

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**Report and Financial Statements**

**for the year ended 31 December 2015**

**THINK BODYWHYS LTD**  
(A company limited by guarantee, not having a share capital)  
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# THINK BODYWHYS LTD

(A company limited by guarantee, not having a share capital)

## REFERENCE AND ADMINISTRATIVE INFORMATION

<b>Trustees</b>	Parvez Butt Marie Devine Henry Blake Breda Naddy Kirsty Kirkwood Jane O'Riordan
<b>Company Secretary</b>	Henry Blake
<b>Charity Number</b>	11961
<b>Registered Office</b>	18 Upper Mount Street, Dublin 2
<b>Principal Address</b>	St John of Gods, Stillorgan, Co. Dublin
<b>Auditors</b>	DLT Dillon Kelly Cregan Ltd 18 Upper Mount Street Dublin 2 Republic of Ireland

# THINK BODYWHYS LTD

(A company limited by guarantee, not having a share capital)

## TRUSTEES' ANNUAL REPORT

for the year ended 31 December 2015

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the year ended 31 December 2015.

The charity 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 2008), the organisation has implemented its recommendations where relevant in these financial statements.

The trustees, who are also the directors of the charity, at the date of this report and those who served during the financial year together with the dates of any changes are set out on page 3.

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

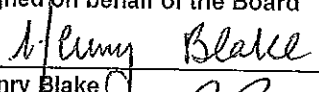
### Auditors

The auditors, DLT Dillon Kelly Cregan Ltd, have indicated their willingness to continue in office in accordance with the provisions of Section 380 of the Companies Act, 2014.

### 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.

Signed on behalf of the Board

  
Henry Blake  
Trustee

  
Parvez Butt  
Trustee

Date: 7 June 2016

# THINK BODYWHYS LTD

(A company limited by guarantee, not having a share capital)

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the year ended 31 December 2015

The trustees are responsible for preparing the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Financial Reporting Council.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the net income or expenditure of the charity for that year. In preparing these financial statements the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the Charities SORP (updated 2008) has been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements are prepared in accordance with accounting standards generally accepted in Ireland and with Irish Statute comprising the Companies Act 2014, and all Regulations to be construed as one with those Acts. They are also responsible for safeguarding the assets of the charity and hence for 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 charity's website. Legislation in the Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In so far as the trustees are aware:

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

Signed on behalf of the Board

  
\_\_\_\_\_  
Henry Blake  
Trustee

  
\_\_\_\_\_  
Parvez Butt  
Trustee

Date: 7 June 2016

# **INDEPENDENT AUDITOR'S REPORT**

## **to the Trustees of THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

We have audited the financial statements of THINK BODYWHYS LTD for the year ended 31 December 2015 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. These financial statements have been prepared under the accounting policies set out therein.

This report is made solely to the charity's trustees, 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 charity's trustees 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 responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

### **Respective responsibilities of trustees and auditors**

As described in the Statement of Trustees' Responsibilities, the charity's trustees are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Financial Reporting Council (Generally Accepted Accounting Practice in Ireland).

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Act 2014. We state whether we have obtained all the information and explanations we consider necessary for the purposes of our audit and whether the financial statements are in agreement with the books of account. We also report to you our opinion as to:-

- whether the charity has kept proper books of account; and
- whether the Trustees' Annual Report is consistent with the financial statements.

We report to the members if, in our opinion, any information specified by law regarding trustees' remuneration and trustees' transactions is not given and, where practicable, include such information in our report.

We read the Trustees' Annual Report and consider the implications for our report if we become aware of any apparent misstatement within it.

### **Basis of opinion**

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the financial statements, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error.

In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

### **Opinion**

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of affairs of the charity as at 31 December 2015 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014

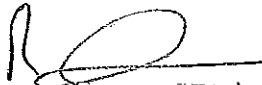
**INDEPENDENT AUDITOR'S REPORT**  
**to the Trustees of THINK BODYWHYS LTD**  
(A company limited by guarantee, not having a share capital)

**Matters on which we are required to report by the Companies Act 2014**

- We have obtained all the information and explanations which we consider 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
- The financial statements are in agreement with the accounting records
- In our opinion the information given in the Directors Report is consistent with the financial statements.

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

We have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures of directors remuneration and transactions specified by Sections 305 to 312 of the Act are not made.



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Mr Ronan Lynch FCCA AITI  
For and on behalf of  
DLT DILLON KELLY GREGAN LTD  
Registered Auditors  
18 Upper Mount Street  
Dublin 2  
Republic of Ireland

.Dated: 8<sup>th</sup> June 2016

# THINK BODYWHYS LTD

(A company limited by guarantee, not having a share capital)

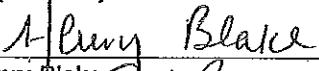
## STATEMENT OF FINANCIAL ACTIVITIES

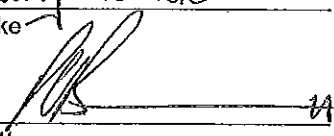
(Incorporating an Income and Expenditure Account)

for the year ended 31 December 2015

	Unrestricted Funds 2015 €	Restricted Funds 2015 €	Total 2015 €	Total 2014 €
Incoming Resources				
Generated funds:				
Voluntary income				
Voluntary Income	-	-	-	13,160
Activities to generate funds				
Unrestricted Grants	262,870	-	262,870	256,546
Restricted Income Grant	22,000	22,488	44,488	27,015
Investment and other income	2,108	-	2,108	4,610
Charitable activities:				
Donations and Other Voluntary Income	3,337	-	3,337	-
<b>Total incoming resources</b>	<b>290,315</b>	<b>22,488</b>	<b>312,803</b>	<b>301,331</b>
Resources Expended				
Costs of Generating Funds	39,630	-	39,630	43,321
Governance Costs	3,936	-	3,936	-
	43,566	-	43,566	43,321
<b>Net incoming resources available for charitable application</b>	<b>246,749</b>	<b>22,488</b>	<b>269,237</b>	<b>258,010</b>
Charitable activities:				
Restricted Grant Expenditure	-	32,515	32,515	-
Operational Costs	224,511	-	224,511	237,563
	224,511	32,515	257,026	237,563
<b>Total resources expended</b>	<b>288,077</b>	<b>32,515</b>	<b>300,592</b>	<b>280,884</b>
<b>Surplus/(deficit) for the year</b>	<b>22,238</b>	<b>(10,027)</b>	<b>12,211</b>	<b>20,447</b>
<b>Net movement in funds for the year</b>	<b>22,238</b>	<b>(10,027)</b>	<b>12,211</b>	<b>20,447</b>
Reconciliation of funds				
Balances brought forward at 1 January 2015	266,822	32,120	298,942	278,495
<b>Balances carried forward at 31 December 2015</b>	<b>289,060</b>	<b>22,093</b>	<b>311,153</b>	<b>298,942</b>

Approved by the Trustees on 7 June 2016 and signed on its behalf by

  
Henry Blake  
Trustee

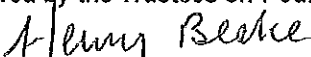
  
Parvez Butt  
Trustee

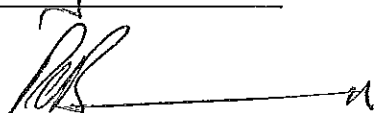


**THINK BODYWHYS LTD**  
 (A company limited by guarantee, not having a share capital)  
**BALANCE SHEET**  
 as at 31 December 2015

	Notes	2015 €	2014 €
<b>Current Assets</b>			
Cash at bank and in hand		326,513	336,169
Creditors: Amounts falling due within one year	7	(15,360)	(37,227)
<b>Net Current Assets</b>		<b>311,153</b>	<b>298,942</b>
<b>Total Assets less Current Liabilities</b>		<b>311,153</b>	<b>298,942</b>
<b>Funds</b>			
Restricted trust funds		22,093	32,120
Unrestricted designated funds		226,730	226,730
General fund (unrestricted)		62,330	40,092
<b>Total funds</b>	10	<b>311,153</b>	<b>298,942</b>

Approved by the Trustees on 7 June 2016 and signed on its behalf by

  
 \_\_\_\_\_  
 Henry Blake  
 Trustee

  
 \_\_\_\_\_  
 Parvez Butt  
 Trustee

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**CASH FLOW STATEMENT**

for the year ended 31 December 2015

	Notes	2015 €	2014 €
Net cash outflow from operating activities	13	(11,764)	32,074
Returns on investments and servicing of finance	13	2,108	4,610
<b>Movement in cash in the year</b>		<b>(9,656)</b>	<b>36,684</b>
<b>Reconciliation of net cash flow to movement in net debt (Note 13)</b>			
Movement in cash in the year		(9,656)	36,684
Net funds at 1 January 2015		336,169	299,485
<b>Net funds at 31 December 2015</b>		<b>326,513</b>	<b>336,169</b>

# THINK BODYWHYS LTD

(A company limited by guarantee, not having a share capital)

## NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2015

### 1. ACCOUNTING POLICIES

#### 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.

#### Restricted funds

Restricted funds are funds given to the charity for a specified project where the charity is accountable to the donor for the expenditure of funds received on that project. These funds are not available to offset the cost of general charitable activities.

#### Unrestricted free reserves

The policy is to retain sufficient reserves to safeguard the continuity of its charitable operations while committing the maximum possible resources to current services. There is an overlying objective to hold reserves to allow the charity to continue to provide services if faced with an unforeseen reduction in income to give time to adjust its strategy to meet these changing circumstances.

#### Unrestricted designated 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. Where appropriate the trustees will set aside funds earmarked for future expenditure, such as capital expenditure, from the general fund reserve. In the event that the planned expenditure is not incurred the funds will be re-designated as unrestricted general reserves.

#### Incoming resources

Voluntary income or capital is included in the Statement of Financial Activities when the charity is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt. Entitlement to legacies is considered established when the charity has been notified of a distribution to be made by the executors. 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. All other income is accounted for on an accruals basis.

#### Resources expended

All resources expended are accounted for on an accruals basis. Charitable activities include costs of services and grants, support costs and depreciation on related assets. Costs of generating funds similarly include fundraising activities. Non-staff costs not attributed to one category of activity are allocated or apportioned pro-rata to the staffing of the relevant service. Finance, HR, IT and administrative staff costs are directly attributable to individual activities by objective. Governance costs are those associated with constitutional and statutory requirements.

2.	INVESTMENT AND OTHER INCOME	2015	2014
		€	€
	Bank interest	2,108	4,610
		<u>          </u>	<u>          </u>
3.	ANALYSIS OF RESOURCES EXPENDED		Total
			2014
			€
	Other costs		
	Cost of raising funds		31,494
	Totals		<u>          </u>
			<u>          </u>
			31,494

**THINK BODYWHYS LTD**

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**NOTES TO THE FINANCIAL STATEMENTS**

for the year ended 31 December 2015

continued

**4. ANALYSIS OF RESOURCES EXPENDED AND RELATED INCOME FOR CHARITABLE ACTIVITIES**

This represents the costs incurred in carrying out the charitable activities.

**5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS**

The support and governance costs incurred are auditors remuneration.

**6. EMPLOYEES AND REMUNERATION**

The staff costs comprise:

	2015 €	2014 €
Wages and salaries	211,973	195,865
Pension costs	12,452	10,204
	<u>224,425</u>	<u>206,069</u>

**7. CREDITORS**

Amounts falling due within one year

Taxation and social security costs (Note 8)  
Accruals

	2015 €	2014 €
	-	5,107
	<u>15,360</u>	<u>32,120</u>

**8. TAXATION AND SOCIAL SECURITY**

Creditors:  
PAYE / PRSI

	2015 €	2014 €
	-	5,107
	<u>-</u>	<u>5,107</u>

**9. ANALYSIS OF NET ASSETS BY FUND**

	Current assets €	Current liabilities €	Total €
<b>Restricted income</b>			
Restricted Funds	22,093	-	22,093
<b>Unrestricted income</b>			
Designated Funds	247,720	(20,990)	226,730
General Fund	56,700	5,630	62,330
	<u>304,420</u>	<u>(15,360)</u>	<u>289,060</u>
	<u>326,513</u>	<u>(15,360)</u>	<u>311,153</u>

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**NOTES TO THE FINANCIAL STATEMENTS**

continued

for the year ended 31 December 2015

**10. ANALYSIS OF MOVEMENTS ON FUNDS**

	Balance 1 January 2015 €	Incoming resources €	Resources expended €	Balance 31 December 2015 €
<b>Restricted income</b>				
Restricted Funds	32,120	22,488	(32,515)	22,093
<b>Unrestricted income</b>				
Designated Funds	226,730	-	-	226,730
General Fund	40,092	290,315	(268,077)	62,330
	266,822	290,315	(268,077)	289,060
<b>Total funds</b>	<b>298,942</b>	<b>312,803</b>	<b>300,592</b>	<b>311,153</b>

**11. STATUS**

The charity 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.

**12. POST-BALANCE SHEET EVENTS**

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

**13. CASH FLOW STATEMENT**

<b>13.1 Reconciliation of operating net movement in funds to net cash outflow from operating activities</b>	<b>2015</b>	<b>2014</b>	
	€	€	
Net movement in funds	10,103	15,837	
Movement in creditors	(21,867)	16,237	
<b>Net cash outflow from operating activities</b>	<b>(11,764)</b>	<b>32,074</b>	
<b>13.2 CASH FLOW STATEMENT</b>	<b>2015</b>	<b>2014</b>	
	€	€	
Returns on investments and servicing of finance			
Interest received	2,108	4,610	
<b>13.3 ANALYSIS OF CHANGES IN NET FUNDS</b>	<b>Opening balance</b>	<b>Cash flows</b>	<b>Closing balance</b>
	€	€	€
Cash at bank and in hand	336,169	(9,656)	326,513
<b>Net funds</b>	<b>336,169</b>	<b>(9,656)</b>	<b>326,513</b>

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**NOTES TO THE FINANCIAL STATEMENTS**

for the year ended 31 December 2015

continued

**14. APPROVAL OF FINANCIAL STATEMENTS**

The financial statements were approved and authorised for issue by the Board of Trustees on 7 June 2016.

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**SUPPLEMENTARY INFORMATION**

**RELATING TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2015**

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

**THINK BODYWHYS LTD**

(A company limited by guarantee, not having a share capital)

**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS****OPERATING STATEMENT**

for the year ended 31 December 2015

	Schedule	2015 €	2014 €
Income			
- HSE Core Funding Grant		256,546	256,546
- Unrestricted Corporate Grants – HSE		6,325	8,000
- Corporate grants			
N.O.S.P		33,920	11,920
Lottery Funds (Dept of Health)		7,500	3,400
Genio		0	3,695
ESB Electric Aid		3,068	
- Donations		3,337	8,360
- Fundraising Income		-	4,800
Income		<u>310,695</u>	<u>296,721</u>
Charitable activities and other expenses	1	<u>(300,592)</u>	<u>(280,884)</u>
		10,103	15,837
Miscellaneous income	2	<u>2,108</u>	<u>4,610</u>
<b>Net surplus</b>		<u><u>12,211</u></u>	<u><u>20,447</u></u>



**THINK BODYWHYS LTD**

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**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS****SCHEDULE 1 : CHARITABLE ACTIVITIES AND OTHER EXPENSES**

for the year ended 31 December 2015

	2015 €	2014 €
<b>Expenses</b>		
Wages and salaries	211,973	195,865
Staff defined contribution pension costs	12,452	10,204
Rent payable	200	-
Insurance	2,848	2,847
Repairs and maintenance	334	1,320
Printing, postage and stationery	5,855	6,933
Advertising	1,365	2,504
Telephone	8,892	8,170
Computer costs	4,750	5,701
Travelling and entertainment	7,543	6,693
Legal and professional	3,986	3,680
Accountancy	2,460	-
Auditor's/Independent Examiner's remuneration	3,936	3,690
PILAR Project	32,515	31,494
Bank charges	198	392
General expenses	1,285	1,391
	<u>300,592</u>	<u>280,884</u>

**THINK BODYWHYS LTD**

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**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS**

**SCHEDULE 2 : MISCELLANEOUS INCOME**

for the year ended 31 December 2015

	2015	2014
	€	€
Miscellaneous Income		
Bank Interest	2,108	4,610