

**BRITISH SOCIETY
OF
LIFESTYLE MEDICINE**

REPORT AND FINANCIAL STATEMENTS

for the year ended 31 October 2020

Charity Number SC046920

WHITELAW WELLS
Chartered Accountants
9 Ainslie Place
Edinburgh
EH3 6AT

BRITISH SOCIETY OF LIFESTYLE MEDICINE

FINANCIAL STATEMENTS

YEAR ENDED 31 OCTOBER 2020

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BRITISH SOCIETY OF LIFESTYLE MEDICINE

TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

The Trustees have pleasure in presenting their report for the year ended 31 October 2020. 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.

CHAIR'S STATEMENT

First, I would like to thank all the staff, Directors and volunteers who have contributed to the continued success of BSLM in 2020. This has taken place during an unprecedented year, amidst a pandemic that none of could have foreseen in 2019. BSLM, however, has risen to the challenge, delivering not only the annual conference, but many other events and activities through remote live streaming. What we have learned in 2020 will stand us in good stead to cope with whatever comes in 2021, especially as we host our Annual Conference in Edinburgh in September. Many thanks to you all.

This year has been another successful year for BSLM, with an increase in membership, in Certified Lifestyle Medicine Diplomates, launch of our Lifestyle Medicine Journal, and online educational and networking events. Internationally, BSLM plays a key role in global affairs, being members of the Lifestyle Medicine Global Alliance, and the European Lifestyle Medicine Council, for which it provides administrative support. BSLM retains a seat on the Boards of both organisations.

The reach and influence of BSLM continues to grow, and as such BSLM must develop and grow in 2021 to enable us to capitalise on the excellent work of the charity this year. To that end a decision was taken this year to appoint a full time Executive Director, who will take up post early in the next financial year. The time for growth and development is upon us and is supported by an increasing interest and focus on Lifestyle Medicine at both Governmental and grass roots primary care levels. We have great ambitions for BSLM in 2021, which will be discussed in more detail in the body of this report.

With a membership now over 1500; 299 Diplomates qualifying in 2020, 46 Regional Directors, and 750 attendees at our virtual conference, we continue to reach out to new cohorts and stakeholders. Through our new Diplomates and expanding membership, we now have the opportunity to talk to many more new patients about Lifestyle Medicine. The reach of Lifestyle Medicine is now potentially in the millions.

What has been particularly pleasing is the response to our activities from our members, stakeholders and the public. Below are a selection of comments that confirm that BSLM is on the right path, and is indeed an essential part of the healthcare landscape moving forwards.

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'this works even better than the face-to-face session did'

'It's the most honest conversation I've ever had with my doctor'

'Great to hear from other people with same issues, and how they manage their symptoms'

'Feel better knowing I'm not alone with this'

City and Hackney CCG referring to virtual Group Consultations

"I used to do a full morning of diabetic reviews which often left me feeling mentally fatigued...Group Consultations offer something new and different, there is an energy on the screen, patients share their knowledge... I leave the session feeling energized, uplifted and invigorated"

Dr Clare Nieland – GP and Senior Partner, Maidenhead

"When I was being treated for bi-polar they went for medication first because they didn't think I would make lifestyle changes. But lifestyle changes and self-management is exactly what helped me find stability. I'm now in remission from episodes. I'm so glad I found out it was possible."

Listener, BSLM, [Sound Living](#), podcast

"I have changed as a person (and a doctor) thanks to my learning and this is starting to impact on my patients."

BSLM Conference attendee, 2020

The year 2020 has been one of real achievement for the BSLM. Next year, however, will be a very significant year in the development of the BSLM, and I am convinced that with the right leadership, and with our vibrant membership, the charity will not only continue to thrive, but grow into a mature and sustainable charity, fit and ready for the next phase of its growth and development.

Dr Rob Lawson
Chair of Board of Trustees.

BRITISH SOCIETY OF LIFESTYLE MEDICINE

TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

OBJECTIVES AND ACTIVITIES

Our Vision

Is to advance health by facilitating early positive lifestyle changes for those with and without chronic disease to support living well for longer.

Our Mission

Is to equip and inspire all regulated healthcare professionals and health and wellbeing practitioners with the knowledge and skills to promote long term successful lifestyle behaviour changes. This will support the global movement to bring about change in health and healthcare through creative inspiration combined with personal development. Our aim is to generate sustainable positive lifestyle changes over a life span.

Our Values

Our core values are healthy living, inspiration, collaboration, inclusion, empowerment, health equity, social justice, and environmental sustainability.

Our Activities

- BSLM will collect and share evidence-based research and case studies and provide support and a networking platform for all regulated health professionals and other health and wellbeing practitioners.
- The society will disseminate relevant scientific and educational information in easily understandable language to enable health professionals and practitioners to communicate more easily when discussing with patients and the public about making informed lifestyle choices.
- The society will advocate for and promote adoption of healthy lifestyles by all sections of the population, particularly those who may be affected by mental health issues, disability or disassociation for whatever reason thus aiding general wellbeing and the prevention of illness.
- The society will facilitate educational meetings and gatherings in all walks of British life.
- The society will provide and facilitate on-line discussion forums on lifestyle medicine related matters by publishing regular newsletters for the exchange of ideas and information.
- The society will also provide educational and networking opportunities for professionals, practitioners and the public to further the aims of the society and co-ordinate the society's objectives nationwide.

The main goals of BSLM in 2020 were:

- To secure funding of at least £75,000, to secure administrative support for the organisation.
- Continue to listen to voices of members to drive the activities of the organisation.
- Expand membership in excess of 500 full members.

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- Strengthen the position and expand the reach of the organisation, securing the place of Lifestyle Medicine as mainstream through a robust external affairs function, which includes, business development/partnerships, marketing communications and professional relations.
- Establish good working relationships in all health sectors in each of the regions with:
 - Local GP Surgeries, commissioning groups, other health, and care partnerships – social prescribing and physiotherapists.
 - Health Care leaders determining evolution of chronic disease management, e.g. Realistic Medicine, GIRFT, Futureproofing outpatients.
 - Secondary care
 - Third and voluntary sector groups supporting those with chronic disease/disability
 - Local Disaffected/Disability Groups including Isolation and drug/alcohol teams
- Develop substantial online learning in Lifestyle Medicine presented as practical professional development modules, including therapeutic guidelines, through our BSLM Learning Academy
- Work on publishing a series of position statements on key areas of Lifestyle Medicine for medical practitioners and other health professionals.
- Nurture our national Lifestyle Medicine student body and continue our initiative to advocate for Lifestyle Medicine to be included in medicine and allied health courses.
- Mount a sustained #1change campaign.
- Maintain an independent stance within a LM Global Alliance. Contribute to its development and also to the European LM Council.
- Establish, develop and expand income generating streams for improved sustainability.
- Appoint a Director of Science & Research

All of these key objectives were delivered in 2020, with the exception of the raising of £75,000 to support the expansion of the administrative function of BSLM. However, due to a large increase in membership in the period, the money needed to support growth was forthcoming, thus allowing this plan to be progressed.

Whilst great inroads have been made in creating relationships and partnerships with our healthcare colleagues, much work is needed to formalise these relationships, to provide the transparency and direction that will allow BSLM to achieve its goals in this area. To that end a review of all partnership and stakeholder agreements started in 2020 and will continue into the new financial year.

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

ACHIEVEMENTS AND PERFORMANCE

BSLM has continued to increase its reach in terms of membership, education, and in the coordination of Lifestyle Medicine events and resources, such as Webinars.

Certification Diploma

Healthcare Physicians, Professionals and Practitioners who have undertaken the Diploma and are now certified in Lifestyle Medicine, and this activity has shown continued expansion from its inception in the UK via BSLM, generating £261k income in 2020. A comparison with other Lifestyle Medicine organisations Internationally, shows significant growth, which we aim to sustain and expand on in 2021:

Year	Diploma Candidates		
	UK	USA	Aus & NZ
2017	-	240	17
2018	40	279	38
2019	103	456	30
2020	313	785	131

Conference and Events

BSLM has presented at events (including international events) , organised both major and minor educational events held around the UK, principally aimed at health professionals but open to the public. Feedback from such courses and events has been very positive indeed, and it is a credit to all involved in the delivery of such courses.

“This structured and inspiring process of learning, has already contributed greatly to my patients and also to me personally in improving my ability to offer more accurate and empowering help in dealing with chronic conditions.”
BSLM Diploma graduate, 2020

Launched in 2016, the BSLM delivers an annual 3-day conference for anyone interested in Lifestyle Medicine, to get the latest scientific evidence and thinking from a broad range of medical disciplines and schools of thought. Attracting an exponentially growing number of delegates (including patients for the first time in 2020) the conference brings together world leading experts in Lifestyle Medicine, from across the globe, to discuss topics including exercise and physical activity, mental health, diet and nutrition, and sleep. The conference allows delegates to share their knowledge and experiences with each other.

“These conferences have provided invaluable support to me and enhanced my understanding of the evidence-based approach that is required to provide Lifestyle Medicine with its own identity and credibility.”
BSLM Conference attendee, 2020

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

Conference numbers have increased year on year, and we are aiming to host over 1000 delegates (both on site and remote) in 2021 in Edinburgh:

Year	Number of delegates
2017	100
2018	300
2019	450
2020	750

The 2020 Annual Conference was held online, attracting 750 delegates, generated £70k in income (registration and sponsorship), and received excellent feedback.

Group Consultations, also known as Shared Medical Appointments (SMAs), are considered by many to be a new way of engaging patients in self-managing their chronic diseases, most of which are lifestyle related diseases, and which can be complex and life long.

BSLM supports the implementation and scaling up of this approach through Group Consultation webinars. In partnership with a social enterprise, Group Consultations Ltd (who deliver training around the UK to over 1,500 practices and 500 hospital departments), and the American College of Lifestyle Medicine and Australasian Society of Lifestyle Medicine and with a grant from Sir Jules Thorn Trust we have created a series of resources around the delivery of Group Consultations and Virtual Group Consultations.

BSLM has worked with Group Consultations Ltd and delivered 6 webinars on Group Consultations in 2019-20, attended by 1546 participants. Again, through engagement with our stakeholders, this is an important area for BSLM that we would seek to grow in 2021 and beyond. The table below indicates an International reach for BSLM activities, which further cements BSLM position as a leading LM organisation globally.

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Registrants by Continent	Webinar 1	Webinar 2	Webinar 3	Webinar 4	Webinar 5	Webinar 6	Totals
North America	313	22	34	22	16	19	426
Europe	192	67	72	176	105	132	744
Australasia	143	28	25	11	15	9	231
Asia	42	8	6	9	8	18	91
South America	19	2	2	2	1	1	27
Africa	9	2	1	3	10	2	27
Totals	718	129	140	223	155	181	1546

MEMBERSHIP

Membership has shown sustained growth from 2017 (the first full year of the BSLM charity) with a 50% growth rate for the last two years. Whilst it would be nice to anticipate a similar growth rate in 2021, it is likely that Covid 19 and the subsequent lockdown(s), will stifle growth. We anticipate a reduced growth rate in 2021.

An important aim this year is to understand how many members we lost in 2019/20, and why, and take steps to remediate the causes of lapsed membership.

A key challenge for the new office and IT systems, will therefore, be to retain members, which will bolster overall membership numbers, rather than solely relying on large numbers of new members joining BSLM.

Membership growth has, however, been impressive and is an extremely important source of income that should be expanded on. In 2020, £73k in income was generated from membership. No targets have yet been set for absolute, or %, increases in membership, but this is something that will be addressed in 2021.

Year	Number of new members	Total	% increase
2017	197	197	0
2018	446	643	226
2019	373	1017	58
2020	626	1524	50

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

FINANCIAL REVIEW

During the financial period total income amounted to £419,044 (2019: £294,334) and total expenditure £276,144 (2019: £156,353). The surplus for the year was £142,900 (2019: £137,981), at the end of the period the Trustees held total funds of £307,694 (2019: £164,794). All income and expenditure in the period was unrestricted.

Reserves Policy

The free reserves, being total unrestricted funds are £307,694 (2019: £164,794). Trustees have elected to maintain reserves in future which will be sufficient to allow 12 months operation and include an annual conference.

Risk management

The three key risks facing the charity in 2021 are summarised below. The risk register is reviewed on a regular basis by trustees and new strategic plans have been implemented to minimise risk.

Risk Description – Financial

Lack of income generation to support development

Strategy to Manage Risk – In partnership with the Board of Directors, the BSLM Senior Team continually reassess the financial and development needs of the Charity. Membership and Diplomates continue to grow and a fundraising strategy is in place.

Risk Description – Reputational

Reputational damage due to actions of BSLM Trustees, employees, members, external directors, other Lifestyle Medicine agencies

Strategy to Manage Risk

Recruitment and appraisal of trustees and employees to be a key Governance focus in 2021. All partnership agreements are being reviewed and crisis management statements put in place.

Risk Description – Competition

Competitors usurping BSLM's position in the market place

Strategy to Manage Risk

PR/Comms, marketing and business development are prioritised in 2021.

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

PLANS FOR FUTURE PERIODS

The future for BSLM is bright, with clear opportunities to expand all aspects of operational activity, to open up new ventures, both alone and in partnership with other groups, and to increase income from funds raised on a charitable basis (grants and trust, donations, campaigns and events). The key areas for organisational development will be achieved by delivering:

- A world class Learning Academy
- An HQ capable of supporting a modern, large charity
- A focus on Business Development
- A Fundraising Strategy to enable the above.

Learning Academy

A key strategic objective for 2021 is the delivery of a Learning Academy, which in turn is the key vehicle for delivering the Society's Vision and Mission. This will also help to expand membership, support Regional activities and Local delivery of Lifestyle Medicine by enabling clinicians and health practitioners at all levels. The creation of a Fellowship will further enhance the community of Lifestyle Medicine practitioners and the promotion of BSLM's Mission.

The Learning Academy aims to promote and deliver a Certificate for Health and Allied Services Practitioners, a Diploma for Clinicians and a Master's degree for those wishing to enhance their lifestyle knowledge. The Learning Academy will also provide a public resource for all those interested in the principles of Lifestyle Medicine. The expansion of our "offer" to the public, through easily accessible resources, will be a key goal for 2021.

The BSLM will become world leaders in Lifestyle Medicine Education through its Learning Academy. This will allow the Society to consolidate its place as a member of a cohesive global network of multidisciplinary societies and medical colleges, working to establish Lifestyle Medicine as a central aspect of Medicine, healthcare and health policy. The Business Case for the Learning Academy is a compelling one, and whilst opportunities exist to generate revenue through existing education, membership and conferences, the need for external funding to develop the Academy is clear. Development costs of the LA in 2021 will be in the region of £150k.

Work will also be required on Governance of the Learning Academy and a decision taken as to whether or not it sits within BSLM, is a new charity in its own right, or a wholly owned subsidiary of BSLM. This work will commence early in the new financial year.

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

New Executive Team and Head Office

The decision was taken in 2020 to appoint a new Executive Director. This appointment has been confirmed and Dr Fraser Quin joins BSLM in November 2020. This appointment follows a realisation that the administrative function of BSLM must be developed in order to effectively service our growing stakeholder groups. To that end there will be a full strategic review in 2021 to include:

- Internal HR.
- Organisational and structural.
- Policies. Procedures and Systems.
- IT and Web.
- Financial.

Fundraising

A decision was taken this year to appoint FJ Philanthropy to support BSLM in its fundraising objectives throughout 2021. In particular, it will focus on creating partnerships for BSLM with high-net-worth individuals (philanthropists), Corporate groups, and provide support around Grant and Trust applications. Although this will cost the charity in the region of £30k in 2021, it is hoped that the benefits from such an investment will outweigh the costs in the medium to long term.

To put this expenditure into some context, we are aiming to grow our fundraising income incrementally from 2021-2023/4 (this does not include operational income from membership and the Diploma):

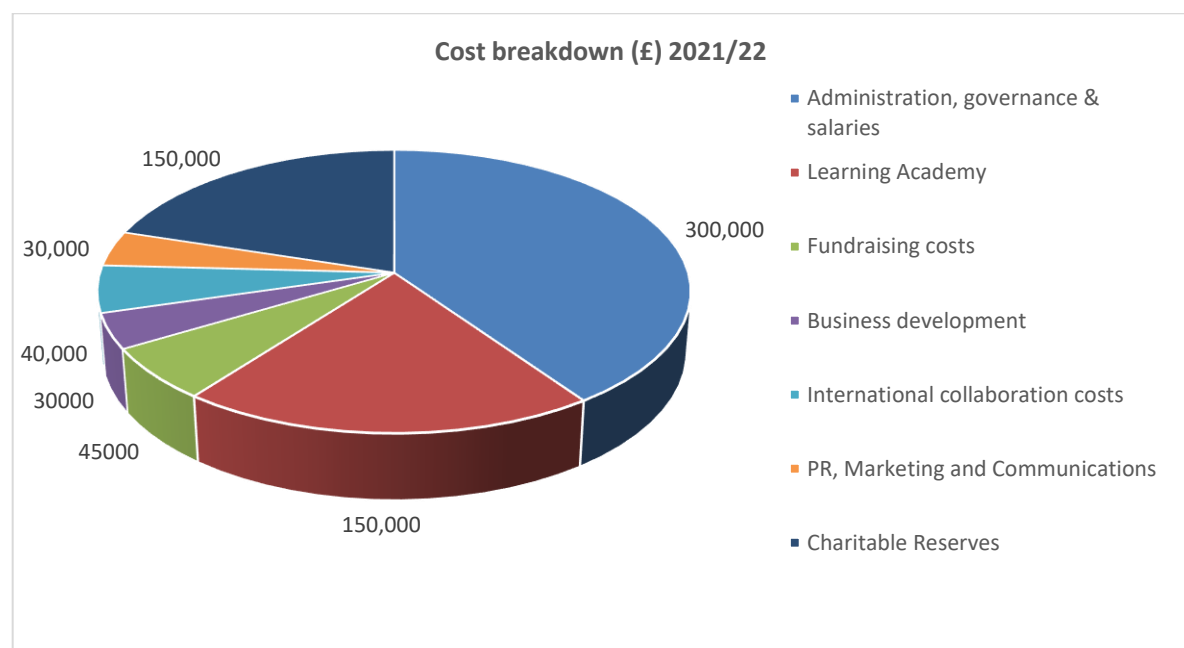
Year	Fundraising Target (£)
2021/22	255,000
2022/23	300,000
2023/24	300,000

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

This level of additional income will support the sustained growth and development of the BSLM and will be essential in cementing the reputation of BSLM as the leading organisation in Lifestyle Medicine.

In 2021 we are looking to secure £755,000, from all income streams, to support our ongoing costs. This is a hugely ambitious target, but with FJ Philanthropy on board to support BSLM, we hope this will be achievable. See a detailed below a breakdown of our cost requirements for this financial year below.



Income from operational activities in 2021 should be in the region of £500,000, with our external fundraising requirements at £255,000.

Business Development

The creation of a “professional HQ” function will allow for the expansion of Business Development, as a strategic activity within BSLM. Much work has been carried out on an ad hoc basis with other organisations and groups, some of whom have become partners of BSLM. The scope to increase income from new streams has not been fully exploited, so this will be a focus for 2021 and will result in the appointment of a new Business Development post to support the delivery of the Learning Academy and other ventures.

It is likely that Business Development opportunities will present from International sources as well as UK based.

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TRUSTEES' REPORT YEAR ENDED 31 OCTOBER 2020

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

We currently have 10 Trustees from a medical background, with Dr Rob Lawson elected as Chair and Dr Laurence Stewart as Treasurer. We aim to increase professional diversity in 2021, whilst maintaining a core medical professional on the Board. It is likely that we will seek Board representation from the Nursing sector, and from a Legal or Accounting background.

New Trustees are initially appointed by the executive and then put forward for election at the AGM. There are currently 10 trustees serving on the board but with an option for a further two plus co-opted Board members.

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 46 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 role is an honorary one and these individuals have no Executive or Non-Executive function.

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.

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YEAR ENDED 31 OCTOBER 2020
BRITISH SOCIETY OF LIFESTYLE MEDICINE**

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 John Sykes
Dr Punam Krishan
Dr Jodie Blackadder
Dr Ellen Fallows

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

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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 31 March 2021 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 2020

I report on the financial statements for the year ended 31 October 2020 set out on pages 17 to 25.

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

Date: 31 March 2021

BRITISH SOCIETY OF LIFESTYLE MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 OCTOBER 2020

	Notes	2020 £	2019 £
Income and endowments from:			
<i>Donations:</i>			
Membership fees	2	63,204	41,618
Donations		74	3,410
<i>Charitable activities</i>	3	354,016	248,775
<i>Other trading activities:</i>			
<i>Interest Received</i>		1,750	531
		-----	-----
Total		419,044	294,334
		-----	-----
Expenditure on:			
<i>Raising Funds:</i>			
Members' services		-	10,139
Consultancy Fee		32,358	-
Fundraising fee		9,180	-
<i>Charitable activities</i>	4	234,606	146,214
		-----	-----
Total		276,144	156,353
		-----	-----
Net income		142,900	137,981
Reconciliation of funds			
Total funds brought forward		164,794	26,813
		-----	-----
Total funds carried forward		307,694	164,794
		=====	=====

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 19 to 25 are an integral part of this statement of financial activities.

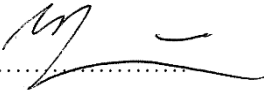
BRITISH SOCIETY OF LIFESTYLE MEDICINE

BALANCE SHEET

YEAR ENDED 31 OCTOBER 2020

	Notes	2020 £	2020 £	2019 £
FIXED ASSETS				
Tangible assets	8		1,691	-
			<hr/>	<hr/>
			1,691	-
CURRENT ASSETS				
Debtors	9	30,224		1,139
Cash at bank		376,400		205,829
		<hr/>		<hr/>
		406,624		206,968
CREDITORS				
Amounts falling due within one year	10	(100,621)		(42,174)
		<hr/>		<hr/>
NET CURRENT ASSETS			306,003	164,794
			<hr/>	<hr/>
TOTAL NET ASSETS			307,694	164,794
			<hr/> <hr/>	<hr/> <hr/>
FUNDS				
Unrestricted funds			307,694	164,794
			<hr/>	<hr/>
TOTAL FUNDS			307,694	164,794
			<hr/> <hr/>	<hr/> <hr/>

These accounts were approved by the Trustees on 31 March 2021 and signed on their behalf by:



 Dr Rob Lawson

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

1. Accounting Policies

1.1 Accounting convention

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. This assessment of going concern includes the expected impact of COVID-19.

1.2 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 are recognised in the year in which they relate. Events income and book sales are included in the accounts in the year in which they are receivable.

1.3 Expenditure 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. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

1. Accounting policies (cont.)

1.4 Tangible fixed assets and depreciation

Depreciation

Fixed assets are initially recorded at cost and amounts in excess of £500 are capitalised. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follow:-

Computer Equipment- 33.3% straight line

1.5 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.

1.6 Funds

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

1.7 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.

1.8 Taxation

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

1.9 Operating lease agreements

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income on a straight line basis over the period of the lease.

2. Income from members

	2020	2019
	£	£
Membership fees	63,204	41,618
	_____	_____
	63,204	41,618
	=====	=====

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

3. Income from charitable activities

	2020	2019
	£	£
Diploma certification	250,010	169,350
Conference income	86,424	79,425
LMBRC course income	17,582	-
	<hr/>	<hr/>
	354,016	248,775
	<hr/> <hr/>	<hr/> <hr/>

4. Expenditure on charitable activities

	2020	2019
	£	£
<i>Support costs:</i>		
Diploma certification expenditure	49,436	46,848
Events expenditure	93,555	72,740
Website fees	38,856	11,361
Staff costs (Note 6)	14,636	-
Printing and stationary	177	2,711
Advertising and Promotions	6,332	-
Recruitment costs	670	-
Donations	216	-
Premises expenditure	348	-
Insurance	573	214
Computer costs	5,936	-
Subscriptions	1,369	-
Sundry	350	308
Card fees	13,753	3,008
Bookkeeping	3,309	8,162
Bank charges	63	22
Depreciation	844	-
<i>Governance costs:</i>		
Accountancy	4,183	840
	<hr/>	<hr/>
	234,606	146,214
	<hr/> <hr/>	<hr/> <hr/>

The trustees consider there to be only one charitable activity.

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

5. Net income/(expenditure) for the year

	2020	2019
	£	£
This is stated after charging:		
Depreciation – owned assets	844	-
Independent examiner’s remuneration:		
- Independent examination	1,860	840
- Other services	2,323	-

6. Staff costs and numbers

	2020	2019
	£	£
Wages and salaries	14,371	-
Social security costs	-	-
Pension costs	265	-
	<u>14,636</u>	<u>-</u>

The average monthly number of employees, on a head count basis, during the year was as follows:-

	2020	2019
	£	£
Administration staff	2	-
	<u>2</u>	<u>-</u>

No employees received emoluments in excess of £60,000.

The charity considers its key management personnel to be the trustees, none of whom received any remuneration in either the current or previous years.

7. Trustees’ remuneration and expenses

No remuneration or expenses were paid to any Trustee during the current or previous year.

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

8. TANGIBLE FIXED ASSETS

	Computer Equipment £
COST	
At 1 November 2019	-
Additions	2,535
Disposal	-
	<hr/>
At 31 October 2020	2,535
	<hr/> <hr/>
DEPRECIATION	
At 1 November 2019	-
Charge for the year	844
Disposal	-
	<hr/>
At 31 October 2020	844
	<hr/> <hr/>
NET BOOK VALUE	
At 31 October 2020	1,691
	<hr/> <hr/>
At 31 October 2019	-
	<hr/> <hr/>

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

9. Debtors

	2020	2019
	£	£
Prepayments	29,374	389
Other debtors	850	750
	<hr/>	<hr/>
	30,224	1,139
	<hr/> <hr/>	<hr/> <hr/>

10. Creditors

	2020	2019
	£	£
Accruals	3,491	840
Deferred income	92,075	34,090
Accounts Payable	-	7,244
Other creditors	5,055	-
	<hr/>	<hr/>
	100,621	42,174
	<hr/> <hr/>	<hr/> <hr/>

Other creditors represents funds held on behalf of European Lifestyle Medicine Council, charity registration number SC049653. These funds are being held until a bank account is open for this charity.

	2020	2019
	£	£
Deferred income		
Balance at 1 November 2019	34,090	19,670
Released to Statement of Financial Activities	(28,117)	(17,395)
Amounts received and deferred during the year	86,102	31,815
	<hr/>	<hr/>
Balance at 31 October 2020	92,075	34,090
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Deferred income represents membership subscriptions and diploma fees paid in advance.

11. Related Parties

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

BRITISH SOCIETY OF LIFESTYLE MEDICINE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 OCTOBER 2020

12. Commitments Under Operating Leases

At 31 October 2020, the charity had total commitments under operating leases, payable as set out below:

	Land & Buildings	2020 Total	2019 Total
	£	£	£
Within one year	7,012	7,012	-
More than one year	-	-	-
	<u> </u>	<u> </u>	<u> </u>