

THE SELF HEAL ASSOCIATION

Unaudited Accounts
Year Ending 31st March 2019

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

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2019

Registered Office	The Scrapstore Gordon Road Exeter EX1 2DH	
Company Number:	04335524	
Charity Number:	1094138	
Directors:	Karen Huckvale Lisa Thorne Malcolm Learmonth Yvette Parker John Slater	Chair Treasurer
Secretary:	Joe Miller	
Accountants:	Exeter Community Accounting c/o The Scrapstore Gordon Road Exeter EX1 2DH	
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

ADMINISTRATOR'S REPORT

TO THE DIRECTORS OF THE SELF HEAL ASSOCIATION

In accordance with instructions given to us we have drawn up accounts for the provisions of the Companies Act 2006. You have confirmed that the company is totally exempt from audit requirements, and we have not carried out an audit. The accounts are therefore based on the information shown in the accounting records and on the information and explanations you have supplied to us.

A handwritten signature in black ink, appearing to read 'A. Mathison'.

26th November 2019

Exeter Community Accounting
c/o The Scrapstore
Gordon Road
Exeter

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



THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2019

		Total Funds	Total Funds
	Notes	2018/2019	2017/2018
		£	£
INCOME & ENDOWMENTS FROM:			
Investment	1	25,084	24,815
TOTAL INCOME		25,084	24,815
EXPENDITURE ON:			
Charitable Activities	2	18,358	15,042
Other Expenditure	3	6,082	5,158
TOTAL EXPENDITURE		24,440	20,200
NET EXPENDITURE BEFORE TRANSFERS		645	4,615
Unrealised Gains on investments		50,495	7,173
NET MOVEMENT IN FUNDS		51,140	11,788
TOTAL FUNDS BROUGHT FORWARD		642,552	630,764
TOTAL FUNDS CARRIED FORWARD	9	693,692	642,552

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 2019

	Note	<u>2018/2019</u>		<u>2017/2018</u>	
		£	£	£	£
FIXED ASSETS					
Tangible			138		184
CURRENT ASSETS					
COIF Charities Investment Fund		197,288		182,859	
COIF Charities Ethical Inv. Fund		194,932		180,394	
COIF Global Equity Fund		204,509		184,061	
COIF Charities Property Fund		87,641		86,560	
COIF Charities deposit account		50		50	
Tridos Bank		612		612	
CafCash accounts		9,122		8,332	
Debtors		-	694,154	-	642,868
			<u>694,292</u>		<u>643,052</u>
CREDITORS					
Amounts Falling due within one year	8	-600		-500	
NET CURRENT ASSETS			<u>693,692</u>		<u>642,552</u>
FUNDS					
Unrestricted income fund	9		643,197		635,379
Revaluation reserves			50,495		7,173
TOTAL FUNDS			<u>693,692</u>		<u>642,552</u>

For the financial year ended 31 March 2019, 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 03/12/19 and signed on its behalf by:



Date 30 Dec 2019

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2019

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 2018

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 2018 £	Total Funds 2017 £
1 Income from Investments		
COIF Charities Investment Funds	6,471	6343
COIF Charities Ethical Inv. Fund	6,605	6464
COIF Global Equity Fund	7,262	7262
COIF Charities Property Fund	4,732	4732
COIF Charity deposit account	-	-
Bank Interest	13	
	25,084	24,801
2 Expenditure on Charitable Activities		
Grants Paid	18,283	14,023
Bursaries paid	75	1,019
	18,358	15,042
3 Support Costs		
Storage Rent	2,477	2,287
Postage	39	159
Admin Fees	2,807	1,905
Trustees Expenses	24	136
Bank charges and interest	60	60
Depreciation and loss on disposals	45	61
Accountancy	630	550
	6,081	5,158
4 Trustees Remuneration & Benefits		
During the year trustees received travel expenses of £24 (2018 - £136)		
There were no related party transactions with trustees in the year		
5 Independent Examination		
The independent examiner was paid £100 to examine these accounts		
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 2018

7 Tangible Fixed Assets

	Freehold buildings £	Office Equipment £	Total £
Cost			
As at 31st March 2018		184	184
Additions			
Disposals			
As at 31st March 2019	-	184	184
Depreciation			
As at 31st March 2018		184	184
Charge for the period		(46)	(46)
Disposals			
As at 31st March 2019	-	138	138
Net Book Value			
As at 31st March 2019	-	138	138
As at 31st March 2018	-	184	184

8 Creditors

	2018 £	2017 £
Amounts falling due within one year		
Trade creditors	600	500
	<u>600</u>	<u>500</u>

9 Fund Accounts

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	642,552	25,084	(24,439)	643,197
Revaluation reserve			-	50,495
Total unrestricted funds	<u>642,552</u>	<u>25,084</u>	<u>(24,439)</u>	<u>693,692</u>
Total funds	<u>642,552</u>	<u>25,084</u>	<u>(24,439)</u>	<u>693,692</u>

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

10 Controlling entity

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



Chair's Report for April 2018 - March 2019

Highlights

The Self Heal Association continued to support Flying Fish Artists' Fundraising and Development Co-ordinator post and also Bridge Collective's Women's Art Group.

In May 2018 a final instalment was paid to Rose Verney, Art Therapist, towards her work with a family in South Devon.

In December 2018, the largest grant of the year was awarded to Meg Oak of Cultivating Mindfulness towards Creating Space which aimed to offer individually tailored 1:1 and small group home-tuition and mentoring to children, young people and families.

Also in December, Self Heal Association renewed its support for Arts & Health South West (AHSW) by making a donation of £3,000 to The Big Give's Christmas Challenge. This donation was matched by the Reed Foundation and was raising funds towards AHSW's key priority areas of loneliness and young people's mental health. In total nearly £14,000 was raised and recipients of Challenge Fund grants included Double Elephant Print Workshop, Literature Works towards poetry cafes for people with memory loss and Rising Voices Wessex, a choir for people touched by cancer.

Finance

In summary, six grants were awarded and one bursary, totalling £18,283. This was a 23% increase in grant expenditure on last year. The low level of bursary awards was due to the postponement of Insider Art's Foundation Course, which is the main source of bursary applications.

The charity holds four investments funds with CCLA. The table below shows the total valuation of the funds held, which is reported quarterly.

Quarter	Date	Valuation
Q1 2018	31 March 2018	£633,926
Q2 2018	30 June 2018	£669,065
Q3 2018	30 September 2018	£695,824
Q4 2018	31 December 2018	£641,480
Q1 2019	31 March 2019	£684,420

The unrealised gain in the investment funds was £50,494 (2018: £7,174) over the course of this financial year. There was a significant drop in value in the fourth quarter, but the funds managed to recover by the end of the year. This shows how volatile the market can be in the short term, but growth has been positive in the long term.

The charity's current financial strategy to take all dividends as cash, resulted in income of £25,084. Expenditure on grants, bursaries and running costs was £24,440, resulting in a small surplus of £645.

The cash at the bank is similar to last year, with a balance in the CAF Cash bank account on 31st March of £9,122 (2018: £8,332).

Thanks

Huge thanks to all the Trustees, who give up their time and their homes, for the meetings. Special thanks to Joe for acting as chair during my illness and similarly huge thanks to Sarah without whom we would achieve little.

Karen Huckvale, Chair
November 2019

Self Heal Association
Registered Charity no: 1094138 Company No. 04335524

Correspondence address: PO Box 272, St Thomas, Exeter, Devon EX2 9ZL