

April 20 - March 21

# Annual Report

PATHWAYS TRUST



Pathways Trust

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London, E2 9PA

Charity Number 1051845

+44 020 8980 6300

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# Report of the Trustees

## Review of activities

### Operations

The global Covid-19 pandemic struck the UK at the beginning of this reporting period, this has impacted the amount that Pathways has been able to be open to see clients over this financial year. While operations were affected by the pandemic, we have continued to provide crucial health and wellbeing support at a time of unprecedented need in Tower Hamlets. To adapt to the pandemic, we created some online content: three videos were made of our practitioners directing DIY treatment, which are now on our website and Youtube channel. We also ran some online self-massage and self-acupressure sessions with a small cohort from Mind in Tower Hamlets. We digitised our invoice system, petty cash and banking systems.



# Report of the Trustees

## Review of activities

### Key activities include:

- Pathways began a collaboration with Mind in Tower Hamlets, a mental health charity, using the funding provided by the Friends of St Clements Hospital, donated in 2006.
- Safeguarding policies were updated, and relevant staff had their DBS checks updated.
- We took on Tara Pollitt in July 2020 to help with admin and communications. She opened our social media accounts in August 2020.
- March 2021 Tara became our Operations Manager and took on more active responsibility and leading on projects.
- Pathways Trust reaped the benefits of taking on three new trustees in November 2020, namely; Julia Mahoney, Sarai Jacob-Whelan and Emily Cain.



# Report of the Trustees

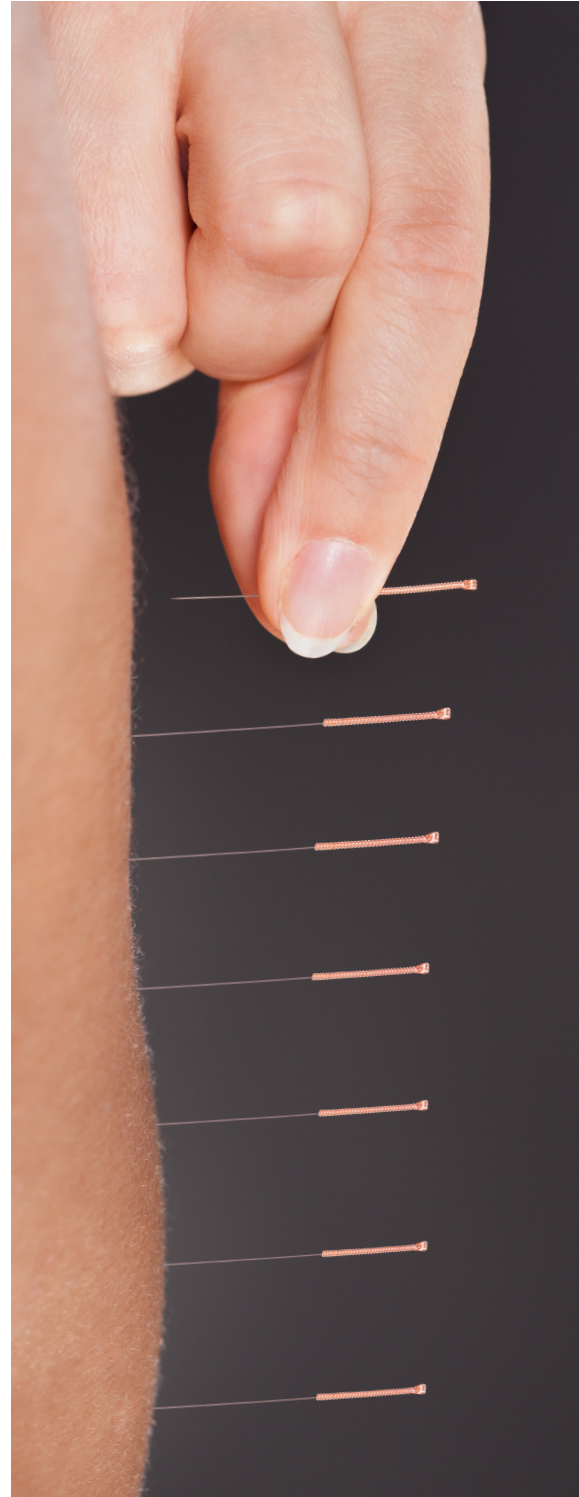
## Review of activities

### Board of Trustees

We were delighted to welcome the new trustees to the team, they have had a huge impact in galvanising new positive change in the charity. They have offered support to our Operations Manager Tara during her various tasks. Pathways Trust's board of trustees has continued to regularly revise our key policies, and has particularly focused on our safeguarding policies this year, as the focus of all of our therapies is on vulnerable groups in Tower Hamlets. The expanded board of trustees worked hard to review and update our business plan for the years 2021 - 2024.

### Fundraising

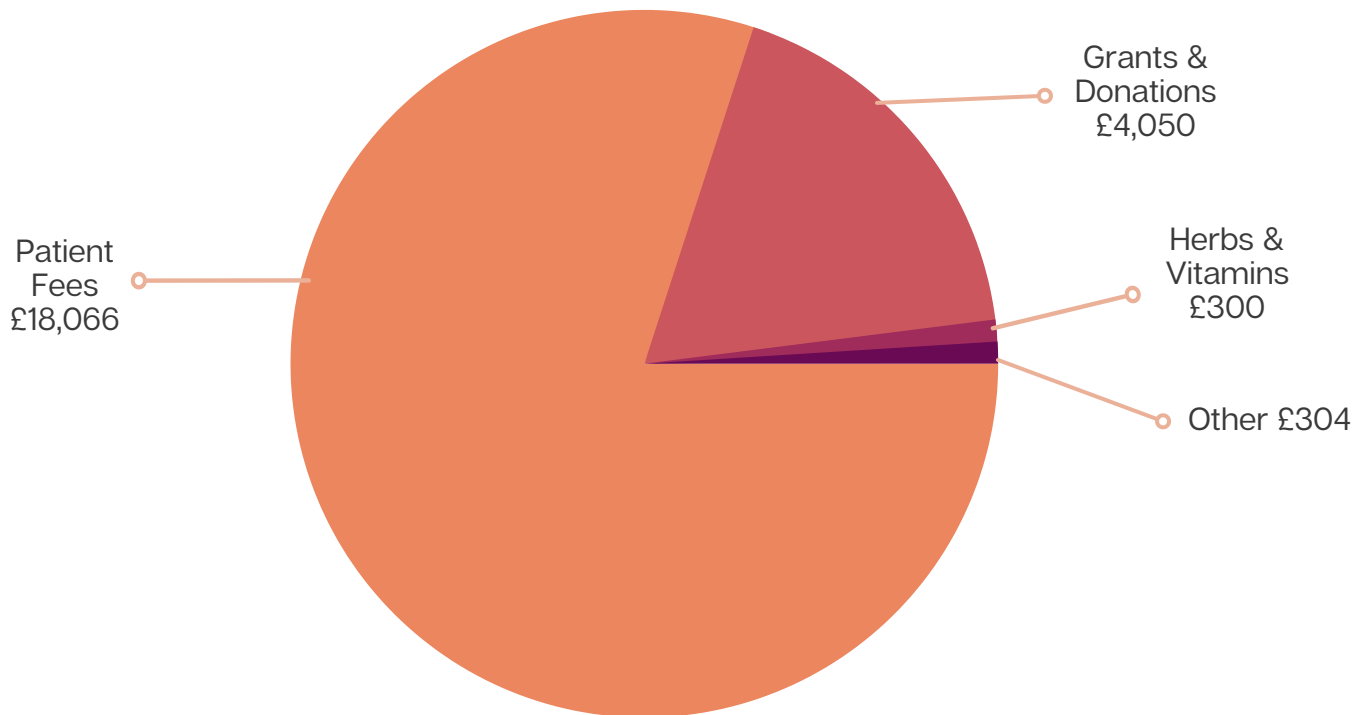
In July 2020 we were awarded the Discretionary Grants Scheme fund from Tower Hamlets Council which helped cover some of our income lost to the pandemic. Overall, this was a challenging year for funding.



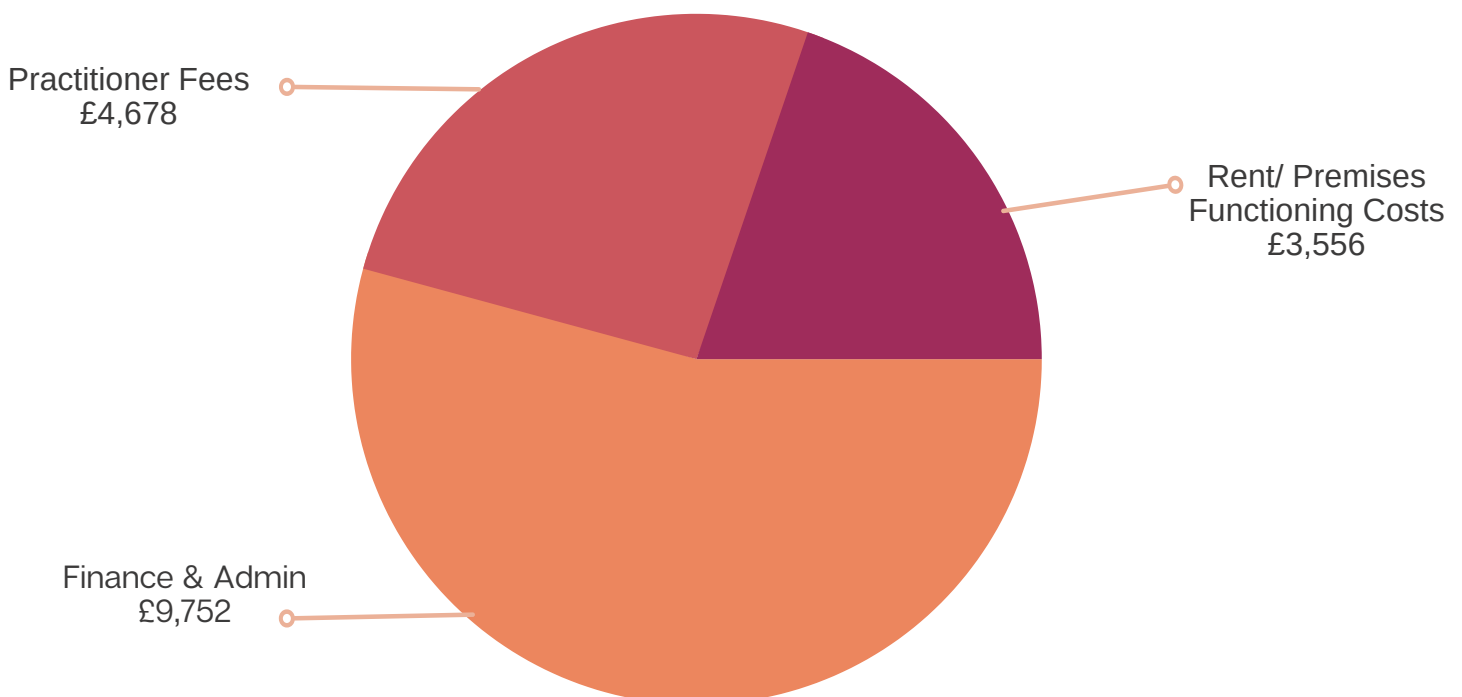


# Charity Statistics

INCOME APRIL 2020 - MARCH 2021 TOTAL: £22,720



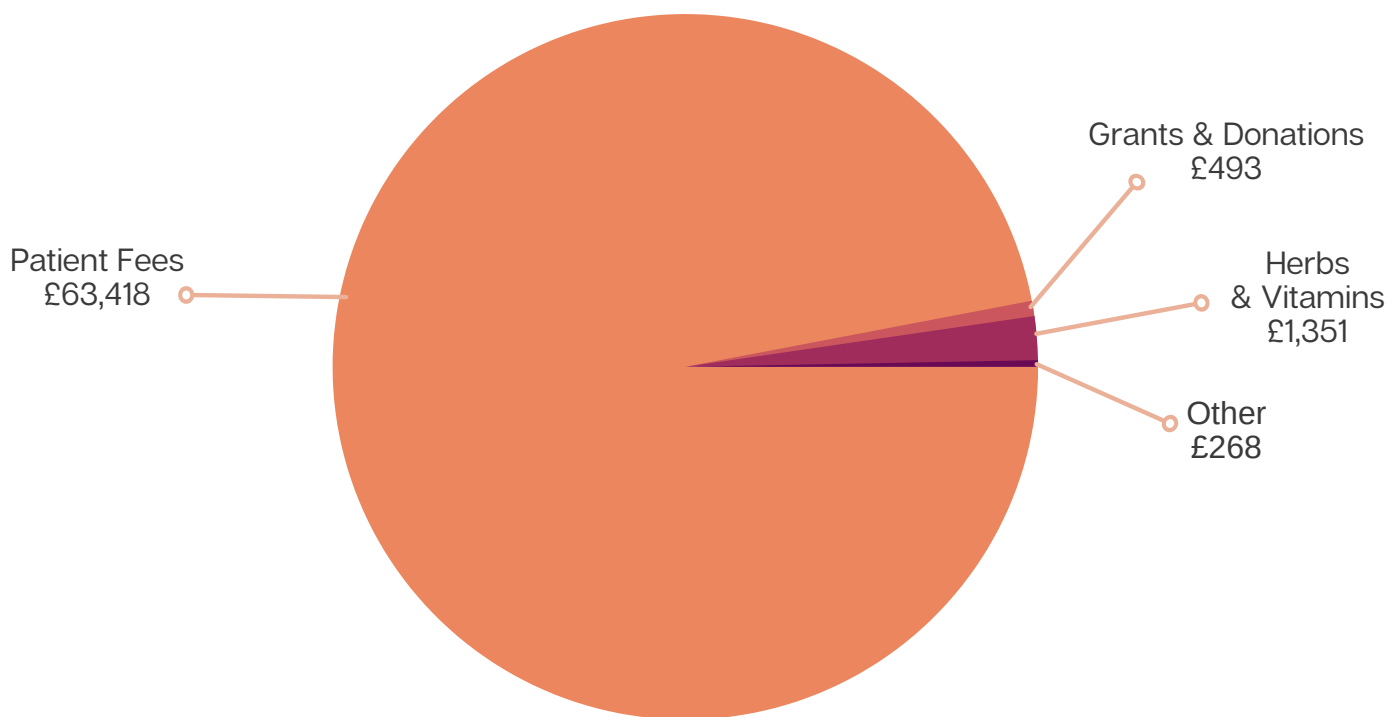
EXPENDITURE APRIL 2020 - MARCH 2021 TOTAL: £17,986



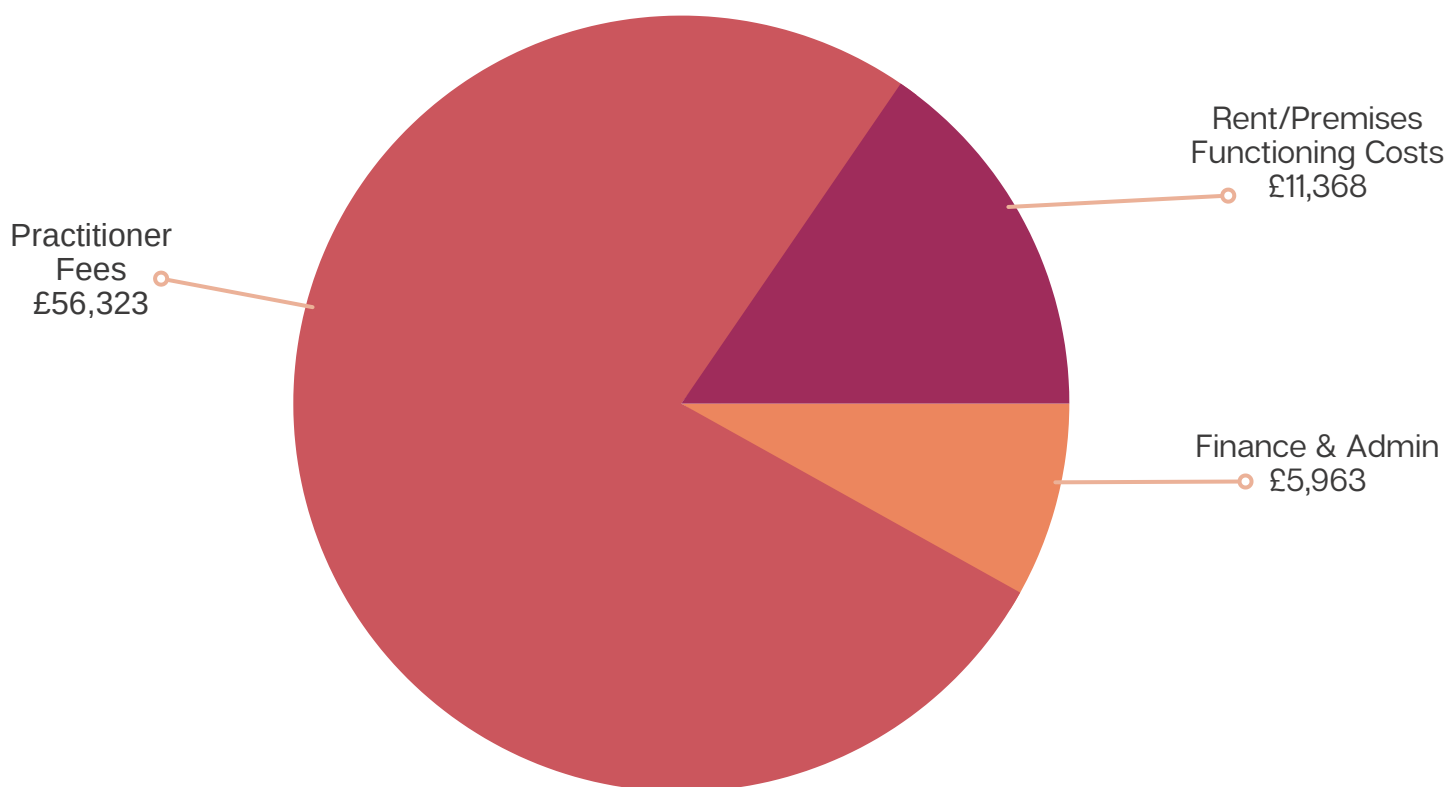
# Charity Statistics

(Before the Covid-19 pandemic)

INCOME APRIL 2019 - MARCH 2020 TOTAL: £65,531



EXPENDITURE APRIL 2019 - MARCH 2020 TOTAL: £73,654



**Reserve Policy & Risk Management**

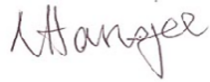
The trustees review their reserve policy periodically and aim to retain an adequate sum to ensure the continuity of its activities. This is to ensure that in the event of a significant drop in funding, the charity will be able to continue the charity current activities while consideration is given to ways in which additional funds may be raised. The trustees have drawn up a risk register which provides dates and details of action to be taken to reduce the risks faced by the charity. The charity also purchases a range of insurance.

Approved by the trustees on  
and signed by

Trustee  
Gwyneth Deakins



Trustee  
Nanoo Hansjee



Trustee  
Stewart Gregory Rayment



Trustee  
Julia Mahoney



Trustee  
Emily Cain



Trustee  
Sarai Jacob-Whelan (legally Sarai Jacob)



**Independent Examiner's Report**

To the Management Committee of Pathways Trust

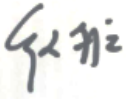
Financial Statements of Pathways Trust for the year ended 31 March 2021 , which is set out on page 5 to 13 and notes to the financial statement on page 7

**Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect: accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Man Hong Yuen  
Certified Accountant

Date



# Pathways Trust

## Statement of Financial Activities

(including summary income and expenditure account)  
for the year ended 31 March 2021

	Notes	2021	2021	2021	2020
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
<b>Income from:</b>					
Patients Fee		18,066	-	18,066	63,418
Grants and donations	(2)	4,050	-	4,050	493
Herb & Vitamin Sales		300	-		1,351
Other Income		304	-	304	268
<b>Total income</b>		<b>22,720</b>	<b>-</b>	<b>22,720</b>	<b>65,531</b>
<b>Expenditure on:</b>					
Administrative Work		8,597	-	8,597	5,303
Finance Work		1,155	-	1,155	660
Practitioner Work		4,663	-	4,663	56,323
Rent/Premises Costs		1,702	-	1,702	3,137
Website & Internet Network		515	-	515	1,059
Advertisment		171	325	496	154
Serveyor		300	-	300	-
Cleaning Service		308	-	308	312
Office Equipment & Furnishing		138	-	138	707
Bank Account Fee		69	-	69	60
Postage		29	-	29	-
Practitioner Meeting		15	-	15	-
Legal Fee		-	-	-	480
Purchase of Treatment Supplies		-	-	-	1,852
Couch Rolls		-	-	-	36
Therapy Needles		-	-	-	551
Insurance		-	-	-	444
Laundry		-	-	-	604
Utilities		-	-	-	1,262
Office Meeting Supply		-	-	-	50
Open Day		-	-	-	661
<b>Total expenditure</b>		<b>17,661</b>	<b>325</b>	<b>17,986</b>	<b>73,654</b>
Net gains/(losses) on investments		-	-	-	-
<b>Net income / (expenditure)</b>		<b>5,058</b>	<b>(325)</b>	<b>4,733</b>	<b>(8,123)</b>
<b>Transfers between funds</b>		<b>(6,000)</b>	<b>6,000</b>	<b>-</b>	<b>-</b>
<b>Other recognised gains/(losses):</b>					
Gains/(losses) on revaluation of fixed assets		-	-	-	-
Other gains/(losses)		-	-	-	-
<b>Net movement in funds</b>		<b>(942)</b>	<b>5,675</b>	<b>4,733</b>	<b>(8,123)</b>
<b>Fund balances brought forward</b>		<b>31,980</b>	<b>-</b>	<b>31,980</b>	<b>40,103</b>
<b>Fund balances carried forward</b>		<b>31,038</b>	<b>5,675</b>	<b>36,713</b>	<b>31,980</b>

All incoming resources and resources expended derive from continuing activities.

# Pathways Trust

## Balance sheet

as at 31 March 2021

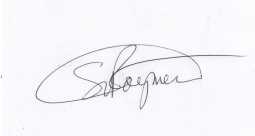
for the year ended 31 March 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Current assets</b>				
Cash at bank and in hand	(5) 31,038	5,675	36,713	37,622
<b>Total current assets</b>	<u>31,038</u>	<u>5,675</u>	<u>36,713</u>	<u>37,622</u>
<b>Current liabilities:</b>				
<b>amounts falling due within one year</b>				
Creditors and accruals	-	-	-	-
<b>Total current liabilities</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Net current assets / (liabilities)</b>	<u>31,038</u>	<u>5,675</u>	<u>36,713</u>	<u>37,622</u>
<b>Net assets</b>	<u>31,038</u>	<u>5,675</u>	<u>36,713</u>	<u>37,622</u>
<b>Funds</b>				
Unrestricted funds	10,000	-	10,000	31,980
Restricted funds	-	5,675	5,675	-
Designated funds	(4) 21,038	-	21,038	-
<b>Total funds</b>	<u>21,038</u>	<u>5,675</u>	<u>36,713</u>	<u>31,980</u>

For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved by the board of trustees on .....

Signed: ..  .... (Trustee)

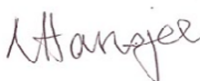
Name: Stuart Raymond .....



Emily Cain  
Trustee



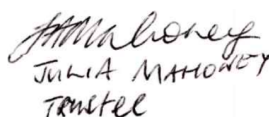
Gwyneth Deakins  
Trustee



Nanao Hansjee  
Trustee



Sarai Jacob  
Trustee



Julia Mahoney  
Trustee

# **Pathways Trust**

## **Notes to the accounts**

### **for the year ended 31 March 2021**

for the year ended 31 March 2021

#### **1 Accounting policies**

##### **Basis of accounting**

These accounts have been prepared under receipts and payments accounts. Pathways Trust is a non-company charity with gross incomes less than £250,000.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Going concern**

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

##### **Grants and donations**

Grants and donations are only included when the charity has unconditional entitlement to the resources. Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

## Pathways Trust

### Notes to the accounts continued for the year ended 31 March 2021

for the year ended 31 March 2021

#### 2 Grants and donations

	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
London Borough of Tower Hamlets Discretionary Grants Scheme	2,000	-	2,000	-
Other Donations	2,050	-	2,050	493
	<u>4,050</u>	<u>-</u>	<u>4,050</u>	<u>493</u>

#### 3 Restricted funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Mental Health Project	-	-	325	6,000	5,675
	<u>-</u>	<u>-</u>	<u>325</u>	<u>6,000</u>	<u>5,675</u>

#### 4 Designated funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Core Support Fund	-	-	-	21,038	21,038
	<u>-</u>	<u>-</u>	<u>-</u>	<u>21,038</u>	<u>21,038</u>

Fund name  
Core Support Fund

Purpose of designation  
To cover a shortfall in expected income for financial years 2021/2022 and 2022/2023.

#### Fund name

#### Purpose of restriction

London Borough of Tower Hamlets Discretionary Grants Scheme

Grant receive from local council to support businesses that had to close or had reduced trading due to COVID, no restrict on fund expenditure

Mental Health Project

Fund transferred from Pathways Trust Saving account, to help people with mental health problems through treating them with Chinese medicine and complementary health therapies. The project runs March 2021 - March 2022. To provide low cost and free complementary health treatments to those services users at Mind in Tower Hamlets and Newham, the mental health charity.

# Pathways Trust

## Notes to the accounts continued for the year ended 31 March 2021

for the year ended 31 March 2021

### 5 Cash at bank and in hand

	2021	2020
	£	£
Current Account	19,685	31,980
Saving Account	17,029	-
	<u>36,713</u>	<u>31,980</u>

### 6 Related party transactions

#### Trustee expenses

No trustee received any expenses during this year or the previous year.

1a

#### Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

2a

#### Remuneration and benefits received by key management personnel

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits received by the Chief Officer were £6,480.

3

No trustee received any remuneration or benefit in this capacity during this or the previous year.

## Pathways Trust

### Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 March 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	2020 Total funds £
<b>Income</b>						
Patients Fee	18,066	63,418	-	-	18,066	63,418
Grants and donations	4,050	493	-	-	4,050	493
Herb & Vitamin Sales	300	1,351	-	-	300	1,351
Other Income	304	268	-	-	304	268
<b>Total income</b>	<b>22,720</b>	<b>65,531</b>	<b>-</b>	<b>-</b>	<b>22,720</b>	<b>65,531</b>
<b>Expenditure</b>						
Administrative Work	8,597	5,303	-	-	8,597	5,303
Finance Work	1,155	660	-	-	1,155	660
Practitioner Work	4,663	56,323	-	-	4,663	56,323
Rent/Premises Costs	1,702	3,137	-	-	1,702	3,137
Website & Internet Network	515	1,059	-	-	515	1,059
Advertisement	171	154	325	-	496	154
Surveyor	300	-	-	-	300	-
Cleaning Service	308	312	-	-	308	312
Office Equipment & Furnishing	138	707	-	-	138	707
Bank Account Fee	69	60	-	-	69	60
Postage	29	-	-	-	29	-
Practitioner Meeting	15	-	-	-	15	-
Legal Fee	-	480	-	-	-	480
Purchase of Treatment Supplies	-	1,852	-	-	-	1,852
Couch Rolls	-	36	-	-	-	36
Therapy Needles	-	551	-	-	-	551
Insurance	-	444	-	-	-	444
Laundry	-	604	-	-	-	604
Utilities	-	1,262	-	-	-	1,262
Office Meeting Supply	-	50	-	-	-	50
Open Day	-	661	-	-	-	661
<b>Total expenditure</b>	<b>17,661</b>	<b>73,654</b>	<b>325</b>	<b>-</b>	<b>17,986</b>	<b>73,654</b>
Net gains/(losses) on investments	-	-	-	-	-	-
<b>Net income / (expenditure)</b>	<b>5,058</b>	<b>(8,123)</b>	<b>(325)</b>	<b>-</b>	<b>4,733</b>	<b>(8,123)</b>
<b>Transfers between funds</b>	<b>(6,000)</b>	<b>-</b>	<b>6,000</b>	<b>-</b>	<b>-</b>	<b>-</b>
<u>Other recognised gains/(losses):</u>						
Gains/(losses) on revaluation of fixed	-	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-	-
<b>Net movement in funds</b>	<b>(942)</b>	<b>(8,123)</b>	<b>5,675</b>	<b>-</b>	<b>4,733</b>	<b>(8,123)</b>
<b>Fund balances brought forward</b>	<b>31,980</b>	<b>40,103</b>	<b>-</b>	<b>-</b>	<b>31,980</b>	<b>40,103</b>
<b>Fund balances carried forward</b>	<b>31,038</b>	<b>31,980</b>	<b>5,675</b>	<b>-</b>	<b>36,713</b>	<b>31,980</b>





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Charity Number 1051845

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