

**THINK BODYWHYS Company Limited By Guarantee**  
**Annual Report and Audited Financial Statements**  
**for the financial year ended 31 December 2022**

**DLT Dillon Kelly Cregan Ltd**  
**18 Upper Mount Street**  
**Dublin 2**  
**Republic of Ireland**

**Charity Number: CHY11961**  
**Charities Regulatory Authority Number: 20034054**

# THINK BODYWHYS Company Limited By Guarantee

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## **THINK BODYWHYS Company Limited By Guarantee DIRECTORS' AND OTHER INFORMATION**

<b>Directors</b>	Ann McCann Tiggy Hudson Sene Naoupu Sheila Naughton (Appointed 25 August 2022) Siobhan McArdle (Appointed 25 August 2022) Imelda Redmond (Appointed 25 August 2022) Parvez Butt (Resigned 22 November 2022) Marie Devine (Resigned 5 February 2022) Henry Blake
<b>Company Secretary</b>	Henry Blake
<b>Charity Number</b>	CHY11961
<b>Charities Regulatory Authority Number</b>	20034054
<b>Registered Office</b>	18 Upper Mount Street, Dublin 2
<b>Principal Address</b>	c/o St John of God Hospital, Stillorgan, Co. Dublin
<b>Auditors</b>	DLT Dillon Kelly Cregan Ltd 18 Upper Mount Street Dublin 2 Republic of Ireland

# THINK BODYWHYS Company Limited By Guarantee DIRECTORS' ANNUAL REPORT

for the financial year ended 31 December 2022

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31 December 2022.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Directors' Report contains the information required to be provided in the Directors' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The directors of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the directors of THINK BODYWHYS Company Limited By Guarantee present a summary of its purpose, governance, activities, achievements and finances for the financial year ended 31st December 2021.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, although not obliged to comply with the Statement of Recommended Practice (SORP) as issued by the Charity Commissioners for England and Wales in October 2005 (updated in 2015), the organisation has implemented its recommendations where relevant in these financial statements.

The company is limited by guarantee not having a share capital.

## Income

Bodywhys has a Service Level Agreement (SLA) with the HSE and received core funding from the HSE and of €453,084 in this year. In addition the company received unrestricted grant income from NUI Maynooth of €16,040. Restricted income received was €57,816 of which €50,000 was received from a private donor and unrestricted income from donations, mainly from fundraising activities carried out by supporters of the charity, were €61,103.

## Financial Results

At the end of the financial year the company has assets of €708,307 (2021 - €627,599) and liabilities of €40,555 (2021 - €49,071). The net assets of the company have increased by €89,224.

## Reserves Position and Policy

The net assets of €667,752 include unrestricted designated funds comprising a capital fund of €100,000 for capital expenditure and a designated reserve fund as recommended by the Charities Regulatory Authority of €126,700.

The directors are not expecting to make any significant changes in the nature of the business in the near future.

## Directors and Secretary

The directors who served throughout the financial year, except as noted, were as follows:

Ann McCann  
Tiggy Hudson  
Sene Naoupu  
Sheila Naughton (Appointed 25 August 2022)  
Siobhan McArdle (Appointed 25 August 2022)  
Imelda Redmond (Appointed 25 August 2022)  
Parvez Butt (Resigned 22 November 2022)  
Marie Devine (Resigned 5 February 2022)  
Henry Blake

The secretary who served throughout the financial year was Henry Blake.

## Compliance with Sector-Wide Legislation and Standards

The company engages pro-actively with legislation, standards and codes which are developed for the sector. THINK BODYWHYS Company Limited By Guarantee subscribes to and is compliant with the following:

- The Companies Act 2014
- The Charities SORP (FRS 102)

# **THINK BODYWHYS Company Limited By Guarantee DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

## **Risk Management**

The Board recognises and regularly reviews the major risks to which we could be exposed. We consider risk not only in terms of safety and security of staff but equally in terms of financial, operational, reputational, governance and other risks that might affect our ability to deliver a quality service for our stakeholders and the public. The Directors are satisfied that policies and procedures are in place to mitigate exposure to major risks.

## **Auditors**

The auditors, DLT Dillon Kelly Cregan Ltd have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

## **Statement on Relevant Audit Information**

In accordance with section 330 of the Companies Act 2014, so far as each of the persons who are directors at the time this report is approved are aware, there is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

## **Accounting Records**

To ensure that adequate accounting records are kept in accordance with Sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at 18 Upper Mount Street, Dublin 2.

**Approved by the Board of Directors on 30 August 2023 and signed on its behalf by:**

**Imelda Redmond**  
Trustee

**Henry Blake**  
Trustee

# **THINK BODYWHYS Company Limited By Guarantee DIRECTORS' RESPONSIBILITIES STATEMENT**

for the financial year ended 31 December 2022

The directors are responsible for preparing the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the net income or expenditure of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors confirm that they have complied with the above requirements in preparing the financial statements.

As explained in note 4, state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and reasons for any material departure from those standards;

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and net income or expenditure of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and the Directors' Annual Report comply with Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken as directors in order to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

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

**Approved by the Board of Directors on 30 August 2023 and signed on its behalf by:**

**Imelda Redmond**  
Trustee

**Henry Blake**  
Trustee

# **INDEPENDENT AUDITOR'S REPORT**

## **to the Members of THINK BODYWHYS Company Limited By Guarantee**

### **Report on the audit of the financial statements**

#### **Opinion**

We have audited the company financial statements of THINK BODYWHYS Company Limited By Guarantee for the financial year ended 31 December 2022 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2022 and of its surplus for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", as applied in accordance with the provisions of the Companies Act 2014 and having regard to the Charities SORP; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

#### **Other Information**

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2014**

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

# **INDEPENDENT AUDITOR'S REPORT**

## **to the Members of THINK BODYWHYS Company Limited By Guarantee**

### **Matters on which we are required to report by exception**

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Annual Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not complied with by the company. We have nothing to report in this regard.

### **Respective responsibilities**

#### **Responsibilities of directors for the financial statements**

As explained more fully in the Directors' Responsibilities Statement set out on page 5, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

#### **Further information regarding the scope of our responsibilities as auditor**

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the , whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



# **INDEPENDENT AUDITOR'S REPORT**

## **to the Members of THINK BODYWHYS Company Limited By Guarantee**

### **The purpose of our audit work and to whom we owe our responsibilities**

Our report is made solely to the company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

**Ian Dillon**  
**for and on behalf of**  
**DLT DILLON KELLY CREGAN LTD**  
Statutory Auditors  
18 Upper Mount Street  
Dublin 2  
Republic of Ireland

**30 August 2023**

# THINK BODYWHYS Company Limited By Guarantee

## STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)  
for the financial year ended 31 December 2022

	Notes	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total 2022 €	Unrestricted Funds 2021 €	Restricted Funds 2021 €	Total 2021 €
<b>Incoming Resources</b>							
Voluntary Income	5.1	61,103	-	61,103	65,059	-	65,059
Activities for generating funds	5.2	469,125	57,815	526,940	474,594	-	474,594
Other income	5.3	9	-	9	-	-	-
<b>Total incoming resources</b>		<b>530,237</b>	<b>57,815</b>	<b>588,052</b>	<b>539,653</b>	<b>-</b>	<b>539,653</b>
<b>Resources Expended</b>							
Charitable activities	6.1	492,603	6,225	498,828	490,766	-	490,766
<b>Net incoming/outgoing resources before transfers</b>		<b>37,634</b>	<b>51,590</b>	<b>89,224</b>	<b>48,887</b>	<b>-</b>	<b>48,887</b>
Gross transfers between funds		17,104	(17,104)	-	-	-	-
<b>Net movement in funds for the financial year</b>		<b>54,738</b>	<b>34,486</b>	<b>89,224</b>	<b>48,887</b>	<b>-</b>	<b>48,887</b>
<b>Reconciliation of funds</b>							
Balances brought forward at 1 January 2022	13	561,424	17,104	578,528	512,537	17,104	529,641
<b>Balances carried forward at 31 December 2022</b>		<b>616,162</b>	<b>51,590</b>	<b>667,752</b>	<b>561,424</b>	<b>17,104</b>	<b>578,528</b>

The Statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 30 August 2023 and signed on its behalf by:

**Imelda Redmond**  
Trustee

**Henry Blake**  
Trustee

# THINK BODYWHYS Company Limited By Guarantee

## BALANCE SHEET

as at 31 December 2022

	Notes	2022 €	2021 €
<b>Current Assets</b>			
Debtors	10	11,324	-
Cash at bank and in hand		696,983	627,599
		<u>708,307</u>	<u>627,599</u>
<b>Creditors: Amounts falling due within one year</b>	11	<b>(40,555)</b>	<b>(49,071)</b>
<b>Net Current Assets</b>		<b>667,752</b>	<b>578,528</b>
<b>Total Assets less Current Liabilities</b>		<b>667,752</b>	<b>578,528</b>
<b>Funds</b>			
Restricted trust funds		51,590	17,104
Unrestricted designated funds		226,730	226,730
General fund (unrestricted)		389,432	334,694
<b>Total funds</b>	13	<b>667,752</b>	<b>578,528</b>

Approved by the Board of Directors on 30 August 2023 and signed on its behalf by:

**Imelda Redmond**  
Trustee

**Henry Blake**  
Trustee

# THINK BODYWHYS Company Limited By Guarantee

## STATEMENT OF CASH FLOWS

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
<b>Cash flows from operating activities</b>			
Net movement in funds		89,224	48,887
Adjustments for:			
Interest receivable and similar income		(9)	-
		<u>89,215</u>	<u>48,887</u>
Movements in working capital:			
Movement in debtors		(11,324)	-
Movement in creditors		(8,516)	23,011
		<u>69,375</u>	<u>71,898</u>
Cash generated from operations			
<b>Cash flows from investing activities</b>			
Interest received		9	-
		<u>69,384</u>	<u>71,898</u>
<b>Net increase in cash and cash equivalents</b>		<b>69,384</b>	<b>71,898</b>
<b>Cash and cash equivalents at 1 January 2022</b>		<b>627,599</b>	<b>555,701</b>
<b>Cash and cash equivalents at 31 December 2022</b>	<b>16</b>	<b>696,983</b>	<b>627,599</b>

# THINK BODYWHYS Company Limited By Guarantee

## NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2022

### 1. GENERAL INFORMATION

THINK BODYWHYS Company Limited By Guarantee is a company limited by guarantee incorporated in the Republic of Ireland. The registered office of the company is 18 Upper Mount Street,, Dublin 2 which is also the principal place of business of the company The financial statements have been presented in Euro (€) which is also the functional currency of the company.

### 2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

#### **Basis of preparation**

The financial statements have been prepared in accordance with the Statement of Recommended Practice (Charities SORP in accordance with FRS 102, effective January 2015) and with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014. They comply with the financial reporting standards of the Accounting Standards Board, as promulgated by Chartered Accountants Ireland. The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charitable company's financial statements.

#### **Statement of compliance**

The financial statements of the company for the financial year ended 31 December 2021 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102".

#### **Fund accounting**

The following are the categorises of funds maintained:

#### **Restricted funds**

Restricted funds represent grants, donations and sponsorships received which can only be used for particular purposes specified by the donor or programme binding on the directors. Such purposes are within the overall aims of the charity.

These funds are not available to offset the cost of general charitable activities.

#### **Unrestricted funds**

The policy is to retain sufficient reserves to safeguard the continuity of its charitable operations while committing the maximum possible resources to current services. Designated funds are unrestricted funds which the directors have earmarked as funds for particular purposes. In the event that the planned expenditure is not incurred the funds will be re-designated as unrestricted general reserves.

#### **Incoming Resources**

All income is included in the Income and Expenditure account 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:

Voluntary income or capital is included in the Statement of Financial Activities when the company is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt.

#### **Donations and legacies**

Entitlement to legacies is considered established when the company has been notified of a distribution to be made by the executors.

#### **Income from charitable activities**

Income received in advance of due performance under a contract is accounted for as deferred income until earned.

Grants for activities are recognised as income when the related conditions for legal entitlement have been met.

# THINK BODYWHYS Company Limited By Guarantee

## NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

### **Donated services or facilities**

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

### **Income from trading activities**

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

### **Investments**

Investment income is earned through holding assets for investment purposes and interest income is recognised using the effective interest method.

### **Deferred income and expenditure**

Other income includes the conversion of endowment funds into income which arises when capital funds are released to an income fund from expendable endowments or when a charity has authority to adopt a total return approach to its permanent endowment fund. All other income is accounted for on an accruals basis.

### **Resources Expended**

All costs in financial year are in respect of the costs of charitable activity and are unrestricted.

### **Trade and other creditors**

Trade and other creditors are recognised at fair value and thereafter stated at amortised cost using the effective interest rate method unless the effect of discounting would be immaterial, in which case they are stated at cost.

### **Trade and other debtors**

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

### **Employees benefits**

The regular cost of providing retirement pensions and related benefits is charged to the Income and Expenditure account over the employees service lives on the basis of a constant percentage of earnings. The assets of the fund are held separately from the company in independently administered funds.

### **Debtors**

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the the company from government agencies and other co-funders, but not yet received at year end, is included in debtors.

### **Cash at bank and in hand**

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months notice of withdrawal.

### **Taxation**

No current or deferred taxation arises as the company has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

The company is exempt from taxation due to its charitable status CHY No. 11961.

# THINK BODYWHYS Company Limited By Guarantee

## NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

### 3. SIGNIFICANT ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

Preparation of the financial statements requires management to make significant estimates and assumptions. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Actual results may differ from these estimates.

The following is the key assumption concerning the future, and other key sources of estimation uncertainty at the end of the reporting period, that have a significant risk of causing a material adjustment to the carrying value of assets and liabilities within the next financial year;

Designation of restricted and unrestricted funds

The directors decide on the allocation of funds between restricted and unrestricted funds, both general and designated, and on the allocation of income and expenditure between restricted and unrestricted activities in the statement of financial activity.

### 4. GOING CONCERN

The financial statements have been prepared on a going concern basis which assumes that the company will continue in operational existence for the foreseeable future having adequate resources to meet its obligations as they fall due.

### 5. INCOME

5.1 DONATIONS AND LEGACIES	Unrestricted Funds €	Restricted Funds €	2022 €	2021 €	
Voluntary Income	61,103	-	61,103	65,059	
<b>5.2 OTHER TRADING ACTIVITIES</b>	<b>Unrestricted Funds €</b>	<b>Restricted Funds €</b>	<b>2022 €</b>	<b>2021 €</b>	
Unrestricted Grants	469,125	-	469,125	474,594	
Restricted Income Grant	-	57,815	57,815	-	
	<b>469,125</b>	<b>57,815</b>	<b>526,940</b>	<b>474,594</b>	
<b>5.3 OTHER INCOME</b>	<b>Unrestricted Funds €</b>	<b>Restricted Funds €</b>	<b>2022 €</b>	<b>2021 €</b>	
Other income	9	-	9	-	
<b>6. EXPENDITURE</b>					
<b>6.1 CHARITABLE ACTIVITIES</b>	<b>Direct Costs €</b>	<b>Other Costs €</b>	<b>Support Costs €</b>	<b>2022 €</b>	<b>2021 €</b>
Cost of Charitable Activity	476,329	-	13,623	489,952	490,766
Restricted Grant Expenditure	6,225	-	-	6,225	-
Operational Costs	2,651	-	-	2,651	-
	<b>485,205</b>	<b>-</b>	<b>13,623</b>	<b>498,828</b>	<b>490,766</b>

**THINK BODYWHYS Company Limited By Guarantee**  
**NOTES TO THE FINANCIAL STATEMENTS**

continued

for the financial year ended 31 December 2022

<b>6.2 SUPPORT COSTS</b>	<b>Charitable Activities €</b>	<b>2022 €</b>	<b>2021 €</b>
Audit fees	4,182	4,182	4,182
Legal and other professional fees	9,441	9,441	13,031
	<u>13,623</u>	<u>13,623</u>	<u>17,213</u>

**7. ANALYSIS OF SUPPORT COSTS**

	<b>2022 €</b>	<b>2021 €</b>
Audit fees	4,182	4,182
Legal and other professional fees	9,441	13,031
	<u>13,623</u>	<u>17,213</u>

**8. INCOMING RESOURCES**

All incoming resources are in respect of service delivery.

**9. EMPLOYEES AND REMUNERATION**

**Number of employees**

The average number of persons employed during the financial year was as follows:

	<b>2022 Number</b>	<b>2021 Number</b>
All employees	<u>12</u>	<u>9</u>
The staff costs comprise:	<b>2022 €</b>	<b>2021 €</b>
Wages and salaries	381,944	305,848
Pension costs	15,174	26,797
	<u>397,118</u>	<u>332,645</u>

The wages costs includes salary paid to the chief executive officer in this financial year of €66,000 (2021 - €65,799)

<b>10. DEBTORS</b>	<b>2022 €</b>	<b>2021 €</b>
Prepayments	<u>11,324</u>	<u>-</u>
<b>11. CREDITORS</b>	<b>2022 €</b>	<b>2021 €</b>
<b>Amounts falling due within one year</b>		
Taxation and social security costs	18,672	9,661
Accruals	21,883	39,410
	<u>40,555</u>	<u>49,071</u>



**THINK BODYWHYS Company Limited By Guarantee**  
**NOTES TO THE FINANCIAL STATEMENTS**

continued

for the financial year ended 31 December 2022

**12. RESERVES**

	<b>2022</b>	2021
	€	€
At 1 January 2022	<b>578,528</b>	529,641
Surplus for the financial year	<b>89,224</b>	48,887
	<u>667,752</u>	<u>578,528</u>
At 31 December 2022	<b>667,752</b>	578,528

**13. FUNDS**

**13.1 RECONCILIATION OF MOVEMENT IN FUNDS**

	Unrestricted Funds €	Restricted Funds €	Total Funds €
At 1 January 2021	512,537	17,104	529,641
Movement during the financial year	48,887	-	48,887
	<u>561,424</u>	<u>17,104</u>	<u>578,528</u>
At 31 December 2021	561,424	17,104	578,528
Movement during the financial year	54,738	34,486	89,224
	<u>616,162</u>	<u>51,590</u>	<u>667,752</u>
At 31 December 2022	<b>616,162</b>	<b>51,590</b>	<b>667,752</b>

**13.2 ANALYSIS OF MOVEMENTS ON FUNDS**

	Balance 1 January 2022 €	Income €	Expenditure €	Transfers between funds €	Balance 31 December 2022 €
<b>Restricted funds</b>					
Restricted Funds	17,104	57,815	6,225	(17,104)	51,590
<b>Unrestricted funds</b>					
Designated Funds	226,730	-	-	-	226,730
Unrestricted General	334,694	530,237	492,603	17,104	389,432
	<u>561,424</u>	<u>530,237</u>	<u>(492,603)</u>	<u>17,104</u>	<u>616,162</u>
<b>Total funds</b>	<b>578,528</b>	<b>588,052</b>	<b>498,828</b>	<b>-</b>	<b>667,752</b>

The accumulated designated fund of €226,730 comprises €100,000 set aside for capital expenditure and €126,730 set aside for contingency funds for future unforeseen expenditure or income shortfall as agreed by the Board.

The accumulated unrestricted fund includes an amount of €72,000 that may be repayable as detailed in note 15.

# THINK BODYWHYS Company Limited By Guarantee

## NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

### 13.3 ANALYSIS OF NET ASSETS BY FUND

	Current assets	Current liabilities	Total
	€	€	€
Restricted trust funds	17,104	-	17,104
Unrestricted designated funds	226,730	-	226,730
Unrestricted general funds	464,473	<b>(40,555)</b>	423,918
	<u>691,203</u>	<u><b>(40,555)</b></u>	<u>650,648</u>
	<u><b>708,307</b></u>	<u><b>(40,555)</b></u>	<u><b>667,752</b></u>

### 14. STATUS

The company is limited by guarantee not having a share capital.

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members or within one year thereafter for the payment of the debts and liabilities of the company contracted before they ceased to be members and the costs, charges and expenses of winding up and for the adjustment of the rights of the contributors among themselves such amount as may be required, not exceeding € 1.

### 15. DIRECTORS' REMUNERATION

No Board members received any remuneration during the financial year (2021 - €NIL). Travel costs amounting to €801 were reimbursed to 1 (2021 - 1) member of the Board.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2021 - €NIL).

### 16. CASH AND CASH EQUIVALENTS

	2022	2021
	€	€
Cash and bank balances	<b>606,350</b>	576,810
Cash equivalents	<b>90,633</b>	50,789
	<u><b>696,983</b></u>	<u>627,599</u>

### 17. POST-BALANCE SHEET EVENTS

The restrictions imposed on the movement of people and closure of businesses has now been fully lifted. The company, as a designated essential service provider, had continued trading for the majority of the Covid-19 period, although some administrative staff are working remotely from home.

In February 2022 Russian troops invaded Ukraine and this war will likely increase inflationary pressures and weaken the post-Covid recovery.

It is the directors opinion that the above events are non-adjusting events and the financial statements have not been adjusted for the impact of the above events since the balance sheet date.

There have been no other significant events affecting the Charity since the financial year-end.

**THINK BODYWHYS Company Limited By Guarantee**  
**NOTES TO THE FINANCIAL STATEMENTS**

continued

for the financial year ended 31 December 2022

**18. APPROVAL OF FINANCIAL STATEMENTS**

The financial statements were approved and authorised for issue by the Board of Directors on 30 August 2023.

**THINK BODYWHYS COMPANY LIMITED BY GUARANTEE**

**SUPPLEMENTARY INFORMATION**

**RELATING TO THE FINANCIAL STATEMENTS**

**FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2022**

**NOT COVERED BY THE REPORT OF THE AUDITORS**

**THINK BODYWHYS Company Limited By Guarantee**  
**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS**  
**OPERATING STATEMENT**  
for the financial year ended 31 December 2022

	<b>Schedule</b>	<b>2022</b> €	2021 €
Income		<b>588,043</b>	539,653
Charitable activities and other expenses	<b>1</b>	<b>(498,828)</b>	(490,766)
		<u><b>89,215</b></u>	<u>48,887</u>
Miscellaneous income	<b>2</b>	<b>9</b>	-
<b>Net surplus</b>		<u><u><b>89,224</b></u></u>	<u><u>48,887</u></u>

**THINK BODYWHYS Company Limited By Guarantee**  
**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS**  
**SCHEDULE 1 : CHARITABLE ACTIVITIES AND OTHER EXPENSES**  
for the financial year ended 31 December 2022

	2022 €	2021 €
<b>Expenses</b>		
Wages and salaries	381,944	305,848
Staff defined contribution pension costs	-	26,797
Employer contributions to the pension scheme	15,174	-
Rent payable	2,400	1,200
Insurance	2,802	4,189
Repairs and maintenance	2,134	4,419
Design & Printing	15,284	11,251
Advertising	4,338	12,745
Telephone	13,629	16,175
Computer costs	23,450	15,877
School & outreach expenses	3,565	2,908
Meetings, Travel and conferences	15,400	11,632
Legal and professional	10,102	13,031
Pilar & Resource Costs	-	13,750
Schools & Other Project Costs	-	43,470
Auditor's/Independent Examiner's remuneration - other non-audit/examination services	4,182	4,182
Bank charges	312	204
Other resources expended	1,292	-
General expenses	2,820	3,088
	<u>498,828</u>	<u>490,766</u>

**THINK BODYWHYS Company Limited By Guarantee**  
**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS**  
**SCHEDULE 2 : MISCELLANEOUS INCOME**  
for the financial year ended 31 December 2022

	2022	2021
	€	€
<b>Miscellaneous Income</b>		
Bank Interest	<u>9</u>	<u>-</u>