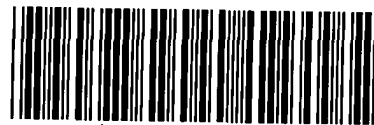


REGISTERED COMPANY NUMBER: 03153329 (England and Wales)
REGISTERED CHARITY NUMBER: 1053863

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2018
for
The Charity for the F Matthias Alexander Technique

MONDAY



LD2 *L7KHIQOY* 10/12/2018 #53
COMPANIES HOUSE

Spencer-Davis & Co
4-6 Peterborough Road
Harrow
Middlesex
HA1 2BQ

The Charity for the F Matthias Alexander Technique

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for the Year Ended 31 March 2018

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The Charity for the F Matthias Alexander Technique

Report of the Trustees for the Year Ended 31 March 2018

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of The Charity for the F Matthias Alexander Technique (the charitable company) for the year ended 31 March 2018. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), 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 2015).

Since the charitable company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and activities

The company is a charity and exists to advance the education of the public in health both individually and socially, in particular, but without prejudice to the foregoing, the system of psycho-physical re-education known as the F Matthias Alexander Technique. The charity's objects and powers it may exercise in furtherance of its objects are set out in full in its Memorandum of Association.

The management committee reviews the charity's objectives each year prior to our Annual General Meeting, with reference to the Charity Commission's guidance, to ensure they continue to meet the charity's aim and provide public benefit.

In 2017-18 we continued to pursue the activities in furtherance of our objectives similar to the previous year, namely to:

- produce publicity material to be circulated via existing networks of interested parties
- maintain an up to date web-site with relevant material
- encourage associate-members (Friends) and others to organise appropriate events
- correspond and establish contact with other organisations and individuals, both nationally and internationally, which have related interests.
- organise events open to the public at low cost and publicise them through local media
- organise musical events with an emphasis on the application of the Alexander Technique to performance
- plan and execute professional development training for suitably qualified teachers to gain skills in teaching the Alexander Technique in schools to young musicians

In shaping our objectives for the year and planning our activities, the trustees have had due regard to the Charity Commission's guidance on public benefit and fee charging. The Charity relies on voluntary contributions, donations and income from courses to fund our activities.

Achievements and performance

The trustees are of the opinion that a shift in emphasis towards the education of young people is a highly appropriate direction for the charity and to that end commissioned the writing of a syllabus for delivering Alexander teaching to young musicians and sourced experienced teachers from within the Alexander profession to deliver the training to teach our "Foundation Course for Young Musicians". The first of these courses was fully subscribed. The concerts we organised were well-attended and provided a meeting point for people interested in the application of the Alexander Technique to musicianship and performance.

Report of the Trustees - continued
for the Year Ended 31 March 2018

Financial review

Fundraising

A small but loyal membership supports the charity with subscriptions. Other income has come from giving concerts and fees from courses.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Reserves policy

At the present time neither the income nor the assets of the charity are sufficient to put in place a reserves policy, but necessary measures will be taken at the appropriate time.

Investment policy

At the present time the Directors are of the view that our level of income does not merit an investment policy.

Structure, governance and management

Status

The organisation is a charitable company limited by guarantee, incorporated on 31st January 1996 and registered as a charity on 21 Mar 1996.

The company was established under a Memorandum of Association which established the objects (a summary of the charity's objects is given in the 'Overall Aim' and 'Objectives' sections below) and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the charity is managed by the Board of Trustees (who are directors of the company). At each Annual General Meeting one third of the trustees shall retire by rotation. Trustees are appointed by resolution at general meetings of the charity. The trustees may appoint a person to be a trustee to fill a vacancy or as an additional trustee, but a trustee so appointed shall only hold office until the next annual general meeting of the charity.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees. Trustees recommend appointees to represent a broad range of cultural backgrounds, life-experience and interests. Trustees fully understand:

- the charity's aims as set out in the Memorandum of Association
- the Public Benefit requirements to which the charity is subject
- how the charity is meeting these requirements.

The Charity for the F Matthias Alexander Technique

Report of the Trustees - continued
for the Year Ended 31 March 2018

Reference and administrative details

The name of the charity is The Charity for the F Matthias Alexander Technique. The charity also uses the working title of "Friends of the Alexander Technique".

Charity registration number: 1053863

Company number: 03153329

Registered Office and operation address:

8 Hop Gardens

London

WC2N 4EH

Names of the charity trustees who manage the charity

Mr. Kamal Thapen (Chair)

Mrs Dorothea Magonet (Treasurer: to 26 November 2017)

Ms. Eileen Armstrong (to 26 November 2017)

Mrs. Margaret Edis (to 26 November 2017)

Ms. Sue Fleming

Ms. Brita Forsstrom

Mr. John Simeon Hunter

Mr. James Noel McDowell

Ms. Glynn MacDonald (to 26 November 2017)

Mr. Philip Tucker

Mr. Malcolm Williamson (to 26 November 2017)

Mrs Julia Outlaw (from 26 November 2017)

Mr Mark Fletcher (Treasurer: from 26 November 2017)

Secretary:

Ms. Julia Outlaw

Bankers

Barclays Bank Plc

Leicester

LE87 2BB

Accountants

Spencer-Davis & Co

4-6 Peterborough Road

Harrow

HA1 2BQ

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors on 2 December 2018



Mr. Kamal Thapen (Chair)



Mr Mark Fletcher (Treasurer)

Charity F Mathias Alexander Technique

Statement of Financial Activities
for the Year Ended 31 March 2018

		31.3.18 Unrestricted fund £	31.3.17 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>1,650</u>	<u>2,692</u>
Total		1,650	2,692
 EXPENDITURE ON			
Raising funds	2	337	274
Other		<u>1,137</u>	<u>1,773</u>
Total		1,473	2,047
 NET INCOME		177	645
 RECONCILIATION OF FUNDS			
Total funds brought forward		3,105	2,460
 TOTAL FUNDS CARRIED FORWARD		<u>3,282</u>	<u>3,105</u>
 CONTINUING OPERATIONS			
All income and expenditure has arisen from continuing activities.			

The notes form part of these financial statements

Charity F Mathias Alexander Technique

Balance Sheet

At 31 March 2018

	Notes	31.3.18 Unrestricted fund £	31.3.17 Total funds £
CURRENT ASSETS			
Debtors	4	52	31
Cash at bank		<u>4,463</u>	<u>4,067</u>
		4,515	4,098
CREDITORS			
Amounts falling due within one year	5	(1,233)	(993)
		<u>3,282</u>	<u>3,105</u>
NET CURRENT ASSETS			
		<u>3,282</u>	<u>3,105</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>3,282</u>	<u>3,105</u>
NET ASSETS			
		<u>3,282</u>	<u>3,105</u>
FUNDS	6		
Unrestricted funds		<u>3,282</u>	<u>3,105</u>
TOTAL FUNDS		<u>3,282</u>	<u>3,105</u>

The notes form part of these financial statements

Charity F Mathias Alexander Technique

Balance Sheet - continued

At 31 March 2018

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

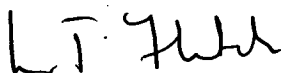
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2017 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

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

The financial statements were approved by the Board of Trustees on 2 December 2018 and were signed on its behalf by:



M Fletcher -Trustee



K Thapen -Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2018

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 2015)', 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.

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.

2. RAISING FUNDS

Raising donations and legacies

	31.3.18	31.3.17
	£	£
Sundries	97	34
Support costs	<u>240</u>	<u>240</u>
	<u>337</u>	<u>274</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2018 nor for the year ended 31 March 2017.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2018 nor for the year ended 31 March 2017.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2018

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.18	31.3.17
	£	£
Other debtors	<u>52</u>	<u>31</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.18	31.3.17
	£	£
Other creditors	<u>1,233</u>	<u>993</u>

6. MOVEMENT IN FUNDS

	At 1.4.17	Net movement in funds	At 31.3.17
	£	£	£
Unrestricted funds			
General fund	3,105	177	3,282
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>3,105</u>	<u>177</u>	<u>3,282</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2018

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,650	(1,473)	177
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,650</u>	<u>(1,473)</u>	<u>177</u>

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2018.

Charity F Mathias Alexander Technique

Detailed Statement of Financial Activities
for the Year Ended 31 March 2018

	31.3.18 £	31.3.17 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	100	61
Gift aid	-	169
Membership fees	105	230
Workshops	1,445	1,475
Concert income	-	757
	<u>1,650</u>	<u>2,692</u>
Total incoming resources	1,650	2,692
EXPENDITURE		
Raising donations and legacies		
Sundries	97	34
Other		
Room hire	120	563
Concert costs	-	85
Workshop costs	<u>1,017</u>	<u>1,125</u>
	1,137	1,773
Support costs		
Governance costs		
Accountancy and legal fees	<u>240</u>	<u>240</u>
Total resources expended	1,473	2,047
	<u>177</u>	<u>645</u>
Net income		

This page does not form part of the statutory financial statements