

ANNUAL REPORT 2023



Registered Company Number:
02294557 (England & Wales)
Registered Charity Number:
800853

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**The Centre has given me so much support
and the therapies and treatments on offer
have helped me get my life back.**

**Karen Harris
Centre Member**

”

Welcome to the Chilterns Neuro Centre

Report of the Trustees for the Year Ended

31 December 2023

I am so proud to be the Chair of a charity which has embraced so much change in the last 5 years and come out thriving and stronger than ever.

Not only did we adapt and change throughout Covid, but we also then put a pilot together to expand our services to other neuro conditions. After a successful pilot, we went live in 2023 with changing from a single condition charity to providing services to Parkinson's and Stroke members, as well as MS. This has been a great success, and I joined an exercise group for Parkinson's in March 2024 with Parkinson's members who are delighted to be benefiting from the wide range of services we provide. All these changes were huge and none of them could have happened without the hard work and dedication of our clinical team.

During 2023, we also changed our name to the Chilterns Neuro Centre (the Centre) – which was to reflect the addition of other neurological conditions being treated at the Centre.

We have rebranded with a modern new logo and our corporate colours now include a vibrant pink that really stands out in the crowds at Fundraising events.

This was a huge change and could not have been done without the support of the fundraising and communications team and the committee of trustees who ensured this occurred on time and in budget.

The financial result for 2023 reflected the continuing difficult conditions for raising funds for most charities; however, despite this, we have achieved significant growth of over 20% in our fundraising income for the year which is an outstanding effort by our fundraising team.

We now have a level of operational resources close to pre-pandemic levels which will enable us to accommodate some growth in services for MS, Parkinson's and Stroke members.

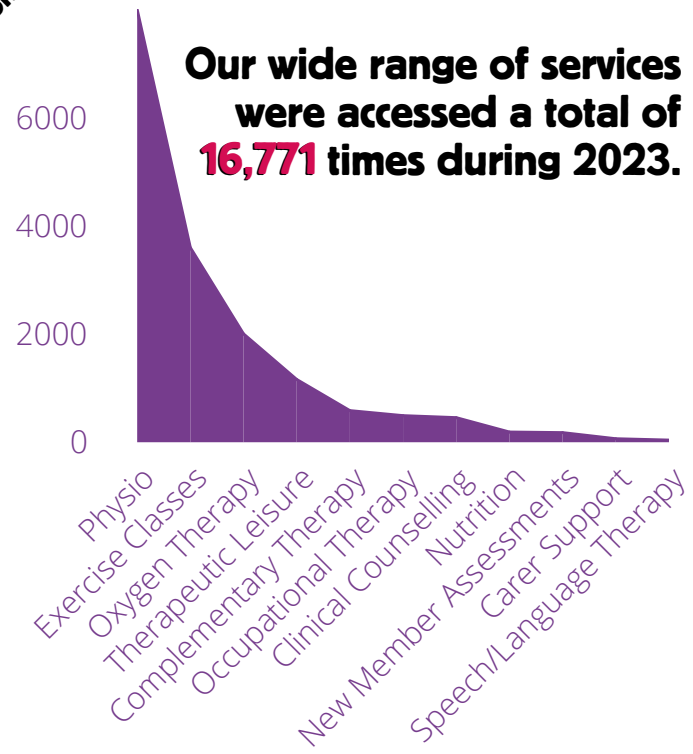
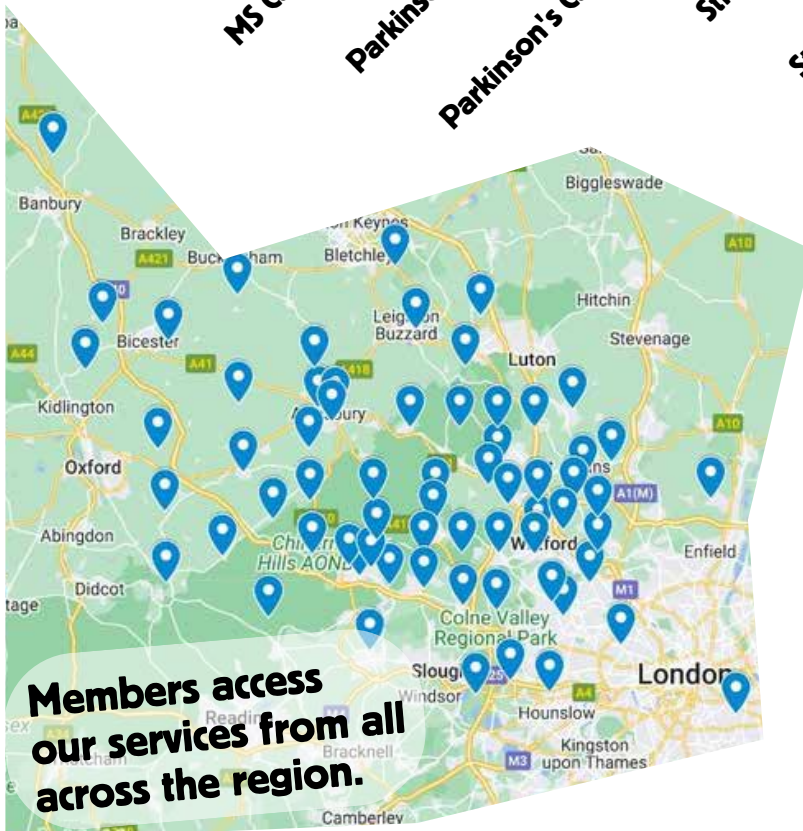
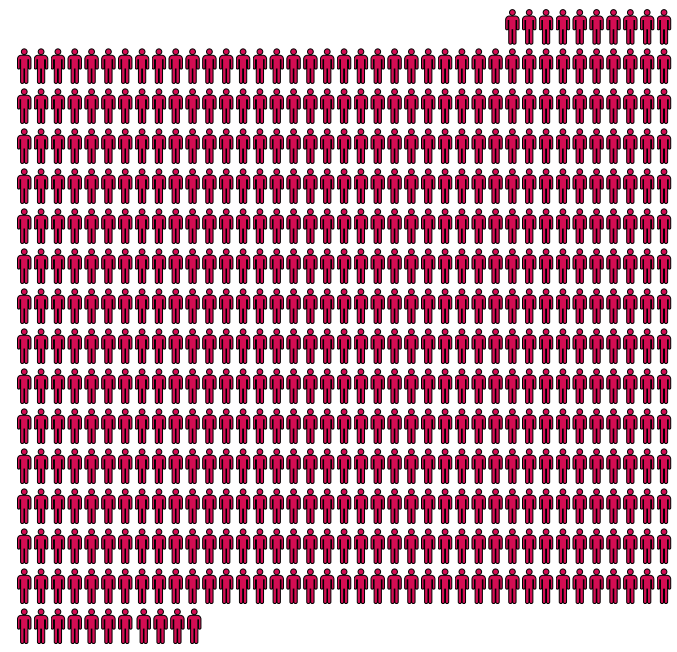
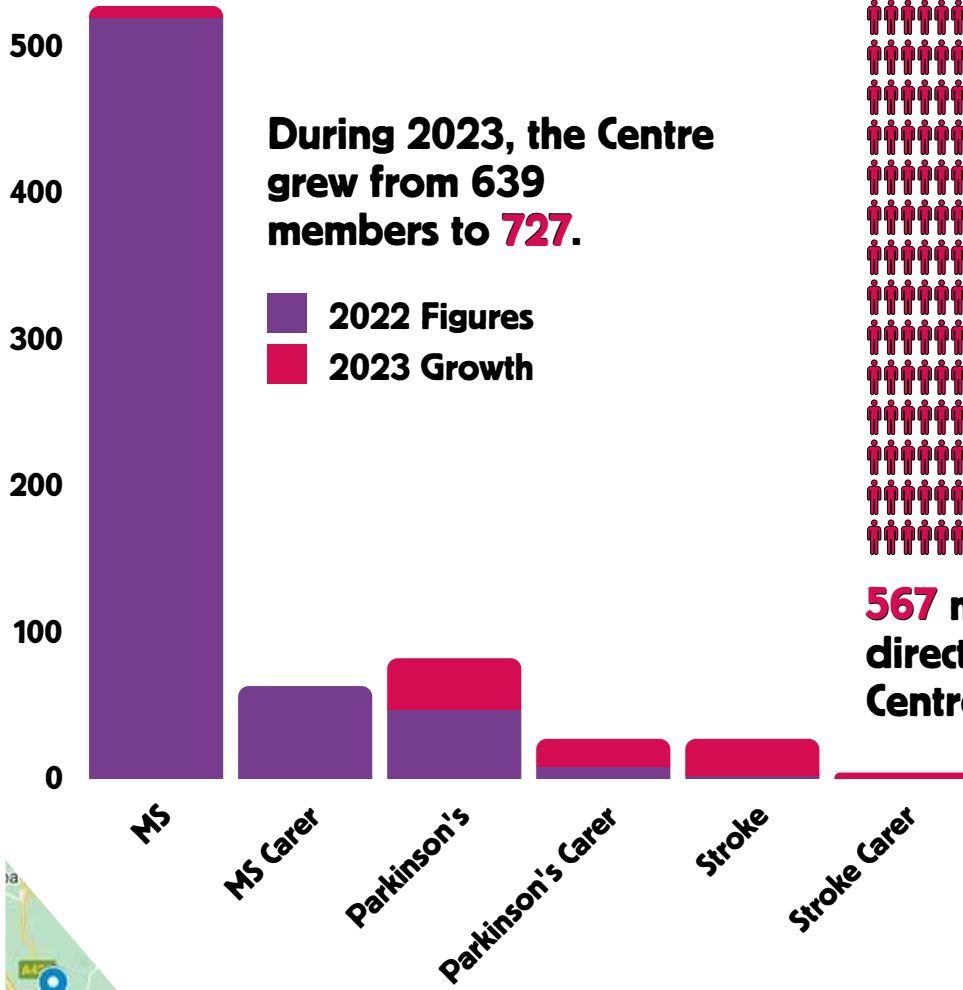
The Centre would not be able to survive without the contribution of volunteers at every level of the organisation. I am personally grateful to every one of them. We also are fortunate to have a dedicated and professional group of staff who are focused directly or indirectly on maintaining and improving the services offered by the Centre.

I have been Chair of the Charity for nearly a year (as I write this), having been a trustee for 6 years, and find the days that I am working at the Centre to be uplifting. It is an amazing charity that does so much for its members, and I thank all the volunteers and our employees personally for all that they do.

Liz Lawrence-Blake
Chair of Trustees



Member statistics 2023



“Thanks to the Centre, I am able to be part of a community, and able to access five star treatment with amazing understanding staff” - Centre Member

Report of the Trustees: strategic report

Finance

Having made a firm commitment at the end of 2022 to go live with the successful completion of our 2 pilot schemes offering services to both Parkinson’s and stroke members, the main goal for 2023 was to increase revenue and staff resources to pre-pandemic levels, to sustain the planned output of increased service delivery. In a difficult national landscape for fundraising, we managed to achieve an encouraging result of a 24% increase in income for the year.

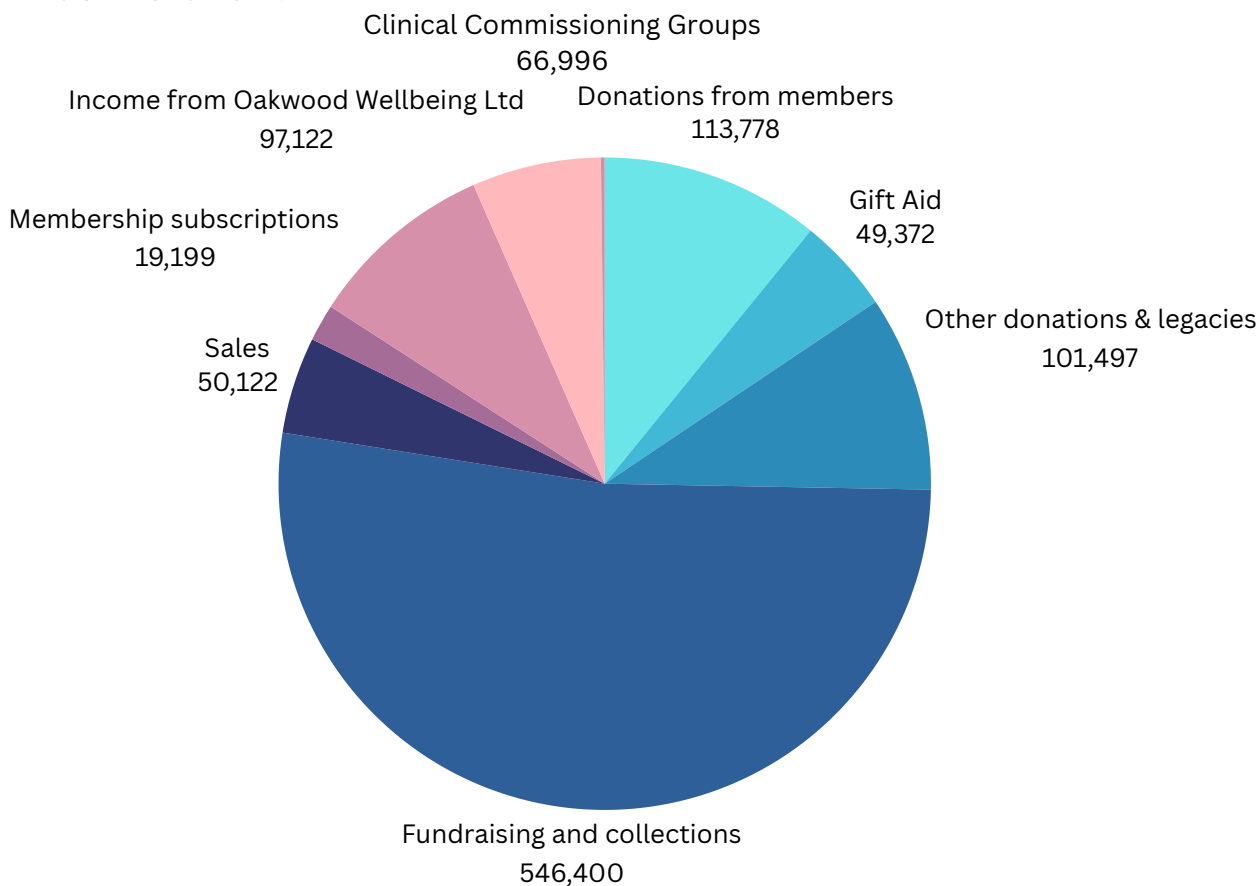
The financial result for the year was a deficit of £151k and a net cash outflow of £137k. The closing reserves position (net current assets) was £364k. The outcome is discussed in more detail in the financial report below, and the Trustees consider that the financial result is satisfactory.

How we are supported

Our income

The charity undertakes a broad range of fundraising activities including events and sponsorship, applications to grant making trusts, corporate, individual and community donations. All activities are in line with the Code of Fundraising Practice set by the Fundraising Regulator, of which the Centre is a member.

Income chart



How we are supported

Fundraising

Corporate

The generosity of our corporate supporters came to just over £46,000 in 2023; an 8% increase on 2022.

Our corporate support comes in a variety of way, from sponsorship of our events to donations and gift in kind contributions. We are also fortunate to have a number of regular 'Corporate Friends' who donate to the Centre each month.

2023 saw us sign a number of strategic multi-year corporate associations which benefit the Centre both financially and through directly contributing to our vision. These were Ashridge Home Care, Steering Developments and Hollister Incorporated.

“At Ashridge Home Care, one of our values is to work with and support local charities and we continue to enjoy a corporate partnership with the Chilterns Neuro Centre. Over the last year, our team have taken part in various fundraising activities, however we have also been able to collaborate on significant work with family carers who rely on the Centre and deliver training especially in relation to dementia. We look forward to another year of working together and raising the profile of the fantastic work the Centre does.”

**Louise Joslin
Managing Director, Ashridge Home Care**

Member donations and individual giving

All services are offered free of charge to members. However, many members and supporters kindly donate both time and money when they can. This makes a huge difference to our work.

We are actively trying to encourage more regular donations from members. Whilst we recognise that not everyone is in a position to do this themselves, we are also asking them to stimulate support and donations from their family, friends and contacts.

At present around 22% of members give a financial donation monthly, this is the same percentage as 2022 but we have a larger membership so there is an increase in number of gifts. However, the cost of living crisis has affected the size of gift so overall this income stream has not increased. In 2024 we hope to encourage more regular gifts whilst ensuring that everyone will still be able to get the treatment and support they need from us, even if they cannot make regular donations.

Trusts

Grants income in 2023 totalled £370,006 made up of £331,906 for specific projects and £38,100 in unrestricted funding. Our thanks also go to all the other grant makers whose support we can acknowledge publicly:

1. Aims2Cure
2. Aston Clinton Charitable Foundation
3. Doris Field Charitable Trust
4. Ernest Hecht Charitable Foundation
5. Edward Gostling Foundation
6. King/Cullimore Charitable Trust
7. Kop Hill Climb Fund through Heart of Bucks
8. PF Charitable Trust
9. Shanly Foundation
10. The February Foundation
11. The Gosling Foundation
12. The Hobson Charity
13. The Souter Charitable Trust
14. The Stockwell-Cliffe Charitable Trust
15. The Julia Mary Wood Charitable Trust
16. The Lionel Abel-Smith Trust
17. The Puttenham Trust
18. The Spurrell Charitable Trust
19. William Harding's Charity

A grant was received from the National Lottery Community Fund to help fund our range of clinical services and treatments for three years from 2023-2025.



A Grant was received from the Thriving Communities Fund to support our members residing in Buckinghamshire. The Fund aims to provide financial support for Fairhive residents as well as local voluntary and community organisations.



Funding was received for the following projects:

- Oxygen Therapy (£3,500)
- Physiotherapy Programme (£106,939)
- Physiotherapy Equipment (£17,000)
- Clinical Services (£150,000)
- Gas and Electricity (£10,000)
- Pilates Programme (£10,800)
- Hydrotherapy Pool Cover (£8,667)
- Wellbeing Programme (£25,000)
- **Total (£331,906)**

Community and events

We are seeing a strong growth in this income stream and it contributed £123,000 to the Centre; a 26% uplift on 2022. This was made up of some of our well-established regular events including our largest fundraiser of the year; the Pop Up Art Weekend which had a record breaking year bringing in just under £21,000. Other very well attended events were Run Prestwood, our Golf Day and Astonbury Festival. In addition, there were so many supporters doing their own events for the Centre; from sponsored walks, band nights and our incredible marathon runner! We believe there is still room for growth here and will continue to focus on our community work in 2024.

Legacy and in-memory

Every year the Centre receives a number of gifts which are either left in people's Wills or are donated in memory of someone to whom the Centre has been important. These gifts totalled £19,000 in 2023 which is a huge contribution to the Centre. We also raised the profile of legacy giving in 2023 and have been made aware of a number of legacy pledgers to our charity, for which we are immensely grateful. In 2024 we hope to continue to raise the profile of legacy giving more as this is a wonderful way of supporting the Centre and helping to ensure that it will be here for generations to come.

Oakwood Wellbeing Ltd

Oakwood Wellbeing Limited (OWL), a wholly-owned subsidiary of the Chilterns Neuro Centre, was set up in 2016 to generate income for the Centre from its main resources: the premises, specialist equipment and staff. OWL operates on a commercial basis, outside the Centre's busiest hours with all profits gifted free of tax to the charity. The refurbished Hydro pool and specialist clinical treatment rooms are hired out to external companies which has enabled us to raise £86,000 for the charity in 2023.

Annual member survey 2023



In total there were 220 responses, 32% of the Centre's membership. Both the total number and percentage of membership were an increase from the previous year.

98% of members stated they would recommend the Centre to someone with a neurological condition or their carer.



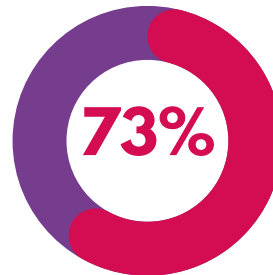
96% of members agreed the Centre helped manage their symptoms at least most of the time.



93% of members agreed the Centre helped improve their overall wellbeing at least most of the time.



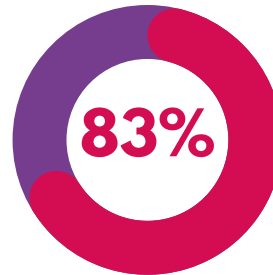
91% of members agreed the Centre helped improve their physical health at least most of the time.



73% of members agreed the Centre helped them stay active in the community at least most of the time.



90% of members agreed the Centre helped improve their mental health at least most of the time.



83% of members agreed the Centre helped maintain their independence at least most of the time.

"It is such an amazing place to come, to be among friends, to get life-changing treatment, and to feel like I have my life back again."

"Words can't describe just how much of a difference the Centre makes to my life. I have a life thanks to the Centre."

"I feel a sense of relief every time I come through the doors, like a huge weight is being lifted off my shoulders."



In addition to the incredibly positive feedback above, there were some constructive comments made by our members on how we could improve our services further still.

Our volunteers

We simply would not be able to run the Chilterns Neuro Centre without the incredible team of volunteers we have supporting us and giving up their time so generously.

We have a team of about 86 regular volunteers who, between them, contribute over 10,000 hours every year.

From working behind reception to serving in the cafe, from running the oxygen therapy service to supporting the fundraising and communications team, volunteers are crucial to the running of the Centre.

Our volunteers embody the spirit of community and compassion that defines the Chilterns Neuro Centre. Their dedication goes beyond expectation and they inspire us all with their selflessness and unwavering commitment to making a positive impact on the lives of those affected by MS, Parkinson's and strokes."

Cathy Garner
Volunteer Coordinator at the Centre

Many thanks to all our lovely volunteers for your wonderful loyalty to our charity and those who we support.



"I enjoy a sense of doing something worthwhile by giving something that others will benefit from and enjoy having a good time while they are at the Centre."

Chas Burton
Centre Volunteer

"I am proud to be part of the Centre and have developed so much as a person through my role and the people I have met. Volunteering at the Centre has enriched my life."

Lisa Tervit
Centre Volunteer



Clinical

The charity has continued to provide a broad range of clinical services to support members in their physical and mental wellbeing. We follow NICE guidelines and our ethos is to assist members in effective self-management of their conditions. We also recognise the importance of supporting our carer members and have helped them with practical advice, social events and yoga workshops.

We are very fortunate to have physiotherapy, hydrotherapy, occupational therapy, acupuncture, clinical counselling, dietetics, speech and language therapy and massage clinicians, all of whom provide a high level of specialist neurological expertise. Members benefit from their input and are seen in either 1:1 or small group settings. Hyperbaric oxygen therapy continues to be popular with our members and we are extremely grateful to our skilled team of volunteers that operate this service.

It is well recognised that movement and regular exercise are important components of effectively managing neurological conditions. We have therefore held daily exercise classes, both in-person and via Zoom, catering for members with a range of abilities. We have also been able to continue our popular weekly yoga and pilates sessions.

We have been pleased to see our social and therapeutic leisure groups' activities thriving throughout the year. Thanks to the support of our amazing volunteers, we have been able to run regular art groups, Boccia games, gardening and craft sessions, a singing group and a book club. We have been able to expand many of these as we've welcomed new members and demand has increased.

We have now extended all of the above services to Parkinson's and stroke members alongside our MS members, whilst making changes to our referral process and fostering new relations with local specialist nurses and patient support groups. Staff training and professional development have also been key to the success of this stage and will continue as we expand to include a broader range of neurological conditions.

Becoming the Chilterns Neuro Centre

Following a successful pilot project to open up our services to people with Parkinson's and stroke survivors that began in 2022, the Trustees decided to make the arrangement permanent.

A significant learning from the pilot project was that the name of the charity, its vision, mission and values no longer reflected all of our community and was less inclusive and welcoming to our new members than we would like. To address this, the board established a subcommittee to look into what was needed and to ensure we encompassed everything the charity had become without losing our heritage.

Over a busy few months, the sub-committee ran a number of focus groups to capture all the thoughts and input from a wide variety of members, staff, supporters and volunteers. Along with research into other similar charities and some professional input to help us bring it all together

In July 2023, we rebranded as the Chilterns Neuro Centre and this was launched with a new vision, mission and values and, of course, the colour scheme that has brightened up the Centre.

Vision

Chilterns Neuro Centre strives to create a community in which people affected by neurological conditions can live life to the full.

Mission

Chilterns Neuro Centre is a charity that enhances the quality of life of individuals, families and communities of people affected by neurological conditions.

Values

Welcoming

We are committed to creating a diverse, inclusive community that helps people in safe and happy surroundings.

Caring

We believe deeply in delivering the highest standards of care, therapy and treatments that improve people's quality of life.

Empowering

With dedicated support we encourage people to aim for and achieve more and to work towards greater personal goals.

Improving

By working and developing together we want to make a positive difference and will continue to strive for better with an ambitious and determined approach.

Administrative details

Company details

Registered company number 02294557 (England and Wales)
Registered charity number 800853
Registered office and principal address
Chilterns Neuro Centre
Oakwood Close, Wendover, Aylesbury,
Buckinghamshire. HP22 5LX

Trustees

Liz Lawrence-Blake LLB (Hons) (Chair, appt May 2023)
Ian Summerfield (Vice Chair, appt May 2023)
Henry Snow ACA (Treasurer)
John Bedford
Robert Carter BA (Hons)
Karen Cross
Alison Heywood DBO
Darayus Motivala BSc (Hons)
Simon Turner
Justin Stephenson (resigned Dec 2023)

Company Secretary

Liz Lawrence-Blake LLB (Hons) barrister-at-law

Chief Executive

Richard Parkin (appt 2 January 2023)

Leadership Team

Jody Barber - Head of Integrated Clinical Services (appt Jun 2023)
Lou Grace - Deputy Head of Integrated Clinical Services
Stella Kubale - Head of Fundraising
Eileen Inman - Finance Manager
Andrew Scott - Communications Manager
Terry Baldwin – Head of Facilities and Business Development (resigned Dec 2023)
Dhiren Patel - Facilities Manager (appt Jan 2024)

Patrons

Trishna Bharadia BA (Hons)
The Earl of Buckinghamshire Lord Carlile of Berriew KC
Prof Gavin Giovannoni MBBCh PhD FCP FRCP FRCPATH
Derek K Townsend DL

Telephone numbers

01296 696133 (Reception)
01296 823040 (Fundraising)
01296 823047 (Finance office)
Website / Email
www.chilternsneurocentre.org
info@chilternsneurocentre.org

Social media

Facebook: www.facebook.com/
ChilternsNeuro
Twitter: @ChilternsNeuro
LinkedIn: ChilternsNeuro
Instagram: @ChilternsNeuro

Auditors

Haines Watts
Statutory Auditor
Milton House
Gatehouse Rd,
Gatehouse Industrial Area,
Aylesbury
HP19 8EA

Bankers

National Westminster Bank Plc
22 Market Square
Aylesbury
Bucks HP20 1PR

Lloyds Bank Plc
79 High Street
Chesham
Buckinghamshire HP5 1DE

Santander
1st Floor
Operations Block
Bridle Road
Bootle
Merseyside L30 4GB

Structure, governance and management

Governing document

Chilterns Neuro Centre Ltd is registered with the Charity Commission for England and Wales; it was incorporated as a company limited by guarantee on 9 September 1988. The charity was governed by its Memorandum and Articles of Association as adopted on 22 December 2004 until the Annual General Meeting on 21 June 2016 when new Articles of Association were approved and adopted by the members.

They were further amended at the Annual General Meeting held on 26 July 2018.

Organisational structure

The Board of Trustees is responsible for the overall management and governance of the charity and meets every month. The Board sets the strategic direction and policy for the charity, agrees on an annual budget and monitors performance against it.

The day-to-day management is delegated to the Chief Executive, Richard Parkin, who was appointed in January 2023 following the retirement of Andy Graham. He is supported by the leadership team.

The Leadership Team (LT) comprises Stella Kubale, Head of Fundraising; Jody Barber, Head of Integrated Clinical Services; Lou Grace, Deputy Head of Integrated Clinical Services; Eileen Inman, Finance Manager; Andrew Scott, Communications Manager and Dhiren Patel, Facilities Manager who was appointed in January 2024 following the retirement of Terry Baldwin in December 2023.

Governance

The CEO and the Chair of Trustees meet on a regular basis. For governance purposes, and in order to maintain good lines of communication, the LT provides monthly written reports to the Trustees including any resolutions required by the Board. This provides a coordinated approach to the running and development of the charity.

Risk management, Human Resources Health and Safety and complaints, as well as feedback from the various sub-committees, form part of the agenda for trustee meetings. Each of the Trustees works on one or more of the charity's governance sub-committees.

There are five permanent committees: Clinical, Income Generation and Finance, Facilities and Support Services, Human Resources, and Health and Safety. Governance committee meetings are held with formal agendas and notes taken.

The Trustees review policies and operating procedures as part of a programme of continual improvement for effective control of the operation of the charity.

Recruitment and appointment of new Trustees

In accordance with the Articles of Association, the Board is authorised to appoint new Trustees as additions to the Board or to fill vacancies. The Board works to ensure it has members with the appropriate balance of skills, knowledge and experience to enable it to operate effectively.

All Trustees are elected by the membership. A third of the Board retires by rotation at the Annual General Meeting but may seek re-election. On appointment to the Board, Trustees receive a copy of the Memorandum and Articles of Association of the Company and Charity Commission and Good Governance information and a role description.

The Board believes that the Trustees bring the skills, knowledge and experience necessary to guide and govern the charity's activities effectively.

At the AGM in May 2023, Liz Lawrence-Blake stepped up from Vice-chair to be appointed Chair. Ian Summerfield was appointed as Vice Chair. Henry Snow stepped down as Interim Chair, and remains a Trustee on the board. Justin Stephenson resigned his position on the Board in December 2023.

The Board ensures there is a balance of Trustees who have MS, Parkinson's or stroke survivors, or close experience of those conditions, and those who do not have any connection to those conditions.

As a result, the Trustees are able to ensure that the interests of our beneficiaries are represented by people with direct, first-hand knowledge and experience of MS, Parkinson's and strokes in particular, but decisions taken are in the best interests of the charity overall.

Staff pay

The charity benchmarks clinical staff pay to the NHS Agenda for Change pay scales and benchmarks all non-clinical staff salaries against similar positions in similar-sized charities. Key management personnel are benchmarked in the same way.

The Board is very aware of the current cost of living pressures and approved a pay raise for staff in November 2023, which became effective on 1 January 2024.

Risk management

The Board, in conjunction with the Chief Executive and Leadership Team, continues to review and monitor risk within the charity.

The Trustees are grateful for the continued guidance provided by the specialist Health and Safety Adviser, who works voluntarily with the Health and Safety Committee.

“

Hydrotherapy gives me the confidence to push my boundaries, knowing that if I fall I only have a splash to worry about.

Maria de Courcy-Wadwell
Centre Member

”

Public benefit

The Trustees have complied with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their duties or powers.

The activities of the charity are focused on providing significant support for those with MS, Parkinson's and stroke survivors through treatment and therapy, informal advice and peer support.

Performance

The charity's performance is monitored monthly using a range of activity reports and indicators. These inform the Board of Trustees and governance committees and enable the leadership team to measure performance against strategic objectives and inform future planning.

Work has begun on the strategic objectives for 2025-2027 with a completion date set for mid 2024.

Workplace pension

All eligible staff are enrolled in a workplace pension scheme and the charity made contributions in line with the statutory requirements.

Professional development and training

All employed clinical staff are supported by professional training as appropriate and appraisals.

Other staff are also supported if possible, to ensure their training needs are met and they develop additional skills within their roles. Training programmes for clinicians around the expansion to other conditions is ongoing.

“

My ongoing treatment has given me the ability to stand as an able-bodied person and the movement and stretches I am led through each week have enabled me to maintain a better quality of life.

**Nigel Mabbett
Centre Member**

”

Jane's story



Like many other people in their 20s, Jane Matthews was enjoying life to the full – working hard, partying hard and not thinking too much about the future. Her MS diagnosis brought her face to face with a very different future to the one she had pictured.

“When I received my diagnosis, I was very uncertain about the future and, looking back now, I realise it was a really miserable time. I was struggling to accept the diagnosis and was worrying too much about what would happen to me in later life.

“I dread to think what my life would be like without the Centre now. I think it would feel like an uphill struggle every day. The Centre is there for me at every turn – in early 2022, I slipped over and broke my ankle pretty badly. The Centre assessed me for physio and gave me a course of hydrotherapy which was so helpful in my recovery. During that difficult time, it made me feel like I was doing something positive.”

Being able to continue to carry on working is a really positive thing for Jane, who is an accountant, specialising in payroll. The fact that she has a desk job has made it easier for her to stay working, but she mainly attributes her ability to continue work to the treatments and support she receives at the Centre.

“Receiving Oxygen at the Centre enables me to live a pretty normal life and is the main reason I have been able to continue working. Without it, there is no way that I would have the energy to work as much as I do and I want to be able to work for as long as I can. Being able to access WiFi during my treatment is brilliant as I can even continue to work in the oxygen tank and it fits in with my life.”

Jane is keen to work, walk and stay independent for as long as possible. “With the support of the Centre, I know that’s achievable. To anyone with a diagnosis like mine, who wants those things too – I’d highly recommend having a look at the Centre.

“It might not be for you, but then it might be the best thing you have ever done and, like me, it may enable you to continue working and doing the things you love. The people are amazing and you are always made to feel welcome, so what have you got to lose?”

Jane’s mindset has changed completely from the person who struggled with accepting her MS and worried about her future. “I can honestly say that having MS has improved my life. It is a very positive thing in my life and a huge, huge part of that is because I found the Centre. I feel like I have control over my MS, it does not have control over me, and that is because the Centre empowers me and is an extremely positive place!”



Financial overview

The main points of the results for 2023 are:

Income for the year showed a significant increase from 2022. This was a planned aggressive growth from the back of two years' worth of sustainability planning and making the decision to become a multi-condition centre a reality in 2023

Income

The following table demonstrates the underlying income performance for the past three years.

	2021	2022	2023
	12 Months Covid	No Covid	No Covid
	£000s	£000s	£000s
Total Income Reported	968	841	1,045
Significant Unbudgeted Event	180		
Underlying Income	788	841	1,045
	-3%	+7%	+24%

We have seen a fundamental recovery in income for the charity as the effect of the pandemic reduces. The underlying net income for 2023 of £1,045k compares to £840k for the previous year as shown in the table above.

The Oakwood Wellbeing Limited trading subsidiary continues to perform well and has benefited from a gradual but consistent improvement in space rentals and the popularity of the swimming pool with outside groups as well as with members.



Expenditure

Total expenditure increased to £1,196k from £982k in 2022. The following factors predominantly drove this.

The Trustees had planned for a total expenditure of £1,199k for the year, which included a planned investment in new staff resources to manage our multi-condition expansion. All new roles were filled quickly and with tight budgetary controls in place on expenditure we achieved target spend.

The Centre's running costs continue to increase further as a result of inflationary pressures but not outside the scope of set budgets.

Cash flow

Cash expenditure exceeded income by £136k during the year. However, we started the year with high cash balances and by the end of 2023 the balance was at £374k. This cash foundation continues to support the delivery of the sustainability strategy by enabling the funding of resources and enhanced service delivery.

Resource management

Resource planning for service delivery and fundraising for a multi-condition future remains at the heart of the financial strategy for the Centre.

The charity is well placed to deliver a model where establishing a donor journey and achieving clinical excellence is the core principle for the smallest to the largest of donations, and to forge new fundraising relationships as we extend our services to people with other neurological conditions. We were able to increase resources in physiotherapy, occupational therapy, clinical counselling and clinical administration during the year with the support of new funding. We are also working on increasing the effectiveness of the service delivery through a range of capacity increasing initiatives with existing staff.

“

On top of all the clinical treatment, the social side of the Centre is just as important. The volunteers are unbelievably kind and caring and take time to have a chat which makes a positive difference to my mental health. At the Centre, I know that no one views me as just a 'disabled person'.

**Ian Cornelius
Centre Member**

”

Performance indicators

The proportion of expenditure on the provision of treatments has fallen in the year. Although expenditure in this area has increased, the larger increase in the fundraising division reflects the continuing investment in this area.

Fundraising multiple

	2023	2022
	£	£
Income raised through fundraising	£811,047	£639,527
Fundraising income classified within other Trading Activities-Sales	£38,307	£29,090
Total – Excluding Oakwood Income and membership fees	£849,354	£668,617
Expenditure on raising funds – including Oakwood direct costs	£261,408	£238,055
Less cost of goods sold	-£8,354	-£6,112
Less Oakwood direct costs	-£10,048	-£7,095
Pure Fundraising Costs	£243,006	£224,848
Fundraising Multiple of income to cost	3.5	3.0

2023

**78p of every £1
on care & support**

2022

**76p of every £1
on care & support**

Reserves

The Group's total reserves at 31st December 2023 were £2,661k of which £130k were restricted, leaving £2,531k of unrestricted general reserves, most of which is the value of our building and land. In terms of free reserves, the charity held £364k of which £130k was restricted leaving £234k unrestricted. The £364k free reserves provide 3.6 months cover (2022: 5.8) of average expenditure. This level of reserves is within the charity reserves cover banding of 3-6 months and has resulted primarily from strong fundraising and close control of spending to stay within a detailed budget for 2023, coupled with an opening cash reserves figure at the upper end of our banding.

Statement of the Trustee's responsibilities

The Trustees (who are also directors of the Chilterns Neuro Centre for the purposes of company law) are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these 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 2019 (FRS 102);
- make judgments 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 charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for 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.



Jacqui's story



Before her Parkinson's diagnosis, life was straightforward for Jacqui Woodhead. "I guess one planned ahead," she says, "but now it's changed completely and I just live from day-to-day, in the moment enjoying everything I do. I'm trying to stay positive."

"The Centre has supported me in many ways. The PD Power classes introduced me to a lot more people with Parkinson's and now I feel like I'm part of a big family."

I have benefited from some counselling and acupuncture and very much enjoy volunteering with the Wild Art group. I also exhibited some of my work in the art exhibition the Centre hosted earlier in the year.

"One of my favourite groups though is the singing group as singing has for a long time been such a big part of my life. I had been a part of a singing group for about fifteen years although, when I first joined all those years ago, I was absolutely terrified. This was before I had Parkinson's.

"To start with, I had no confidence but after we'd done a few concerts, which sounded wonderful, I was hooked. I just enjoy singing with other people and find it to be so uplifting. "When our brilliant singing teacher decided to move away from the area I was delighted to discover that the Centre also had a group so joined immediately."

Singing offers a range of physical benefits. It strengthens the respiratory muscles, improving lung capacity and control over breathing. Singing exercises promote cardiovascular health by enhancing circulation and oxygen distribution throughout the body. On top of that, singing encourages proper posture and core engagement, leading to improved alignment and strengthened core muscles.

"One of the key things for me is that it helps improve my voice projection which people with Parkinson's can often have issues with. I feel like I can be heard again and it helps build confidence!"

"For me, singing in a group just makes me happy. To sing with other people just gives you such a warm glow.

"If someone is thinking of joining the group but is a bit low in confidence, I would encourage them to do so. Most people think they can't sing but actually we all can. No one will judge you at all. Then, the more you do it, the more confidence you gain."



Statement as to disclosure of information to auditors

In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

On 1 April 2024, Haines Watts (Berkhamsted) Limited changed its name to Dux Advisory Ltd. The auditors, Dux Advisory Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies.

Approved by order of the board of trustees on 24 April 2023



Liz Lawrence-Blake
Chair of Trustees



Independent auditor's report to the members and Trustees of Chilterns Neuro Centre Ltd.

Opinion

We have audited the financial statements of Chilterns Neuro Centre Ltd. (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 31 December 2023 in this report, which comprises a consolidated statement of financial activities, a consolidated balance sheet and a consolidated cash flow statement, and notes to the financial statements, including a summary of significant accounting policies.

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- Give a true and fair view of the state of the group's and parent charitable company's affairs as at 31 December 2023, and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report.

We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- The Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- The Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the group's or parent charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Report of the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the group and parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate and sufficient accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- The parent charitable company's financial statements are not in agreement with the accounting records and returns; or certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The Trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement set out in this report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charities Act 2011 and report in accordance with those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members and its Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body and the charitable company's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Mr S Brownsmith FCA
Senior Statutory Auditor
Dux Advisory Limited
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire, HP19 8DB

Dux Advisory Ltd
24 April 2024

Dux Advisory is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.



CHILTERNES NEURO CENTRE LTD.
CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted Funds £	Restricted Funds £	31.12.2023 Total funds £	31.12.2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	466,141	344,906	811,047	639,527
Charitable activities					
Provision of treatments, care and support for people with MS, Parkinson's, Stroke	6	66,996	0	66,996	62,572
Other trading activities	4	165,443	0	165,443	137,739
Investment income	5	1,959	0	1,959	360
Total		<u>700,539</u>	<u>344,906</u>	<u>1,045,445</u>	<u>840,198</u>
EXPENDITURE ON					
Raising funds	7	261,408	0	261,408	238,055
Charitable activities					
Provision of treatments, care and support for people with MS, Parkinson's, Stroke	8	705,351	229,411	934,762	743,774
Total		<u>966,759</u>	<u>229,411</u>	<u>1,196,170</u>	<u>981,829</u>
NET INCOME/(EXPENDITURE)		(266,220)	115,495	(150,725)	(141,631)
Transfers between funds	23	8,667	(8,667)	0	0
Net movement in funds		<u>(257,553)</u>	<u>106,828</u>	<u>(150,725)</u>	<u>(141,631)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		2,788,877	23,174	2,812,051	2,953,682
TOTAL FUNDS CARRIED FORWARD	23	<u><u>2,531,324</u></u>	<u><u>130,002</u></u>	<u><u>2,661,326</u></u>	<u><u>2,812,051</u></u>

The notes on pages 29 to 43 form part of these financial statements.

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure has arisen from continuing activities.

CHILTERNES NEURO CENTRE LTD.
CONSOLIDATED BALANCE SHEET
AT 31 DECEMBER 2023

(REGISTERED NUMBER: 02294557)

	Notes	Group		Charity	
		31.12.2023	31.12.2022	31.12.2023	31.12.2022
		£	£	£	£
FIXED ASSETS					
Tangible assets	14	2,405,276	2,452,529	2,405,276	2,452,529
Investments	15	1,999	1,999	2,099	2,099
		<u>2,407,275</u>	<u>2,454,528</u>	<u>2,407,375</u>	<u>2,454,628</u>
CURRENT ASSETS					
Stocks	16	4,436	2,488	4,436	2,488
Debtors	17	43,363	23,842	148,223	37,942
Cash at bank		373,904	510,457	268,541	495,759
		<u>421,703</u>	<u>536,787</u>	<u>421,200</u>	<u>536,189</u>
CREDITORS					
Amounts falling due within one year	18	(57,881)	(61,897)	(57,800)	(61,663)
		<u>363,822</u>	<u>474,890</u>	<u>363,401</u>	<u>474,526</u>
NET CURRENT ASSETS					
		<u>2,771,097</u>	<u>2,929,418</u>	<u>2,770,776</u>	<u>2,929,154</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
CREDITORS					
Amounts falling due after more than one year	19	(109,774)	(117,367)	(109,774)	(117,367)
		<u>2,661,323</u>	<u>2,812,051</u>	<u>2,661,002</u>	<u>2,811,787</u>
NET ASSETS					
FUNDS					
Unrestricted	23	2,531,324	2,788,877	2,531,000	2,788,613
Restricted		130,002	23,174	130,002	23,174
		<u>2,661,326</u>	<u>2,812,051</u>	<u>2,661,002</u>	<u>2,811,787</u>
TOTAL FUNDS					

The financial statements were approved and authorised for issue by the Board of Trustees on 24th April 2024 and were signed on its behalf by:-

Liz Lawrence-Blake

Liz Lawrence-Blake
Trustee

Henry Snow

Henry Snow
Trustee

The notes on pages 29 to 43 form part of these financial statements.

CHILTERN NEURO CENTRE LTD.
CONSOLIDATED CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023

	31.12.2023	31.12.2022
	Notes	
	£	£
Cash flows from operating activities:		
Cash generated from operations	1 (83,330)	(11,065)
Interest paid	(8,762)	(5,284)
Net cash provided by / (used in) operating activities	<u>(92,092)</u>	<u>(16,349)</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	(34,643)	(36,468)
Interest received	1,959	360
Net cash provided by / (used in) investing activities	<u>(32,684)</u>	<u>(36,108)</u>
Cash flows from financing activities:		
Loan repayments in year	<u>(11,775)</u>	<u>(12,835)</u>
Net cash provided by / (used in) financing activities	<u>(11,775)</u>	<u>(12,835)</u>
Change in cash and cash equivalents in the reporting period	(136,550)	(65,291)
Cash and cash equivalents at the beginning of the reporting period	<u>510,457</u>	<u>575,748</u>
Cash and cash equivalents at the end of the reporting period	<u><u>373,907</u></u>	<u><u>510,457</u></u>

The notes on pages 29 to 43 form part of these financial statements.

CHILTERNES NEURO CENTRE LTD.
NOTES TO THE CONSOLIDATED CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023

1 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.12.2023	31.12.2022
	£	£
Net income/(expenditure) for the reporting period (as per the consolidated statement of financial activities)	(150,725)	(141,631)
Adjustments for:		
Depreciation charges	81,896	87,272
Interest received	(1,959)	(360)
Interest paid	8,762	5,284
(Increase)/decrease in stocks	(1,948)	1,505
(Increase)/decrease in debtors	(19,521)	55,469
Increase/(decrease) in current creditors excluding bank loans and overdrafts	165	(18,604)
 Net cash provided by / (used in) operating activities	<u>(83,330)</u>	<u>(11,065)</u>

2 ANALYSIS OF CHANGES IN NET DEBT

	At 01.01.2023	Cash Flows	Other non cash changes	At 31.12.2023
	£	£	£	£
Cash	510,457	(124,778)	(11,775)	373,904
Loans falling due within one year	(9,876)		4,182	(5,694)
Loans falling due after more than one year	(117,367)		7,593	(109,774)
	<u>383,214</u>	<u>(124,778)</u>	<u>0</u>	<u>258,436</u>

CHILTERNES NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

1 STATUTORY INFORMATION

Chilterns Neuro Centre Ltd. is a private company limited by guarantee incorporated in England and Wales. The registered office is Oakwood Close, Wendover, Aylesbury, Buckinghamshire HP22 5LX.

The presentation currency of the financial statements is the Pound Sterling (£) and the financial statements are rounded to the nearest £.

2 ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', and the Companies Act 2006.

Chilterns Neuro Centre Ltd. meets the definition of a public benefit entity under FRS102. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

At the date of approving these financial statements the trustees believe the charity has sufficient resources to ensure continued operational existence for the foreseeable future. The financial statements have therefore been prepared on the basis that the charity is a going concern.

Preparation of consolidated financial statements

The consolidated financial statements incorporate those of the Chilterns Neuro Centre Limited and its wholly owned subsidiary Oakwood Wellbeing Limited on a line by line basis. Details of the subsidiary results are given in note 15. As permitted by section 408 of the Companies Act 2006, the SOFA of the parent company is not presented as part of these financial statements.

Income

Governance costs include those related to the cost of governance of the charity and its assets and are primarily associated with the compliance with constitutional and statutory requirements.

Recognition of income from donations will be deferred if the donor has specified the donation must be spent in a future accounting period(s) or if certain conditions have been imposed which must be met before the charity has unconditional entitlement. The gift aid associated with a donation is recognised when the donation is received by the charity. Gifts in kind are included at valuation at the time of the gift.

Subscription income is recognised in the year to which it relates and deferred in so much as it relates to a subsequent period.

The charity receives grants from Clinical Commissioning Groups which are accrued in accordance with calculations based on monthly clinical activity data provided.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the estate that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

2 ACCOUNTING POLICIES - continued

Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS102), the general volunteer time of the charity's volunteers is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain the services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Raising funds

Raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Charitable activities

The costs of charitable activities are those directly incurred in support of the charity's objectives and include the costs of running the building owned and used by the charity.

Governance costs

Governance costs include those related to the cost of governance of the charity and its assets and are primarily associated with the compliance with constitutional and statutory requirements.

Allocation and apportionment of costs

Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

2 ACCOUNTING POLICIES - continued

Tangible fixed assets

Tangible assets are stated at cost less accumulated depreciation. The cost of minor additions or those below £500 are not capitalised. Depreciation is provided at the following annual rates in order to write off the cost of each asset, less estimated residual value, over its estimated useful life.

Freehold property	- 2% straight line (50 years)
Plant and machinery etc.	- 10%/33.3% straight line (3 to 10 years)
Main pool	- 6.67% straight line (15 years)
Pool refurbishment	- 13.3% straight line (7.5 years, or to the end of life of the main pool if shorter)
Oxygen chamber	- 4% straight line (25 years)

Stocks

Stocks are valued at the lower of cost and net realisable value on a FIFO basis after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held on call with the charity's banks.

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

2 ACCOUNTING POLICIES - continued

Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. The trustees are of the opinion that the charity does not currently have any Financial Instruments falling within the definition of Section 12 of FRS 102.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Basic financial assets

Basic financial assets, which include debtors and cash and cash equivalents, are initially measured at transaction price including costs and are subsequently carried at amortised cost using the effective interest method. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Financial liabilities classified as payable within one year are not amortised.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

There have been no judgements made by the trustees in applying the accounting policies which have had a significant effect on the amounts recognised in the financial statements.

There have been no assumptions concerning the future, and other key sources of estimation uncertainty at the year end that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	31.12.2023 Total £	31.12.2022 Total £
Donations from members	113,778	0	113,778	120,836
Gift aid	49,372	0	49,372	27,217
Other donations and legacies	98,497	3,000	101,497	110,154
Fundraising and collections	204,494	341,906	546,400	381,320
	<u>466,141</u>	<u>344,906</u>	<u>811,047</u>	<u>639,527</u>

Other donations and legacies include £17,549 (2022: £3,294) being the value of goods and services donated to the charity during the year.

CHILTERNERS NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

4 OTHER TRADING ACTIVITIES

	31.12.2023	31.12.2022
	£	£
Sales	50,122	40,806
Membership subscriptions	18,199	14,840
Outside usage	97,122	82,093
Insurance recovery	0	0
	<u>165,443</u>	<u>137,739</u>

5 INVESTMENT INCOME

	31.12.2023	31.12.2022
	£	£
Bank interest receivable	<u>1,959</u>	<u>360</u>

6 INCOME FROM CHARITABLE ACTIVITIES

	31.12.2023	31.12.2022
	Provision of treatments, care and support for people with MS, Parkinson's and stroke	Provision of treatments, care and support for people with MS, Parkinson's and stroke
	£	£
Contributions from Clinical Commissioning Groups	<u>66,996</u>	<u>62,572</u>

7 RAISING FUNDS

Raising donations, legacies and outside usage

	31.12.2023	31.12.2022
	£	£
Staff costs	237,257	212,218
Fundraising Events	14,044	15,395
Sundries	1,679	4,111
Travel & subsistence	74	219
Cost of goods sold	8,354	6,112
Interest payment to parent	0	0
Giftaid payment to parent	0	0
Service fee paid to parent	0	0
	<u>261,408</u>	<u>238,055</u>

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

8 CHARITABLE ACTIVITIES COSTS

	Direct costs	Support costs (See note 9)	Totals
	£	£	£
Provision of treatments, care and support for people with MS, Parkinson's and stroke	720,669	214,093	934,762

9 SUPPORT COSTS

	Management	Information technology	Human resources	Governance costs	Totals
	£	£	£	£	£
Provision of treatments, care and support for people with MS, Parkinson's and stroke	188,712	17,946	2,397	5,038	214,093

Support costs, included in the above, are as follows:

	31.12.2023	31.12.2022
	£	£
Support Salaries	157,311	138,966
Social security	10,433	8,505
Pensions	3,459	2,816
Postage, printing and stationery	5,927	4,527
Travel	283	168
Sundries	11,299	(1,853)
IT costs	17,946	8,256
HR costs	2,397	1,898
Auditors' remuneration	5,038	5,600
	<u>214,093</u>	<u>168,883</u>

10 NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.2023	31.12.2022
	£	£
Auditors' remuneration	5,038	5,600
Depreciation - owned assets	81,896	87,272
Hire of plant and machinery	<u>1,240</u>	<u>1,240</u>

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

11 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

12 STAFF COSTS

	31.12.2023	31.12.2022
	£	£
Wages and salaries	720,147	601,277
Social security costs	59,468	49,318
Other pension costs	19,312	16,015
	<u>798,927</u>	<u>666,610</u>

	31.12.2023	31.12.2022
Therapy staff	18	15
Fundraising staff	6	6
Facilities staff	2	2
Administrative staff	3	3
	<u>29</u>	<u>26</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.2023	31.12.2022
£60,001 - £70,000	<u>1</u>	<u>0</u>

13 2022 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Restricted £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	494,577	144,950	639,527
Charitable activities			
Contributions from Clinical Commissioning Groups	62,572	0	62,572
Other trading activities	137,739	0	137,739
Investment income	360	0	360
Total	<u>695,248</u>	<u>144,950</u>	<u>840,198</u>

CHILTERNES NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

13 2022 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
EXPENDITURE ON			
Raising funds	238,055	0	238,055
Charitable activities			
Provision of treatments, care and support for people with MS, Parkinson's and Stroke	592,521	151,253	743,774
Total	<u>830,576</u>	<u>151,253</u>	<u>981,829</u>
NET INCOME/(EXPENDITURE)	(135,328)	(6,303)	(141,631)
Transfers between funds	13,533	(13,533)	0
Net movement in Funds	<u>(121,795)</u>	<u>(19,836)</u>	<u>(141,631)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	2,910,672	43,010	2,953,682
TOTAL FUNDS CARRIED FORWARD	<u><u>2,788,877</u></u>	<u><u>23,174</u></u>	<u><u>2,812,051</u></u>

14 TANGIBLE FIXED ASSETS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 January 2023	2,468,960	665,731	3,134,691
Additions	0	34,643	34,643
Disposals	0	0	0
At 31 December 2023	<u>2,468,960</u>	<u>700,374</u>	<u>3,169,334</u>
DEPRECIATION			
At 1 January 2023	255,089	427,073	682,162
Charge for year	23,190	58,706	81,896
Disposals	0	0	0
At 31 December 2023	<u>278,279</u>	<u>485,779</u>	<u>764,058</u>
NET BOOK VALUE			
At 31 December 2023	<u><u>2,190,681</u></u>	<u><u>214,595</u></u>	<u><u>2,405,276</u></u>
At 31 December 2022	<u><u>2,213,871</u></u>	<u><u>238,658</u></u>	<u><u>2,452,529</u></u>

CHILTERNES NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

15 FIXED ASSET INVESTMENTS

	Group		Charity	
	31.12.2023	31.12.2022	31.12.2023	31.12.2022
	£	£	£	£
MARKET VALUE				
Unlisted investment in subsidiary companies.	0	0	100	100
Other investments	1,999	1,999	1,999	1,999
	<u>1,999</u>	<u>1,999</u>	<u>2,099</u>	<u>2,099</u>

Unlisted investment in subsidiary companies.

The charity holds 100 shares of £1 each in its wholly owned trading subsidiary company Oakwood Wellbeing Limited which was incorporated in the United Kingdom on 7 September 2016 (registration number 10363280). Profits from the subsidiary are paid to the charity under the gift aid payment scheme. A summary of the financial performance of the subsidiary for the period 1 January to 31 December 2023 (1 January to 31 December 2022) is:-

	31.12.2023	31.12.2022
	£	£
Income	97,122	82,093
Less direct operating expenditure	(10,999)	(11,784)
Less service charge from parent charity	(22,000)	(23,700)
Net profit	<u>64,123</u>	<u>46,609</u>
Total equity brought forward	167	201
Profit for the financial year	64,123	46,609
Amount gift aided to the charity - prior year profits	(70)	(201)
Amount gift aided to the charity - current year profits	(64,000)	(46,442)
Total equity carried forward	<u>220</u>	<u>167</u>

The net contribution Oakwood Wellbeing Limited made to the parent charity in the year was £86,000 (2022: £70,142) being the total of the service charge and gift aided profit.

Other investments

A collection of 2017 Alderney wedding 4 platinum proof sovereign coins in sealed collection box.

16 STOCKS

	Group		Charity	
	31.12.2023	31.12.2022	31.12.2023	31.12.2022
	£	£	£	£
Stocks	<u>4,436</u>	<u>2,488</u>	<u>4,436</u>	<u>2,488</u>

17 DEBTORS

	Group		Charity	
Trade debtors	26,924	13,384	17,148	6,183
Prepayments and accrued income	16,439	10,458	16,439	10,458
Amounts owed by group undertakings	0	0	114,636	21,301
	<u>43,363</u>	<u>23,842</u>	<u>148,223</u>	<u>37,942</u>

Funds received as agents

During the year the charity received £18,485 (2022: £16,172) as an agent for exhibitors at its annual art exhibition. The exhibitors donated £6,785 (2022: £5,437) in total to the charity and the charity therefore paid the balance of £11,700 (2022: £10,735) to the exhibitors.

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

18 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Group		Charity	
	31.12.2023	31.12.2022	31.12.2023	31.12.2022
	£	£	£	£
Bank loans and overdrafts (see note 20)	5,694	9,876	5,694	9,876
Trade creditors	18,032	18,848	17,951	18,616
Social security and other taxes	20,353	18,476	20,353	18,476
Accruals and deferred income	13,802	14,697	13,802	14,695
	<u>57,881</u>	<u>61,897</u>	<u>57,800</u>	<u>61,663</u>

Deferred income amounting to £12,833 (2022: £3,600) at the balance sheet date comprises grants received with time related restrictions and membership income received in advance.

19 CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	Group		Charity	
	31.12.2023	31.12.2022	31.12.2023	31.12.2022
	£	£	£	£
Bank loans (see note 20)	<u>109,774</u>	<u>117,367</u>	<u>109,774</u>	<u>117,367</u>

20 LOANS

An analysis of the maturity of loans is given below:

	Group		Charity	
	31.12.2023	31.12.2022	31.12.2023	31.12.2022
	£	£	£	£
Amounts falling due within one year on demand:				
Bank loans	<u>5,694</u>	<u>9,876</u>	<u>5,694</u>	<u>9,876</u>
Amounts falling due between two and five years:				
Bank loans - 2-5 years	<u>29,780</u>	<u>46,278</u>	<u>29,780</u>	<u>46,278</u>
Amounts falling due in more than five years:				
Bank loans more than 5 years by instalments	<u>79,994</u>	<u>71,089</u>	<u>79,994</u>	<u>71,089</u>

21 OPERATING LEASE COMMITMENTS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)

Minimum lease payments fall due as follows:

	31.12.2023	31.12.2022
	£	£
Other operating leases		
Expiring:		
between two and five years	<u>930</u>	<u>930</u>
	<u>930</u>	<u>930</u>

CHILTERNES NEURO CENTRE LTD.**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023****22 SECURED DEBTS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)**

The following secured debts are included within creditors:

	31.12.2023	31.12.2022
	£	£
	<u>115,468</u>	<u>127,243</u>

The bank loan is secured by two legal charges, the first being over the freehold property of the charity and all associated assets. The charity entered into a bank loan agreement for £475,000 in 2012 to finance its new building. This loan was restructured in 2012 at a value of £216,736 and is repayable over a period of 15 years commencing January 2015 although this has been extended by 2 years for a repayment holiday taken during the Covid pandemic this extends the loan period to 31.12.2031. The interest rate is 2.75% above the base rate. The trustees believe that the charity will receive sufficient donations to be able to repay this loan in line with its terms. The second legal charge is fixed and floating over the charity and all its assets present and future.

23 MOVEMENT IN FUNDS

Unrestricted funds	At 01.01.2023	Income	Expenditure	Transfers	At 31.12.2023
	£	£	£	£	£
Group - General fund	<u>2,788,877</u>	<u>700,539</u>	<u>(966,759)</u>	<u>8,667</u>	<u>2,531,324</u>
Charity - General fund	<u>2,788,613</u>	<u>689,487</u>	<u>(955,771)</u>	<u>8,667</u>	<u>2,531,000</u>

Restricted funds - Charity (also comprising that of the Group)

	At 01.01.2023	Income	Expenditure	Transfers	At 31.12.2023
	£	£	£	£	£
Reception & Garden Furniture	1,567	0	0	0	1,567
Physiotherapy Equipment	687	17,000	(343)	0	17,344
Owens building infrastructure Fund	3,815	0	0	(0)	3,815
Hardship Fund	200	0	(50)	0	150
Allergan Fund	9,886	(0)	(4,693)	0	5,192
Aims2Cure Pilates Fund	0	10,800	(7,956)	0	2,844
Rothschild Wellbeing Fund	0	25,000	(25,000)	0	0
Leisure Group Fund	646	(0)	(512)	0	134
Pool UV filters	0	8,667	0	(8,667)	0
Physio salaries	0	106,939	(94,500)	0	12,439
Oxygen	6,373	3,500	(8,358)	0	1,515
National Lottery	0	150,000	(75,000)	0	75,000
Hobson Charity	0	10,000	(10,000)	0	0
St James'	0	13,000	(3,000)	0	10,000
	<u>23,174</u>	<u>344,906</u>	<u>(229,412)</u>	<u>(8,667)</u>	<u>130,002</u>
GROUP - TOTAL FUNDS	<u>2,812,051</u>	<u>1,045,445</u>	<u>(1,196,171)</u>	<u>0</u>	<u>2,661,326</u>
	<u>2,811,787</u>	<u>1,034,393</u>	<u>(1,185,183)</u>	<u>0</u>	<u>2,661,002</u>

The transfer between funds reflects expenditure on capital items in accordance with the terms of the fund.

CHILTERNES NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

23 MOVEMENT IN FUNDS - COMPARATIVES

	At 01.01.2022	Income	Expenditure	Transfers	At 31.12.2022
	£	£	£	£	£
Unrestricted funds					
	<u>2,910,672</u>	<u>695,248</u>	<u>(830,576)</u>	<u>13,533</u>	<u>2,788,877</u>
Charity - General fund	<u>2,910,473</u>	<u>683,395</u>	<u>(818,792)</u>	<u>13,533</u>	<u>2,788,613</u>
Restricted funds					
Reception & Garden Furniture	1,567	0	0	0	1,567
Physiotherapy Equipment	1,085	0	(398)	0	687
Owens building infrastructure Fund	3,815	0	0	0	3,815
Hardship Fund	250	0	(50)	0	200
Exercise Programme	226	0	(226)	0	0
National Lottery Community Fund	1,629	0	(1,629)	0	0
COVID19 Fund	3,633	0	0	(3,633)	0
Allergan Fund	9,886	0	0	0	9,886
Aims2Cure Pilates Fund	450	4,550	(5,000)	0	0
Rothchilds Wellbeing fund	9,636	5,000	(14,636)	0	0
Aylesbury TC & Paradigm	9,000	5,000	(14,000)	0	0
Leisure Group Fund	1833	500	(1,687)	0	646
Pool UV Filters	0	9,900	0	(9,900)	0
Physio Salaries	0	107,000	(107,000)	0	0
Oxygen	0	13,000	(6,627)	0	6,373
	<u>43,010</u>	<u>144,950</u>	<u>(151,252)</u>	<u>(13,533)</u>	<u>23,174</u>
GROUP - TOTAL FUNDS	<u>2,953,682</u>	<u>840,198</u>	<u>(981,828)</u>	<u>0</u>	<u>2,812,051</u>
CHARITY - TOTAL FUNDS	<u>2,953,483</u>	<u>828,345</u>	<u>(970,044)</u>	<u>0</u>	<u>2,811,788</u>

The Reception & Garden Furniture Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on the refit of the Centre reception area.

The Physiotherapy Equipment Fund relates to donations received by the charity where they wish for the funds to be applied towards the purchase of physiotherapy equipment.

The Owens Building Infrastructure Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on infrastructure projects or energy saving schemes.

The Hardship Fund relates to a donation received by the charity where the donor has agreed to support members unable to pay membership fees through financial hardship.

The Allergan Fund relates to a donation received by the charity where the donor has stated they wish for the donation to be spent on fundraising costs.

CHILTERN NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

23 MOVEMENT IN FUNDS (CONTINUED)

The Aims2Cure Pilates Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on the provision of Pilates.

The Rothschild Wellbeing Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on the provision of wellbeing activities.

The Leisure Group Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on therapeutic leisure group activities.

The Physiotherapy Salaries Fund relates to donations received by the charity where the donors stated that the funds should be used to fund the provision of physiotherapy.

The Oxygen Supplies Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on the operational costs of the oxygen chamber.

The National Lottery Community Fund relates to donations received by the charity where the donor has stated they wish for the donations to be spent on the provision of physiotherapy services.

The Hobson Charity Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spend on utilities.

The St James Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spend on counselling.

CHILTERNERS NEURO CENTRE LTD.
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

24a ANALYSIS OF GROUP NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	
	£	£	£
Tangible fixed assets	2,405,275	0	2,405,275
Fixed asset investment	1,999	0	1,999
Current Assets	291,701	130,002	421,703
Creditors falling due within one year	(57,881)	0	(57,881)
Creditors falling due after more than one year	(109,774)	0	(109,774)
	<u>2,531,320</u>	<u>130,002</u>	<u>2,661,323</u>

24b ANALYSIS OF GROUP NET ASSETS BETWEEN FUNDS (PRIOR YEAR)

	Unrestricted funds	Restricted funds	31 December 2022 Total
	£	£	£
Fixed asset investment	2,452,529	0	2,452,529
Current Assets	1,999	0	1,999
Creditors falling due within one year	513,613	23,174	536,787
Creditors falling due after more than one year	(61,897)	0	(61,897)
	<u>(117,367)</u>	<u>0</u>	<u>(117,367)</u>
	<u>2,788,877</u>	<u>23,174</u>	<u>2,812,051</u>

24 PENSION COMMITMENTS

During the year the charity contributed a total of £19,312 (2022: £16,014) to defined contribution schemes. This cost has been charged as an expense and analysed across activities in accordance with the allocation of the related employee salaries. At 31 December 2023, based on the employee salaries at the time, there was an annualised commitment of £20,083 (2022: £17,979).

25 RELATED PARTY DISCLOSURES

The total employee benefits of the key management personnel of the Group and Charity were £313,208 (2022: £251,585). Key management personnel comprise the chief executive officer together with the senior leadership team.

The charitable company has one subsidiary, Oakwood Wellbeing Limited as detailed in note 15 above. During the year, this subsidiary made payments under the gift aid payment scheme to the charitable company of £64,000 (2022: £46,540).

26 ULTIMATE CONTROLLING PARTY

Chilterns Neuro Centre Ltd. is an incorporated charity under the control of the trustees collectively.

27 COMPANY LIMITED BY GUARANTEE

The liability of each member is limited to £10 by guarantee.



Chilterns Neuro Centre Ltd.

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Registered charity no: 800853 | Registered company no: 02294557