

## **NEURO CENTRAL**

**A Scottish Charitable Incorporated Charity (SCIO)**

**Annual Report and Financial Statements**

**For the period: From 01 July 2021**

**To 30 June 2022**





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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 30<sup>th</sup> 2022.

## Reference and administration details

<b>Charity Name</b>	Neuro Central	
<b>Charity Number</b>	SC046630	
<b>Principal Address</b>	19 Braemar Grove Dunblane FK15 9EF	
<b>Website Address</b>	<a href="http://neurocentral.org.uk">neurocentral.org.uk</a>	
<b>Current Trustees</b>	Heather Wilson Jackie Paterson Jane Logan Moira McDonald Paul Rimmer	Chair Vice Chair Treasurer Assistant Treasurer Secretary
<b>Other Trustees in the Period</b>	<i>None</i>	
<b>Independent Examiner</b>	David Brash	



## Structure, governance and management

### Type of governing document

Neuro Central is a Scottish Charitable Incorporated Organisation (SCIO). As such, we are governed by our constitution which is written to comply with the requirements of the Charities and

Trustee Investment (Scotland) Act 2005.

Within these requirements, it also meets the specific needs of our charity.

It is kept under review and was last amended at the Annual General Meeting in December 2021.

### Trustee recruitment and appointment

Neuro Central's constitution advises on the appointment of trustees. At each Annual General Meeting (AGM), the members may elect any member to be a charity trustee. 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.

In addition, the Board may at any time appoint any member to be a trustee, or any non-member with specialist experience and / or skills which could be of assistance to the Board.

The constitution allows for a minimum of three and a maximum of eleven trustees.

Neuro Central's application for incorporation as a SCIO was accepted by the Scottish Charity Regulator (OSCR) in June 2016. The trustees at the time were all people living with a neurological condition. This is still the case. We have now recognised that this is a situation that cannot continue if we are to maintain or increase the level of service to our members that we currently provide.

To that end, we are taking the following approach to recruiting more trustees:

- Direct advertising of the post
- Encouraging existing volunteers to consider become trustees

Our recruitment aims to reflect that, as a charity, we encourage diversity and welcome everyone. We will be looking for a willingness to accept this aim, an ability to



ensure good governance, and bring the skills we need meet our charitable purpose.

Suitable candidates will be co-opted on to the Board in accordance with the constitution and invited to stand for election at the subsequent AGM.

## Objectives and activities

### Charitable purposes

Neuro Central's purpose is stated in our constitution:

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.

### Summary of the main activities in relation to these objectives

We have two main activities to achieve our purpose.

We hold face-to-face meetings in Stirling and Auchterarder. These meetings generally take one of two formats:

- A regular social event where members are able to meet up, chat, have light refreshments and receive a therapy. These include massage therapy, reflexology and feet treatment. These meetings may also include a short talk for information or entertainment.
- A programme of events over a period to provide information on matters of interest to our members.

As with many other organisations, during the COVID pandemic, we had to take all our activities online. We have continued some of these. This allows those of our members who still have concerns about meeting face-to-face, and those who find it difficult to get to our meetings, to be involved and take part in neuro physio, relaxation and mindfulness sessions.



## Achievements and performance

Our significant achievement this year is that despite the presence of the continuing presence of the Covid virus and all the difficulties that the pandemic had caused, we continued to operate as an organisation supporting our members.

In July 2021, we still had concerns about the presence of the COVID virus in our communities. This was particularly relevant to Neuro Central as many of our members have compromised autoimmune systems and had been shielding. All of our previous events in 2021 had been held online using the Zoom video conferencing system. We were though aware that this did not suit the majority of our members. Many were keen, if not desperate, to get back to real contact in face-to-face meetings. Scottish Government guidelines at this time suggested to us that we could consider restarting such meetings in September 2021, and we worked on this basis. A specific set of precautions was prepared and issued to all members to enhance their safety.

There was always the concern that the virus would return in a virulent form. Fortunately, this didn't happen to the extent that it affected our plans. We restarted meetings at Stirling County Cricket Club on 20 September and in Auchterarder Parish Church Hall on 24 September. There was a certain level of apprehension but the enthusiasm for being back together was palpable.

These meetings were held regularly until the end of June 2022 (except for January) when we took our usual summer break.

We have continued with some online sessions which are open to all members with special consideration given to those who are not comfortable attending face-to-face meetings. These sessions included:

- Weekly neuro physio exercise from a Neuro Physio Scotland registered practitioner
- Weekly relaxation classes
- Monthly mindfulness top-ups
- 'Keeping in touch' - for general chat until the face-to-face meetings restarted.

Our Counsellor has been available throughout the year offering confidential counselling therapy. She has now moved away from Central Scotland but is still available to offer sessions either by telephone or online.

Neuro Central organised a major programme of ten fortnightly events in Auchterarder under the title of **Living Well with Neurological Conditions**. This was possible thanks to a grant from Perth and Kinross Community Investment Fund. It ran from February to June and covered a variety of topics including:

- Physiotherapy
- Getting the right benefits
- Talking Therapy
- Acupuncture / Acupressure
- Living better with neurological conditions
- Podiatry



- Art Therapy
- Mental Health First Aid
- Social Prescribing and Future Goals
- Writing for well-being

Participants were asked for feedback at the end of the programme. This was overwhelmingly positive and favourable to the extent that a similar programme is planned in Stirling in 2023.

Overall, interest in Neuro Central continues to grow. We have 122 registered members. We also have our private members-only Facebook group which is active with 251 members. Membership of this group includes those who support our aims and wish to follow our activities.

The trustees are very grateful for the efforts and enthusiasm of our committee and volunteers. None of what we have achieved this year would be possible without their involvement.

We have carried out on a volunteer recruitment campaign throughout the year. This has resulted in five new volunteers joining Neuro Central. There are though still more positions we would like to fill. We continue to promote our cause and look for support from volunteers to fulfil our aims and objectives.

## Financial review

### **Brief statement of the charity's policy on reserves**

The trustees have determined that a level of reserves equivalent to twelve months' necessary operating costs is appropriate for the charity. What that represents in monetary terms is determined annually from forecasts of the operating costs for the year ahead and a note included in the commentary to the annual accounts.

However, following the severe restriction placed on us by the Covid pandemic, we have reduced that to six months of basic operating cost.

The current assessment is that the level of reserves is set at £8,000.

The level of reserves held at 30 June 2022 is £8,000

We recognise that for we will need to make significant improvements in our levels of funds in the next period to maintain our viability. This approach is already underway.



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**Details of any deficit**

The balance brought forward at 01 July 2021 was £24,227.

This included £20,857 of unrestricted funds of which £18,000 was set aside as reserves.

The balance at 30 June 2022 is £24,227

This includes £16,686 of unrestricted funds of which £8,000 was set aside as reserves.

It is of note that although the overall situation shows a surplus of £2,017, the unreserved funds show a deficit of £4,171.

We depend on unrestricted funds for the funding of our core activities. As of 01 July 2022, there are sufficient funds (including the reserve) to maintain services to 30 June 2023. We recognise the necessity to raise funds to prolong our services beyond that date.

Neuro Central receives funds through four main sources:

- Membership fees (which we aim to keep to a minimum)
- Donations
- Fundraising
- Grant applications

Because of the restrictions placed on our activities by the Covid pandemic, we have been limited in our fundraising and grant applications. However, the trustees are confident that we will achieve sufficient funding in the coming year to sustain our operations.

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**Donated facilities and services**

*None*





## Additional Information on Grant Awards and Fundraising

During the year, we have been awarded the following grants:

- Perth & Kinross Community Investment Fund **£6,000**  
to run Living Well with Neurological Conditions course in Auchterarder
- Arnold Clark Community Fund Stirling **£2,000**  
to run a Living Well with Neurological Conditions course, Stirling
- Perth & Kinross Volunteer Fund **£2,000**  
to run a Mental Health First Aid course during autumn 2022.
- Coop: Local Community Fund Auchterarder **£4,014**  
to improve our members' mental well being

We are very grateful to be supported by the following who have fundraised for us

- David Wallace Double Ramsay Round **£600**
- Alan Wilson - Ineos Cycle **£250**
- Forth Valley Neurological Department **£690**  
through a sponsored walk on Dumyat

Thank you also to all those who support us with donations made as standing orders, one-off bank payments and cash given at sessions. We have received £2,694 this year.



## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

**Signature**

**Full name**

Heather Wilson

**Position**

Chair

**Date**

19 October 2022



## Independent Examiner's Report

# OSCR

Office of the Scottish Charity Regulator

<b>Independent examiner's report on the accounts</b> <span style="float: right;">v2</span>															
<b>Report to the trustees/members of</b>	Neuro Central														
<b>Registered charity number</b>	SC046630														
<b>On the accounts of the charity for the period</b>	Period start date														
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center;">Day</td> <td style="width: 25%; text-align: center;">Month</td> <td style="width: 25%; text-align: center;">Year</td> <td style="width: 25%;"></td> <td style="width: 25%; text-align: center;">Day</td> <td style="width: 25%; text-align: center;">Month</td> <td style="width: 25%; text-align: center;">Year</td> </tr> <tr> <td style="text-align: center;">01</td> <td style="text-align: center;">July</td> <td style="text-align: center;">2021</td> <td style="text-align: center;">to</td> <td style="text-align: center;">30</td> <td style="text-align: center;">June</td> <td style="text-align: center;">2022</td> </tr> </table>	Day	Month	Year		Day	Month	Year	01	July	2021	to	30	June	2022
	Day	Month	Year		Day	Month	Year								
01	July	2021	to	30	June	2022									
Period end date															
<b>Set out on pages</b>	(remember to include the page numbers of additional sheets)														
<b>Respective responsibilities of trustees and examiner</b>	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) 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.														
<b>Basis of independent examiner's statement</b>	My examination is 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 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 accounts.														
<b>Independent examiner's statement</b>	In the course of my examination, no matter has come to my attention <del>[other than that disclosed on the attached page*]</del> <ol style="list-style-type: none"> <li>1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> <li>• to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>• to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul>                     have not been met, or                 </li> <li>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</li> </ol>														
<b>Signed:</b>	Date: 28/09/2022														
<b>Name:</b>	David Brash														
<b>Relevant professional qualification(s) or body (if any):</b>	FMAAT														
<b>Address:</b>															



## Statement of Receipts & Payments

### STATEMENT OF RECEIPTS & PAYMENTS - YEAR ENDED 30TH JUNE 2022

	Unrestricted Funds	Restricted Funds	Total Jun-22	Jun-21
<b>RECEIPTS</b>				
Donations - Individuals	2,694		2,694	4,578
Donations - Organisations	280		280	1,143
Grants		13,629	13,629	5,998
membership	245		245	20
Fundraising	2,821		2,821	333
	6,040	13,629	19,669	12,072
<b>PAYMENTS</b>				
Fund raising				0
Therapies	8,018	2,835	10,853	5,083
Activities	185	2,524	2,709	754
Hall Hire	763	608	1,371	0
Insurance				89
IT	749	272	1,021	535
Promotional expenses				185
Training				0
Admin/Sundries	496	1,202	1,698	448
Equipment				0
Independent examination				0
	10,211	7,441	17,652	7,094
<b>TOTAL PAYMENTS</b>	10,211	7,441	17,652	7,094
<b>SURPLUS/-DEFICIT) FOR THE YEAR</b>	-4,171	6,188	2,017	4,978
<b>SURPLUS B/F FOR THE YEAR</b>	20,857	3,370	24,227	19,249
<b>SURPLUS C/F FOR THE YEAR</b>	16,686	9,558	26,244	24,227



## Statement of Balances

### STATEMENT OF BALANCES AT AT 30TH JUNE 2022

	<u>Total</u>	<u>Jun-21</u>
Balance 1st July 2021 - b/f	24,227	19,249
Surplus/Deficit	2,017	4,978
Balance 30th June 2022 - c/f	<u>26,244</u>	<u>24,227</u>
Current Assets		
Cash at bank	26,243	24,127
Petty cash	1	100
	<u>26,244</u>	<u>24,227</u>
Other Assets	2,249	2,249
Liabilities	0	0

<b>RESTRICTED GRANTS</b>	<b>B/F</b>	<b>Receipts</b>	<b>Payments</b>	<b>Adjust</b>	<b>C/F</b>
Arnold Clark Community Fund	0	2,000	0		2,000
Perth & Kinross Volunteer Fund	0	2,000	0		2,000
Auchterarder Co-op Community Fund	3,340	3,629	2,758		4,211
Perth & Kinross CIF	30	6,000	4,684		1,346
	<u>3,370</u>	<u>13,629</u>	<u>7,442</u>	0	<u>9,557</u>
<b>UNRESTRICTED FUNDS</b>	20,857	6,040	10,210	0	16,687
<b>TOTAL</b>	<u>24,227</u>	<u>19,669</u>	<u>17,652</u>	0	<u>26,244</u>



## Approval of Accounts

These accounts were approved by the trustees on Wednesday 19 October 2022 and signed on their behalf by:

**Name: Jane Logan (Treasurer)**

Trustee

**Name: Heather Wilson (Chair)**

Trustee