

**REGISTERED COMPANY NUMBER: SC142853 (Scotland)**  
**REGISTERED CHARITY NUMBER: SC021152**

**Report of the Trustees and**  
**Unaudited Financial Statements For The Year Ended 31 March 2024**  
**for**  
**Healthworks (Holistic Health Care) Ltd.**

Cathedral Accountancy 4 North  
Guildry Street  
Elgin Moray  
IV30 1JR

**Healthworks (Holistic Health Care) Ltd.**

**Contents of the Financial Statements  
For The Year Ended 31 March 2024**

**Report of the Trustees**

**Independent Examiner's Report**

**Statement of Financial Activities**

**Balance Sheet**

**Page**

1 to 2

3

4

**Notes to the Financial Statements**

**Detailed Statement of Financial Activities**

5 to 6

7 to 12

13

**Healthworks (Holistic Health Care) Ltd.**

**Report of the Trustees**

**For The Year Ended 31 March 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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 2019).

## **OBJECTIVES AND ACTIVITIES**

The charity's objects are:

To relieve sickness and distress by all medical means including alternative and complementary medicine, acupuncture, massage, homeopathy, osteopathy, counselling, psychotherapy, physiotherapy, chiropractic, shiatsu and spiritual healing.

To provide self-help programmes and advice to enable the individual to avoid illness, maintain good health and live in a healthy environment.

To advance the education of the general public and the medical profession in all areas of medicine and holistic health.

To carry out research into all subjects pertaining to the objects herein and to disseminate the useful results of this work.

## **ACHIEVEMENT AND PERFORMANCE**

In order to fulfil its objectives Healthworks has set up the Centre for Holistic Health Care in the town of Forres to provide a wide variety of alternative and complementary therapies. It has also created a book library with information and research publications on major health issues and provides a bursary fund to help clients with the costs of their treatments.

## **FINANCIAL REVIEW**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is a company limited by guarantee not exceeding £1 per member. It is governed by the rules contained in its Memorandum and Articles of Association.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

SC142853 (Scotland)

### **Registered Charity number**

SCO21152

### **Registered office**

5 Bank Lane

Forres

Moray

IV36 1NU

### **Trustees**

Mr J Adams

Mr P Cook

Ms B MLAM Deschamps

Mr A Mcallan

Ms K Purnal

## **Company Secretary**

Ms J Lawrence

Page 1

## **Healthworks (Holistic Health Care) Ltd.**

### **Report of the Trustees**

**For The Year Ended 31 March 2024**

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Independent Examiner**

Alan Long FCA

Cathedral Accountancy

4 North Guildry Street

Elgin

Moray

IV30 1JR

##### **Bankers**

The Co-operative Bank

BUSINESS DIRECT

PO Box 250

Skelmerdale

WN8 6WT

Approved by order of the board of trustees on

Mr A Mcallan - Trustee

and signed on its behalf by:

**Independent Examiner's Report to the Trustees of  
Healthworks (Holistic Health Care) Ltd.**

I report on the accounts for the year ended 31 March 2024 set out on pages four to twelve.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

**Basis of the independent examiner's report**

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those

records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention :

(1)

which gives me reasonable cause to believe that, in any material respect, the requirements

to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and

to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met: or

(2)

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

Alan Long FCA

The Institute of Chartered Accountants in England and Wales

Cathedral Accountancy

4 North Guildry Street

Elgin

Moray

IV30 1JR

Date:

Healthworks (Holistic Health Care) Ltd.

Statement of Financial Activities  
For The Year Ended 31 March 2024

			31.3.24	31.3.23
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies				20,802
Investment income				
Total	2	20,774	20,774	18,551
		20,774	20,774	39,353
EXPENDITURE ON				

**Charitable activities**

Holistic Health Care

Other

**Total****NET INCOME/(EXPENDITURE)****RECONCILIATION OF FUNDS**

Total funds brought forward

18,370

19,903

38,273

19,359

44

44

52

18,414

19,903

38,317

19,411

2,360

(19,903)

(17,543)

19,942

32,774

19,903

52,677

32,735

**TOTAL FUNDS CARRIED FORWARD**

35,134



The notes form part of these financial statements

Page 4

35,134  
52,677

Healthworks (Holistic Health Care) Ltd.

Balance Sheet  
31 March 2024

31.3.24  
31.3.23

Unrestricted Restricted

Total  
Total

funds  
funds

funds  
funds

Notes  
£  
£  
£  
£

**FIXED ASSETS**

Tangible assets

Investment property

19

6

251

251

295

7

70,000

70,000

70,000

70,251

70,251

70,295

**CURRENT ASSETS**

Cash at bank

22,934

22,934

40,270

**CREDITORS**

Amounts falling due within one year

8

(751)

(751)

(588)

**NET CURRENT ASSETS**

22,183

22,183

39,682

**TOTAL ASSETS LESS CURRENT****LIABILITIES**

92,434

92,434

109,977

**CREDITORS**

Amounts falling due after more than one year

9

(57,300)

(57,300)

(57,300)

**NET ASSETS**

**FUNDS**

Unrestricted funds

Restricted funds

**TOTAL FUNDS**

35,134

35,134

52,677

11

35,134

32,774

19,903

35,134

52,677

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a)

(b)

ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**Balance Sheet - continued**

**31 March 2024**

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

The financial

statements

were approved by the

the Board of Trustees and authorised for issue on and were signed on its behalf by:

Mr A Mcallan - Trustee

The notes form part of these financial statements

Page 6

**Healthworks (Holistic Health Care) Ltd.**

**Notes to the Financial Statements**

## For The Year Ended 31 March 2024

1.

### 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### 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.

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings

Computer equipment

15% on reducing balance

#### Investment property

15% on reducing balance

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

#### 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.

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

**Healthworks (Holistic Health Care) Ltd.**

**Notes to the Financial Statements - continued**

**For The Year Ended 31 March 2024**

2.

**INVESTMENT INCOME**

Rents received

Interest receivable - trading

31.3.24	
£	31.3.23
	£
20,727	18,529
47	22
20,774	18,551

3.

**NET INCOME/(EXPENDITURE)**

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

31.3.24	
£	31.3.23

		£
Depreciation - owned assets.	44	52

4. **TRUSTEES' REMUNERATION AND BENEFITS**

5. There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
<b>INCOME AND ENDOWMENTS FROM Donations and legacies</b>			
	399	20,403	20,802
Investment income	18,551		18,551
<b>Total</b>	18,950	20,403	39,353

**EXPENDITURE ON**

**Charitable activities**

Holistic Health Care



	18,859	500	19,359
Other	52		52
<b>Total</b>	18,911	500	19,411

#### NET INCOME

#### RECONCILIATION OF FUNDS

Total funds brought forward

#### TOTAL FUNDS CARRIED FORWARD

Page 8

39	19,903	19,942
32,735		32,735
32,774	19,903	52,677

continued...

### Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued

For The Year Ended 31 March 2024

6.

#### TANGIBLE FIXED ASSETS

Fixtures  
and

	fittings	Computer equipment	Totals
	£	£	£
<b>COST</b>			
At 1 April 2023 and 31 March 2024	13,108	1,494	14,602
<b>DEPRECIATION</b>			
At 1 April 2023			
Charge for year	12,920	1,387	14,307
	28	16	44
	12,948	1,403	14,351
At 31 March 2024			
<b>NET BOOK VALUE</b>			
At 31 March 2024			
At 31 March 2023			

7.

#### INVESTMENT PROPERTY

##### FAIR VALUE

At 1 April 2023  
and 31 March 2024

##### NET BOOK VALUE

At 31 March 2024

At 31 March 2023

160	91	251
<b>188</b>	107	295

£

70,000

70,000

70,000

8.

**CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

31.3.24

31.3.23

£

£

Trade creditors

Accrued expenses

26

725

588

751

588

**Notes to the Financial Statements - continued**

**For The Year Ended 31 March 2024**

9.

**CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	31.3.24	31.3.23
	£	£
Bank loans (see note 10)	57,300	57,300

10.

**LOANS**

An analysis of the maturity of loans is given below:

Amounts falling between one and two years:

Bank loans - 1-2 years

11.

**MOVEMENT IN FUNDS**

**Unrestricted funds**

General fund

Designated fund

**Restricted funds**

TSI Moray

**TOTAL FUNDS**

Net movement in funds, included in the above are as follows:

31.3.24	31.3.23
£	£
57,300	

			57,300
	At 1.4.23 £	Net movement  in funds £	At   31.3.24 £
	31,181	3,953	35,134
	1,593	(1,593)	
	32,774	2,360	35,134
	19,903	(19,903)	
	52,677	(17,543)	35,134
Incoming resources £		Resources expended £	Movement in funds £
Unrestricted funds			
General fund			
Designated fund	20,774	(16,821)  (1,593)	3,953

			(1,593)
	20,774		
		(18,414)	
			2,360
<b>Restricted funds</b>			
TSI Moray		(19,903)	
			(19,903)
<b>TOTAL FUNDS</b>			
	20,774		
		(38,317)	
			(17,543)

Page 10

continued...

## Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued

For The Year Ended 31 March 2024

11.

### MOVEMENT IN FUNDS - continued

### Comparatives for movement in funds

#### Unrestricted funds

General fund

Designated fund

#### Restricted funds

TSI Moray

**TOTAL FUNDS**

	Net movement	At
At 1.4.22		
£	in funds	31.3.23
	£	£
29,247	1,934	
		31,181
3,488	(1,895)	
		1,593
32,735	39	
		32,774
	19,903	
		19,903
32,735	19,942	
		52,677

Comparative net movement in funds, included in the above are as follows:

**Unrestricted funds**

General fund

Designated fund

**Restricted funds**

TSI Moray

Magic Little Grant

**TOTAL FUNDS**

Incoming  
resources

£	Resources expended	Movement in funds
	£	£
18,950	(17,016)	1,934
	(1,895)	(1,895)
18,950	(18,911)	39
19,903		19,903
500	(500)	
20,403	(500)	19,903
39,353	(19,411)	19,942

A current year 12 months and prior year 12 months combined position is as follows:

Unrestricted funds  
General fund  
Designated fund

TOTAL FUNDS



At 1.4.22		
£	Net	
	movement in funds	
	£	At
		31.3.24
		£
29,247	5,887	35,134
3,488	(3,488)	
32,735	2,399	35,134
32,735	2,399	35,134

continued...

Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued  
For The Year Ended 31 March 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

Unrestricted funds

General fund  
Designated fund

**Restricted funds**  
TSI Moray  
Magic Little Grant

**TOTAL FUNDS**

12.

**RELATED PARTY DISCLOSURES**

resources		
£		
Incoming	Resources expended	
£		
		Movement in funds
£		
39,724	(33,837)	<b>5,887</b>
	(3,488)	(3,488)
39,724	(37,325)	2,399
19,903	(19,903)	
500	(500)	
20,403	(20,403)	
60,127	(57,728)	2,399

There were no related party transactions for the year ended 31 March 2024.

**Healthworks (Holistic Health Care) Ltd.**

**Detailed Statement of Financial Activities  
For The Year Ended 31 March 2024**

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations  
Grants

31.3.24

£

CH

31.3.23

£

		399
		20,403
		20,802
<b>Investment income</b>		
Rents received	20,727	18,529
Interest receivable - trading	47	22
	20,774	18,551
<b>Total incoming resources</b>	20,774	39,353
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Rates and water		929
Insurance	537	672
Light and heat	2,726	1,916
Telephone	548	480
Postage and stationery	366	239
Advertising	215	
Sundries	<b>81</b>	48
Management costs	6,000	5,525
Repairs and maintenance	21,176	899

Office and website	168	325
Bursaries	2,205	1,895
Accountancy	732	571
Legal and professional fees	281	2,617
Bank loan interest	3,238	3,238
	38,273	19,354
<b>Other</b>		
Fixtures and fittings		
Computer equipment		
<b>Support costs</b>		
<b>Finance</b>		
Bank charges		
Total resources expended		
<b>Net (expenditure)/income</b>		

This page does not form part of the statutory financial statements

38,317

19,411

(17,543)

19,942