

COMPASS THERAPY SUPPORT COMMUNITY LIMITED

FOR

31 DECEMBER 2024

**Company Registration Number SC122837
Charity Number SC014991**

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
ANNUAL REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

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**COMPASS THERAPY SUPPORT COMMUNITY LIMITED ANNUAL REPORT OF THE BOARD OF TRUSTEES FOR
THE YEAR ENDED 31 DECEMBER 2024**

The Trustees are pleased to present their annual Trustees' report together with the financial statements of the Charity for the year ended 31 December 2024 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS102).

Our vision is that through access to effective therapies and support, people living with neurological conditions can be empowered to lead their lives as they want to, achieving their dreams and ambitions, undeterred by their condition.

Our Mission is to build an inclusive and caring community where people living with neurological conditions can access beneficial therapies and services that are tailored to support their wellbeing and improve their quality of life.

The company's objects and principal activities are:

- i.To deliver co-ordinated, holistic and person-centred therapies and support services to people living with long-term neurological conditions and their families / carers assisting them in addressing the physical, psychological and emotional issues affecting them.
- ii.To work with, and for, people living with long-term neurological conditions actively engaging them in decisions that affect their lives with due regard to respect and choice, to develop social, mental and emotional confidence that empowers them to make informed choices about all aspects of their lives.
- iii.To improve physical, mental, emotional and social health and wellbeing of people living with long-term neurological conditions and their families / carers to achieve their potential and ensuring that they have the confidence and capacity to be active members and contributors in their local communities and society.
- iv.To offer therapies to people living with other long- or short-term health conditions where it is shown they may benefit from these and where there is sufficient capacity available.

The main activities employed to assist Compass Therapy Support Community Limited (TSC) in meeting its objectives in 2024 included the following:

- Provision of a facility where information and advice on self-management and wellbeing support are available to enable people living with neurological conditions and other long-term conditions, as well as their family and carers, help manage their lives.
- Specialist 1:1 neurological physiotherapy and 1:1 neurological rehabilitation service for people living with neurological conditions and other long-term conditions.
- Adapted specialised exercise (physical activity) classes are offered to people living with neurological conditions and other long-term conditions.
- Complementary therapies including acupuncture, reflexology, massage, myofascial release therapy, and foot care services.
- Free Fatigue and Management course for anyone to attend.

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- Oxygen therapy is available to people living with neurological conditions, other long-term health conditions and a wide range of other conditions including but not limited to, wound healing, post-surgical recovery, and radiation recovery.

Changes to the Board of Trustees

At the AGM on 30th May 2024, Miguel Herendez did not seek re-election and formally stood down from the board as a trustee and Treasurer. Current trustee, James Richardson was elected to replace Miguel as Treasurer at the AGM. The current Trustees would like to thank Miguel for all his skills and expertise as Treasurer and Trustee. Claire Maclaine was elected as a Trustee as of 29th March 2024.

The current Trustees would like to thank everyone for their contributions, commitment and all the hard work that they have put in over the years. The Charity is grateful to have an enthusiastic and hard-working team of individuals with relevant and complementing professional skill sets.

Working in partnership with the staff, all Board meetings continue to be attended by the management team. The CEO and Deputy CEO provide operational and strategic quarterly reports.

Although not part of the board, service user Professor Catherine Heyman has become Compass Therapy Support Community Limited's patron and representative.

Impact of Cost-of-Living Crisis

The cost-of-living crisis has created an extremely difficult and challenging working environment with ever-increasing operating costs. Additionally, our donor and supporters face rising bills and falling real incomes, constraining their ability to give at prior levels. With so many charities now competing for limited funds, in a reduced 'funding pool', this has meant we have had to work even harder in managing our finances and budgets. All of which has required an organisational and operational review to help us implement performance efficiencies, improve service and financial sustainability.

Service and Operational Review

We established a working group mid 2024 comprising of the management team (CEO and Deputy CEO) and three Trustees to lead, report and develop a plan. The work involved reviewing:

- Client needs, service delivery, and attendance levels.
- Income levels, income generation and fundraising approaches.
- Staff roles, remits, job descriptions and performance.
- Operational needs and skill gaps.

Difficult decisions were made but the review enabled us to assess the relevance and importance of a more relevant service, digital and technical developments and how we could diversify, improve performance, and explore new opportunities. As a relatively small, not for profit organisation operating in an ever-increasingly challenging economic environment, it is important more than ever for Compass Therapy Support Community Limited to be agile. To be able to renew itself, adapt and change quickly, to succeed in a rapidly changing environment, but at the same time maintain its organizational vision, mission, and values. The outcomes of this process are detailed in Developments in 2024.

Assessing Risk and Resilience

The Board of Trustees and the staff team have shown considerable resilience over the last few years of unprecedented trading conditions - adapting quickly, managing risks and finances, learning how to work in an agile manner. This has meant having a very honest review of what the Charity needs to operate in an agile and sustainable manner to ensure that we are diligent in our future planning.

A strong governance framework

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The Board of Trustees, along with a dedicated staff team have worked hard to provide strong leadership with a clear strategic direction.

With a raft of cost pressures due to inflation throughout 2023 and 2024, the charity maintained its therapies and support services and has been proactive in using new technologies to help it maintain and sustain its service provision. Over the year Compass Therapy Support Community Limited has achieved its broad strategic objectives and aims:

- build financial and staff stability to increase our impact, services, and client outcomes.
- become financially self-sufficient by providing our services to non-neurological clients.
- built capacity by investing in its infrastructure.

Although Compass Therapy Support Community Limited's official launch was in March 2022, we did not invest in any specialist support in branding and marketing. So, over this last year we have worked with Hinks Brandwise and one of our Trustees to help establish our branding and marketing material.

Developments in 2024

- Continued to build capacity by investing in our data and communication infrastructure - digital processes and systems, staff training and development, improving client online experience, data management and data security.
- Secured core funding to support sustainability and investment in services and service development.
- Improved client accessibility and availability to rehabilitation and technology. Providing independent access to Alter G treadmill and creating a new service in Shockwave Therapy.
- Created and implemented new branding guides and marketing material, including revision to our existing website. www.wearecompass.org.uk
- Developed and implemented a pilot Fatigue and Wellness programme for people living with neurological conditions.
- Delivery of a targeted marketing and awareness raising campaign to Health & Social Care services and Third Sector groups supporting people with neurological condition.
- Supported physiotherapy student placements.
- Implementation of Service Review outcomes – Organizational Restructure.
 1. Development of three new roles: part-time Business Development Officer; part-time Community Fundraising Officer; Full time Specialist Physiotherapist (Rehabilitation and Wellbeing).
 2. Revision of all staff roles and remits.
 3. Revision of service provision and service menu.
 4. Development of Fundraising Plan and Strategic Plan for 2025.
 5. Redundancy of two staff posts: Part-time Lead Physiotherapist; Full time Communications and Administration Officer.
- Completed a yearlong handover with the newly recruited Deputy CEO as part of succession planning. The current CEO's retirement is on 31st December 2024.
- Maintained Real Living Wage accreditation.

ACHIEVEMENTS AND PERFORMANCE

Achievements

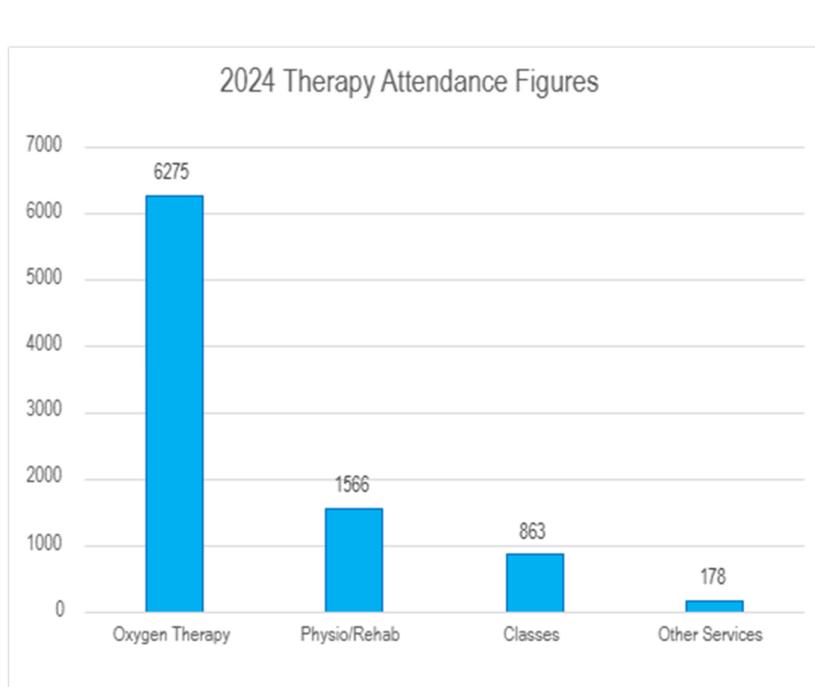
- Maintained services, our values and our purpose.
- Addressed how we will be sustainable in this new and challenging financial climate.
- Reacted to the cost-of-living crisis by adapting our strategic plan and income strategy accordingly.
- Worked collaboratively in responding to strategic plan, client needs, assessing operational risks, and in developing policies and practices.
- Successfully raised funds to sustain the charity and maintain and develop services.
- Maintained our relationships with clients, volunteers, and key external partners.

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Performance:

The Charity delivered a total of 8,882 subsidised therapies (2023: 10,905 subsidised therapies).

2024 Total Attendance	2023 Total Attendances	2022 Total Attendances	2021 Total Attendances	2020 Total Attendances	2019 Total Attendances
8,882	10,905	9158	7084	6639	9294



Total of 8,882 Therapy Attendances.

- 6275 Oxygen Therapy
- 1566 Physiotherapy & Rehabilitation
- 863 Group Exercise classes (face to Face and Live Stream)
- 178 Other services:

Complementary Therapies: Massage, Reiki, Reflexology, Nutrition Therapy, Foot Care, Wellbeing Support, Information & Advice, Peer Support.

New Neurological Client Demographics 2024

Edinburgh	Dunfermline	Haddington	Gorebridge
90.32%	3.87%	3.23%	2.58%

Gender:	Female	Male	Other
	57%	43%	0%

Neurological Conditions:

Multiple Sclerosis	23%
Long Covid	19%
ME/CFS	10%
Fibromyalgia	8%
Stroke	6%
Traumatic Brain Injury	3%
Parkinson's	3%
Dementia/Alzheimer's	1%

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Other long-term conditions 27%

The decline in demand for oxygen therapy has been largely influenced by the ongoing Cost-of-Living Crisis. Many of our clients have provided feedback indicating that financial constraints have made it more difficult for them to afford treatment, leading to a noticeable decrease in attendance. With rising costs affecting household budgets, clients are prioritising essential living expenses, which has directly impacted engagement with our services. Addressing this challenge may require increasing awareness of the long-term health benefits of oxygen therapy, as well as exploring further funding opportunities to support those who would benefit from continued treatment.

The Charity welcomed: a total of 393 new clients in 2024.

- 265 Neuro client: 23% MS, 19% Long Covid, 10% ME, 8% Fibro, 6% Stroke, 3% Brain Injury 3% Parkinsons 1% Alzheimer's/Dementia 6% FND and 21% Other.
- 128 non-neurological clients.

The Therapy Support Fund and Minimum Contribution System

In recognition of clear links between long-term health conditions, deprivation, lifestyle factors and the wider determinants of health it is the Charity's undertaking to never turn anyone away who needs its help as these can severely restrict a person's ability to access and afford vital support, therapies and services.

The Therapy Support Fund (TSF), established in 2017, operates to provide a subsidy on the cost of delivering our therapies through our minimum contribution scheme, and provides, where possible, additional support for those receiving means tested benefits. TSF helps in reducing the financial burden for people living with neurological conditions. The TSF provides a 50% subsidy on physiotherapy costs, and 20% on oxygen therapy and group classes costs. This helps provide clients with full and continuing access to all the charity's therapies and services. Funds raised through community fundraising activities, donations and grants from award giving bodies maintain The Fund.

Fundraising

The Charity would like to take this opportunity to thank all its members, clients, friends, and local groups for their support. The charity is extremely grateful for the support received from trust and foundations in support of the development the charity and its services: The National Lottery Community Fund, Garfield Weston Foundation, RS Macdonald Charitable Trust, Agnes Hunter Trust, The February Foundation, The Constance Paterson Charitable Foundation, Nancie Massey Charitable Trust, The Hospital Saturday Fund, J K Young Endowment Fund, James Wood Bequest Fund, Johnston Smillie Charitable Trust, Lennox Hannay Charitable Trust, Nancy Roberts Charitable Trust, P F Charitable Trust, Russell Trust, The Tillyloss Trust, The Earl of Eldon Charity, Ward Family Charitable Trust and Sir Jules Thorn Charitable Trust.

Health & Social Partnership Direct Award

Throughout 2023, the Charity benefited from a Direct Award from the City of Edinburgh Health & Social Partnership to provide advice, support and therapies for people living with neurological conditions in the Edinburgh Area. This existing agreement expired on 31st March 2024. The award application and assessment process changed substantially in 2024, which presented many challenges, regrettably despite a great deal of work by the management team, we were unable to secure an award for 2024/2025.

Risk Management

The Board of Trustees regularly undertakes a review of the risks to which the Charity is exposed, particularly business, operational and financial risks. The Charity has introduced procedures and reporting regimes to mitigate and manage risks. Internal control systems are designed to meet the Charity's operating needs, the risks to which it is exposed and to provide reasonable assurance against misstatement or loss. The Charity

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ensures disclosure checks are carried out on all new staff and volunteers, and the Health and Safety policy outlines procedures to ensure compliance with health and safety of staff, volunteers, clients, and visitors to the centre. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Other policies are in place covering the Protection of Vulnerable Adults, GDPR-data protection, complaints, confidentiality, handling and retention of disclosure information, volunteering, and equal opportunities. The Charity operates regular procedures to monitor the receipt of income and both revenue and capital expenditure.

Future Plans

Compass Therapy Support Community Limited is committed to building financial and human capacity to expand its impact, services, and client outcomes. Enhancing its brand and reputation as a leader in self-management support and care remains a priority. By forging strategic alliances, Compass Therapy Support Community Limited aims to increase its influence and ability to act effectively in the evolving health and social care landscape.

Our Aim and Objectives for 2025:

AIM:

- Provide business sustainability through organisational restructure to stabilise and improve operational performance, financial viability and service efficiency.

OBJECTIVES:

Identify and focus on a few core priorities with a willingness to reprioritise or modify quickly:

- **Increase Exposure.** Raise Awareness & Profile – utilising new specialist skill sets in communication and marketing. Increase and expand our reach and know our market to respond to clients and market changes quickly.
- **Generate Income.** Increase therapy income and funding – utilising new specialist skill sets in communication, marketing and community fundraising to create networks and relationships, and deliver material to promote services and community fundraising activity.
- **Stabilise costs.** Efficient and transparent planning and decision-making: monitoring and managing operational schedules, expenditure, financial and service analysis, staff work planning and service delivery.
- **Maintain staff and volunteer base.** Engaging staff with the right skills and competencies to help drive and manage performance, efficiencies and change. Continue to recruit volunteers and provide the appropriate training.
- **Develop networks.** Create, maintain and sustain relationships and communication links with key community and statutory stakeholders.

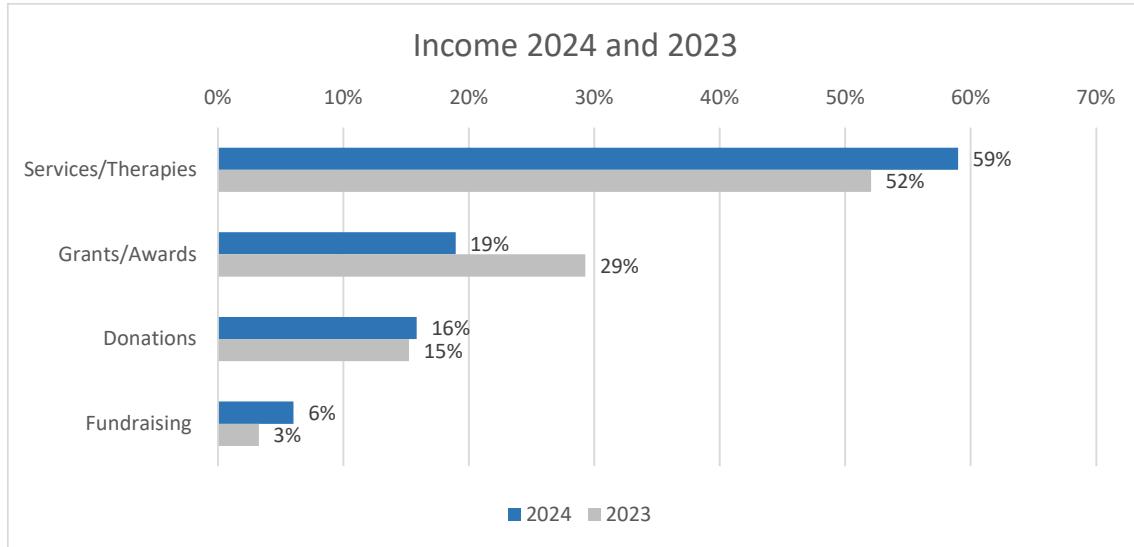
Through these strategies, Compass Therapy Support Community Limited is committed to evolving in a challenging environment, ensuring it remains impactful, sustainable, and responsive to client and community needs.

The charity's restructure is an opportunity implementing changes that will ensure Compass Therapy Support Community Limited remains responsive to market changes and secures its long-term sustainability.

Financial Review

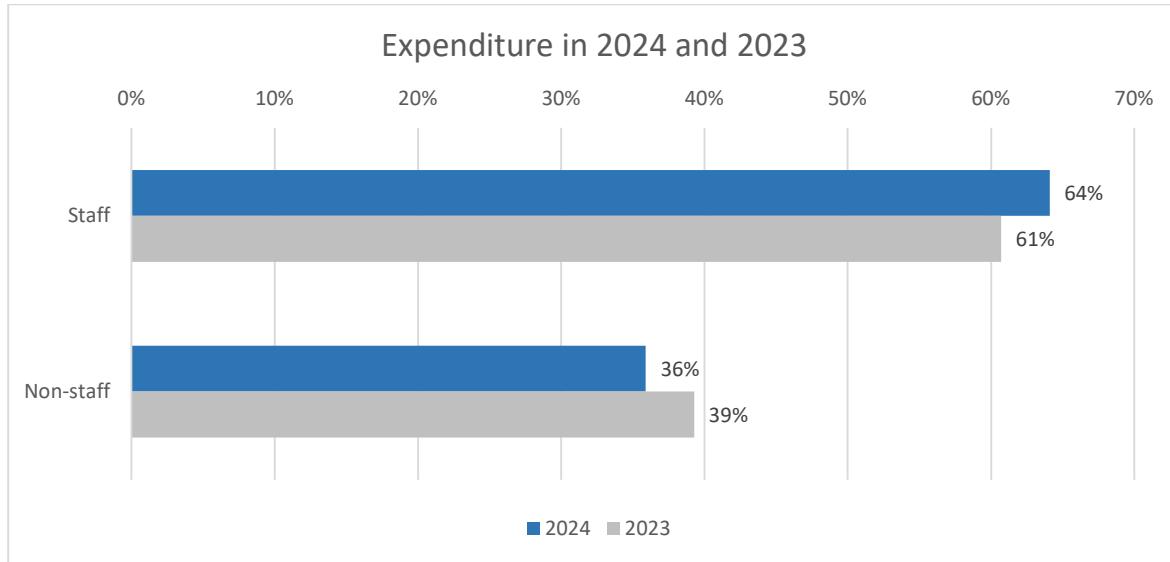
Total income for the year was £350,658 (2023: £451,664). A breakdown of the main categories of income is shown overleaf. Fundraising 6%; Donations; 16% Grants/Awards 19%; Services/Therapies: 59%.

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Services and Therapy income, although a higher proportion of overall income has fallen by £28,000 in 2024 and Grants/Awards have also fallen significantly by £66,000, notably, loss of HSCP funding and ending of the three year project funding by the National Lottery Community Fund for our rehabilitation and wellbeing post. Donations and fundraising income has fallen in total compared to the prior year reflecting the ongoing challenging environment as a result of the cost of living crisis.

Total expenditure for the year was £468,762 (2023: £412,384) of which 64% (2023: 61%) was staff costs and 36% (2023: 39%) was non-staff costs.



The significant increase in expenditure is in part due to inflationary pressures (especially energy costs), but mainly due to an increase in staffing costs (including redundancy costs of £16,212) following a staffing restructure. The net result for the year was a deficit of £118,104.

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Reserves Policy

A portion of the reserves is designated for emergency or planned expenditure. The Board of Trustees considers that 3-6 months of operating costs is an appropriate level of general funds to maintain under normal operations. With the current cost of living crisis these funds are being carefully monitored and general funds supplemented where possible through grants and government aid programmes to ensure the Charity can sustain service delivery during these challenging times.

At the end of 2024 restricted funds stood at £29,706 (2023: £51,515). Unrestricted funds stood at £194,282 (2023: £290,577), of which £125,000 is designated for emergency and urgent Barochamber repair, improvement, or replacement. The Charity's costs are currently in the region of £34,000 per month of which some £19,000 relates to salaries and pensions. The general funds at 31 December 2024, were £69,282 which represents a reserve of around 2 months running costs. The Board are aware that the level of free reserves has fallen below the policy in 2024 due to challenging circumstances with the continuing cost of living crisis. The situation will be closely monitored in 2025 and the Board are hopeful, following a staffing restructure and review of service delivery, that the reserves can be stabilised and return closer to the target level.

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Reference and administrative details

Charity Name	Compass Therapy Support Community Limited
Company Number	SC122837
Charity Number	SC014991
Registered office & Operational Address	Unit 40c Swanfield Edinburgh EH6 5RX
Independent Examiner	Kevin Cattanach CA Whitelaw Wells Chartered Accountants 9 Ainslie Place Edinburgh EH3 6AT
Bankers	The Royal Bank of Scotland 2 Bernard Street Edinburgh EH6 6PU
Directors/Board of Trustees	Charlotte Encombe, Chair Daniel Baigrie, Vice Chair Carole Macartney Miguel Hernandez – (resigned 30 May 2024) James Richardson, Treasurer Louise Murray Ruth Saunders, Secretary – (appointed 29 March 2024) Claire Maclaine – (appointed 29 March 2024)
Company Secretary	Carole Macartney (resigned 17 July 2024) Ruth Saunders – (appointed 17 July 2024)
Chief Executive Officer	Nancy Campbell (retired 31 December 2024) Genevieve Harrison (1 January 2025-current)

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Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 9 February 1990, and registered as a Charity on 28 September 1994. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1. Multiple Sclerosis Therapy Centre Lothian Limited was formerly known as Lothian Friends of ARMS Limited but changed its name on 12 February 1999.

The Memorandum and Articles of Association of the charitable company were updated by Special Resolution on 21 June 2021 to adopt revised charitable purposes to reflect more accurately the current aims of the Charity, to reflect OSCR guidance relating to the use of digital communication and technology for holding meetings and to adopt the proposed change to the operating name of the charity to Compass Therapy Support Community Limited. This was undertaken in full consultation with the members and complying with the regulations as set out by the Office of the Scottish Charity Regulator.

Recruitment and Appointment of Board of Trustees

The original members of the company consisted of the Founder member and ordinary members. The Founder member was ARMS (Multiple Sclerosis Research) Limited, but this no longer operates, and therefore now the company members consist of members, who are any persons with MS or an interest in promoting the objects of the company as admitted to membership by the Board of Trustees. The Board of Trustees is selected from the members of the company and external advertising.

The members of the Board of Trustees, including the directors of the company, are Charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association, the members of the Board of Trustees are elected to serve for three years. They must take a break after three terms.

The Board of Trustees seeks to ensure that the needs of people with neurological conditions are appropriately reflected through the diversity of the trustee body, with a mix of members with neurological conditions and those who, though not themselves, diagnosed with neurological condition have an interest in the aims of the Company, and can offer appropriate business, clinical or other relevant skills. All members, apart from employees, are eligible to become members of the Board.

Trustee Induction and Training

Many new Trustees are already familiar with the practical work of the Charity having either used the facilities or volunteered to help in the operation of the Centre prior to taking up a Trustee role.

New Trustees are invited and encouraged to attend a series of short briefing sessions to familiarise themselves with the Charity and the context within which it operates. These are led by the Chair of the Board of Trustees and the Chief Executive Officer and will cover:

- The obligations of Board of Trustees members.
- The main documents which set out the operational framework for the Charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

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Information is provided drawing from the various Charity Regulator publications, and this will be distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

Trustees are encouraged to attend appropriate training events and any notes from these are circulated to other Trustees to ensure the key learning points are shared.

Organisational Structure

The Charity has a Board of Trustees of up to 11 members who meet every three months, on a formal basis. Trustees will be invited to contribute their skills and expertise in agreed sub-groups for certain projects. In addition, the office-bearers communicate regularly for the purposes of taking forward specific work areas. The Board of Trustees is responsible for the strategic direction and policy of the Charity.

A scheme of delegation is in place. Day-to-day responsibility for the provision of the services rests with the Chief Executive Officer, who oversees operational management of the Centre and individual supervision of the staff team, carries out fundraising activities, and ensures that the team continues to develop their skills and working practices in line with good practice.

The Board of Trustees would like to acknowledge the continued and valued contribution to the smooth running of the centre from its dedicated group of volunteers. Volunteers contribute to all aspects of service delivery from supporting the operation of the oxygen chamber, essential maintenance and repair and cleaning and hygiene input. The Board of Trustees is also acting in a voluntary role and make considerable input to the direction of the Centre. In 2024 volunteer time contribution amounted to the equivalent of some £100,750. This can be broken down to £28,500 operational volunteer time and £72,250 Trustees' input. As at December 2024 there were 19 active volunteers, excluding 7 Trustees.

Related Parties

In so far as it is complementary to the Charity's objects, the Charity is guided by both local and national policy. The Charity is a member of the Neuro Therapy Network (NTN), formerly MS National Therapy Centres (MSNTC) an umbrella Charity registered in England and Wales and in Scotland. As a member of NTN, the Charity benefits from the provision of national standards for the delivery of oxygen therapy. NTN holds Open Meetings around the UK to enable Centres to communicate and share ideas and best practice. The representation of other Centres within this group has proved invaluable to the Charity in establishing improved links within the MS community and identifying relevant policy developments and prospective treatments and how they may be funded. The charity is also an active member of: The Alliance: The Health and Social Care Alliance Scotland; The Neurological Alliance; Voluntary Health Scotland; Self-Directed Support Scotland: Scottish Council of Voluntary Organisations: Edinburgh Council for Voluntary Organisations.

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RESPONSIBILITIES OF THE BOARD OF TRUSTEES

The Charity Trustees (who are also the directors of Multiple Sclerosis Therapy Centre Lothian Limited for the purposes of company law) are responsible for preparing a directors' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Signed by order of the Board of Trustees:



Charlotte Encombe
Trustee/Chair

James Richardson
Trustee/Treasurer

Registered office:
Unit 40C, Swanfield
Edinburgh EH6 5RX

Approved by the Board of Trustees on 18th June 2025

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMPASS THERAPY SUPPORT COMMUNITY
LIMITED
FOR THE YEAR ENDED 31 DECEMBER 2024

I report on the accounts of the Charity for the year ended 31 December 2024 which are set out on pages 14 to 30.

Respective Responsibilities of Trustees and Examiner

The Charity Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charity and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Charity's Trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Charities Accounts (Scotland) Regulations 2006 (as amended) 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.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 the course of my examination, no matter has come 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, Regulation 4 of the 2006 Accounts Regulations (as amended) and sections 381, 382 and 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations (as amended)

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.


.....
Name: Kevin Cattanach

Relevant Professional Qualification: Chartered Accountant (ICAS)

On behalf of Whitelaw Wells

9 Ainslie Place

Edinburgh, EH3 6AT

Date: 18th June 2025

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INCOME AND EXPENDITURE ACCOUNT INCORPORATING THE STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 DECEMBER 2024

	Note	Unrestricted	Restricted	2024	2023
		£	£	£	£
INCOME					
Income and endowments from:					
Donations and legacies	2	51,647	3,850	55,497	68,797
Charitable activities	4	250,939	22,260	273,199	367,325
Other trading activities	3	21,153	-	21,153	14,718
Investments		809	-	809	824
		—————	—————	—————	—————
TOTAL INCOME		324,548	26,110	350,658	451,664
EXPENDITURE					
Expenditure on:					
Raising funds	7	32,607	-	32,607	25,204
Charitable activities	7	391,842	44,313	436,155	387,180
		—————	—————	—————	—————
TOTAL EXPENDITURE		424,449	44,313	468,762	412,384
NET (EXPENDITURE)/INCOME FOR THE YEAR BEFORE TRANSFERS		(99,901)	(18,203)	(118,104)	39,280
Transfers	18,19	3,606	(3,606)	-	-
		—————	—————	—————	—————
NET MOVEMENT IN FUNDS		(96,295)	(21,809)	(118,104)	39,280
Reconciliation of Funds:					
Balances brought forward at 1 January 2024		290,577	51,515	342,092	302,812
		—————	—————	—————	—————
Balances carried forward at 31 December 2024		194,282	29,706	223,988	342,092
		—————	—————	—————	—————

The Charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the Charity are classed as continuing.

The notes on pages 17 to 30 form part of these financial statements.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED

**BALANCE SHEET
AS AT 31 DECEMBER 2024**

	Note	£	2024	2023
FIXED ASSETS				
Tangible assets	11		109,627	138,534
			<hr/>	<hr/>
CURRENT ASSETS				
Stock		2,090	1,981	
Debtors	12	6,796	6,406	
Cash at bank and in hand		150,459	241,530	
		<hr/>	<hr/>	<hr/>
CREDITORS: amounts falling due within one year	13	159,345 (19,079)	249,917 (14,960)	
		<hr/>	<hr/>	<hr/>
NET CURRENT ASSETS			140,266	234,957
			<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES			249,893	373,491
			<hr/>	<hr/>
CREDITORS				
Amounts falling due after more than one year	14		(25,905)	(31,399)
			<hr/>	<hr/>
NET ASSETS			223,988	342,092
			<hr/>	<hr/>
FUNDS				
Unrestricted:				
Designated funds	18	125,000	125,000	
General funds	18	69,282	165,577	
		<hr/>	<hr/>	<hr/>
		194,282	290,577	
Restricted Funds	19		29,706	51,515
			<hr/>	<hr/>
		223,988	342,092	
			<hr/>	<hr/>

In preparing these financial statements:

- (a) The Directors are of the opinion that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.
- (b) The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006, and
- (c) The Directors acknowledge their responsibilities for:
 - (i) Ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006, and
 - (ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395, and which otherwise comply with the requirements of this Act relating to the accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Trustees on 18th June 2025, and are signed on their behalf by:



Charlotte Encombe



James Richardson

COMPASS THERAPY SUPPORT COMMUNITY LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2024

	<u>Note</u>	<u>2024</u> £	<u>2023</u> £
Cash flows from operating activities:			
(Decrease)/Increase in cash from operating activities	5	(68,193)	85,904
		_____	_____
Cash flows from investing activities:			
Interest received		809	824
Purchase of tangible fixed assets		(19,206)	(55,856)
Proceeds from disposal of assets		1,735	-
		_____	_____
Net cash used in investing activities		(16,662)	(55,032)
		_____	_____
Cash flows from financing activities:			
Repayments of borrowings		(6,216)	(6,216)
		_____	_____
Net cash (used in) financing activities		(6,216)	(6,216)
		_____	_____
(Decrease)/Increase in cash and cash equivalents in the year		(91,071)	24,656
		_____	_____
Cash and cash equivalents at the beginning of the year		241,530	216,874
		_____	_____
Cash and cash equivalents at the end of the year		150,459	241,530
		_____	_____

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of accounting

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Compass Therapy Support Community Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless stated in the relevant accounting policy note(s).

Preparation of the accounts on a going concern basis

The Directors, as stewards of the charity, have a responsibility to act in its best interests while demonstrating due care and diligence. The charity's finances and reserves have been effectively managed through consistent monthly financial monitoring and modelling, alongside proactive collaboration with fundraising consultants to secure core funding, recovery grants, and development awards. These efforts have helped sustain services and support future planning.

Throughout 2024, the Directors have remained committed to openness and transparency, keeping clients, staff, partners, and funders informed about ongoing challenges and the board's response. In navigating these unprecedented times regarding the cost-of-living crisis, the charity has demonstrated resilience by swiftly adapting, managing risks and finances effectively, and planning for long-term sustainability.

The Directors have provided strong leadership and a clear strategic vision, ensuring the charity remains financially stable. They continue to make decisions collectively, maintaining robust reporting structures and clear lines of accountability when delegating responsibilities. To support effective financial management and decision-making, appropriate mechanisms are in place. The Directors' going concern assessment of budgets and cash flow forecasts covers a period of at least 12 months from the date the financial statements are signed, confirming the charity's ability to operate on a going concern basis.

Income

All income is included in the Statement of Financial Activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Income from donations and legacies includes all income that is in substance a gift, made to the Charity on a voluntary basis. This is included in full in the Statement of Financial Activities when receivable. Membership income and gifts in kind are included when received. Gifts in kind are valued at a price the Charity would have to pay in the open market for the equivalent item. Grants of a general nature, where entitlement is not conditional on delivery of a specified level of service, are recognised when the Charity becomes unconditionally entitled to the grant. A legacy, in whole or part, is only considered probable when the amount can be measured reliably, and the Charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the Charity, or the Charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES (cont'd)

- Income from charitable activities includes fees for treatment therapies and income earned both from the supply of services under contractual arrangements and from performance-related grants which have conditions that specify the provision of particular services to be provided by the Charity.
- Grants where related to performance and specific deliverables, are accounted for as the Charity earns the right to consideration by its performance.
- Income from other trading activities includes income earned from both trading activities in order to raise funds for the Charity and income from fundraising events and is recognised when receivable.
- Investment income is included when receivable.

Expenditure

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay. All costs have been directly attributed to one of the functional categories of resources expended in the Statement of Financial Activities. The Charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

- Expenditure on raising funds includes all expenditure incurred by a Charity to raise funds for its charitable purposes. It includes the costs of all fundraising activities and events and the sale of bought in goods.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be directly attributed to such activities and those of an indirect nature necessary to support them including costs related to the governance of the Charity.

The value of services provided by volunteers has not been included in these accounts as the monetary value is not easily measured.

Support costs are those functions that assist the work of the Charity but do not directly undertake charitable activities. Support costs include finance, personnel, payroll and governance costs which support the Charity's activities. The bases on which support costs have been allocated are set out in note 9.

Stocks

Stocks are valued at the lower of cost and net realisable value.

Tangible Fixed Assets

Assets are initially included at cost. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	-	20% straight line
Fixtures & fittings	-	20% straight line
Property improvements	-	20% straight line

The Charity capitalises items above £500.

Designated Funds

Designated funds are unrestricted funds designated by the Board of Trustees for a specific purpose.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES (cont'd)

Unrestricted Funds

Unrestricted funds are grants and other income receivable or generated for the objects of the Charity without further specified purpose and are available as general funds.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor.

Operating lease agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against income on a straight-line basis over the period of the lease.

Pensions

The Charity operates a defined contribution pension scheme for all employees who have opted to participate. The assets of the schemes are held separately from those of the Charity in an independently administered fund.

Barochamber

The costs of the Barochamber were written off to the income and expenditure account in the year of purchase.

2. INCOME FROM DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	53,988	66,257
Gift Aid	1,509	2,540
	—————	—————
	55,497	68,797
	—————	—————

Income from donations and legacies was £55,497 (2023: £68,797) of which £51,647 (2023: £64,797) was unrestricted and £3,850 (2023: £4,000) was restricted.

3. INCOME FROM OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising - events	984	2,824
Other fundraising	17,616	9,875
Merchandise & refreshment sales	2,553	2,019
	—————	—————
	21,153	14,718
	—————	—————

Income from other trading activities was £21,153 (2023: £14,718) of which £21,153 (2023: £14,718) was unrestricted and £nil (2023: £nil) was restricted.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	2024	2023
	£	£	£	£
Oxygen Treatment	138,249	-	138,249	170,913
Physiotherapy	55,434	-	55,434	46,615
Other therapies	13,131	-	13,131	17,581
Grants:				
Agnes Hunter Charitable Trust		8,260	8,260	-
CEC – Health & Social Care Partnership	9,125	-	9,125	36,500
Edward Gostling Foundation	-	-	-	25,000
February Foundation	5,000	-	5,000	-
Garfield Weston Foundation	30,000	-	30,000	25,000
Hospital Saturday Fund	-	2,000	2,000	-
James Wood Bequest	-	10,000	10,000	-
National Lottery Community Fund	-	-	-	26,906
Percy Bilton Charitable Trust	-	-	-	2,810
RS MacDonald	-	-	-	16,000
Russell Trust	-	2,000	2,000	-
	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>
	250,939	22,260	273,199	367,325
	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>

Income from charitable activities was £273,199 (2023: £367,325) of which £250,939 (2023: £340,419) was unrestricted and £22,260 (2023: £26,906) was restricted.

5. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net movement in funds	(118,104)	39,280
Add back depreciation charge	47,575	44,192
(Gain)/Loss on disposal of fixed assets	(1,197)	1,561
Interest received	(809)	(824)
Decrease/(Increase) in stock	(109)	324
Decrease/(increase) in debtors	(390)	(805)
Increase/(decrease) in creditors	4,841	2,176
 (Decrease)/Increase in cash from operating activities	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>
	(68,193)	85,904
	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>

6. NET (EXPENDITURE)/INCOME FOR THE YEAR

This is stated after charging: -	2024	2023
	£	£
Independent Examiner's remuneration:		
- External Scrutiny	1,920	1,890
- Payroll administration	1,321	1,195
Depreciation	47,575	44,192
(Gain)/Loss on disposal of fixed assets	(1,197)	1,561
	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>	<hr style="border-top: 1px solid black; border-bottom: none; border-left: none; border-right: none;"/>

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

7. EXPENDITURE

	Raising Funds £	CHARITABLE ACTIVITIES		2024 £	2023 £			
		Treatment Services £	Project Costs £					
Direct costs								
allocated to activities:								
Fundraising & marketing	16,010	-	-	16,010	8,060			
Physiotherapy staff costs (note 10)	-	116,327	23,826	140,153	128,896			
Physio & other therapy services	-	5,375	525	5,900	7,090			
Beneficiary support costs	-	-	-	-	2,000			
Equipment maintenance and running costs	-	10,249	399	10,648	13,678			
Support Costs								
allocated to activities:								
Other staff costs (note 10)	15,470	142,800	3,878	162,148	122,548			
Staff recruitment & training	-	2,904	198	3,102	2,934			
Volunteer & Trustee expenses	-	196	-	196	1,016			
Purchases	1,127	-	-	1,127	1,850			
Rent, rates, insurance & repairs	-	26,305	3,685	29,990	29,274			
Heat & light	-	18,784	-	18,784	14,079			
Telephone & IT support	-	10,026	-	10,026	6,364			
Office supplies, post and stationery	-	4,014	-	4,014	5,674			
Travel & subscriptions	-	4,867	111	4,978	2,425			
Independent Examination fee	-	1,920	-	1,920	1,890			
Accountancy support	-	4,830	-	4,830	4,370			
Legal and consulting fees	-	2,245	-	2,245	3,597			
Payroll administration	-	1,321	-	1,321	1,195			
Bank charges & other admin	-	4,135	-	4,135	8,701			
Loan interest	-	857	-	857	990			
Depreciation	-	35,884	11,691	47,575	44,192			
(Gain)/Loss on disposal of fixed assets	-	(1,197)	-	(1,197)	1,561			
	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>			
	32,607	391,842	44,313	468,762	412,384			
	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>			

Total expenditure was £468,762 (2023: £412,384) of which £424,449 (2023: £359,659) was unrestricted and £44,313 (2023: £52,725) was restricted.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

8. SUMMARY ANALYSIS OF EXPENDITURE AND RELATED INCOME FOR CHARITABLE ACTIVITIES

This table shows the cost of the two main charitable activities and the sources of income directly to support those activities:

	Treatment Services	Project Activities	TOTAL
	£	£	£
Costs	(391,842)	(44,313)	(436,155)
Contributions for therapy	206,814	-	206,814
Direct grant support	44,125	22,260	66,385
	_____	_____	_____
Net shortfall of funds from charitable activities	(140,903)	(22,053)	(162,956)
	_____	_____	_____

9. ANALYSIS OF GOVERNANCE AND SUPPORT COSTS

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between the two main charitable activities undertaken (see note 7) in the year. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

Analysis of Support and Governance Costs

	General Support	Governance Function	TOTAL	Basis of Apportionment
	£	£	£	
Salaries, wages & related costs	161,174	-	161,174	staff time
Volunteer/Trustees expenses	196	-	196	exp' claim
Premises & office costs	104,802	-	104,802	invoiced exp'
Independent examination fees	-	1,920	1,920	governance
Accountancy / other professional fees	7,716	680	8,396	invoiced exp'
	_____	_____	_____	
TOTAL	273,888	2,600	276,488	
	_____	_____	_____	

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

10. STAFF COSTS

The aggregate staff costs were:

	2024	2023
	£	£
Salaries	263,859	232,508
Redundancy costs	16,212	-
Employers' NI	15,946	13,402
Pension	4,421	4,451
Staff insurance/Health Plan	1,863	1,083
	—————	—————
	302,301	251,444
	—————	—————

No employee received emoluments totalling more than £60,000 in the year. No directors received any remuneration or reimbursed expenses in the current or previous year. No directors received payment for professional or other services supplied to the Charity (2023: £Nil).

The policy for redundancy follows the statutory redundancy provisions. There were no redundancy payments outstanding at the year end.

Particulars of employees:

The average number of staff, calculated on a head count basis, excluding directors, employed by the Charity during the financial year was:

	2024	2023
	No.	No.
Chief Executive Officer	1	1
Deputy Chief Executive Officer	1	1
Physiotherapists	2	2.25
Project Officers	3	2.5
General Assistants	5	5.25
	—————	—————
	12	12
	—————	—————

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

11. TANGIBLE FIXED ASSETS	Computer Equipment	Fixtures & Fittings	Property Improvements	Total
	£	£	£	£
COST				
At 1 January 2024	6,349	195,500	107,709	309,558
Additions	-	19,206	-	19,206
Disposals	-	(17,954)	-	(17,954)
	_____	_____	_____	_____
At 31 December 2024	6,349	196,752	107,709	310,810
DEPRECIATION				
At 1 January 2024	4,115	96,425	70,484	171,024
Charge for the year	823	35,287	11,465	47,575
Released on disposal	-	(17,416)	-	(17,416)
	_____	_____	_____	_____
At 31 December 2024	4,938	114,296	81,949	201,183
NET BOOK VALUE				
At 31 December 2024	1,411	82,456	25,760	109,627
	_____	_____	_____	_____
At 31 December 2023	2,234	99,075	37,225	138,534
	_____	_____	_____	_____
12. DEBTORS				
			2024	2023
			£	£
Gift aid receivable			1,535	1,901
Prepayments and accrued income			3,956	3,200
Other debtors			1,305	1,305
			_____	_____
			6,796	6,406
			_____	_____
13. CREDITORS: amounts falling due within one year				
			2024	2023
			£	£
Bank loans (note 15)			5,494	5,358
Other creditors & accruals			13,585	9,602
			_____	_____
			19,079	14,960
			_____	_____

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

14. CREDITORS: amounts falling due after more than one year

	2024	2023
	£	£
Bank loans (note 15)	25,905	31,399
	<hr/>	<hr/>
	25,905	31,399
	<hr/>	<hr/>

15. BANK LOANS

	2024	2023
	£	£
Due in less than one year	5,494	5,358
Due in one to two years	5,633	5,494
Due in two to five years	17,767	17,329
Due in more than five years	2,505	8,576
	<hr/>	<hr/>
	31,399	36,757
	<hr/>	<hr/>

The Charity secured the UK Government backed Bounce Back Loan in May 20. The loan term has been extended to ten years with no payments in the first twelve months and interest covered by the UK Government. The interest rate is 2.5% fixed for the remaining nine years.

16. ANALYSIS OF CHANGES IN NET DEBT

	At			At
	1st Jan	Cash	Other non-	31st Dec
	2024	flows	cash changes	2024
	£	£	£	£
Cash and cash equivalents				
Cash	178	(14)	-	164
Instant access bank accounts	123,842	26,453	-	150,295
Fixed or notice term deposits	117,510	(117,510)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
	241,530	(91,071)	-	150,459
	<hr/>	<hr/>	<hr/>	<hr/>
Borrowings				
Debt due within one year	(5,358)	(136)	-	(5,494)
Debt due after more than one year	(31,399)	5,494	-	(25,905)
	<hr/>	<hr/>	<hr/>	<hr/>
	(36,757)	5,358	-	(31,399)
	<hr/>	<hr/>	<hr/>	<hr/>

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

17. COMMITMENTS UNDER OPERATING LEASES

At 31 December 2024 the Charity had total commitments under non-cancellable operating leases as set out below.

	Land and buildings	
	2024	2023
	£	£
Operating leases which expire:		
Within 1 year	17,289	14,980
Within 2 to 5 years	22,192	18,140
	<hr/>	<hr/>
	39,481	33,120
	<hr/>	<hr/>

18. UNRESTRICTED FUNDS

	Balance at 1 January		Balance at 31 December		
	2024	Income	Expenditure	Transfers	2024
	£	£	£	£	£
Designated Funds:					
Barochamber Repair & Improvement fund	125,000	-	-	-	125,000
Therapy support fund	-	250,233	(389,242)	139,009	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	125,000	250,233	(389,242)	139,009	125,000
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
General funds	165,577	74,315	(35,207)	(135,403)	69,282
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	290,577	324,548	(424,449)	3,606	194,282
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

The Barochamber Repair and Improvement fund (formerly the Development Fund) is set up to finance any future major repairs to the chamber system or any future re-location costs of the Centre, or the purchase of a new Barochamber should the existing chamber need replacing. The replacement cost is anticipated to be in excess of the balance currently held.

The Therapy Support Fund has been set up to enable *anyone* to access the services of the Centre and by so doing address health inequalities by removing financial barriers for those who are unable or find it difficult to pay for the cost of treatment.

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

18. UNRESTRICTED FUNDS (cont'd)

The other main funders contributing to the Therapy Support Fund in 2024 are listed below.

Thistledown Trust	£1,000	Constance Paterson Trust	£4,250
February Foundation	£5,000	Lennox Hannay Charitable Trust	£2,000
Nancy Massey Charitable Trust	£3,000	Tillyloss Trust	£1,000
The Ward Family Charitable Trust	£1,500	J Smart & Sons	£2,244
Sir Jules Thorn Charitable Trust	£3,000	H Miller	£2,000
Lothian Buses Employees Fund	£800	Earl of Eldon Charity	£2,500
Johnston Smillie Charitable Trust	£2,000	PF Charitable Trust	£3,000
Morton Fraser	£1,000		

UNRESTRICTED FUNDS - 2023

	Balance at 1 January		Balance at 31 December		
	2023		Income	Expenditure	Transfers
	£	£	£	£	£
Designated Funds:					
Barochamber Repair & Improvement fund	125,000	-	-	-	125,000
Therapy support fund	-	320,909	(334,455)	13,546	-
	_____	_____	_____	_____	_____
	125,000	320,909	(334,455)	13,546	125,000
	_____	_____	_____	_____	_____
General funds	94,773	99,849	(25,204)	(3,841)	165,577
	_____	_____	_____	_____	_____
	219,773	420,758	(359,659)	9,705	290,577
	_____	_____	_____	_____	_____

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

19. RESTRICTED FUNDS

	Balance at				Balance at 31 December 2024 £	
	1 January		Expenditure £	Transfers £		
	2024 £	Income £				
Physiotherapy equipment	1,998	-	(999)	-	999	
Adapt & Thrive	22,013	-	(7,514)	-	14,499	
NLCF – Wellbeing Support Service	22,852	-	(22,852)	-	-	
Online Physio class Equip Fund	1,517	-	(802)	-	715	
Physio classes at LVSC	1,135	-	(378)	-	757	
Long Covid Support Fund	2,000	2,000	-	-	4,000	
Fatigue & Wellbeing Fund	-	8,260	(7,760)	-	500	
Hoist Fund	-	3,850	-	(3,606)	244	
Shockwave Machine Fund	-	12,000	(4,008)	-	7,992	
	_____	_____	_____	_____	_____	
	51,515	26,110	(44,313)	(3,606)	29,706	
	_____	_____	_____	_____	_____	

Physiotherapy equipment – Funds received from a number of Trusts and Foundations in 2023 to purchase up to date equipment for use in the physiotherapy department including Functional Electrical Stimulation (FES) equipment and MOTOMed movement therapy equipment. Funds received from Nancie Massie Charitable Trust, Cotton Trust and Percy Bilton Trust. The remaining balance represents the net book value of assets purchased.

Funding from the Communities & Recovery Fund (Adapt & Thrive) supporting the remodelling and refitting of our premises, expansion of physiotherapy treatment rooms with increased physio equipment. The remaining balance represents the net book value of assets purchased with these funds.

Funding from National Lottery Community Fund, Improving Lives for three years from November 2023 to October 2024 to support the development of a Wellbeing Support Service and a new Wellbeing Support Officer. This project completed during the year.

Online Physio Class Equipment – funding from various sources to support the purchase of online equipment for services and classes. The remaining balances represent the net book value of assets purchased with these funds.

Funding from the SG Mental Health & Wellbeing Fund (via EVOC) to work in partnership with Edinburgh Leisure to deliver physio/exercise classes at Leith Victoria Swim Centre (LVSC). The remaining balance represents the net book value of equipment purchased for assistance with patient mobility.

Funding from the Souter Trust and Russell Trust to provide support for clients suffering with Long Covid in accessing oxygen therapy.

Funding from the Agnes Hunter Trust allowed us to develop and deliver a series of free fatigue and wellbeing education and support classes throughout 2024. This initiative was driven by client feedback, gathered through a survey in which many expressed a need for greater support in managing fatigue and overall wellbeing. In response, our physiotherapy and rehabilitation team designed and implemented a structured

COMPASS THERAPY SUPPORT COMMUNITY LIMITED
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19. RESTRICTED FUNDS (cont'd)

programme aimed at equipping participants with practical strategies to improve energy management, enhance daily functioning, and promote overall health.

Funding from a client user to purchase a new hoist for the Physiotherapy department.

Shockwave Machine Fund: With funding from the Hospital Saturday Fund and James Wood Bequest, we purchased a Shockwave Therapy Machine for use in the Physiotherapy department. This investment enhances treatment options, particularly for clients with neurological conditions experiencing spasticity, such as those with stroke, multiple sclerosis, cerebral palsy, spinal cord injury, and traumatic brain injury. Research shows that focused shockwave therapy can reduce muscle stiffness, improve range of motion, decrease pain, and enhance functional movement. By integrating this non-invasive treatment into our physiotherapy and rehabilitation services, we aim to support better mobility and quality of life for our clients. The balance represents the net book value of the asset.

Fund Transfers

Hoist Fund - Restriction met on purchase of equipment and asset cost transferred to fixed assets.

RESTRICTED FUNDS - 2023

	Balance at 1 January		Balance at 31 December		
	2023		Income	Expenditure	Transfers
	£	£	£	£	£
Physiotherapy equipment	3,149	-	(1,151)	-	1,998
Adapt & Thrive	29,527	-	(7,514)	-	22,013
NLCF – Wellbeing Support Service	29,627	26,906	(33,681)	-	22,852
Digital Transformation Project	173	-	(173)	-	-
Online Physio class Equip Fund	2,318	-	(801)	-	1,517
Physio classes at LVSC	8,245	-	(7,110)	-	1,135
Molli Suit Physio Equip Campaign	10,000	-	(295)	(9,705)	-
Long Covid Support Fund	-	4,000	(2,000)	-	2,000
	=====	=====	=====	=====	=====
	83,039	30,906	(52,725)	(9,705)	51,515
	=====	=====	=====	=====	=====

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20. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024
	£	£	£
Tangible fixed assets	84,665	24,962	109,627
Current assets	154,601	4,744	159,345
Current liabilities	(19,079)	-	(19,079)
Long term liabilities	(25,905)	-	(25,905)
	<hr/>	<hr/>	<hr/>
Net assets	194,282	29,706	223,988
	<hr/>	<hr/>	<hr/>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - 2023

	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023
	£	£	£
Tangible fixed assets	111,472	27,062	138,534
Current assets	225,464	24,453	249,917
Current liabilities	(14,960)	-	(14,960)
Long term liabilities	(31,399)	-	(31,399)
	<hr/>	<hr/>	<hr/>
Net assets	290,577	51,515	342,092
	<hr/>	<hr/>	<hr/>

21. COMPANY LIMITED BY GUARANTEE

The members have each agreed to contribute £1 in the event of the company being wound up.

22. RELATED PARTY TRANSACTIONS

Directors donated and contributed £1,579 (2023: £1,912) to the Charity during the year by way of voluntary donations and contributions to services. Other than donations, no director or a person related to a director had any personal interest in any other contract or transaction entered into by the Charity during the year.

23. TAXATION

The company has charitable status and is therefore exempt from tax on its charitable income under the provision of section 505 of the Income and Corporation Tax.