

Charity Registration No. 1053863

Company No. 03153329

**THE CHARITY FOR THE F. MATTHIAS ALEXANDER TECHNIQUE  
LIMITED (BY GUARANTEE)**

**DIRECTORS' AND TRUSTEES' REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED 30 APRIL 2006**

TUESDAY



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20/02/2007

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# **THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)**

## **LEGAL AND ADMINISTRATIVE INFORMATION**

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### **Directors And Trustees**

D E M Magonet  
J N McDowell  
J Stephens  
S Holladay

### **Secretary**

P Tucker

### **Charity number**

1053863

### **Principal address**

Unit B3, First Floor, Linton House,  
39-51 Highgate Road, London  
NW5 1RS  
Great Britain

### **Accountants**

Adler Shine LLP  
Aston House  
Cornwall Avenue  
London  
N3 1LF

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# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

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# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

## DIRECTORS' AND TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2006

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The directors present their report and financial statements for the year ended 30 April 2006.

### Structure, governance and management

D E M Magonet  
J N McDowell  
J Stephens  
S Holladay

As the company has yet to commence its activities, there is currently no risk management policy in place.

### Objectives and activities

The charity is constituted as a company limited by guarantee, and is therefore governed by a Memorandum and Articles of Association.

The charity's object and its principal activity continues to be that of the advancement of education of the public in health, in particular the system of psycho-physical re-education known as the F Matthias Alexander Technique. No activities were carried out in the period under review.

The charity is organised so that the trustees meet regularly to manage its affairs.

### Achievements and performance

#### Financial review

As the company has yet to commence its activities, there is currently no reserves policy in place.

On behalf of the board of directors and trustees

**J Stephens**

Director and trustee

Dated: 16/2/07



# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 APRIL 2006

	Notes	2006 £	2005 £
<b><u>Resources expended</u></b>	<b>2</b>		
Governance costs		764	729
<b>Total resources expended</b>		<b>764</b>	<b>729</b>
<b>Net expenditure for the year/ Net movement in funds</b>		<b>(764)</b>	<b>(729)</b>
Fund balances at 1 May 2005		(2,787)	(2,058)
<b>Fund balances at 30 April 2006</b>		<b>(3,551)</b>	<b>(2,787)</b>

# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

## BALANCE SHEET AS AT 30 APRIL 2006

	Notes	2006 £	£	2005 £	£
<b>Fixed assets</b>					
Investments	4		2		2
<b>Current assets</b>					
Creditors: amounts falling due within one year	5	(3,553)		(2,789)	
<b>Net current liabilities</b>			(3,553)		(2,789)
<b>Total assets less current liabilities</b>			(3,551)		(2,787)
<b>Income funds</b>					
Unrestricted funds			(3,551)		(2,787)
			(3,551)		(2,787)

The company is entitled to the exemption from the audit requirement contained in section 249A(1) of the Companies Act 1985, for the year ended 30 April 2006. No member of the company has deposited a notice, pursuant to section 249B(2), requiring an audit of these accounts.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with section 221 of the Act; and
- (b) preparing accounts which give a true and fair view of the state of affairs of the company at 30 April 2006 and of its loss for the year then ended in accordance with section 226, and otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

The accounts were approved by the Board on 16/02/07

*J. Stephens*

J Stephens  
Director and trustee

# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2006

### 1 Accounting policies

#### 1.1 Basis of preparation

The accounts are prepared under the historical cost convention and in accordance with the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in October 2000.

The charity has the full support of the Society of Teachers of the Alexander Technique who pays the debts on behalf of the charity. On this basis the directors and trustees consider it appropriate to prepare accounts on a going concern basis.

The the charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small the charity.

#### 1.2 Investments

Fixed asset investments are stated at cost less provision for diminution in value.

#### 1.3 Expenditure on management and administration of the charity

Administration expenditure includes all expenditure not directly related to the charitable activity or fundraising ventures. This includes professional fees for accountancy and audit.

### 2 Total resources expended

	2006	2005
	£	£
<b>Governance costs</b>	<b>764</b>	<b>729</b>

### 3 Employees

There were no employees during the year.

### 4 Fixed asset investments

	£
<b>Market value at 1 May 2005 and at 30 April 2006</b>	<b>2</b>
Historical cost:	
At 30 April 2006	2
At 30 April 2005	2

# THE CHARITY FOR THE F.MATTHIAS ALEXANDER TECHNIQUE LIMITED (BY GUARANTEE)

## NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2006

### 4 Fixed asset investments (continued)

#### Holdings of more than 10%

The company holds more than 10% of the share capital of the following companies:

Company	Country of registration or incorporation	Shares held	
		Class	%
Subsidiary undertakings			
STAT Books Limited	England and Wales	Ordinary	100

The aggregate amount of capital and reserves and the results of these undertakings for the last relevant financial year were as follows:

	Capital and reserves	Profit for the year
	£	£
STAT Books Limited	-	-

5 Creditors: amounts falling due within one year	2006 £	2005 £
Amounts owed to connected undertakings	2,201	2,201
Accruals	1,352	588
	<b>3,553</b>	<b>2,789</b>

### 6 Related parties

The company's expenses have been funded by The Society of Teachers of the Alexander Technique, a members organisation controlled by the trustees. During the year this amount was £nil and at the year end £2,201 (2005: £2,201) was owed to the society.

### 7 Constitution

The company, which is limited by guarantee, does not have a share capital and is constituted as a charity. Every member undertakes to contribute an amount not exceeding £1 in the event of winding up. The income and property of the company cannot be paid or transferred to the members by way of dividend.