

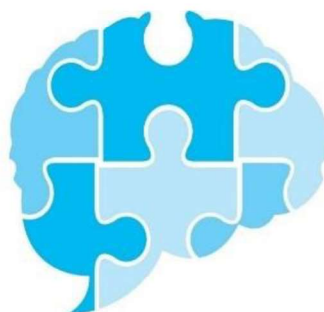
NEURO CENTRAL

A Scottish Charitable Incorporated Charity (SCIO)

Annual Report & Financial Statements

For the year ended

June 30th 2021





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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 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name Neuro Central

Charity Number SC046630

Principal Address 19 Braemar Grove
Dunblane
FK15 9EF

Website Address neurocentral.org.uk

Current Trustees



Chair
Vice Chair
Treasurer
Assistant Treasurer
Secretary

Independent Examiner



October 29th 2021



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

This past year has been dominated by the Pandemic and the slow lifting of restrictions as we all get offered our first, second and booster Covid vaccines. I'm sure many of us didn't foresee the restrictions lasting for so long, but I'm sure there



is light at the end of the tunnel as we slowly open up and return to meeting up in person. It is so good to finally be able to meet up in person and restart our sessions with our fantastic therapists, [REDACTED]

Interest in Neuro Central continues to grow despite the Pandemic, with us now having 113 members, 236 Facebook members and our Instagram account has also grown from 183 followers to 241. Thank you to [REDACTED] for monitoring this.

I would like to thank all our committee and volunteers for their input over the past year. They have really kept Neuro Central going through this unprecedented time. Hopefully as the pandemic recedes we will see Neuro Central return to full normality.

In this past financial year, we have held no face to face meetings and have had to adapt, like many other charities, using Zoom to continue to connect with our members. With thanks to [REDACTED] we have run Zoom catch up sessions for our members. Although this has not been ideal, one benefit has been for our members to continue to catch up with one another and meet other members from different areas.

We were able to continue to offer weekly Neuro Physio exercise classes lead by [REDACTED] from Neuro Physio Scotland, and we plan to continue these session for the foreseeable future via Zoom.

Our Neurological Physiotherapists have been on hand to provide support to our members who are in an acute flare up of their condition. We continue to offer immediate physiotherapy to our members to help them recover from relapse in their conditions. Many thanks to [REDACTED] and [REDACTED]

We have run weekly Relaxation sessions lead by [REDACTED]. I would like to thank [REDACTED] keeping these going and offering to continue to run these sessions.

Many thanks too to [REDACTED] for supporting our monthly Mindfulness sessions lead by [REDACTED]. These sessions will continue on the last Thursday evening of each month in Auchterarder. Members will meet in the church hall while [REDACTED] will attend via Zoom.

I would like to remind our members that we also have a Counsellor, [REDACTED], who has been available throughout this past year offering confidential face to face counselling therapy. Information on how to contact Harriet direct is on our webpage.

I hope you have noticed we have a new webpage. I would like to thank [REDACTED], our Secretary, his daughter [REDACTED] and our volunteer [REDACTED] for developing this. It was a huge undertaking and they have done a fantastic job! If you haven't looked at it please do so neurocentral.org.uk

You will all have had an email notifying you of changes to our constitution. The proposed change to our purpose was submitted to OSCR and approved by them. It, and the other changes to the constitution have now been approved by our members.

Our Purpose has changed to now read -

The organisation's purpose is to advance the health and wellbeing of people in Scotland who live with neurological conditions through access to high quality services and therapies, information and support for them, their carers and their families, in a friendly relaxed environment, so nobody has to feel alone.



FINANCIAL REVIEW

Fund Raising

Due to the Pandemic, Neuro Central's Fundraising events have taken a back stage for the time being.

The total income from donations for the year amounted to £6,074.
We received:

- Over £2,000 from ██████████ Mammoth Cycle Challenge
- Over £1,000 from ██████████ - West Highland Way
- £343 from Waitrose
- £500 Lodge St Servanus in Alva
- £300 Ineos
- Money from our member who have supported us via donations and standing orders

Our Grant Co-ordinator has been working hard this year. Many thanks to ██████████ and the whole committee for reviewing these applications before submission. We have been very fortunate to be supported by Perth & Kinross Council, Tesco, Forth Valley NHS and the Auchterarder Coop. The total received from all grants is £5,998.

Further information on amounts and restrictions can be found in our full accounts which can be asked for or found on the OSCR website once published.

Reserves Policy

Our current surplus at the end of the year is £24,127 (2020: £19,149). The Trustees believe that £18,000 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.

Many thanks to our Treasurer, ██████████ and Assistant Treasurer, ██████████ for their due diligence throughout the year.

FUTURE PLANS

In November we restarted our face to face sessions with extra precautions in place to best protect you.

For the time being we will continue providing our sessions via the Zoom for those members who do not feel comfortable to attend in person but still want to continue to keep in touch. They will need to tell us in advance in order for ██████████ to know whether to have the computer linked up.



The lead up to Christmas we are planning Samba Drumming lessons and a performance, pottery making classes and Christmas card making session in Auchterarder. This is funded by the Auchterarder Co-op. We plan to run Samba drumming classes and pottery making taster class in Stirling in 2022.

In the new year we plan to run a **Self-Management Programme** offering mental, physical & social support, with blended face to face and virtual therapies. This is funded by a grant from Perth & Kinross Community Investment Fund. We plan to have talks from

- Healthcare Professionals (eg Occupational Therapist, Dietician, Podiatrist, Mental Health First Aid, Physiotherapist)
- Therapeutic Counsellor
- Hypnotherapist / Relaxation
- Massage / Reflexologist
- Acupuncturist

We will offer our members therapies in person and virtual when appropriate. These sessions will enable our members to learn skills to Self-Manage their condition and its symptoms.

I'm hopeful as time passes, so will Covid and its restrictions, but for now we will need to follow government advice.

APPROVAL

This report was approved by the trustees on 6th December 2021 and signed on their behalf by:



Name: [REDACTED] (Chair)
Trustee



Neuro Central: SC046630 Independent Examiner's Report

I report on the accounts of the charity for the year ended 30th June 2021

Respective responsibilities of Trustees and Examiner

The charities trustees are responsible for the preparation of the accounts in accordance with 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 accounting records kept by the charity and a comparison of the accounts with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanation from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required of an audit, and consequently 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 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.





Neuro Central SC046630

Statement of Receipts and Payments for the year ended 30th June 2021

2020		2021		
		Unrestricted Funds	Restricted Funds	Total Funds
£	Receipts	£	£	£
2352	Donations Individuals	4578		4578
1823	Donations Organisations	1143		1143
5550	Grants		5998	5998
405	Membership	20		20
1472	Fund Raising	333		333
11602		6074	5998	12072
	Payments			
108	Fund Raising			
10280	Therapies	1859	3224	5083
4507	Activities	734	20	754
882	Hall Hire			
1813	Promotional Expenses	185		185
1746	IT	241	294	535
70	Training			
89	Insurance	89		89
1043	Admin and Sundries	448		448
335	Equipment			
50	Independent Examination			
20923		3556	3538	7094
-9321	Deficit/Surplus For year	2518	2460	4978
28570	Surplus b/f at 1st July 2020	18339	910	19249
19249	Surplus as at 30th June 2021	20857	3370	24227



Neuro Central SC046630

Statement of Balances as at 30th June 2021

£		£
28570	Balance at 1st July 2020	19249
-9321	Deficit/ Surplus for year to 30th June 2021	4978
19249		24227
£	Current Assets	£
19149	Cash at Bank	24127
100	Petty Cash	100
19249		24227
£	Other Assets	£
2684		2684

Restricted Grants

	B/f	Receipts	Payments	C/F
	£	£	£	£
PKC COVID		1696	1696	
Tesco		500	500	
NHS COVID		403	403	
COOP 20	20	3399	79	3340
PKC	890		860	30
	910	5998	3538	3370
Unrestricted Funds	18339	6074	3556	20857
Total Funds	19249	12072	7095	24227

These accounts were approved by the trustees on Monday 6th December 2021 and signed on their behalf by:

Name: [REDACTED] (Treasurer)
 Trustee

[REDACTED]

Name: [REDACTED] (Chair)
 Trustee

[REDACTED]