

**BRITISH SOCIETY  
OF  
LIFESTYLE MEDICINE**

**REPORT AND FINANCIAL STATEMENTS**

**for the year ended 31 October 2018**

**Charity No SC046920**

**WHITELAW WELLS**  
Chartered Accountants  
9 Ainslie Place  
Edinburgh  
EH3 6AT

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**FINANCIAL STATEMENTS**

**YEAR ENDED 31 OCTOBER 2018**

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## **BRITISH SOCIETY OF LIFESTYLE MEDICINE**

### **TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2018**

The Trustees have pleasure in presenting their report for the year ended 31 October 2018. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities and Trustees Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and 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 FRS102 (effective 1 January 2015).

#### **OBJECTIVES AND ACTIVITIES**

The British Society of Lifestyle Medicine (BSLM) promotes education and research into the field of Lifestyle Medicine by providing support and a networking platform for doctors, associated health professionals and others by:

- Collecting and sharing research and case studies
- Providing online discussion forums on lifestyle medicine related matters
- Publishing regular newsletters for exchange of ideas and information
- Providing educational and networking opportunities

The BSLM promotes public awareness of Lifestyle Medicine and to educate the public by:

- Providing a list of practitioners working in the field who accept referrals
- Disseminating relevant scientific and educational information in easily understandable language to enable persons to take informed lifestyle choices
- Facilitating educational meetings and gatherings.
- Promoting the adoption of healthy lifestyles by all sections of the population for their general wellbeing and prevention of illness.

#### **ACHIEVEMENTS AND PERFORMANCE**

BSLM organised both major and minor educational events held around the UK – principally aimed at health professionals but open to the public.

Some public-only events were held in Glasgow and London facilitated by BSLM.

The 2018 Annual Conference was held in Edinburgh, attracting over 250 delegates and which received excellent feedback.

The first cohort of examinees went through the Lifestyle Medicine Certification exam hosted at Queen Margaret University, Edinburgh.

All of this industry has resulted in healthcare professionals of several disciplines learning to apply lifestyle as medicine interventions with their patients and clients with confidence.

Membership continued to increase through the year reaching 683 by the end of October 2018.

#### **FINANCIAL REVIEW**

During the financial period total income amounted to £89,563 (2017: £19,822) and total expenditure £69,884 (2017: £12,688). The surplus for the year was £19,679 (2017: £7,134), at the end of the period the Trustees held total funds of £26,813 (2017: £7,134). All income and expenditure in the period was unrestricted.

#### **Reserves Policy**

The free reserves, being total unrestricted funds are £26,813 (2017: £7,134). Trustees have elected to maintain reserves in future which will be sufficient to allow 12 months operation and include an annual conference.

## **BRITISH SOCIETY OF LIFESTYLE MEDICINE**

### **TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2018**

#### **Risk management**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks.

#### **PLANS FOR FUTURE PERIODS**

- Develop an educational platform and BSLM Learning Academy
- Develop and spread the practice of Group Consultations in primary and secondary care settings.
- Provide AdventurEd options for members, their families or patients.
- Consolidate a Resources section on the website.
- Appoint a part time Executive Director and other necessary staff to cope with further expansion of membership and benefits.

#### **STRUCTURE GOVERNMENT AND MANAGEMENT**

##### **Governing document**

The charity, a Scottish Charitable Incorporated Organisation (SCIO) registered charity number SC046920, was incorporated on 21 October 2016 and is administered in accordance with the terms of its Constitution.

##### **Recruitment and Appointment of Trustees**

New Trustees are initially appointed by the executive and then put forward for election at the AGM. There are currently 11 trustees serving on the board but with an option for a further one. Trustees are all from a medical background. As a Society it is open to all disciplines in the health care arena but it has grown organically into a physician-led membership (around 80%) of which the majority are family doctors (General Practitioners) and with whom its pragmatic, evidence based approach resonates most strongly.

##### **Organisational Structure**

BSLM has a board of up to twelve trustees, who take responsibility for the governing of the Organisation and delivering on its aims and missions as per its constitution. BSLM also has over 30 volunteer 'directors' based regionally around the UK some of whom bear special responsibilities according to their particular skill sets. This includes Public Health, Mental Health, Nutrition, Physical Activity, Secondary Care, Group Consultations and Digital Medicine.

The Trustees provide their time and services to the charity in a voluntary capacity. Consequently, this helps ensure that all monies received from donors are efficiently applied in meeting the objectives of the charity.

##### **Related Parties**

There were no related party transactions during the current or previous year.

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**TRUSTEES' REPORT  
YEAR ENDED 31 OCTOBER 2018**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Charity Number**

SC046920

**Trustees**

Dr Rob Lawson (Chair)  
Mr Laurence Stewart (Treasurer)  
Dr Yasmin Ohlsson  
Dr Michael Boyle  
Dr Barbara Phipps  
Dr Tommy Wood  
Dr Tamsin Lewis  
Dr John Sykes (appointed June 2018)  
Dr Punam Krishan (appointed June 2018)  
Dr Jodie Blackadder (appointed September 2018)  
Dr Ellen Fallows (appointed June 2019)

**Principal Office**

23 Dunpender Road  
East Linton  
East Lothian  
EH40 3BW

**Independent Examiner**

Louise Presslie C.A.  
Whitelaw Wells  
Chartered Accountants  
9 Ainslie Place  
Edinburgh  
EH3 6AT

**Bankers**

TSB Bank Plc  
Edinburgh  
EH12 7SD

## BRITISH SOCIETY OF LIFESTYLE MEDICINE

### TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2018

#### Responsibilities of the Trustees

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

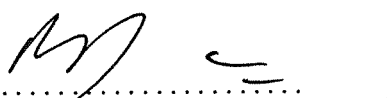
The law applicable to charities in Scotland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Trust at the end of the year and of the profit or loss for the year then ended. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Association will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Association and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the Associations constitution. They are also responsible for safeguarding the assets of the Association 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 trust and financial information included on the trust's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees on 26 July 2019 and signed on their behalf by:-

  
.....  
Dr Rob Lawson

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BRITISH SOCIETY OF LIFESTYLE  
MEDICINE**

**YEAR ENDED 31 OCTOBER 2018**

I report on the financial statements for the year ended 31 October 2018 set out on pages 7 to 12.

**Respective responsibilities of the Trustees and the Independent Examiner**

As described in the Trustees' Report the Trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's Trustees consider that the audit requirements of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with Regulation 11 of The Charities Accounts (Scotland) Regulations 2006 (as amended). 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 seek explanations from you as trustees concerning 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 the course of 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 Charities and Trustee Investment (Scotland) Act 2005 and Regulation 4 of the 2006 Accounts Regulations (as amended); and
  - To prepare accounts which accord with the accounting records and comply with Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) 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.



**Louise Presslie C.A.**

Whitelaw Wells Chartered Accountants  
9 Ainslie Place  
Edinburgh EH3 6AT

26 July 2019

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**STATEMENT OF FINANCIAL ACTIVITIES**

**YEAR ENDED 31 OCTOBER 2018**

	Notes	2018 £	2017 £
<b>Income and endowments from:</b>			
<i>Donations:</i>			
Membership fees	2	13,045	12,367
Donations		-	100
<i>Income from charitable activities</i>	3	76,468	7,105
<i>Other trading activities:</i>			
Book sales		50	250
		<hr/>	<hr/>
<b>Total income</b>		89,563	19,822
		<hr/>	<hr/>
<b>Expenditure on:</b>			
<i>Raising Funds:</i>			
Members' services		4,095	3,549
<i>Charitable activities</i>	4	65,789	9,139
		<hr/>	<hr/>
<b>Total expenditure</b>		69,884	12,688
		<hr/>	<hr/>
<b>Net movement in funds</b>		19,679	7,134
		<hr/>	<hr/>
Total funds brought forward at 1 November 2017		7,134	-
		<hr/>	<hr/>
<b>Total funds carried forward at 31 October 2018</b>		26,813	7,134
		<hr/> <hr/>	<hr/> <hr/>

The charity has no recognised gains or losses other than the results for the year set out above.

All activities of the charity are classed as continuing and are unrestricted.

The notes on pages 9 to 12 are an integral part of this statement of financial activities.




BRITISH SOCIETY OF LIFESTYLE MEDICINE

BALANCE SHEET

YEAR ENDED 31 OCTOBER 2018

	Notes	2018 £	2017 £
<b>CURRENT ASSETS</b>			
Debtors	5	214	208
Cash at bank		47,109	11,126
		<u>          </u>	<u>          </u>
		47,323	11,334
<b>Creditors:</b> Amounts falling due within one year	6	(20,510)	(4,200)
		<u>          </u>	<u>          </u>
<b>NET CURRENT ASSETS</b>		26,813	7,134
		<u>          </u>	<u>          </u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		26,813	7,134
		<u>          </u>	<u>          </u>
<b>FUNDS</b>		26,813	7,134
		<u>          </u>	<u>          </u>
		<u>          </u>	<u>          </u>
		26,813	7,134
		<u>          </u>	<u>          </u>
		<u>          </u>	<u>          </u>

These accounts were approved by the Trustees on 26 July 2019 and signed on their behalf by:

  
.....  
Dr Rob Lawson

# BRITISH SOCIETY OF LIFESTYLE MEDICINE

## NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2018

### 1. Accounting policies

#### (a) Basis of accounting

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity has taken advantage of the exemption from the requirement to prepare a Statement of Cash Flows as permitted under FRS 102 and the Charities FRS 102 SORP.

British Society of Lifestyle Medicine constitutes a public benefit entity as defined by FRS102.

The trustees consider there are no material uncertainties about the charity's ability to continue as a going concern. Accordingly the financial statements have been prepared on a going concern basis.

#### (b) Income recognition

All income is recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of the resource can be measured with sufficient reliability.

Membership fees, events income and book sales are included in the accounts in the year in which they are receivable.

#### (c) Expenses recognition

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 settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is recognised on an accruals basis. All expenses including support costs and governance cost are allocated or apportioned to the applicable expenditure headings. For more information on this attribution refer to note 4 below. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of expenditure to which it relates.

The 2017 figures have been re-stated due to accounts for the year ended 31 October 2018 being prepared on an accruals basis.

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2018

1. Accounting policies (cont.)

(d) Allocation of Support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include governance costs which support the trust's activities. These costs have been allocated to expenditure on charitable activities.

(e) Funds

Unrestricted Funds: Funds freely available for the activities of the charity.

(e) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(g) Taxation

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

(h) Legal status of charity

The charity is a Scottish Charitable Incorporated Organisation, registered charity number SC046920.

2. Income from members

	2018 £	2017 £
Membership fees	13,045	14,767
	-----	-----
	13,045	14,767
	=====	=====

3. Income from charitable activities

	2018 £	2017 £
Diploma certification	43,955	2,400
Conference income	28,891	-
Other event income	3,622	4,705
	-----	-----
	76,468	7,105
	=====	=====

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**NOTES TO THE ACCOUNTS**

**YEAR ENDED 31 OCTOBER 2018**

**4. Expenditure on charitable activities**

	<b>2018</b>	<b>2017</b>
	£	£
<i>Support costs:</i>		
Diploma certification expenditure	34,163	1,178
Events expenditure	21,985	5,688
Printing and stationary	1,116	270
Website fees	6,000	1,900
Bank charges	15	15
Sundry	305	-
Card fees	1,157	88
Insurance	208	-
<i>Governance costs:</i>		
Independent Examination Fee	840	-
	<hr/>	<hr/>
	65,789	9,139
	<hr/> <hr/>	<hr/> <hr/>

The trustees consider there to be only one charitable activity.

**5. Debtors**

	<b>2018</b>	<b>2017</b>
	£	£
Prepayments	214	208
	<hr/>	<hr/>
	214	208
	<hr/> <hr/>	<hr/> <hr/>

**6. Creditors**

	<b>2018</b>	<b>2017</b>
	£	£
Accruals	840	-
Deferred income	19,670	4,200
	<hr/>	<hr/>
	20,510	4,200
	<hr/> <hr/>	<hr/> <hr/>

**BRITISH SOCIETY OF LIFESTYLE MEDICINE**

**NOTES TO THE ACCOUNTS**

**YEAR ENDED 31 OCTOBER 2018**

**6. Creditors (continued)**

**Deferred income**

Balance at 1 November 2017	4,200	-
Released to Statement of Financial Activities	(2,100)	-
Amounts received and deferred during the year	17,570	4,200
	<hr/>	<hr/>
Balance at 31 October 2018	19,670	4,200
	<hr/> <hr/>	<hr/> <hr/>

Deferred income represents membership subscriptions paid in advance.

**7. Trustees' remuneration and expenses**

No remuneration or expenses were paid to any Trustee during the current or previous year.  
The Charity has no employees.