

# **NEURO CENTRAL**

**Annual Report & Financial Statements**

**For the year ended**

**30 June 2019**



**Scottish Charity No SC046630**

**CONTENTS**

Trustees' Annual Report .....	3-5
Independent Examiner's Report .....	6
Statement of Receipts & Payments .....	7
Statement of Balances.....	8
Notes to the Financial Statements.....	9-11

## TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 30 JUNE 2019

---

The trustees are pleased to present their report and financial statements together with the independent examiner's report for the year ended 30 June 2019.

### REFERENCE AND ADMINISTRATIVE DETAILS

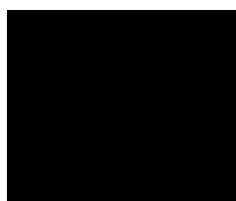
**Charity Name** Neuro Central

**Charity Number** SC046630

**Principal Address** 19 Braemar Grove  
Dunblane  
FK15 9EF

**Website Address** [www.neurocentral.co.uk](http://www.neurocentral.co.uk)

**Current Trustees**



Chair  
Assistant Chair  
Treasurer  
Assistant Treasurer

**Other Trustees who served during the year**



Resigned 1st July  
2019

**Independent Examiner**



C/O Stirlingshire Voluntary Enterprise Ltd  
The Barracks, Cameron House  
Forthside Way  
Stirling  
FK8 1QZ

### STRUCTURE GOVERNANCE AND MANAGEMENT

#### Governing Document

Neuro Central is a Scottish Charitable Incorporated Organisation (SCIO) which is governed by its constitution. The Charity was registered with the Office of the Scottish Charity Regulator (OSCR) on 16<sup>th</sup> June 2016.

#### Appointment of Trustees

The Trustees of Neuro Central are elected by the organisation's members annually at the AGM. Membership of organisation is open to any person with a neurological condition living in Scotland, their carers and friends and who are interested in helping the group achieve its aims and objectives. The constitution allows for a minimum of three and a maximum of eleven Trustees.

## **TRUSTEES' ANNUAL REPORT**

FOR THE YEAR ENDED 30 JUNE 2019

---

### **Organisational Structure**

The structure of the organisation consists of:

The members who have the right to attend members' meetings and have important powers under the constitution, in particular, the members appoint people to serve on the board and take decisions on changes to the constitution itself.

The board who hold regular meetings and are responsible for the strategic direction and governance of the charity. There are no paid members of staff. The trustees are particularly aware of their responsibilities and adhere to their policies and procedures.

### **OBJECTS & ACTIVITIES**

The charitable purposes are to advance the health of people living with conditions such as but not exclusive to Multiple Sclerosis (MS), Transverse Myelitis (TM), Parkinson's Disease, Epilepsy, Alzheimer's Disease, Motor Neurone Disease (MND), Acute Disseminated Encephalomyelitis (ADEM), Devic's Disease, Myalgic Encephalomyelitis (ME), Cerebral Palsy, Stroke, Guillain Barre Syndrome, Muscular Dystrophy, Myasthenia Gravis, Spina Bifida, Spinal injuries and Spinal tumours.

The charity provides a complete wellbeing programme offering complementary therapies (Massage, Reflexology, Aromatherapy, Reiki, Relaxation), Exercise and Yoga, Counselling, Physiotherapy, Acupuncture and Hypnotherapy.

### **ACHIEVEMENTS & PERFORMANCE**

Our membership continues to grow, and we now have 132 on our email distribution list, that's 50 more people interested in NC over the last year. We have provided massage, physiotherapy and mindfulness sessions for our members and a programme of exercise activities including Boccia and Kurling sessions. Our members also took part in Samba Drumming Workshops delivered by Big Groove Promotions, Cyber Security training sessions and IT education sessions. Neuro Central members were able to come together and celebrate a Christmas lunch thanks to generosity of Waitrose and the Auchterarder Community Bus.

### **FINANCIAL REVIEW**

#### **Fund Raising**

Total income for the year amounted to £31,652, which was mostly made up of grants totalling £18,345 from Foundation Scotland, Corra Foundation, Stirlingshire Voluntary Enterprise, Auchterarder Common Goods Fund, Strathallan Strathearn Decide, Auchterarder Co-op fund and SCVO. A full breakdown of these funds and conditions of their use is on page 12. There is a negative balance of £500 shown in the SCVO fund due to income received in the next accounting period, which will be reflected in next year's Accounts.

Fundraising events for the year included a Tombola at The Pre 67 Ford Owners Car Club in Sept 2018, our 2<sup>nd</sup> Race Night in October and we held our 1<sup>st</sup> Mystery Entertainment event at Blackford Bowling Club. Total income from fundraising activities for the year amounted to £4,976.

Expenditure for the year was £16,763 giving an overall surplus of £14,889 for the year.

#### **Reserves Policy**

Reserves at the end of the year are £22,291 (2018: £12,485). The Trustees believe that reserves equivalent to six months' expenditure is an appropriate level to ensure the continuation of the charity's activities while exploring new income opportunities. Using the total expenditure within the reporting financial year this would be approximately £8,000. The Trustees have met their target within the current financial year and will use the surplus funds to continue their activities in the forthcoming period.

#### **FUTURE PLANS**

We continue with our Mindfulness sessions in both Stirling and Auchterarder and aim to increase physiotherapy and exercise classes throughout the coming year including home visits to those who require it.

We are investigating the possibility of running exercise classes called Qigong and piloting Acupuncture.

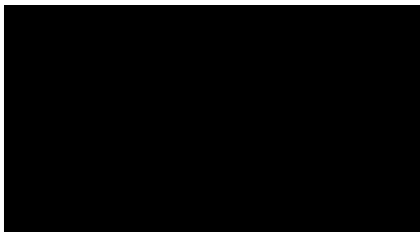
We are in discussions with Gleneagles Riding for the Disabled about the possibility of therapeutic horse riding and are investigating running a Living Well with long-term Neurological Conditions sessions with support from neurological specialist nurses/OTs and Physiotherapists.

**TRUSTEES' ANNUAL REPORT**  
FOR THE YEAR ENDED 30 JUNE 2019

---

**APPROVAL**

This report was approved by the trustees on 6 December 2019 and signed on their behalf by:



**Treasurer**

# INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 30 JUNE 2019

---

## Independent Examiner's Report to the Trustees of Neuro Central

I report on the accounts of the charity for the year ended 30 June 2019, which are set out on pages 7 to 11.

### 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 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 (as amended) ("the 2006 Regulations"). The trustees consider that the audit requirement of Regulation (10)(1)(d) of the 2006 Regulations does not apply. It is my responsibility to examine the accounts under section (44)(1)(c) of the 2005 Act and to state whether particular matters have come to my attention.

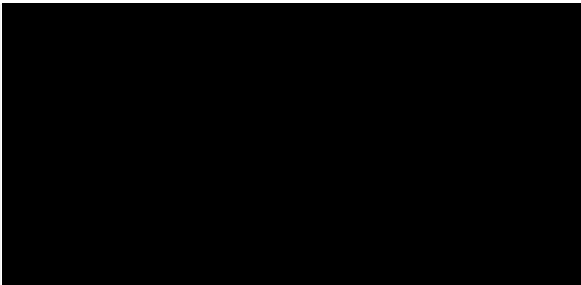
### Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. 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 seeks explanations from the 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 came 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 Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Regulationshave 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.



C/O Stirlingshire Voluntary Enterprise Ltd  
The Barracks, Cameron House  
Forthside Way  
Stirling  
FK8 1QZ  
6 December 2019

## STATEMENT OF RECEIPTS & PAYMENTS

FOR THE YEAR ENDED 30 JUNE 2019

---

	Note	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
		£	£	£	£
<b>Receipts</b>					
Donations	5	7,991	-	<b>7,991</b>	6,605
Grants	6	-	18,345	<b>18,345</b>	5,383
Membership		340	-	<b>340</b>	320
Fundraising	7	4,976	-	<b>4,976</b>	4,925
<b>Total Receipts</b>		<b>13,307</b>	<b>18,345</b>	<b>31,652</b>	<b>17,233</b>
<b>Payments</b>					
Fund Raising Costs		118	-	<b>118</b>	523
Charitable Activities	8	2,924	9,873	<b>12,797</b>	6,856
Purchase of Equipment		-	1,300	<b>1,300</b>	243
Governance Costs		-	-	-	-
Accounts Preparation		150	-	<b>150</b>	150
Independent Examination		100	-	<b>100</b>	100
Other		49	-	<b>49</b>	25
		<b>3,341</b>	<b>11,173</b>	<b>14,514</b>	<b>7,897</b>
Purchase of Fixed Assets		160	2,089	<b>2,249</b>	2,367
<b>Total Payments</b>		<b>3,501</b>	<b>13,262</b>	<b>16,763</b>	<b>10,264</b>
<b>Surplus/(Deficit) for year</b>		<b>9,806</b>	<b>5,083</b>	<b>14,889</b>	<b>6,969</b>

The Notes on pages 9 to 11 form an integral part of these accounts.

## STATEMENT OF BALANCES


AS AT 30 JUNE 2019

---

	Note	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
<b>Funds Reconciliation</b>					
		£	£	£	£
Balance as at 01 July 2018		12,485	1,196	<b>13,681</b>	6,712
Surplus/(Deficit) for year		9,806	5,083	<b>14,889</b>	6,969
Balance as at 30 June 2019		22,291	6,279	<b>28,570</b>	13,681
<b>Bank &amp; Cash Balances</b>					
Cash at Bank		22,291	6,279	<b>28,570</b>	13,681
Cash in Hand		-	-	-	-
		22,291	6,279	<b>28,570</b>	13,681
<b>Other Assets</b>					
Computers		-	-	<b>1,674</b>	1,980
Screens		-	-		387
Tables & Chairs		-	-	<b>575</b>	
		-	-	<b>2,249</b>	2,367
<b>Liabilities</b>					
Independent Examination Fee		50	-	<b>50</b>	250
		50	-	<b>50</b>	250

The Notes on pages 9 to 11 form an integral part of these accounts.

These accounts were approved by the trustees on 6 December 2019 and signed on their behalf by:

  
Treasurer



## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2019

---

### 1. Basis of Preparation

These accounts have been prepared on the receipts & payments basis in accordance with:

- (a) The Charities and Trustee Investment (Scotland) Act 2005
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended)

There have been no changes to the basis of preparation or to the previous year's accounts.

### 2. Fund Accounting

- (a) Unrestricted funds are those that can be expended at the discretion of the trustees in the furtherance of the objects of the charity.
- (b) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for specific purposes.
- (c) The purposes of the funds are shown in Note 10.

### 3. Taxation

- (a) The charity is not liable to income tax or capital gains tax on its charitable activities.
- (b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.

### 4. Transactions with trustees and related parties

- (a) No remuneration was paid to trustees or any persons connected with them during the year (2018: £Nil).
- (b) No expenses were reimbursed to the trustees during the year (2018: £Nil).
- (c) The charity's insurance policy includes trustee indemnity insurance cover for all of its trustees.

### 5. Donations

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
Donations - Individuals	2,333	-	<b>2,333</b>	1,987
Donations - Companies	5,658	-	<b>5,658</b>	4,618
	<b>7,991</b>	-	<b>7,991</b>	6,605

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2019

### 6. Grants

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
III Computer Grant	-	-	-	1,500
Stirling Council Community Pride	-	-	-	500
Auchterarder Trust	-	-	-	2,330
Auchterarder Co-op	-	9,591	9,591	1,053
SVE III	-	1,990	1,990	-
Auchterarder Common Good Fund	-	1,265	1,265	-
Strathearn Strathallan Decide	-	1,500	1,500	-
Foundation Scotland	-	1,500	1,500	-
Corra Foundation	-	2,000	2,000	-
SCVO	-	500	500	-
	-	18,345	18,345	5,383

### 7. Fundraising

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
MyDonate	-	-	-	2,039
Easy Fundraising	107	-	107	-
Fundraising Events	4,869	-	4,869	2,886
	4,976	-	4,976	4,925

### 8. Cost of Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
Therapies/Activities	1,563	7,710	9,273	3,741
Hall Hire	292	204	496	500
Insurance	-	89	89	89
IT	274	97	371	400
Promotional Expenses	646	1,108	1,753	1,663
Administration	119	604	723	360
Training	30	61	91	25
Sundry	-	-	-	78
	2,924	9,873	12,797	6,856

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2019

### 9. Movements in Funds

	As at 30/06/2018	Receipts	Payments	Transfers	As at 30/06/2019
	£	£	£	£	£
<b>Unrestricted Funds</b>					
General Fund	12,485	13,307	3,501	-	22,291
<b>Restricted Funds</b>					
Auchterarder Trust	321	-	286	-	35
Auchterarder Co-op	875	9,591	4,708	-	5,758
SVE III	-	1,990	1,424	-	566
Auchterarder Common Good Fund	-	1,265	1,265	-	
Strathearn Strathallan Decide Foundation Scotland	-	1,500	1,500	-	
Corra	-	2,000	1,635	-	56
SCVO	-	500	1,000	-	365
	1,196	18,345	13,262	-	(500)
					6,279
<b>Total Funds</b>	13,681	31,652	16,763	-	28,570

### 10. Purpose of Funds

Unrestricted Fund	Unrestricted funds that can be expended at the discretion of the Trustees in furtherance of the objects of the charity.
Auchterarder Trust	Funds towards the costs of therapy sessions & counselling.
Auchterarder Co-op	Funds towards the general activities of the charity.
SVE III	Funds towards the costs of therapy sessions and activities.
Auchterarder Common Good Fund	Funds towards the costs of wellbeing and exercise activities.
Strathearn Strathallan Decide	Funds towards the costs of therapy sessions and activities.
Foundation Scotland	Funds towards the costs of therapy sessions and physiotherapy.
Corra	Funds towards the costs of therapy sessions.
SCVO	Funds towards the costs of IT training.