

Report of the Trustees and
Unaudited Financial Statements For The Year Ended 31 March 2026
for
Healthworks (Holistic Health Care) Ltd.

DRAFT

The Long Partnership
4 North Guildry Street
Elgin
Moray
IV30 1JR

**Contents of the Financial Statements
For The Year Ended 31 March 2026**

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4
Balance Sheet	5 to 6
Notes to the Financial Statements	7 to 12
Detailed Statement of Financial Activities	13

Healthworks (Holistic Health Care) Ltd.

Report of the Trustees For The Year Ended 31 March 2026

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2026. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The charity's objects are:

To relieve sickness and distress by all medical means including alternative and complementary medicine, acupuncture, massage, homeopathy, osteopathy, counselling, psychotherapy, physiotherapy, chiropractic, shiatsu and spiritual healing.

To provide self-help programmes and advice to enable the individual to avoid illness, maintain good health and live in a healthy environment.

To advance the education of the general public and the medical profession in all areas of medicine and holistic health.

To carry out research into all subjects pertaining to the objects herein and to disseminate the useful results of this work.

ACHIEVEMENTS AND PERFORMANCE

In order to fulfil its objectives Healthworks has set up the Centre for Holistic Health Care in the town of Forres to provide a wide variety of alternative and complementary therapies. It has also created a book library with information and research publications on major health issues and provides a bursary fund to help clients with the costs of their treatments.

FINANCIAL REVIEW

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee not exceeding £1 per member. It is governed by the rules contained in its Memorandum and Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

SC142853 (Scotland)

Registered Charity number

SCO21152

Registered office

5 Bank Lane
Forres
Moray
IV36 1NU

Trustees

Mr J Adams (resigned 13.3.26)
Ms B M L A M Deschamps
Mr A Mcallan (resigned 4.6.25)
Ms K Purmal (resigned 20.3.26)
Ms R Buck
Mr A Massey (appointed 4.6.25) (resigned 4.3.26)
Mr D F Edgar (appointed 19.3.26)
Mr C Bridgeford (appointed 19.3.26)

Healthworks (Holistic Health Care) Ltd.

**Report of the Trustees
For The Year Ended 31 March 2026**

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

Ms J Lawrence

Independent Examiner

Alan Long FCA
The Long Partnership
4 North Guildry Street
Elgin
Moray
IV30 1JR

Bankers

The Co-operative Bank
Business Direct
PO Box 250
Skelmerdale
WN8 6WT

Approved by order of the board of trustees on and signed on its behalf by:

.....
Mr A Mcallan - Trustee

Independent Examiner's Report to the Trustees of Healthworks (Holistic Health Care) Ltd.

I report on the accounts for the year ended 31 March 2026 set out on pages four to twelve.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities 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 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as 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 connection with 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 and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Alan Long FCA
The Institute of Chartered Accountants in England and Wales

The Long Partnership
4 North Guildry Street
Elgin
Moray
IV30 1JR

Date:

Healthworks (Holistic Health Care) Ltd.**Statement of Financial Activities
For The Year Ended 31 March 2026**

	Notes	Unrestricted funds £	Restricted funds £	31.3.26 Total funds £	31.3.25 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		50	3,200	3,250	1,445
Other trading activities	2	22	-	22	45
Investment income	3	20,199	-	20,199	19,739
Total		<u>20,271</u>	<u>3,200</u>	<u>23,471</u>	<u>21,229</u>
EXPENDITURE ON					
Charitable activities					
Holistic Health Care		19,183	3,200	22,383	18,698
Other		<u>50</u>	<u>-</u>	<u>50</u>	<u>47</u>
Total		<u>19,233</u>	<u>3,200</u>	<u>22,433</u>	<u>18,745</u>
NET INCOME		1,038	-	1,038	2,484
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>37,618</u>	-	37,618	35,134
TOTAL FUNDS CARRIED FORWARD		<u><u>38,656</u></u>	<u><u>-</u></u>	<u><u>38,656</u></u>	<u><u>37,618</u></u>

The notes form part of these financial statements

Healthworks (Holistic Health Care) Ltd.

Balance Sheet 31 March 2026

	Notes	Unrestricted funds £	Restricted funds £	31.3.26 Total funds £	31.3.25 Total funds £
FIXED ASSETS					
Tangible assets	7	280	-	280	328
Investment property	8	70,000	-	70,000	70,000
		<u>70,280</u>	<u>-</u>	<u>70,280</u>	<u>70,328</u>
CURRENT ASSETS					
Cash at bank		16,142	-	16,142	18,364
CREDITORS					
Amounts falling due within one year	9	(816)	-	(816)	(774)
		<u>15,326</u>	<u>-</u>	<u>15,326</u>	<u>17,590</u>
NET CURRENT ASSETS					
		<u>15,326</u>	<u>-</u>	<u>15,326</u>	<u>17,590</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		85,606	-	85,606	87,918
CREDITORS					
Amounts falling due after more than one year	10	(46,950)	-	(46,950)	(50,300)
		<u>38,656</u>	<u>-</u>	<u>38,656</u>	<u>37,618</u>
NET ASSETS					
		<u>38,656</u>	<u>-</u>	<u>38,656</u>	<u>37,618</u>
FUNDS	12				
Unrestricted funds				38,656	37,618
TOTAL FUNDS				<u>38,656</u>	<u>37,618</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2026.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2026 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

Healthworks (Holistic Health Care) Ltd.

Balance Sheet - continued

31 March 2026

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
Mr A Mcallan - Trustee

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**Notes to the Financial Statements
For The Year Ended 31 March 2026**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 15% on reducing balance

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Healthworks (Holistic Health Care) Ltd.**Notes to the Financial Statements - continued
For The Year Ended 31 March 2026****2. OTHER TRADING ACTIVITIES**

	31.3.26	31.3.25
	£	£
Fundraising events	22	45

3. INVESTMENT INCOME

	31.3.26	31.3.25
	£	£
Rents received	20,185	19,689
Interest receivable	14	50
	<u>20,199</u>	<u>19,739</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.26	31.3.25
	£	£
Depreciation - owned assets	48	48

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2026 nor for the year ended 31 March 2025.

Trustees' expenses

During the year the charity reimbursed expenses totalling £188 (2025 - £Nil) to trustees.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,445	-	1,445
Other trading activities	45	-	45
Investment income	19,739	-	19,739
Total	<u>21,229</u>	<u>-</u>	<u>21,229</u>
EXPENDITURE ON			
Charitable activities			
Holistic Health Care	18,698	-	18,698
Other	47	-	47
Total	<u>18,745</u>	<u>-</u>	<u>18,745</u>
NET INCOME	2,484	-	2,484

Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued
For The Year Ended 31 March 2026

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	35,134	-	35,134
TOTAL FUNDS CARRIED FORWARD	<u>37,618</u>	<u>-</u>	<u>37,618</u>

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2025 and 31 March 2026	<u>13,233</u>	<u>1,494</u>	<u>14,727</u>
DEPRECIATION			
At 1 April 2025	12,982	1,417	14,399
Charge for year	37	11	48
At 31 March 2026	<u>13,019</u>	<u>1,428</u>	<u>14,447</u>
NET BOOK VALUE			
At 31 March 2026	<u>214</u>	<u>66</u>	<u>280</u>
At 31 March 2025	<u>251</u>	<u>77</u>	<u>328</u>

8. INVESTMENT PROPERTY

FAIR VALUE	
At 1 April 2025 and 31 March 2026	<u>70,000</u>
NET BOOK VALUE	
At 31 March 2026	<u>70,000</u>
At 31 March 2025	<u>70,000</u>

Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued For The Year Ended 31 March 2026

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.26	31.3.25
	£	£
Accrued expenses	<u>816</u>	<u>774</u>

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.26	31.3.25
	£	£
Other loans (see note 11)	<u>46,950</u>	<u>50,300</u>

11. LOANS

An analysis of the maturity of loans is given below:

	31.3.26	31.3.25
	£	£
Amounts falling due in more than five years:		
Repayable by instalments:		
Other loans over 5 years	46,950	50,300

12. MOVEMENT IN FUNDS

	At 1.4.25	Net movement in funds	At 31.3.26
	£	£	£
Unrestricted funds			
General fund	37,618	1,038	38,656
TOTAL FUNDS	<u>37,618</u>	<u>1,038</u>	<u>38,656</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	20,271	(19,233)	1,038
Restricted funds			
Berry Burn Community Fund	3,200	(3,200)	-
TOTAL FUNDS	<u>23,471</u>	<u>(22,433)</u>	<u>1,038</u>

Healthworks (Holistic Health Care) Ltd.

Notes to the Financial Statements - continued For The Year Ended 31 March 2026

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	35,134	2,484	37,618
TOTAL FUNDS	<u>35,134</u>	<u>2,484</u>	<u>37,618</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	21,229	(18,745)	2,484
TOTAL FUNDS	<u>21,229</u>	<u>(18,745)</u>	<u>2,484</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.24 £	Net movement in funds £	At 31.3.26 £
Unrestricted funds			
General fund	35,134	3,522	38,656
TOTAL FUNDS	<u>35,134</u>	<u>3,522</u>	<u>38,656</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	41,500	(37,978)	3,522
Restricted funds			
Berry Burn Community Fund	3,200	(3,200)	-
TOTAL FUNDS	<u>44,700</u>	<u>(41,178)</u>	<u>3,522</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2026.

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Healthworks (Holistic Health Care) Ltd.**Detailed Statement of Financial Activities
For The Year Ended 31 March 2026**

	31.3.26 £	31.3.25 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	50	1,445
Grants	3,200	-
	3,250	1,445
Other trading activities		
Fundraising events	22	45
Investment income		
Rents received	20,185	19,689
Interest receivable	14	50
	20,199	19,739
Total incoming resources		
	23,471	21,229
EXPENDITURE		
Charitable activities		
Insurance	819	537
Light and heat	1,742	1,172
Telephone	624	528
Postage and stationery	127	350
Advertising	100	247
Sundries	-	78
Management costs	6,000	6,000
Repairs and maintenance	5,373	884
Office and website	168	168
Bursaries	4,045	4,985
Accountancy	818	752
Legal and professional fees	108	-
Bank loan interest	2,459	2,997
	22,383	18,698
Other		
Fixtures and fittings	38	33
Computer equipment	12	14
	50	47
Total resources expended		
	22,433	18,745
Net income		
	1,038	2,484

This page does not form part of the statutory financial statements