharp 53 Green Lanes Wylde Green Sutton Coldfield B73 5JJ

CHAIR'S OVERVIEW OF THE 18-MONTH PERIOD ENDED 30th JUNE 2017

Salus Fatigue Foundation remains a charity driven by an outstanding and highly committed team with additional vital support given by the volunteers and trustees. Salus works closely with individuals, and those close to them, affected by Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME). In addition to providing support to sufferers we also work hard to increase awareness and information within the community and healthcare sector. To do this work we need to raise resources and we are very grateful to all who help us either financially or by giving their time.

The 18 months covered by this review reflect a period of change and development for Salus Fatigue Foundation. The first part saw the completion of several projects funded by grants from the Big Lottery, Lloyds Bank Foundation, and Sutton Coldfield Charitable Trust. We then needed to move premises and opened the new Salus Sanctuary in the centre of Sutton Coldfield. This acts as our main hub but we also undertake support activities across Birmingham and Solihull.

We were successful in obtaining additional grant awards from the Big Lottery. The first has provided us with additional funding for one year and enabled us to invest heavily in staff development and working on our long-term strategy. The second grant is for three years and provides us with the resources to continue delivering our service to those in need. Sutton Coldfield Charitable Trust has awarded a grant to cover our occupancy costs for three years as well. We were also fortunate to receive some smaller grant awards, a significant donation from an individual donor and various other smaller donations from a range of individuals and fundraising activities. We are deeply grateful to all those who have given us support as this secures our position for the three years and enables us to work on a longer-term strategy.

In addition to changes to premises we have welcomed a number of new staff and volunteers over the period. Our thanks and best wishes go to those who have moved on and our appreciation continues for those who are working with us now. This includes the experts who work with us both in support sessions with sufferers and in staff development activities. All of you are critical to our success and for that we are very grateful.

We have also seen a number of changes to the Board of Trustees. I was honoured to be asked to join the Board and to become the Chair. More importantly, we must extend our deep gratitude to Ian Phelps for the time he spent on the board and his hard work as a trustee and Chairman. We also said goodbye to Emma Pugh and Karen Bloor and want to record our thanks to them for their contribution while on board. We have welcomed Dave Woods to the Board and look forward to working with him. The Board plays a critical role in supporting the staff team in what they do now and the plans for the future.

The key aims for the future are to:

- continue to develop our services to those who need them and raise awareness throughout the community and healthcare sector that CFE/ME is real and treatable, and
- identify a long-term model of sustainability for Salus.

Summary of Annual Accounts

Our previous accounts were prepared for the year ended 31st December 2015. In June 2016, we were successful in obtaining a continuation grant from the Big Lottery Fund, amounting to more than £300,000 over a three-year period. As the new grant period runs from 1st July 2016 to 30th June 2019 with annual reporting requirements, the Board decided to change the accounting reference date to 30th June and that these accounts would therefore cover the 18 months 1st January 2016 to 30th June 2017.

The income and expenditure accounts for the 18-month period to 30th June 2017 show expenditure of £164,580 against receipts of £197,213. These receipts include a significant donation of £12,000 received from an individual donor, and a balance of £14,388 of unrestricted funding will be carried forward. Restricted funds of £54,164 will also be carried forward for Big Lottery grant project activities in the next 6 months.

Restricted Income	£176,071	Restricted Expenditure	£150,817
Unrestricted Income	£ 21,142	Unrestricted Expenditure	£ 13,763
Total receipts 2016-17	£197,213	Total expenditure	£164,580

Ingeborg Kettner-Wood, Chair of Trustees

Linda Jones, CEO

Report of the Trustees for the 18-month period ended 30th June 2017

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Salus Fatigue Foundation is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 7th May 2013 under charity number 1151924. It is governed by the Foundation Model Constitution and its only voting members are its charity trustees.

Dissolution and removal from the Register of Charities of Salus Fatigue Foundation, constituted as a charitable trust and registered with the Charity Commission in December 2010 under charity number 1139472, was completed on 12th June 2013.

Organisational structure

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet as a body quarterly and are responsible for the strategy, general control, and management of the charity, taking decisions about what is to be done, how money is to be raised and spent. Amongst these responsibilities is that of identifying and managing any risks to the charity's assets or to the efficient and safe undertaking of its responsibilities.

The Charity increased its team of part-time paid staff from four to six with effect from August 2016, funded through the continuation three-year Big Lottery Fund grant. The current posts are:

- Chief Executive Officer
- Quality Director
- Operations Support Co-ordinator
- Networking & Development Co-ordinator
- Communications Support Officer
- Administration Support Officer

The core staff are supported by a team of qualified Health Practitioners and a number of volunteers.

Recruitment and appointment of trustees

The existing trustees are responsible for the recruitment of new trustees in line with our governing document and the National Council for Voluntary Organisations (NCVO) guidelines. Selection criteria for trustee appointment is based on ensuring diversity and the right balance of the board based on past experiences, skills, knowledge, strong leadership, the understanding of good governance and individual and team work.

During this 18-month reporting period, the following changes were made to the Board:

- Ingeborg Kettner-Wood (from October 2016 and appointed as Chair in December 2016)
- Ian Phelps (previously Chair, left December 2016)
- Emma Pugh (left July 2016)
- Karen Bloor (left May 2017)
- Dave Woods (joined July 2017)

Induction and training of trustees

Following appointment, new trustees are inducted to their role and are given copies of the trust deed, the Salus Strategic Plan, and Project Delivery Plans. They are made aware of the Policies and Procedures relating to the Charity. This ensures that new trustees are aware of the scope of their responsibilities under the Charities Act.

Risk Management

The trustees have assessed the risks the charity faced with respect to the strategy and delivery plans and have identified the major areas of risk, the likelihood of these risks occurring, the impact and contingency plans to address them. These are monitored and reviewed regularly at the trustees' meetings. The trustees are satisfied that systems are in place to manage the risks that have been identified.

OBJECTIVES AND ACTIVITIES

Our aims

Our vision is a world in which every person affected by Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) has access to positive support and the opportunity to participate in all aspects of life.

The objects of the charity are set out in the charity's trust deed and are as follows:

"To promote and protect the good health of people who live with Chronic Fatigue and related conditions, their families, friends and carers in particular but not exclusively through advice, support, counselling and educational workshops"

We aim to address the needs of improved health and wellbeing and social participation of a large number of people who have encountered major life changes as a result of the range of issues and multiple disabling symptoms, from severe chronic fatigue, chronic pain to anxiety and depression caused by CFS/ME and related conditions. The social isolation, loss of employment, lack of confidence and self management has a large impact on their and their families' lives.

Our objectives

Our objectives are set to reflect our aims and the beliefs of the charity. It is important to us that we maintain and enhance the success and sustainability of the charity.

The continued delivery of our aims is guided by three high level goals set out in our Strategic Plan 2014-2017:

- To firmly establish Salus as a recognised provider of ME/CFS charitable support services in the Birmingham area.
- To increase funding to maximise opportunities.
- To secure funding to ensure sustainability from 2016 through key funders, partnerships and commissioning.

We have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The trustees consider how planned activities will contribute to the aims and objectives they have set.

Strategies

Our strategic document for 2014 - 2017 sets out the broad framework for how we intended to achieve our objectives over these three years whilst still allowing us the freedom to respond positively to new opportunities that may emerge.

Our plans and priorities are grouped under four strategic themes:

1. Health and Well-being
2. Community and Awareness
3. Research and Evaluation
4. Quality

Over the last 12 months, an additional Big Lottery Fund's Building Capabilities grant has afforded us the opportunity to work with external consultants to conduct an organisation review and develop strategic corporate options for financial sustainability and income generation beyond 2019.

ACTIVITIES AND ACHIEVEMENTS

How our activities deliver public benefit

The charity carries out a range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised in the section below, provide benefit both to those who access our services directly, GPs, health professionals, clinicians, and the wider community of Birmingham.

Our activities are undertaken to further our charitable purposes for the public benefit and all our charitable activities during the period provided a much-needed range of advice and support for people (and their families, friends, and carers) in the Birmingham area with severe physical and psychological needs caused by ME/CFS and related conditions, who face a lack of resources to support their recovery or have fallen through the net of support systems from the NHS and other statutory bodies. The multiple disabling symptoms often result in people suffering from social isolation, loss of employment, lack of confidence and self management. This has a huge impact on their and their families' lives.

Our awareness raising work with GPs, health care professionals and other relevant agencies and communities of interest in the area is essential to improving understanding of this very misunderstood condition and ultimately to increasing the number of people referred to our services. All staff and volunteers have had the condition, or have supported people affected by it, ensuring that an immediate understanding and compassion is reached with everyone. This has shown to be critical not only in supporting beneficiaries but also for educating health professionals, encouraging them to have increased confidence in diagnosing and referring for support.

Summary of the main activities undertaken for the public benefit

In planning our activities, we keep in mind the Charity Commission's guidance on public benefit and present our summary grouped under our four strategic themes.

1. Support and advice on Health and Well-being:

- Relocation of our specialised centre, renamed the Salus Sanctuary, in November 2016, to a more central venue in Sutton Coldfield. This acts as the hub for our programme of activities which also take place at outreach venues across Birmingham and Solihull. As people arrive at the Salus

Sanctuary they are always made to feel welcome, understood and supported. Soft lighting, candles, relaxing gentle music with aromatherapy fragrance immediately makes them feel relaxed and safe at the daily support groups and range of education sessions that make up the Salus Programme.

- Increased the number of qualified Health Practitioners, extending our range of education and support activities.
- Daily support groups, workshops and activities aimed at encouraging a self-management approach to improving health and wellbeing include our core areas of nutrition, pacing, supporting the immune system, sleep, and stress and pain management.
- The structured multi-session nutrition programme, empowers people to make positive changes to what they eat and drink to help better manage their condition and understand how food can be used as a medicine.
- Introduction of new topics for one-off sessions or short programmes, such as:
 - Eating to Beat Stress
 - Immune Boosting Foods
 - Harmony Life Balance
 - Walls of Protection
 - Alkalising the Body
- Regular support groups and drop-in sessions at the Sancturay, with three support groups in community venues in the Kings Heath, Harborne and Solihull areas of Birmingham for those who cannot travel to the Sanctuary.
- Two events with international guest speaker, Dr David Hamilton, in partnership with local organisations, QED and Cancer Support Centre.
- A pilot 'Nutrition for Wellbeing' programme in partnership with Birmingham Community Leisure Trust and Serco Leisure
- An enquiry line for new and existing beneficiaries.
- A closed Salus Facebook page providing access to 24-hour positive peer support, particularly beneficial to those who require remote support. Membership of the page has increased steadily to over 340 members.
- Seasonal user-led pacing groups which provides the opportunity for social interaction whilst teaching the benefits of pacing through light gentle group walks in the local park.
- Further developed our website which provides an interactive, mobile friendly service particularly when viewing the timetable and booking activities, and increased the use of social media to promote and support beneficiaries.
- Monthly newsletter which provides advice, support, and links to the website.

2. Community and awareness raising/ partnership working:

- Shortlisted for local BBC Radio's Brummie Award, Linda Jones CEO was interviewed about her own journey with ME. This heightened the interest of the Lord Mayor of Birmingham who subsequently officially opened the new Sanctuary in January 2017. The Mayor included information about our work on his Twitter account, and articles in the local Sutton Observer and Birmingham Voluntary Service Council (BVSC) followed.
- The charity achieved the national Health and Happiness Magazine Life Changer Award 2017.
- Promotion and advertising carried out via Community Links networks, articles in various community magazines and social media, for example B13, B14 news, Street Life, Birmingham City Council website calendar of events, Healthwatch and Citizens Advice Bureau.
- Focused activities with promotional material continuing to be placed in community venues, libraries, schools, shops, and medical centres across Birmingham.
- Presentations about ME/CFS and the work of the charity to a range of organisations including GPs, medical professionals, Gateway Family Services, My Healthcare in South/Central Birmingham and Sepsis Trust.
- Awareness raising meeting and presentation to staff in the physiotherapy department at QE Hospital, Birmingham.
- Promotional stands and Salus staff at a range of community events, including Moorpool Hall Open day.
- Over 30 supporters, including beneficiaries' friends and families, continue to volunteer substantial time and commitment to help raise awareness across the Birmingham area through a wide range of activities including activities including focused networking in the Kings Heath and Solihull areas; and taking part in the Great Midlands Fun Run.
- Substantial focus on developing case studies, a more accessible website, and increasing our use of facebook and social media to raise awareness and provide an additional source of support for beneficiaries.

3. Research and Evaluation:

- We ensure regular evaluation, monitoring and feedback is embedded in all our work and used to change, develop and make our services even more effective.
- Links made with Professor Julia Newton, Deputy Medical Director, Newcastle upon Tyne Hospitals NHSFT, and Medical Director, Academic Health Science Network, who is an expert in the field of fatigue and is keen for Salus to be involved in her current field of research.

4. Quality

- Quality remains a firm focus in planning all our activities, setting and maintaining high standards across all of our work.
- A comprehensive review of our policies and procedures is well under way.

Summary of the main achievements of the charity during the year

At the start of 2016 we faced considerable challenges as our core funding from the Big Lottery Fund ended in February 2016 and, whilst proposals for further funding had been submitted, the continuation grant was not successful until June 2016. The new grant was awarded for 3 years with effect from 1st July 2016; a significant achievement.

The community based project funded by Lloyds Bank Foundation continued until May 2016, and for the 2-month period prior to the new Big Lottery Fund grant, we successfully continued to offer a service to beneficiaries, using local church halls as venues. It was the hard work, commitment and dedication of the team involved that made this happen.

In the first year of our continuation Big Lottery Fund project (July 2016 – June 2017), 281 people who have accessed our services have gained new strategies to self-manage their condition and subsequently report improved health and wellbeing. We are also pleased to report that we have reached over 160 family members or friends, increasing their knowledge of the condition and how to support their loved one. This is a service that is not available elsewhere.

Our community-based outreach groups have continued to grow and flourish, and we have introduced more educational and support activities in those venues.

We have developed and increased our team of Health Practitioners, ensuring that they are all highly qualified and experienced in their field of expertise and have the right approach to successfully meet the needs of our beneficiaries.

In addition, a team of over 20 volunteers gave at least 400 hours of their time during the year to support our work, not only through fundraising and awareness raising events, including highly successful events such as the Dr David Hamilton talks, but also leading activities and undertaking a range of roles within the Sanctuary and its offices.

Focused promotional activities have increased referrals from GPs and other healthcare professionals and clinicians. Working closely with My Healthcare in South & Central Birmingham we have been able to access all 45 medical centres, providing direct signposting to our website for their patients. Working jointly, we have produced a simple 'Pathway for GPs and Healthcare Professionals' to promote and facilitate diagnosis and referral.

We have successfully achieved several promotional articles and features in local media, including local BBC Radio, which have generated significant awareness and self-referral. We feel that the Salus 'brand' is becoming firmly established, with a reputation for delivering a unique and professional service. We have recently started to work with Professor Julia Newton, Deputy Medical Director, Newcastle upon Tyne Hospitals NHSFT, and Medical Director, Academic Health Science Network, who is an expert in the field of fatigue. She is keen to support the evaluation of our work with beneficiaries as she has confirmed that very few other organisations successfully deliver group education and support activities for people with fatigue related conditions in the same way.

Salus' Chief Executive Officer has continued to be invited as a regular guest speaker at the Big Lottery's Corporate Induction days.

A considerable amount of development work has been carried out on website and the use of social media to engage and inform beneficiaries and the general public. The website allows people to subscribe to an electronic newsletter, and all platforms provide easily accessible data on engagement and uptake. For example, over the 18-month period the newsletter membership has increased from 250 to 425, and we are able to establish that 40% are actively opened, with a 5% click rate. Both figures are much better than the industry average of 17%/2% - an excellent achievement!

Key staff regularly attended CPD courses and national M.E. conferences to keep abreast of, and share, the latest research and developments. Staff have received considerable training through the Building Capabilities strand of funding to support their personal development and the future growth of Salus.

FINANCIAL REVIEW

Introduction

Our previous accounts were prepared for the year ended 31st December 2015. In June 2016, we were successful in obtaining a continuation grant from the Big Lottery Fund, amounting to more than £300,000 over a three-year period. As the new grant period runs from 1st July 2016 to 30th June 2019 with annual reporting requirements, the Board decided to change the accounting reference date to 30th June and that these accounts would therefore cover the 18 months 1st January 2016 to 30th June 2017. The Board also made the decision to implement SAGE accounting using the specific Charities Module.

Principal funding sources

In the first 6 months to 30th June 2016, there was very little new cash received and expenditure was related to the run-off of the grants carried forward from 2015.

Our main source of income for the 12 months to 30th June 2017 was restricted grant funding amounting to £176,071. Three income streams formed this: a 3-year project (2016-19) funded by the Big Lottery Fund Reaching Communities; 12-month Building Capabilities funding from the Big Lottery Fund; and a new grant from Sutton Coldfield Charitable Trust to cover rent and related costs (2016-19).

The income and expenditure accounts for the 18-month period to 30th June 2017 show expenditure of £164,580 against receipts of £197,213. These receipts include a significant donation of £12,000 received from an individual donor, and a balance of £14,388 of unrestricted funding will be carried forward. Restricted funds of £54,164 will also be carried forward for Big Lottery grant project activities in the next 6 months.

Reserves policy

We have not so 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.

PLANS FOR FUTURE PERIODS

In 2017-18 we will continue with the delivery of our core services, increasing awareness through focused networking, and reach out to as many people as possible to enable them to have access to our unique services, allowing us to achieve our vision, mission and charitable objectives.



A major focus will also be to achieve sustainability for the Charity beyond 2019 when the main Big Lottery Fund grant ends. We have submitted an application to the Big Lottery Awards for All fund to pilot a new approach to early prevention of chronic fatigue conditions with people in the workplace, including the training of Health Practitioners. If this funding application is successful, we will work with Professor Newton to evaluate the effectiveness of this approach and use the outcome to build a bigger scale project linked to this type of intervention work and training of health practitioners and clinicians.

We are continuing to work towards firmly establishing Salus as a recognised provider of ME/CFS charitable support services and actively exploring key high-profile and influential sponsors, partnerships and commissioning of services.

We will continue to focus on working towards achievement of the CES PQASSO quality mark standards. This will help to ensure continued good management of risk, both legal and financial, and support a high standard of service delivery.

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

Signed on behalf of the charity's Trustees

Signature		
Full name	Ingeborg Kettner-Wood	Prof. Newton
Position	CHAIRPERSON	TRUSTEE

Date	30 OCTOBER 2017
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Financial Report of the Trustees and
Independently Examined Financial Statements for
18-month period ending 30th June 2017
For Salus Fatigue Foundation

Contents of the Financial Statements for 18-month period ending 30th June 2017

1. Reference and Administrative Information

2. Report of the Trustees

3. Receipts and Payments Accounts

4. Detailed Receipts and Payments Accounts

5. Statement of Assets and Liabilities

6. Report of the Independent Examiner

The trustees present their financial statements for the 18-month period ended 30th June 2017 and confirm they comply with the Charities Act 2011, the trust deed and have been prepared in accordance with all statutory and regulatory requirements.

Reference and Administrative Information

Charity Name	Salus Fatigue Foundation
Charity Registration Number	1151924
Registered Office	26a Lichfield Road Sutton Coldfield Birmingham B74 2NJ
Board of Trustees	Ingeborg Kettner-Wood (appointed October 16 and appointed as Chair in December 16) Ian Phelps (until December 2016) Dr Christine Lloyd Rod Mitchell Emma Pugh (until July 2016) Karen Bloor (until May 2017) Dave Woods (from July 2017)
Bankers	HSBC 289 Lichfield Road Four Oaks Sutton Coldfield B74 4BY
Independent Examiner	Stella Sharp 53 Green Lanes Wylde Green Sutton Coldfield B73 5JJ

Salus Fatigue Foundation

Report of the Trustees for year ending 30th June 2017

Introduction

Our previous accounts were prepared for the year ended 31st December 2015. In June 2016, we were successful in obtaining a continuation grant from the Big Lottery Fund, amounting to more than £300,000 over a three-year period. As the new grant period runs from 1st July 2016 to 30th June 2019 with annual reporting requirements, the Board decided to change the accounting reference date to 30th June and that these accounts would therefore cover the 18 months 1st January 2016 to 30th June 2017. The Board also made the decision to implement SAGE accounting using the specific Charities Module.

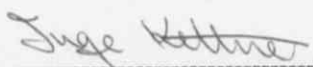
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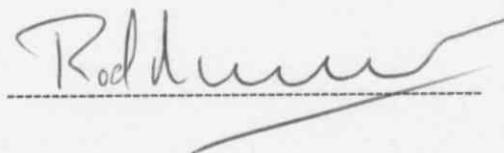
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The financial statements were approved by the trustees on 6th September 2017 and signed on its behalf by



Ingeborg Kettner-Wood

(Chairperson)



(Trustee)

Receipts and Payments Account

Charity name

Salus Fatigue Foundation

Charity number (if any)

1151924

For the period from (start date)

01-Jan-16

to (end date)

30-Jun-17

Section A

Receipts and Payments

Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
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A1 Receipts

Grants & Project Funding	£1,000	£176,071	£0	£177,071	£112,060
Gift Aid	£0	£0	£0	£0	£349
Donations inc Easyfundraising	£19,086	£0	£0	£19,086	£2,683
Fundraising activities	£1,056	£0	£0	£1,056	£2,350
<i>Sub total</i>	£21,142	£176,071	£0	£197,213	£117,442
A2 Assets and investments, sales, etc					
<i>Total receipts</i>	£21,142	£176,071	£0	£197,213	£117,442

A3 Payments

Salaries & NI	£12,013	£103,770	£0	£115,783	£84,708
Recruitment & staff training	£0	£5,106		£5,106	£922
Professional & Legal Fees	£0			£0	£0
Rent & Room Hire	£0	£14,703		£14,703	£21,147
Trainers Fees	£0	£7,684		£7,684	£3,557
Insurance & Accounts	£0	£3,701		£3,701	£2,473
Marketing	£0	£3,200		£3,200	£437
Fundraising Costs	£264	£0		£264	£0
Travel & Subsistence	£63	£3,256		£3,319	£3,112
Consultancy & Advice	£0	£2,583		£2,583	£1,685
Repairs & Maintenance	£400	£761		£1,161	£80
General Running Expenses	£1,023	£2,577		£3,600	£4,084
Office Equipment	£0	£0		£0	£1,285
Utilities		£1,017		£1,017	£3,369
<i>Sub total</i>	£13,763	£148,358	£0	£162,121	£126,859
A4 Assets and investment		£2,459		£2,459	£0
<i>Total payments</i>	£13,763	£150,817	£0	£164,580	£126,859
<i>Net of receipts/(payments)</i>	£7,379	£25,254	£0	£32,633	£9,417
A5 Transfers between funds	£59	£59			
A6 Cash funds last year end	£7,068	£28,851		£35,919	£45,336
<i>Cash funds this year end</i>	£14,388	£54,164	£0	£68,552	£35,919

Section B

Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B1 Cash funds	HSBC Current Account	£14,388	£54,164	
	Total cash funds (agree balances and payments accounts(s))	£14,388	£54,164	£0

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B2 Other monetary assets		0	0	0

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

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 assets retained for the charity's own use	Computers and other equipment			
	Furniture, fixtures and fittings			
	Other assets used by the charity in delivering its objectives			

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

Signature

Print name

Date of approval

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

Suzanne Kettner

Rod A. Kettner

INCEB0261
KETNER-WOOD

6-09-17

Rod A. Kettner

6-09-17

Receipts and Payments Detailed Account

Charity name

Salus Fatigue Foundation

Charity number (if any)

1151924

For the period from (start date)

01-Jan-16

to (end date)

30-Jun-17

Section A

Receipts and Payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
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A1 Receipts

Grants & Project Funding			£0		
Big Lottery RC Grant		£150,561		£150,561	£87,060
Big Lottery Building Capabilities		£12,000		£12,000	£0
Sutton Coldfield Charitable Trust		£13,510		£13,510	£10,000
Lloyds Foundation		£0		£0	£15,000
Gift Aid	£0	£0	£0	£0	£349
Grimmit Trust	£1,000			£1,000	£0
Individual donation	£12,000			£12,000	£0
David Hamilton Lecture	£744			£744	£0
Fun Run	£715			£715	£0
Other donations and fundraising	£6,683			£6,683	£5,033
<i>Sub total</i>	£21,142	£176,071	£0	£197,213	£117,442
A2 Assets and investments, sales, etc					
<i>Total receipts</i>	£21,142	£176,071	£0	£197,213	£117,442

A3 Payments

Salaries & NI	£12,013	£103,770	£0	£115,783	£84,708
Recruitment & staff training	£0	£5,106		£5,106	£922
Professional & Legal Fees	£0			£0	£0
Rent & Room Hire	£0	£14,703		£14,703	£21,147
Trainers Fees	£0	£7,684		£7,684	£3,557
Insurance & Accounts	£0	£3,701		£3,701	£2,473
Marketing	£0	£3,200		£3,200	£437
Fundraising Costs	£264	£0		£264	£0
Travel & Subsistence	£63	£3,256		£3,319	£3,112
Consultancy & Advice	£0	£2,583		£2,583	£1,685
Repairs & Maintenance	£400	£761		£1,161	£80
General Running Expenses	£1,023	£2,577		£3,600	£4,084
Office Equipment	£0	£0		£0	£1,285
Utilities		£1,017		£1,017	£3,369
<i>Sub total</i>	£13,763	£148,358	£0	£162,121	£126,859

A4 Assets and investment		£2,459		£2,459	£0
<i>Total payments</i>	£13,763	£150,817	£0	£164,580	£126,859
<i>Net of receipts/(payments)</i>	£7,379	£25,254	£0	£32,633	£9,417
A5 Transfers between funds	£59	£59			
A6 Cash funds last year end	£7,068	£28,851		£35,919	£45,336
<i>Cash funds this year end</i>	£14,388	£54,164	£0	£68,552	£35,919

Independent Examiner's Report to the trustees of Salus Fatigue Foundation.

I report on the accounts for the financial period 1st January 2016 to 30th June 2017 which are set out in the enclosed Receipts and Payments Accounts

Respective responsibilities of trustees and examiner

The charity's trustees 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 needed.

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 where particular matters have come to my attention.

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 about 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 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

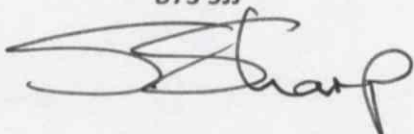
have not been met; or

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

Name: Stella Sharp

Address: 53 Green Lanes
Wylde Green
Sutton Coldfield
B73 5JJ

Signature:



Date: 6th September 2017