Registered charity number 1123446
Registered company number 06474359
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY2017



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LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 JANUARY 2017

Trustees Howard Watling

Janet Keene-Carey (resigned 6th January)

Graham Hewitt Linda Hewitt

Colin Keene-Carey (resigned 6th January)

Charity number

1123446

Company number

06474359

Registered office

20 Grafton Place Montrose Road Springfield Chelmsford Essex CM2 6TG

Independent examiner

Community360 Winsley's House High Street Colchester Essex CO1 1UG

Howard Watling

Date

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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). This report takes account of the requirement for Trustees to report annually on public benefit and the Trustees have had regard to the Charity Commission's guidance on public benefit.

Introduction and executive summary

The Trustees are delighted that Community 360 are our accountants again this year. We report annually on public benefit and the Trustees have had regard to the Charity Commission's guidance on this subject.

I wish to thank our management team and Sandra for all their help and dedication throughout the year, also all the volunteers and helpers who aid in running the Centre. I would particularly like to pay tribute to Peter Black (a volunteer) who recently passed away and will always remember his caring and cheerful manners.

Thank you also to all our members without whom CHARMS would not exist, please keep on coming and let everyone know that you support us.

I am happy to note that this year our financial position has allowed us to continue to serve those in need and so to thank all the funders who have supported us during this time.

Our Purpose, Activities, Achievements and Performance



The object of CHARMS is to ameliorate the effects of long term or life threatening conditions in both adults and children. We are the only such Centre in Essex and provide a range of therapies, exercise equipment, advice/advocacy, massage as is required by our members. Most importantly we offer hyperbaric oxygen therapy to people with a range of conditions, people with sports injuries and as an adjunct to radiotherapy/chemotherapy and pre and post operative work.

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

Our achievements



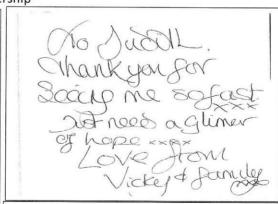
This year for CHARMS has put us on a steady footing, we have increased our membership, offered our services to a wider group of people (our youngest member is under 1 year old and our oldest coming up for 80). We have also opened up our services to people with cancer (having read the McMillan website and their suggestion to patients). (A big success was a gentleman with a diabetic ulcer, Hospital was suggesting amputation of limb. After a number of sessions in the hyperbaric chamber the ulcer had vastly reduced in size and the limb was saved.) (A young member with CP who had very poor sight and hearing and is unable to speak has delighted us all by improved hearing and sight — a real delight).

We have also increased our volunteers and can see a real future for our service. Fundraising has also improved by leaps and bounds this year and we are most grateful to all who have supported us (a list can be seen on the next page).

Impact and value

Over the last year we have undertaken membership surveys, we have used SOUL methods to show how we are progressing and how we are helping our membership –

- We have over 400 members on our books and are receiving new phone calls on a daily basis due to personal recommendation
- We are the only Centre of our kind in Essex and are getting phone calls from outside the County
- We are meeting our targets and especially offering value for money not only to our clients but to our funders (RUNNING COST = £40,000 A YEAR FOR OVER 400+ SESSIONS)
- We are improving the lives of our members, reducing isolation and time spent in hospital
- We are ensuring our members know where to get financial help and assisting them in achieving this
- 6. We are providing facilities for exercise and talks on diet, keeping fit, smoking cessation

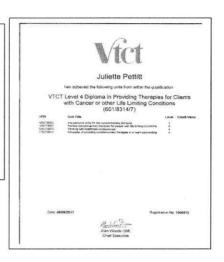


To our Friends at Charms,
Thank you for your care
and support we are so
grateful. You do a great job!
Good luck and best wishes,
Rosemary and John Morgan.

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

Volunteers

Our grateful thanks go to our wonderful volunteers, not the easiest job in the world as special training is needed to be a chamber operator or a masseur but we are pleased to help them gain the qualifications they need not only for working with us but in achieving their ultimate goal.



Ambition and long term strategies

In the near future our manager (well past retirement age) will be retiring and we are looking forward to welcoming the next generation into the Centre, new ideas and new thoughts. It is our long term ambition to make the Centre a place which will extend the therapies into areas which are requesting them (sports injuries and health and beauty) which will help to raise more money to assist those in most need.

Financial review Investment powers and policy

The Trustees have agreed that all monies raised by the charity should be used for the benefit of its members which includes the payment of core costs as without the premises and staff he charity would be unable to continue

Reserves policy and going concern

The Trustees have agreed on a Reserves Policy for CHARMS which includes the necessity for the Trustees to keep certain reserves on behalf of the landlord in case the charity should vacate the present premises no going concern note

Pay policy for senior staff

The Trustees have agreed that CHARMS pay policy should offer fair pay to attract and keep appropriately qualified staff to lead, manage, support and deliver the charity's aims. This policy should take into account -

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

- a) the purposes, aims and values of the charity, and its beneficiaries' needs
- b) how pay is linked to the skills, experiences and competencies that the charity needs from its senior staff and the scope of their roles
- c) the charity's ability to pay, including:
 - the benefit to the charity that such positions will bring
 - the cost to the charity of increasing remuneration levels

Risk management

The major risks, to which the charity is exposed, as identified by the Trustees, have been reviewed and systems, policies and procedures have been established and put in place to mitigate those risks. A planned policy review programme is in place; a full review Health & Safety policy and procedure was undertaken.

CHARMS has a risk management policy which includes the implementation of a fire and safety policy, with this in mind the Fire Brigade has recently carried out an audit on the Centre and produced a report showing minor improvements which will be implemented, the report in general was that the state of affairs was healthy.

Structure, Governance and Management Governing document

The Memorandum and Articles of Association; incorporated 16th January, 2008

Registered as a charity on 4th April 2008 (previously on 17th November 1983)

Began operating June 1984.

Charity constitution: Company Limited by Guarantee incorporated on 16th January 2008

Charity trustee selection method: Trustees are nominated and elected by the Board at the Annual General Meeting.

CHARMS staff (including volunteers) continued to access training as required to keep skills updated Records of staff development are kept. The Trustees meet regularly as a main committee, and delegate day to day responsibility to the Manager.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of CHARMS The Essex Therapy Centre for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- •• select suitable accounting policies and then apply them consistently;
- • observe the methods and principles in the Charities SORP;
- •• make judgements and estimates that are reasonable and prudent;
- •• state whether applicable UK accounting standards have been followed, 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 business. The trustees are responsible for keeping proper accounting records that 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 Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. Statement as to disclosure to our auditors financial statements may differ from legislation in other jurisdictions. In so far as the trustees are aware at the time of approving our trustees' annual report:
- •• there is no relevant information, being information needed by the auditor in connection with preparing their report, of which the group's auditor is unaware, and
- •• the trustees, having made enquiries of fellow directors and the group's auditor that they ought to have individually taken, have each taken all steps that he/she is obliged to take as a director in order to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information. By order of the board of trustees

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the FRS102 published on 16 1uly 2014. This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

Howard Watling

Approved by the trustees on	and signed on their behalf by:
(Chairman)	
18/11/17	

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2017

FUNDERS

We are especially grateful to all those who have helped to fund our activities over this year (listed or unlisted) —

Springfield Good Neighbours

Fowler Smith & Jones

All Saints Church, Creeksea

Co-Op

Walter Farthing (Trust) Ltd

Essex Community Foundation (Crix Charitable Fund, Dina Tinson Fund & e2v Foundation)

The Roger Vere Foundation

David & Claudia Harding Foundation

The Augustine Courtauld Trust

James Wise Charitable Trust

The Albert Hunt Trust

DJH Currie Memorial Trust

Michael & Anna Wix Charitable Trust

Fryerning Foundation

The Overland Charitable Trust

Harapan Trust

West Mersea Church

Newport News

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 22017

	Note	Unrestricted Total £	2017 Total £	2016 Total £
Income and Endowments from: Donations and legacies Other trading activities Income from Investments Total income and Endowments Expenditure on:	2 4 3	28,768 13,816 69 42,653	28,768 13,816 69 42,653	21,449 21,247 95 42,791
Charitable activities	5	45,802	45,802	41,612
Total resources expended		45,802	45,802	41,612
Net income/(expenditure)		(3,149)	(3,149)	1,179
Transfer between funds Net income		(3,149)	(3,149)	1,179
Fund balances at 1 February 2016		63,009	63,009	61,830
Fund balances at 31 January 2017		59,860	59,860	63,009

Notes on pages 11-14 form part of these accounts.

BALANCE SHEET AS AT 31 JANUARY 2017

	Note	2017 £	2016 £
Fixed assets Tangible assets	9	28,350	32,500
Current assets Debtors Bank Balances	11	31,738 31,738	3,450 27,422 30,872
Current liabilities Creditors: amounts falling due within one year Net current assets Total assets less current liabilities	10	228 31,510 59,860	363 30,509 63,009
Income funds Unrestricted funds Capital Reserve		31,510 28,350 59,860	30,509 32,500 63,009

For the year ended 31 January 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies regime.

The directors declare that they have approved	the accounts	s above on:	
Howard Watling	Date	18/11/17.	ſ
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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2017

Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the proceeding year.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Cash Flow

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

Incoming resources

Grants receivable are recognised in the accounts when conditions for their receipt are satisfied. Grants with conditions attached to their use are included in restricted funds. Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable.

Resources expended

All expenditure is accounted for on an accruals basis and is recognised when there is a legal or constructive obligation to pay. Expenditure has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to a particular heading they have been allocated to activities on a basis consistent with the use of the resources.

Costs classified as governance relate to the general running of the charity and include the operations of the Board of Trustees and addressing constitutional audit and other statutory matters.

Resources expended include attributable VAT, which cannot be recovered.

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 less estimated residual value of each assets over its expected useful life as follows:

Fixtures, fittings and equipment: 25% Straight Line Basis

Office Equipment : 25% Straight Line Basis
Oxygen Tank: 10% Reducing Balance Method

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2017

2. Donations and legacies	Unrestricted £	2017 £	2016 £
Donations and gifts Grants	28,768	28,768	12,449 9,000
	28,768	28,768	21,449
3. Investment income	Unrestricted £	2017 £	2016 £
Interest receivable	69	69	95
4. Activities for generating funds	Unrestricted £	2017 £	2016 £
Centre income	13,816	13,816	2 1,247
	13,816	13,816	21,247
5. Total resources expended	-		
	Unrestricted	2017	2016
	£	£	£
Rent	18,541	18,541	14,103
Insurance	2,599	2,599	3,341
Utilities	1,745	1,745	2,111
Oxygen	5,492	5,492	4,414
Salaries Maintenance	11,742	11,742	11,773 229
Depreciation	4,150	4,150	4,500
Fund Raising Commission	4,130	4,130	841
Sundries	1,533	1,533	300
	45,802	45,802	41,612

6. Governance costs

Governance costs includes payments to the independent examiner of £228 (2016: £228) for examination fees

7. Trustees

None of the Trustees received any remuneration during the year.

8. Employees

2017	2016
£	£
10,344	10,344
10,344	10,344
	£ 10,344

No staff were paid more than £60,000 per anum.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2017

9.	Tangible fixed assets	Oxygen Chamber £	Office Equipment £	Fixtures & Fittings £	Total £
	Cost				
	At 31 January 2016	140,337	4,000	10,000	154,337
	Revaluation	-		-	_
	At 31 January 2017	140,337	4,000	10,000	154,337
	Depreciation				
	At 1 February 2016	108,837	3,000	10,000	121,837
	Charge for the year	3,150	1,000	_	4,150
	At 31 January 2017	111,987	4,000	10,000	125,987
	Net Book Value				
	At 31 January 2017	28,350		-	28,350
	At 31 January 2016	31,500	1,000	=	32,500
		-			

In previous years depreciation had not been dealt with correctly, this has now been rectified in 2016 accounts and shows the true Net Book Value of Assets.

10.	Creditors: amounts falling due within one year	2017 £	2016 £
	Trade creditors	228	363
		228	363
11.	Debtors	2017	2016
		£	£
	Accrued Income		3,450
	Trade Debtors	. -	
			3,450

12. Members' Liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2017

13. Previous Year Statement of Financial Activity note					
Income and Endowments from:					
Donations and legacies	2	21449	21449		
Other trading activities	4	21247	21247		
Income from Investments	3	95	95		
Total income and Endowments		42,791	42,791		
Expenditure on:					
Charitable activities	5	41612	41612		
Total resources expended		41612	41612		
			1012		
Net income/(expenditure)		1179	1179		
Transfer between funds					
Net income		1179	1179		
Fund balances at 1 February 2015		61830	61830		
5000 marks a state and a state					
Fund balances at 31 January 2016		63009	63009		

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 JANUARY 2017

I report on the accounts of Charms the essex therapy centre for the year ended 31 January 2017 which are set out on pages nine to fourteen.

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 Act) but 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 Commissioners (under section 145(5)(b) of the 2011 Act); and
- To state whether particular matters have come to my attention.

Basis of independent examiner's Statement

My examination was carried out in accordance with the 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 those records. It also includes considerations 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 I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the (1)directors have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 386 of the 2006 Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2006 Act; or
- to which, in my opinion, attention should be drawn in order to enable a proper (2)understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT MIP for and on behalf of:

Community360

Winsley's House

Halling High Street, Colchester, Essex