

NEURO CENTRAL

A Scottish Charitable Incorporated Charity (SCIO)

Annual Report & Financial Statements

For the year ended

June 30th 2020





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The trustees are pleased to present their report and financial statements together with the independent examiner's report for the year ended June 30th 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name Neuro Central

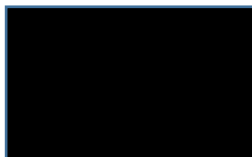
Charity Number SC046630

Principal Address 19 Braemar Avenue
Dunblane
FK15 9EF

Website Address www.neurocentral.co.uk

Current Trustees	Heather Wilson	Chair
	Jackie Paterson	Vice Chair
	Jane Logan	Treasurer
	Moira Mcdonald	Assistant Treasurer
	Paul Rimmer	Secretary
	(from July 2020)	
Brian Summers		

Independent Examiner William Adam



October 20th 2020

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 16th June 2016.



Appointment of Trustees

The Trustees of Neuro Central are elected by the organisation's members annually at the AGM. Membership of the organisation is open to any person with a neurological condition living in Scotland, their carers, and friends 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.

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. The members appoint people to serve on the board and take decisions on changes to the constitution itself.

The board 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 and 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 such as Massage, Reflexology, Reiki and Relaxation, as well as Exercise, Counselling, Physiotherapy and Hypnotherapy.

Achievements and Performances

Interest in Neuro Central continues to grow through this Pandemic, with us now having 224 Facebook members, that's 24 more people interested in NC over the last year. Our Instagram account has also grown from 140 people following to 183.

During summer 2019 we ran an 8 week Mark Making & Print Techniques ran by Tayside Healthcare Arts Trust.

Our members took part in Samba Drumming Workshops delivered by Big Groove Promotions, and played at the Christmas in the Community at the Ayton Hall in Auchterarder.

Neuro Central members were again able to come together and celebrate a Christmas lunch thanks to the generosity of Waitrose, and the Auchterarder Community Bus who provided transport to the venue.



In early 2020 we ran a Pilot Acupuncture study.

In April at the start of the Covid 19 Lockdown one of our members organised a group called 'Sewing Saints'. They made much needed Scrubs for the Doctors and Nurses at St. Margaret's in Auchterarder, The Childrens Hospices Across Scotland (CHAS) in Kinross and Kippen Nursing Home. These were funded by the Co-op fund. Many thanks to all our volunteers and organisers.

Neuro Central continues to meet despite the global pandemic via Zoom

Our research tells us that our Neuro Central meetings are vital for our members to connect up with others who are affected by neurological conditions. When we found out that it was no longer possible for our members to meet safely face to face, we moved Neuro Central online using Zoom, the online meeting platform. Members are informed about upcoming meetings and topics via our Facebook page and email.

While we can't replicate everything we offer at our regular sessions, Zoom has provided an opportunity to at least maintain contact with some of our members and even offer additional sessions, including a Qi gong course, weekly relaxation session and the Neuro Physio activity sessions all from the comfort of members own homes. We offer monthly Neuro Central sessions both daytime and evening and have been able to invite a number of experts to give advice while we were unable to get services during lockdown. These included advice on: Podiatry from Claire Hamilton McPhee; Monthly Mindfulness from Adrienne Hannah; Oral health from Rebecca Valente; Dietary information from NHS Tayside; Counselling from Harriet Hay; Hypnotherapy (including demonstration) from Scott Montgomery and Acupressure from Katherine Dandridge.

Unfortunately, while using technology doesn't suit everyone and can be challenging, a number of our members tell us they really value the continued support from Neuro Central. We also offer help to access Zoom and communicate via telephone and email for those who are not on our Facebook group.

FINANCIAL REVIEW

Fund Raising

Fundraising events for the year included a Supper Club which raised £275 and a Mystery Entertainment Night which raised £400.

Total income from fundraising events and raffles for the year amounted to £1,903.28 which included £127 sponsorship from a previous fundraiser.

We received:

- £676.28 from the Friends of St. Margaret's in Auchterarder
- £321.06 from St. Ninians Round Table
- £200 from Aberfoyle Dance
- £100 from the Transverse Myelitis Group.

We received fund matching from Bank of Scotland of £81.50.



It has been a successful year for grant funding with income of £5550 from Perth and Kinross Community Investment Fund, SCVO and Corra/Gov.

We received £910.02 from the Co-op in Auchterarder.

Reserves Policy

Reserves at the end of the year are £19,149.41 (2019: £28,570). The Trustees believe that £3,000 reserves are ample to allow for the timing difference between receipt and payment. The Trustees have met their target within the current financial year and will use the surplus funds to continue their activities within the current year.

FUTURE PLANS

For the time being we will continue providing our sessions via the Zoom platform due to the Covid-19 virus. We see this continuing until the end of our sessions in June 2021 and hope to return to our normal sessions in September 2021. The monthly Zoom sessions will be held as before, on a Monday morning and Wednesday evening. We plan to continue our monthly Mindfulness sessions as well as our weekly Relaxation and Neuro Physiotherapy Exercise sessions via Zoom. Our Counselling and Hypnotherapy sessions are available in this way at present.

We are also offering an Acupressure Pilot in January 2021 via Zoom.

We are investigating running a 'Living Well with a long-term Neurological Condition' course with support from neurological specialist nurses/OTs and physiotherapists.

APPROVAL

This report was approved by the trustees on 7th December 2020 and signed on their behalf by:

Name: Heather Wilson (Chair)
Trustee



Independent Examiner's Report to the Trustees of Neuro Central

I report on the accounts of the charity for the year ended June 30th 2020, which are set out on pages 8 to 13.

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

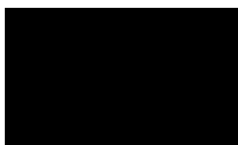
My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the 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.

Mr. William Adam



20th October 2020



Statement of Receipts and Payments for the year to 30th June 2020

	Note	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Receipts					
Donations	5	3740		3740	7991
Grants	6		5550	5550	18345
Membership		375		375	340
Fundraising	7	1937		1937	4976
		<u>6052</u>	<u>5550</u>	<u>11602</u>	<u>31652</u>
Payments					
Fundraising Costs		618		618	118
Charitable Activities	8	10402	9579	19981	12797
Purchase of Equipment		335		335	1300
Governance Costs					
Accounts Preparation Independent					150
Examination					100
Other		89		89	49
		<u>11444</u>	<u>9579</u>	<u>21023</u>	<u>14514</u>
Purchase of Fixed Assets					2249
Total Payments		<u>11444</u>	<u>9579</u>	<u>21023</u>	<u>16763</u>
(Deficit)/ Surplus for year		<u>(5392)</u>	<u>(4029)</u>	<u>(9421)</u>	<u>14889</u>



Statement of Balances as at 30th June 2020

	Unrestricted	Restricted	Total	Total
Note	Funds	Funds	2020	2019
	£	£	£	£
Funds Reconciliation				
Balance at 01 July 2019	22290	6280	28570	13680
(Deficit)/Surplus for year	(5392)	(4029)	(9421)	14890
Balance at 30 June 2020	16898	2251	19149	28570

Bank & Cash Balances

Cash at Bank	16898	2251	19149	28570
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Other Assets

Computers				1674
Tables & Chairs				675
Storage Cabinet	349		349	
	349	0	349	2349

Liabilities

Independent Examination Fee				50
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The Notes on pages 10 to 13 form an integral part of these accounts.

These accounts were approved by the trustees on Monday 7th December 2020 and signed on their behalf by:

Name: Jane Logan (Treasurer)

Trustee

Name: Heather Wilson (Chair)

Trustee



Independent Examiner's Report Notes to the Financial Statements for the year to 30th June 2020

1. Basis of preparation

The accounts have been prepared on the receipts and 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 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 as 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
- (b) No expenses were reimbursed to the trustees during the year
- (c) The charity's insurance policy includes trustee indemnity insurance cover for all of its trustees



Notes to the Financial Statements for the year to 30th June 2020 (continued)

5. Donations

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Donations- Individuals	1916		1916	2333
Donations - Organisations	1823		1823	5658
	3740		3740	7991

6. Grants

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Auchterarder Co-op				9591
SVE111				1990
Auchterarder Common Good Fund				1265
Strathearn Strathallan Decide Foundation Scotland				1500
Corra Foundation		2000	2000	2000
SCVO		500	500	500
Perth & Kinross Council		3050	3050	
		5550	5550	18346

7. Fundraising

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Easy Fundraising	139		139	106
Golden Giving	174		174	
Just Giving	292		292	
Fundraising	1333		1333	4870
	1938		1938	4976



Notes to the Financial Statements for the year to 30th June 2020 (continued)

8. Cost of Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Therapies/Activities	7032	9579	16611	9273
Hall Hire	882		882	496
Insurance				89
IT	1328		1328	371
Promotional Expenses	902		902	1753
Administration	258		258	723
Training				91
	10402	9579	19981	12796

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9, Movement in Funds

	As at 01/07/2019	Receipts	Payments	As at 30/06/2020
	£	£	£	£
Unrestricted Funds				
General Fund	22177	6052	11330	16900
Restricted Funds				
Auchterarder Trust	35			35
Auchterarder Co-op	5758		5758	0
SVE111	566		566	0
Foundation Scotland	56			56
Corra	365	2000	375	1990
SCVO	-500			-500
Co-op 20			890	-890
Cor Gov			1990	-1990
Perth & Kinross Council		3050		3050
SCVO		500		500
	6280	5550	9579	2251
Total Funds	28,457	11,602	20,908	19,151



Notes to the Financial Statements for the year to 30th June 2020 (continued)

10. Purpose of Funds

Unrestricted Fund	Unrestricted funds can be expended at the discretion of the trustees in furtherance of the objectives of the charity.
Auchterarder Trust	Funds towards the costs of therapy sessions and counselling.
Auchterarder Co-op	Funds towards the general activities of the charity.
SVE111	Funds towards the cost of therapy sessions and activities.
Auchterarder Common Good Fund	Funds towards the cost of well-being and exercise activities.
Strathearn Strathallan Decide	Funds towards the cost of therapy sessions and activities.
Foundation Scotland	Funds towards the costs of therapy sessions and physiotherapy.
Corra	Funds towards the cost of therapy sessions.
SCVO	Funds towards the cost of IT training.