

OPTIONS WELLBEING TRUST

England & Wales · Charity number 1100782

Details

Other names SOLENT ADDICTIONS TRUST LIMITED

Status Registered

Legal form Charitable company

Company number [04699108](#)

Registered 2003-11-19

Register [View on the Charity Commission register](#)

Contact

Address 1 Paynes Road
Southampton
Hampshire
SO15 3DL

Phone 02380630219

Email support@optionswellbeing.co.uk

Website <https://optionswellbeing.co.uk/>

Activities

Objects: PRIMARILY IN THE COUNTY OF HAMPSHIRE:I) TO PRESERVE AND PROTECT MENTAL HEALTH BY THE PROVISION OF A COUNSELLING SERVICE TO ALL SECTIONS OF THE COMMUNITY WHO ARE SUFFERING FROM PSYCHOLOGICAL OR EMOTIONAL DISTRESS,EMPLOYMENT OR RELATIONSHIP PROBLEMS AND PARTICULARLY PROBLEMS RELATING TO ADDICTIONS;II) TO PROMOTE, PRESERVE AND PROTECT PHYSICAL AND MENTAL GOOD HEALTH IN THE WORKPLACE BY THE PROVISION OF TRAINING, EDUCATION AND A COUNSELLING SERVICE FOR BOTH EMPLOYERS AND EMPLOYEES;III) TO PROVIDE EDUCATION AND TRAINING FOR THOSE INVOLVED IN COUNSELLING; AND,IV) TO CONDUCT STUDY AND RESEARCH IN TO METHODS OF COUNSELLING AND IN PARTICULAR COGNITIVE BEHAVIOURAL THERAPY (CBT) AND TO PUBLISH THE RESULTS OF SUCH STUDY AND RESEARCH.

Activities: ADVICE INFORMATION & COUNSELLING FOR A WIDE RANGE OF ISSUES INCLUDING CONCERNED 'OTHER'S ' SPECIALISING IN ADDICTIONS particularly Alcohol and Gambling. Counselling for anyone suffering from Psychological and Emotional distress; employment and relationship problems etc etc . Training & Development for individuals and organisations

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** PRIMARILY IN THE COUNTY OF HAMPSHIRE.
- Hampshire
- Milton Keynes
- Oxfordshire
- Southampton City
- Wiltshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£341,368	£477,783	-	-
2023-09-30	£265,326	£362,734	-	-
2022-09-30	£88,628	£212,328	-	-
2021-09-30	£402,525	£430,488	-	-
2020-03-31	£284,462	£248,870	-	-

Trustees

Name	Role	Appointed
Nicola Ward	Chair	2025-03-11
Dominic Lodge		2016-05-31
Nazira Sherali Hussein Jones		2026-03-17

OPTIONS WELLBEING TRUST

England & Wales - Charity number 1100782

Accounts

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT & FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
30 SEPTEMBER 2024**

COMPANY REGISTRATION NUMBER 04699108

REGISTERED CHARITY NUMBER 1100782

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Contents

REPORT OF THE MANAGEMENT COMMITTEE	3
INDEPENDENT AUDITOR'S REPORT	8
STATEMENT OF FINANCIAL ACTIVITIES	11
BALANCE SHEET.....	12
STATEMENT OF CASH FLOWS.....	13
NOTES TO THE CASH FLOW STATEMENT.....	14
NOTES TO THE FINANCIAL STATEMENTS	15

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT OF THE MANAGEMENT COMMITTEE

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The Management Committee is pleased to present its annual report and audited Financial Statements for the year ended 30 September 2024 which are also prepared to meet the requirements for a Directors' Report and Financial Statements for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) including early adoption as amended January 2016.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name:	Options Wellbeing Trust
Charity Registration Number:	1100782
Company Registration Number:	04699108
Registered Office and Operational Address:	147 Shirley Road Southampton SO15 3FH

The Management Committee are the directors of the charitable company for the purpose of company law and are its trustees for the purpose of charity law.

The officers who served during the period and since the period end are as follows:

Management Committee:	D Lodge L Judd - Resigned 5 July 2024 D Corben - Resigned 26 March 2024 E Hickman – Chair N Ward – Appointed 11 March 2025
------------------------------	--

Our Advisors:	
Independent Auditor	Saffery LLP Midland House 2 Poole Road Bournemouth BH2 5QY

Bankers:	Lloyds Bank 30 Commercial Road Totton SO40 3TH
----------	---

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2024

OBJECTIVES AND ACTIVITIES

The charitable company's objectives are:

- To preserve and protect mental health by the provision of a counselling service to all sections of the community who are suffering from psychological or emotional distress, employment or relationship problems and particularly relating to addictions;
- To promote, preserve and protect physical and mental good health in the workplace by the provision of training, education and a counselling service for both employers and employees; and
- To provide education and training for those involved in counselling.

The main objectives of the charitable company for the period were to develop and promote its new services whilst continuing to provide high quality, user-friendly services to its traditional client group.

Public Benefit Statement

Our main activities are described above. All our activities are undertaken to further our charitable purposes for the public benefit. In shaping our objectives and planning our activities, the Management Committee has considered the Charity Commission's guidance on public benefit including the guidance 'Public Benefit: Running a Charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCES

The Options Wellbeing Trust has been navigating a challenging financial landscape over the past year whilst it continues to grow its self-funded offer, marked by ambitious growth plans that have not yet translated into the expected financial outcomes. The organisation had set a budget for income of £505,741, reflecting its aspirations for expansion and the introduction of new services, particularly in the realm of specialist eating disorder and couples counselling. However, the actual income achieved was £341,368, leading to a significant adverse variance of £164,373. This discrepancy highlights the difficulties faced in meeting projected income targets amidst ongoing multifaceted growth initiatives.

One of the key areas of concern has been the contribution to the core services of the group. Originally, the charity budgeted a positive contribution of £21,969 for the financial year. Unfortunately, due to the shortfall in expected income and the associated costs of scaling operations, the organisation instead recorded a deficit of £136,415. This deviation from expectations underscores the challenges of balancing growth ambitions with financial sustainability, particularly in a sector that often relies heavily on external funding and grants.

The charity's efforts to diversify its services and seek new partnerships were commendable; however, the anticipated growth in both the specialist eating disorders sector and the "Thrive" support initiative for businesses did not materialise as planned. This shortfall in activity delivery not only affected the charity's immediate financial standing but also raised questions about its strategic planning and market positioning of Options Wellbeing Trust as a whole.

On a more positive note, Options Wellbeing Trust was able to secure grants amounting to £75,000 during the fiscal period. These funds are crucial for supporting ongoing operations and initiatives. However, the loss of recurring grants from previous years exacerbated the financial strain, as these funds had been integral to the charity's budget planning.

In light of these financial challenges, the organisation has proactively developed and is actively implementing a recovery plan aimed at stabilising its operations. Key components of this plan include a thorough review of operational costs with an emphasis on reducing back office expenses. Unfortunately, this has involved difficult decisions, such as the redundancy of key personnel.

Overall, while the Options Wellbeing Trust has made strides in securing new funding opportunities and exploring innovative service delivery models, the financial realities of the past year have necessitated a re-evaluation of its growth strategies. Moving forward, it will be critical for the organisation to focus on sustainable practices, enhance its fundraising efforts, and ensure that its growth ambitions align more closely with its financial capabilities. Engaging with stakeholders, refining its business plan, and possibly exploring new partnerships will be essential steps in navigating the path toward recovery and future success.

FINANCIAL REVIEW

The charitable company recorded a deficit of £136,415 on its activities in the year to 30 September 2024, compared to a deficit of £97,408 in the previous year.

Income increased to £341,368 in the year compared to £265,326 the previous year. Expenditure increased to £477,783 in the year compared to £362,734 in the year prior.

The charitable company's reserves are £978,113 as at 30 September 2024 compared to £1,114,528 as at 30 September 2023. The Management Committee are content with the deficit recorded for the period and the financial stability of the charitable company.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2024

Principal Funding Sources

The principal funding sources of the charitable company are by way of offering counselling services for a variety of presentation.

Investment Policy

The Management Committee considers the most appropriate policy for investing funds is to keep the fund in liquid form via investing in bank and building society deposit accounts. This policy is continuously under review.

Reserves Policy and Going Concern

The Management Committee determined that in order to:

- provide for fluctuations in income and expenditure;
- ensure continuity of services; and
- save for the future risks to Options Wellbeing Trust and its staff. This would include the potential crystallisation of the Local Government Pension Scheme.

The Management Committee would work towards holding a sum of money equivalent to three months of resources expended for the year calculated as one third of £477,783 being £159,261. Unrestricted reserves are £377,041 at the balance sheet date and therefore the Management Committee is satisfied that this has been achieved.

To develop and promote its services, the Management Committee has agreed to use some of its reserves, thereby increasing the public benefit and will be monitoring this via the Business Development Plan.

The reserves policy is normally reviewed annually at the board meeting immediately preceding the charitable company's Annual General Meeting in any year and recommendations made are announced at the Annual General Meeting. The Management Committee is of a view that the charitable company is a going concern.

PLANS FOR FUTURE PERIODS

We will continue to promote the charity to stakeholders within our local authorities and the NHS, and work with them to identify gaps in provision that Options can support with. To ensure the ongoing financial sustainability of the charity we will also focus on the growth of our Couple Counselling and Workplace Wellbeing offer. Furthermore, Options Wellbeing Trust will continue to pursue grant funding when available to tackle un-met needs in our communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 17 March 2003 and registered as a charity on 19 November 2003. The charitable company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, the member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the charitable company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for a period of three years, after which they must be re-elected at the next Annual General Meeting. All trustees give their time voluntarily and receive no benefit from the charitable company.

Trustee Induction and Training

Trustees are familiar with the work of the charitable company. New trustees meet with the chair of the trustee board who provides a briefing on the charitable company, its aims and objectives including:

- The obligation of board members. The main documents, which set out the operational framework for the charitable company including the Memorandum of Articles.
- The financial position of the organisation including the last set of audited Financial Statements and funding streams.
- Future plans and objectives.

All trustees are provided with a copy of CC3, "The Essential Trustee Guide" and CC60 "Hallmarks of an Effective Charity". Trustees also attend the charitable company's user feedback lunches and teas.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2024

Organisational Structure

The organisational structure comprises a board of two trustees who meet at least four times a year and who sit under the Social Care in Action Board.

The current Management Committee comes from a variety of backgrounds relevant to the work of the charitable company including health and social care, mental health, third sector, human resources, financial and business communities. The Social Care in Action board are responsible for the strategic direction and policy of all the charitable companies.

The day-to-day operation and responsibility is delegated to the Chief Executive of Social Care in Action who is responsible for ensuring the companies deliver the specified services, meet the key performance targets and stay within agreed budget.

The Chief Executive delegates the responsibility for the day-to-day management of Options Wellbeing Trust's service delivery to its Chief Executive Officer who oversees the team leaders responsible for delivery at their sites and the line management of their staff teams. The clinical therapeutic supervision is separated from the line management function and undertaken by trained and experienced counselling supervisors.

There is an Audit and Remuneration Committee comprising Social Care in Action's treasurer, trustees, Chief Executive, and Head of Finance, which reviews expenditure against budgets and the general financial health and control systems of the charitable companies.

Related Parties

The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, Southampton Healthy Living, Flat Spaces Foundation, Flat Spaces (Ropley) Limited and The Steven James Practice.

Social Care in Action, Flat Spaces Foundation and The Steven James Practice are companies limited by guarantee and registered charities.

Southampton Healthy Living is a company limited by guarantee.

Flat Spaces (Ropley) Limited is a company limited by shares.

SCA Care and SCA Transport Services are Registered Societies under the Co-operative and Community Benefit Societies Act 2014.

The charitable company and registered societies are all operated and managed on a unified basis with Social Care in Action acting as the parent body.

Counselling services work to the British Association of Counselling and Psychotherapy's Standards and Ethics.

Key Management and Personnel Remuneration

The Management Committee consider the Management Committee and the Chief Executive Officer comprise the key management personnel of the charitable company in charge of directing and controlling the charitable company and running and operating the charitable company on a day-to-day basis.

All Management Committee members give their time freely and no remuneration to members of the Management Committee was paid in the period. The pay of the Chief Executive Officer is reviewed by the Management Committee periodically on the basis of the performance of the individual concerned and the charitable company as a whole.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2024

RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

The charitable company's Management Committee (who are trustees for the purposes of charity law and directors for the purposes of company law) are responsible for preparing an annual report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare Financial Statements for each financial period, which give a true and fair view of the state of the affairs of the charitable company as at the Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those Financial Statements, the Management Committee is required to:


- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and- prepare the Financial Statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue on that basis.

The Management Committee is responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

The Management Committee is also responsible for safeguarding the assets of the charitable company and, hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Management Committee is responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of the Financial Statements may differ from legislation in other jurisdictions.

Approved by the Management Committee on 4 April 2025 and signed on its behalf by:



.....
E HICKMAN
CHAIR

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Opinion

We have audited the financial statements of Options Wellbeing Trust for the year ended 30th September 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the charitable company's state of affairs as at 30th September 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information we are required to report that fact.

We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT (Continued)

For the year ended 30 September 2024

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Annual Report which includes the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Annual Report which includes the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 7, the trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditors under the Companies Act 2006 and report in accordance with regulations made under that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud are detailed below.

INDEPENDENT AUDITOR'S REPORT (Continued)

For the year ended 30 September 2024

Identifying and assessing risks related to irregularities:

We assessed the susceptibility of the charitable company's financial statements to material misstatement and how fraud might occur, including through discussions with the trustees, discussions within our audit team planning meeting, updating our record of internal controls and ensuring these controls operated as intended. We evaluated possible incentives and opportunities for fraudulent manipulation of the financial statements. We identified laws and regulations that are of significance in the context of the charitable company by discussions with trustees and updating our understanding of the sector in which the charitable company operates.

Laws and regulations of direct significance in the context of the charitable company include The Companies Act 2006, and guidance issued by the Charity Commission for England and Wales.

Audit response to risks identified:

We considered the extent of compliance with these laws and regulations as part of our audit procedures on the related financial statement items including a review of financial statement disclosures. We reviewed the charitable company's records of breaches of laws and regulations, minutes of meetings and correspondence with relevant authorities to identify potential material misstatements arising. We discussed the charitable company's policies and procedures for compliance with laws and regulations with members of management responsible for compliance.


During the planning meeting with the audit team, the engagement partner drew attention to the key areas which might involve non-compliance with laws and regulations or fraud. We enquired of management whether they were aware of any instances of non-compliance with laws and regulations or knowledge of any actual, suspected or alleged fraud. We addressed the risk of fraud through management override of controls by testing the appropriateness of journal entries and identifying any significant transactions that were unusual or outside the normal course of business. We assessed whether judgements made in making accounting estimates gave rise to a possible indication of management bias. At the completion stage of the audit, the engagement partner's review included ensuring that the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Date: 23 April 2025

Casidhe Baleri (Senior Statutory Auditor)
for and on behalf of Saffery LLP - Statutory Auditors

Bournemouth office

Midland House
2 Poole Road
Bournemouth
BH2 5QY

Saffery LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	Total Funds 2024 £	Total Funds 2023 £
INCOME			
Donations and grants	2	106,646	47,383
Charitable activities	3	234,722	217,943
TOTAL		341,368	265,326
EXPENDITURE			
Charitable activities	4	(477,783)	(362,734)
TOTAL		(136,415)	(362,734)
NET EXPENDITURE	6	(136,415)	(97,408)
OTHER RECOGNISED GAINS			
Loss on revaluation of fixed asset		-	(70,000)
NET MOVEMENT IN FUNDS FOR THE PERIOD		(136,415)	(167,408)
RECONCILIATION OF FUNDS			
Total funds brought forward		1,114,528	1,281,936
Total funds carried forward		978,113	1,114,528

The Statement of Financial Activities includes all gains and losses in the period. All income and expenditure derive from continuing activities.

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

BALANCE SHEET

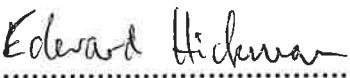
AS AT 30 SEPTEMBER 2024

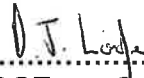
	Note	2024 £	2023 £
FIXED ASSETS			
Tangible fixed assets		468,817	801,895
Investment Properties		190,000	190,000
TOTAL FIXED ASSETS	9	658,817	991,895
CURRENT ASSETS			
Debtors	10	365,434	131,664
Cash at bank and in hand		5,889	55,319
TOTAL CURRENT ASSETS		371,323	186,983
LIABILITIES			
Creditors: Amounts falling due within one year	11	(52,027)	(64,350)
NET CURRENT ASSETS		319,296	122,633
TOTAL ASSETS LESS CURRENT LIABILITIES		978,113	1,114,528
NET ASSETS		978,113	1,114,528
THE FUNDS OF THE CHARITABLE COMPANY			
Unrestricted Funds		978,113	1,114,528
TOTAL CHARITABLE COMPANY FUNDS	13	978,113	1,114,528

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The Management Committee has prepared Financial Statements in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual Financial Statements required by the Companies Act 2006 and are for circulation to members of the charitable company. The notes on pages 15 to 21 form part of these Financial Statements.

Approved by the Management Committee on 4 April 2025 and signed on its behalf by:


.....
E HICKMAN


.....
D LODGE

REGISTERED COMPANY NUMBER: 04699108

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	2024 £	2023 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash (used) / provided by operating activities	1	(370,235)	50,931
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of tangible fixed assets		(1,190)	(2,247)
Proceeds on sale of tangible fixed assets		321,995	-
NET CASH PROVIDED / (USED) IN INVESTING ACTIVITIES		320,805	(2,427)
Change in cash and cash equivalents in the period		(49,430)	48,504
Cash and cash equivalents at the beginning of the period		55,319	6,815
Cash and cash equivalents at the end of the period	2	5,889	55,319

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE CASH FLOW STATEMENT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW
FROM OPERATING ACTIVITIES**

	2024 £	2023 £
Net (expenditure) / income for the period (as per the Statement of Financial Activities)	(136,415)	(167,408)
Adjustments for:		
Revaluation of fixed assets	-	70,000
Loss on disposal of fixed assets	8,005	-
Depreciation charges	4,268	4,841
(Increase) / Decrease in debtors	(233,770)	97,428
Increase / (Decrease) in creditors	(12,323)	46,070
Net cash (used) / provided by operating activities	(370,235)	50,931

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Cash at bank and in hand	5,889	55,319
Total cash and cash equivalents	5,889	55,319

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

1. ACCOUNTING POLICIES

Charity Information

Options Wellbeing Trust is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission and Companies House in England and Wales. The principal address is 147 Shirley Road, Southampton, SO15 3FH. The charitable company is a public benefit entity. The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the Financial Statements are as follows:

(a) Basis of Preparation

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102) including early adoption as amended January 2016), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). The Financial Statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts are rounded to the nearest £.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of donations and gifts and are included in full in the Statement of Financial Activities when the charitable company becomes unconditionally entitled to the donation.
- Donated services and facilities are included at the value to the charitable company where this can be quantified. The value of services provided by volunteers has not been included in these Financial Statements.
- Investment income is included when receivable.
- Income from charitable trading activities is accounted for when earned.
- Grants, whether "capital" grants or "revenue" grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, as the charitable company is not VAT registered and is reported as part of the expenditure to which it relates. Expenditure on charitable activities comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and their associated support costs.

Support costs are those functions that assist the work of the charitable company but do not directly undertake the charitable activities. These costs have been allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and are apportioned on time, usage or governance.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charitable company and include the audit fees and costs linked to the strategic management of the charitable company.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

1. ACCOUNTING POLICIES (Continued)

(d) Tangible Fixed Assets

Tangible assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Freehold properties are subsequently measured at their fair value and are to be revalued every 5 years.

Fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided at the following annual rates in order to write-off each asset over its estimated useful economic life:

Fixtures and fittings	20%	Straight Line
Computer equipment	25%	Straight Line
Freehold property (buildings)	nil	-

(e) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Cash at Bank and in Hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

(g) Creditors and Provisions

Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(h) Finance Lease Agreements

Assets held under finance leases, where substantially all of the benefits and risks of ownership accrue to the lessee, are capitalised and disclosed under tangible fixed assets at their fair value. The assets are depreciated over the shorter of the lease term or their useful economic life. The capital element of the future payments is treated as a liability. The total finance charge for each lease is charged to the Statement of Financial Activities so as to produce a constant periodic rate of charge for each accounting year.

(i) Operating Lease Agreements

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged to the Statement of Financial Activities as incurred.

(j) Pension Costs

The charitable company operates a defined contribution scheme, payments to the scheme are charged as an expense as they fall due.

(k) Taxation

The charitable company is exempt from Corporation Tax on its charitable activities.

(l) Fund Accounting

Unrestricted funds consist of the general purposes fund and designated funds.

Designated funds are funds established by the Management Committee from time to time for specific projects or purposes, are not in any way restricted and any surplus or deficit will be transferred to/from the general purposes fund when the designated fund is closed.

Restricted Funds are funds subject to specific restrictions imposed by donors or by the purpose of the appeal. The purpose and use of designated and restricted funds is set out in the notes to the Financial Statements.

(m) Financial Instruments

The charitable company 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

(n) Significant Judgments and Estimates

Preparation of the Financial Statements may require management to make significant judgments and estimates. There are no items in the Financial Statements where judgments and estimates would have a significant effect on amounts recognised in the Financial Statements.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

1. ACCOUNTING POLICIES (Continued)

(o) Investment Property

Investment properties are initially measured at cost and subsequently at fair value at the reporting date, with the change recognised in the statement of financial activities.

2. DONATIONS AND GRANTS

	2024 £	2023 £
Donations and grants	106,646	47,383
Total	106,646	47,383

The charitable company has entered into service agreement contracts with government bodies and local authorities to provide the various services and specific deliverables that the charitable company provides.

There were no unfulfilled conditions and / or other contingencies attaching to the grants that have been recognised in income.

The donations and grants shown above relate to payments received during the charitable company's year to 30 September 2024 but adjusted for any deferrals where the expenditure arising for that grant is being incurred in a subsequent year.

3. INCOME FROM CHARITABLE ACTIVITIES

	2024 £	2023 £
Information and Counselling		
Private counselling	179,734	169,392
Property rental	49,388	44,451
Training Fees	200	1,450
Other income	5,400	2,650
Total	234,722	217,943

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Information and Counselling £	2024 Total Funds £	2023 Total Funds £
Direct personnel costs	355,663	355,663	250,502
Support costs	116,620	116,620	109,532
Governance costs	5,500	5,500	2,700
Total	477,783	477,783	362,734

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The charitable company identifies the costs of its support functions. It then identifies those costs that relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken (see note 4) in the period. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

	General Support £	Governance £	2024 Total Funds £	2023 Total Funds £	Basis of Apportionment
Premises	51,463	-	51,463	36,189	Usage
Staff welfare	-	-	-	22,090	Usage
Travel and subsistence	614	-	614	21	Usage
Office costs	10,692	-	10,692	12,398	Usage
Advertising and promotions	3,651	-	3,651	21,573	Usage
Website development	-	-	-	1,003	Usage
Legal and professional fees	19,374	-	19,374	7,390	Usage
Audit fees	-	5,500	5,500	2,700	Governance
Bank charges and interest	3,536	-	3,536	2,633	Transactions
Depreciation	4,268	-	4,268	4,841	Usage
Bad Debt	23,022	-	23,022	33	Specific
Subscriptions	-	-	-	1,361	Usage
Total	116,620	5,500	122,120	112,232	

6. NET EXPENDITURE FOR THE YEAR

This is stated after charging:

	2024 £	2023 £
Depreciation	4,268	4,841
Audit fees	5,500	2,700

7. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2024 £	2023 £
Salaries, wages and consultancy	146,065	118,139
Social Security costs	10,448	9,358
Employee pension costs	2,267	2,154
Total	158,780	129,651

No employee received emoluments of more than £60,000 during the period (2023 - nil).

The average number of employees during the period was as follows:

Service provision	2024	2023
	12	9

No members of the Management Committee received any remuneration or expenses during the year (2023 - none).
The remuneration and benefits of the key management personnel in the year total £Nil (2023 - £Nil).

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

8. OPERATING LEASES COMMITMENTS

	2024 £	2023 £
Less than 1 Year	350	537
2-5 Years	-	350
More than 5 years	-	-
Total	350	887

9. TANGIBLE FIXED ASSETS

	Freehold Property £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
At 1 October 2023				
Additions	791,217	19,844	18,690	829,751
Disposal	(330,000)	1,190	-	1,190
At 30 September 2024	461,217	21,034	18,690	500,941
Depreciation				
At 1 October 2023				
Charge for the period	-	11,268	16,588	27,856
At 30 September 2024	-	2,540	1,728	4,268
Net Book Values				
At 30 September 2024	461,217	7,226	374	468,817
At 30 September 2023	791,217	8,576	2,102	801,895

The charitable company owned two freehold properties at 30 September 2024, one of which is classified as an investment property. In the accounts for the year ended 31 March 2019 the charitable company revalued the properties to reflect their fair values. The revaluations for the properties were based on valuations carried out by Primer Olds (chartered surveyors) in April 2019. The properties are unencumbered with the exception of the property in Southampton and Southampton and West Hampshire Health Authority have a legal charge over this property representing a 22.43% interest in the property.

Cost and Net Book Value	Investment Property £	Total £
At 1 October 2023 and 30 September 2024	190,000	190,000

10. DEBTORS

	2024 £	2023 £
Trade debtors	9,899	28,852
Prepayments	8,634	2,889
Amounts owed by related societies		
- Social Care in Action	346,901	99,921
- SCA Care	-	2
Total	365,434	131,664

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

11. CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	8,505	7,785
Other creditors	21,509	-
Accruals	18,407	8,371
Deferred Income	-	45,600
PAYE	1,940	2,177
Pension contributions	461	417
Amounts owed by related societies		
- Social Care in Action	1,205	-
Total	52,027	64,350

12. FINANCIAL INSTRUMENTS

Financial instruments measured at amortised cost comprise the following:

	2024 £	2023 £
Financial assets that are debt instruments	362,518	128,775
Financial liabilities that are debt instruments	55,805	62,173

13. ANALYSIS OF CHARITABLE FUNDS

	At 01.10.23 £	Incoming Resources £	Outgoing Resources £	At 30.09.24 £
Unrestricted Funds				
General Fund	825,640	333,363	(477,783)	681,220
Revaluation Reserve	288,888	8,005	-	296,893
Total Unrestricted Funds	1,114,528	341,368	(477,783)	978,113
Total Funds	1,114,528	341,368	(477,783)	978,113

Unrestricted Funds

Unrestricted funds comprise the following funds which trustees are:
 General fund - to use in accordance with the charitable objects and to fund the charitable company's net fixed assets.
 Revaluation reserve - arose as a result of the revaluation of the charitable company's investment properties and freehold properties.

Restricted Funds

Restricted Funds are to be used for specific purposes as laid down by the donor.

Prior year	At 01.10.22 £	Incoming Resources £	Outgoing Resources £	At 30.09.23 £
Unrestricted Funds				
General Fund	923,048	265,326	(362,734)	825,640
Revaluation Reserve	358,888	-	(70,000)	288,888
Total Unrestricted Funds	1,281,936	265,326	(432,734)	1,114,528
Total Funds	1,281,936	265,326	(432,734)	1,114,528

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2024

14. CAPITAL COMMITMENTS

As at 30 September 2024 there were capital commitments of £nil (2023 - £nil).

15. RELATED PARTIES

Options Wellbeing Trust is a member of the SCiA group of social enterprises. The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, Southampton Healthy Living, Flat Spaces Foundation, Flat Spaces (Ropley) Ltd and The Steven James Practice.

All charitable companies and registered societies of the SCiA group of social enterprises are operated and managed on a unified basis.

Options Wellbeing Trust undertook transactions with other related societies in the normal course of activities amounting to £Nil (2023: £Nil).

At 30 September 2024, Options Wellbeing Trust had outstanding balances with related societies as disclosed in Notes 10 and 11.

16. TAXATION

As a registered charity, the income is generally exempt from Corporation Tax under Section 478 of the Corporation Taxes Act 2010 by reason of its charitable objects and activities.

17. PENSIONS

Total cost relating to the defined benefit plans is recognised in the statement of financial activities as an expense. The pension cost charge for the period represents contributions payable by the charitable company to the scheme and amounted to £2,267 (2023: £1,703).

Pension rules state that no liability will arise upon the company from the default of other pension scheme members.

18. LEGAL STATUS OF THE CHARITABLE COMPANY

The charitable company is limited by guarantee and has no share capital. The liability of the member, in the event of winding-up, is limited to £10.

19. ULTIMATE CONTROL

Options Wellbeing Trust is a member of the SCiA group of social enterprises.

Social Care in Action is deemed to ultimately be the parent body of the SCiA group of social enterprises as it can exercise dominant influence over the charitable company.

Social Care in Action is controlled by the Trustees, acting as Directors of the Charitable Company.

The Trustees of Social Care in Action appoint and remove the Trustees to the Management Committees of all subsidiaries.

Social Care in Action is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission (1096903) and Companies House in England and Wales (04526806). Copies of the consolidated accounts can be obtained from its principal address at 1 Paynes Road, Southampton, SO15 3DL.

OPTIONS WELLBEING TRUST

England & Wales - Charity number 1100782

Accounts

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT & FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
30 SEPTEMBER 2023**

COMPANY REGISTRATION NUMBER 04699108

REGISTERED CHARITY NUMBER 1100782

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

Contents

REPORT OF THE MANAGEMENT COMMITTEE.....	3
INDEPENDENT AUDITOR'S REPORT.....	8
STATEMENT OF FINANCIAL ACTIVITIES	11
BALANCE SHEET	12
STATEMENT OF CASH FLOWS	13
NOTES TO THE CASH FLOW STATEMENT.....	14
NOTES TO THE FINANCIAL STATEMENTS.....	15

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT OF THE MANAGEMENT COMMITTEE

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The Management Committee is pleased to present its annual report and audited Financial Statements for the year ended 30 September 2023 which are also prepared to meet the requirements for a Directors' Report and Financial Statements for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) including early adoption as amended January 2016.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name:	Options Wellbeing Trust
Charity Registration Number:	1100782
Company Registration Number:	04699108
Registered Office and Operational Address:	147 Shirley Road Southampton SO15 3FH

The Management Committee are the directors of the charitable company for the purpose of company law and are its trustees for the purpose of charity law.

The officers who served during the period and since the period end are as follows:

Management Committee:	D Lodge L Judd D Corben Chair E Hickman
Our Advisors: Independent Auditor	Saffery LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Bankers:	Lloyds Bank 30 Commercial Road Totton SO40 3TH

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2023

OBJECTIVES AND ACTIVITIES

The charitable company's objectives are:

- To preserve and protect mental health by the provision of a counselling service to all sections of the community who are suffering from psychological or emotional distress, employment or relationship problems and particularly relating to addictions;
- To promote, preserve and protect physical and mental good health in the workplace by the provision of training, education and a counselling service for both employers and employees; and
- To provide education and training for those involved in counselling.

The main objectives of the charitable company for the period were to develop and promote its new services whilst continuing to provide high quality, user-friendly services to its traditional client group.

Public Benefit Statement

Our main activities are described above. All our activities are undertaken to further our charitable purposes for the public benefit. In shaping our objectives and planning our activities, the Management Committee has considered the Charity Commission's guidance on public benefit including the guidance 'Public Benefit: Running a Charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCES

This has been another busy and productive period for Options Wellbeing Trust as the charity moved forward with implementing its new business plan, whilst also responding to opportunities and challenges as they arose. Key activities during the period have therefore included –

- sustained networking and awareness raising
- delivering more affordable, self-pay counselling
- delivery of grant-funded projects
- development of our Work-Place well-being offer to organisations/businesses

Networking and awareness raising

Networking with external stakeholders within the regions we serve has been key to promoting Options services to the widest audience, these have included - Bournemouth, Christchurch & Poole Council, Southampton City Council, Hampshire County Council; specific Mental Health services funded by the NHS such as iTalk, Steps to Wellbeing, Enhanced Mental Health teams and Community Teams; as well as Specialist Eating Disorder Services, Child & Adolescent Mental Health Services and Primary Care Trusts.

Furthermore, we have maintained our connections with partner social enterprises, charities and community groups such as the Saints Foundation, Communicare in Southampton, Caraway, Tastelife and Board in the City.

We have also created new relationships with City Life Church, Yellow Door, Mind organisations across the South East and South West, The South East and South West Migration Teams and many grass roots groups located in within small communities, or whom work with specific targeted groups of people.

Affordable self-pay counselling

One of the key aims in the business plan is for Options Wellbeing to grow and develop our affordable self-pay counselling services as a sustainable source of income generation, ensuring the charity is not reliant on time limited contracts and grants. Our affordable self-pay counselling service bridges the gap between the oversubscribed and pressurised NHS services and expensive private provision, providing an option for people to access services sooner rather than later. This is particularly important to our clients as wellbeing and mental health issues can be further exacerbated by the long waiting lists people are typically faced with when trying to access general counselling services.

Thanks to the tireless effort of the Options Wellbeing Team this activity has grown significantly during the period reported. In 21-22 we were proud to have supported 157 people, whereas in 22-23 we have seen 651 individuals enquire and undertake a free 20min initial chat with our team. 532 of those people enquiring about help then completed an initial assessment and collectively participated in 4,299 counselling sessions, the average number of sessions attended per client being 8.

1,138 (26.5%) sessions were financially supported partially or fully by SCiA Group's Action Fund, meaning that the price of accessing the service for those customers in particular circumstances was further reduced to ensure that in the grip of a national cost of living crisis, financial constraint wasn't a barrier to people being able to access the support they needed. Options is grateful for the c£50,000 that was provided by the Action Fund to help pay towards improving clients wellbeing and mental health during this period.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2023

In terms of outcomes, our CORE10 assessments at closure shows 96% of clients significantly or totally improved their levels of happiness, reduced levels of tension, anxiety and nervousness, increased their support networks so they had someone to turn to for support when needed, were able to cope when experiencing a setback, reduced feelings of panic or terror as well as unwanted images or memories that distressed them, improved sleep. For those who had previously stated they were regularly making plans to end their lives, after their counselling the reported frequency of feeling that way had significantly reduced to only occasional fleeting thoughts or not at all.

Grant funded projects

We were pleased to have received grants during the year from both No Wrong Door (NHS Mental Health services) and The Levelling Up Department for over £80,000 in total.

The two No Wrong Door grants were deployed to support marginalised communities around managing eating difficulties and trauma stabilisation.

The Levelling Up grant was used to specifically support people from Hong Kong settling in the United Kingdom under the BNO visa scheme with their wellbeing and mental health. This important work has helped this migrant community as they come to terms with their forced migration and make the adjustment to life in the UK.

We also received funding from Health Education England to train our team of Volunteer Peer Supporters in their roles with Options Wellbeing.

Workplace Wellbeing

Our Workplace Wellbeing service was also launched during this period and we are grateful to our Associate colleagues who have helped to promote and then deliver workplace based support to University Hospitals Southampton Bereavement Team, Communicare in Southampton, Southampton Sight and a number of private companies. This service gives businesses/organisations a means to support their teams with the help they need to maintain their mental health and wellbeing; typically focused on managing stress and anxiety, implementing healthy boundaries and preventing burnout. This work has been delivered both in groups as well as via individual counselling sessions.

This has been an exceptionally busy and productive year for Options with total turnover for the year (including the above activity as well as rental of buildings and room hire) being 299% compared to the previous period

We'd therefore like to thank the operational leadership, administration and associate counselling teams for their dedication, hard work and support during this period of transition and development, and look forward to the year ahead.

FINANCIAL REVIEW

The charitable company recorded a deficit of £97,408 on its activities in the year to 30 September 2023, compared to a deficit of £123,700 in the previous year.

Income increased to £265,326 in the year compared to £88,628 the previous year. Expenditure increased to £362,734 in the year compared to £212,328 in the year prior.

The charitable company's reserves are £1,114,528 as at 30 September 2023 compared to £1,281,936 as at 30 September 2022. The Management Committee are content with the deficit recorded for the period and the financial stability of the charitable company.

Principal Funding Sources

The principal funding sources of the charitable company are by way of offering counselling services for a variety of presentation.

Investment Policy

The Management Committee considers the most appropriate policy for investing funds is to keep the fund in liquid form via investing in bank and building society deposit accounts. This policy is continuously under review.

Reserves Policy and Going Concern

The Management Committee determined that, in order to

- provide for fluctuations in income and expenditure;
- ensure continuity of services; and
- save for the future risks to Options Wellbeing Trust and its staff (and this would include the potential crystallisation of the Local Government Pension Scheme)

it would work towards holding a sum of money equivalent to three months of resources expended. The Management Committee is satisfied that this has been achieved.

In order to develop and promote its services the Management Committee has agreed to use some of its reserves, thereby increasing the public benefit and will be monitoring this via the Business Development Plan.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2023

The reserves policy is normally reviewed annually at the board meeting immediately preceding the charitable company's Annual General Meeting in any year and recommendations made are announced at the Annual General Meeting.

The Management Committee is of a view that the charitable company is a going concern.

PLANS FOR FUTURE PERIODS

We will continue to promote the charity to stakeholders within our local authorities and the NHS, and work with them to identify gaps in provision that Options can support with. To ensure the ongoing financial sustainability of the charity we will also focus on the growth of our 1-1/1-couple counselling and Workplace well-being offer. Furthermore, Options will continue to pursue grant funding when available to tackle un-met needs in our communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 17 March 2003 and registered as a charity on 19 November 2003. The charitable company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, the member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the charitable company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for a period of three years, after which they must be re-elected at the next Annual General Meeting.

All trustees give their time voluntarily and receive no benefit from the charitable company.

Trustee Induction and Training

Trustees are familiar with the work of the charitable company. New trustees meet with the chair of the trustee board who provides a briefing on the charitable company, its aims and objectives including:

- The obligation of board members. The main documents, which set out the operational framework for the charitable company including the Memorandum of Articles.
- The financial position of the organisation including the last set of audited Financial Statements and funding streams.
- Future plans and objectives.

All trustees are provided with a copy of CC3, "The Essential Trustee Guide" and CC60 "Hallmarks of an Effective Charity".

Trustees also attend the charitable company's user feedback lunches and teas.

Organisational Structure

The organisational structure comprises a board of four trustees who meet at least four times a year and who sit under the Social Care in Action board.

The current Management Committee come from a variety of backgrounds relevant to the work of the charitable company including health and social care, mental health, third sector, human resources, financial and business communities. The Social Care in Action board are responsible for the strategic direction and policy of all the charitable companies.

The day-to-day operation and responsibility is delegated to the Chief Executive of Social Care in Action who is responsible for ensuring the companies deliver the services specified, meet the key performance targets and stay within agreed budget.

The Chief Executive delegates the responsibility for the day-to-day management of Options Wellbeing Trust's service delivery to its Chief Executive Officer who oversees the team leaders responsible for delivery at their sites and the line management of their staff teams. The clinical therapeutic supervision is separated from the line management function and undertaken by trained and experienced counselling supervisors.

There is a finance and remuneration committee comprising Social Care in Action's treasurer, trustees, Chief Executive, and Head of Finance, which reviews expenditure against budgets and the general financial health and control systems of the charitable companies.

Related Parties

The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, Southampton Healthy Living, Flat Spaces Foundation, Flat spaces (Ropley) Limited and The Steven James Practice.

Social Care in Action, Flat Spaces Foundation and The Steven James Practice are companies limited by guarantee and registered charities.

Southampton Healthy Living is a company limited by guarantee.

Flat Spaces (Ropley) Limited is a company limited by shares.

SCA Care and SCA Transport Services are Registered Societies under the Co-operative and Community Benefit Societies Act 2014.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2023

The charitable company and registered societies are all operated and managed on a unified basis with Social Care in Action acting as the parent body.

Counselling services work to the British Association of Counselling and Psychotherapy's Standards and Ethics.

Key Management and Personnel Remuneration

The Management Committee consider the Management Committee and the Chief Executive Officer comprise the key management personnel of the charitable company in charge of directing and controlling the charitable company and running and operating the charitable company on a day-to-day basis.

All Management Committee members give their time freely and no remuneration to members of the Management Committee was paid in the period. The pay of the Chief Executive Officer is reviewed by the Management Committee periodically on the basis of the performance of the individual concerned and the charitable company as a whole.

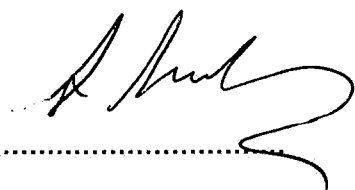
RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

The charitable company's Management Committee (who are trustees for the purposes of charity law and directors for the purposes of company law) are responsible for preparing an annual report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Management Committee to prepare Financial Statements for each financial period, which give a true and fair view of the state of the affairs of the charitable company as at the Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those Financial Statements, the Management Committee is required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and- prepare the Financial Statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue on that basis.

The Management Committee is responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006. The Management Committee is also responsible for safeguarding the assets of the charitable company and, hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Management Committee is responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of the Financial Statements may differ from legislation in other jurisdictions.

Approved by the Management Committee on 26 March 2024 and signed on its behalf by:



.....
L JUDD
TRUSTEE

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Opinion

We have audited the financial statements of Options Wellbeing Trust for the year ended 30 September 2023 which comprise a statement of financial activities, a balance sheet, a statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the charitable company's state of affairs as at 30 September 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Annual Report which includes the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Annual Report which includes the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or

INDEPENDENT AUDITOR'S REPORT (Continued)

For the year ended 30 September 2023

- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 4 the trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditors under the Companies Act 2006 and report in accordance with regulations made under that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud are detailed below.

Identifying and assessing risks related to irregularities:

We assessed the susceptibility of the charitable company's financial statements to material misstatement and how fraud might occur, including through discussions with the trustees, discussions within our audit team planning meeting, updating our record of internal controls and ensuring these controls operated as intended. We evaluated possible incentives and opportunities for fraudulent manipulation of the financial statements. We identified laws and regulations that are of significance in the context of the charitable company by discussions with trustees and updating our understanding of the sector in which the charitable company operates.

Laws and regulations of direct significance in the context of the charitable company include The Companies Act 2006, and guidance issued by the Charity Commission for England and Wales.

Audit response to risks identified:

We considered the extent of compliance with these laws and regulations as part of our audit procedures on the related financial statement items including a review of financial statement disclosures. We reviewed the charitable company's records of breaches of laws and regulations, minutes of meetings and correspondence with relevant authorities to identify potential material misstatements arising. We discussed the charitable company's policies and procedures for compliance with laws and regulations with members of management responsible for compliance.

During the planning meeting with the audit team, the engagement partner drew attention to the key areas which might involve non-compliance with laws and regulations or fraud. We enquired of management whether they were aware of any instances of non-compliance with laws and regulations or knowledge of any actual, suspected or alleged fraud. We addressed the risk of fraud through management override of controls by testing the appropriateness of journal entries and identifying any significant transactions that were unusual or outside the normal course of business. We assessed whether judgements made in making accounting estimates gave rise to a possible indication of management bias. At the completion stage of the audit, the engagement partner's review included ensuring that the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest

INDEPENDENT AUDITOR'S REPORT (Continued)

For the year ended 30 September 2023

extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Saffery LLP
.....
Casidhe Baleri (Senior Statutory Auditor)
For and on behalf of Saffery LLP

Midland House
2 Poole Road
Bournemouth
BH2 5QY

17 April
..... **2024**

Saffery LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	Total Funds 2023 £	Total Funds 2022 £
INCOME			
Donations and grants	2	47,383	8,778
Charitable activities	3	217,943	79,850
TOTAL		265,326	88,628
EXPENDITURE			
Charitable activities	4	(362,734)	(212,328)
TOTAL		(362,734)	(212,328)
NET EXPENDITURE	6	(97,408)	(123,700)
OTHER RECOGNISED GAINS			
Loss on revaluation of fixed asset		(70,000)	-
NET MOVEMENT IN FUNDS FOR THE PERIOD		(167,408)	(123,700)
RECONCILIATION OF FUNDS			
Total funds brought forward		1,281,936	1,405,636
Total funds carried forward		1,114,528	1,281,936

The Statement of Financial Activities includes all gains and losses in the period. All income and expenditure derive from continuing activities.

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

	Note	2023 £	2022 £
FIXED ASSETS			
Tangible fixed assets		801,895	874,309
Investment Properties		190,000	190,000
TOTAL FIXED ASSETS	9	991,895	1,064,309
CURRENT ASSETS			
Debtors	10	131,664	229,092
Cash at bank and in hand		55,319	6,815
TOTAL CURRENT ASSETS		186,983	235,907
LIABILITIES			
Creditors: Amounts falling due within one year	11	(64,350)	(18,280)
NET CURRENT ASSETS		122,633	217,627
TOTAL ASSETS LESS CURRENT LIABILITIES		1,114,528	1,281,936
NET ASSETS		1,114,528	1,281,936
THE FUNDS OF THE CHARITABLE COMPANY			
Unrestricted Funds		1,114,528	1,281,936
TOTAL CHARITABLE COMPANY FUNDS	13	1,114,528	1,281,936

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements. The Management Committee has prepared Financial Statements in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual Financial Statements required by the Companies Act 2006 and are for circulation to members of the charitable company. The notes on pages 15 to 21 form part of these Financial Statements.

Approved by the Management Committee on 26 March 2024 and signed on its behalf by:

.....
L JUDD

.....
E HICKMAN

REGISTERED COMPANY NUMBER: 04699108

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	2023 £	2022 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash provided/(used) by operating activities	1	50,931	(166,477)
CASH FLOWS FROM INVESTING ACTIVITIES			
Interest received		-	-
Acquiring new assets		(2,427)	(138,988)
NET CASH USED IN INVESTING ACTIVITIES		(2,427)	(138,988)
Change in cash and cash equivalents in the period		48,504	(305,465)
Cash and cash equivalents at the beginning of the period		6,815	312,280
Cash and cash equivalents at the end of the period	2	55,319	6,815

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE CASH FLOW STATEMENT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW
FROM OPERATING ACTIVITIES**

	2023	2022
	£	£
Net (expenditure)/income for the period (as per the Statement of Financial Activities)	(167,408)	(123,700)
Adjustments for:		
Revaluation	70,000	-
Depreciation charges	4,841	4,653
Decrease in debtors	97,428	24,120
Increase/(Decrease) in creditors	46,070	(71,550)
Net cash provided/(used) by operating activities	50,931	(166,477)

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023	2022
	£	£
Cash at bank and in hand	55,319	6,815
Total cash and cash equivalents	55,319	6,815

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1. ACCOUNTING POLICIES

Charity Information

Options Wellbeing Trust is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission and Companies House in England and Wales. The principal address is 147 Shirley Road, Southampton, SO15 3FH. The charitable company is a public benefit entity.

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the Financial Statements are as follows:

(a) Basis of Preparation

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102) including early adoption as amended January 2016), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Financial Statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts are rounded to the nearest £.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of donations and gifts and are included in full in the Statement of Financial Activities when the society becomes unconditionally entitled to the donation.
- Donated services and facilities are included at the value to the charitable company where this can be quantified. The value of services provided by volunteers has not been included in these Financial Statements.
- Investment income is included when receivable.
- Income from charitable trading activities is accounted for when earned.
- Grants, whether "capital" grants or "revenue" grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, as the charitable company is not VAT registered and is reported as part of the expenditure to which it relates. Expenditure on charitable activities comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and their associated support costs.

Support costs are those functions that assist the work of the charitable company but do not directly undertake the charitable activities. These costs have been allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and are apportioned on time, usage or governance.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charitable company and include the audit fees and costs linked to the strategic management of the charitable company.

(d) Tangible Fixed Assets

Tangible assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Freehold properties are subsequently measured at their fair value and are to be revalued every 5 years.

Fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided at the following annual rates in order to write-off each asset over its estimated useful economic life:

Fixtures and fittings	20%	Straight Line
Computer equipment	25%	Straight Line
Freehold property (buildings)		Over 50 years

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2023

1. ACCOUNTING POLICIES (Continued)

- (e) **Debtors**
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.
- (f) **Cash at Bank and in Hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- (g) **Creditors and Provisions**
Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- (h) **Finance Lease Agreements**
Assets held under finance leases, where substantially all of the benefits and risks of ownership accrue to the lessee, are capitalised and disclosed under tangible fixed assets at their fair value. The assets are depreciated over the shorter of the lease term or their useful economic life. The capital element of the future payments is treated as a liability. The total finance charge for each lease is charged to the Statement of Financial Activities so as to produce a constant periodic rate of charge for each accounting year.
- (j) **Operating Lease Agreements**
Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged to the Statement of Financial Activities as incurred.
- (k) **Pension Costs**
The charitable company operates a defined contribution scheme, payments to the scheme are charged as an expense as they fall due.
- (l) **Taxation**
The charitable company is exempt from Corporation Tax on its charitable activities.
- (m) **Fund Accounting**
Unrestricted funds consist of the general purposes fund and designated funds.
Designated funds are funds established by the Management Committee from time to time for specific projects or purposes, are not in any way restricted and any surplus or deficit will be transferred to/from the general purposes fund when the designated fund is closed.
Restricted Funds are funds subject to specific restrictions imposed by donors or by the purpose of the appeal. The purpose and use of designated and restricted funds is set out in the notes to the Financial Statements.
- (n) **Financial Instruments**
The charitable company 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.
- (o) **Significant Judgments and Estimates**
Preparation of the Financial Statements may require management to make significant judgments and estimates. There are no items in the Financial Statements where judgments and estimates would have a significant effect on amounts recognised in the Financial Statements.
- (p) **Investment Property**
Investment properties are initially measured at cost and subsequently at fair value at the reporting date, with the change recognised in the statement of financial activities.

NOTES TO THE FINANCIAL STATEMENTS (Continued)**For the year ended 30 September 2023****2. DONATIONS AND GRANTS**

	2023	2022
	£	£
CJRS receipts	-	128
Donations and grants	47,383	8,650
Total	47,383	8,778

3. INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
	£	£
Information and Counselling		
Private counselling	169,392	43,294
Property rental	44,451	36,485
Training Fees	1,450	-
Other income	2,650	71
Total	217,943	79,850

The charitable company has entered into service agreement contracts with government bodies and local authorities to provide the various services and specific deliverables that the charitable company provides.

The amounts received and the relevant bodies are listed above. There were no unfulfilled conditions and/or other contingencies attaching to the grants that have been recognised in income.

The grants and donations shown above relate to payments received during the charitable company's year to 30 September 2023 but adjusted for any deferrals where the expenditure arising for that grant is being incurred in a subsequent year.

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Information and Counselling	2023 Total Funds	2022 Total Funds
£	£	£	
Direct staff costs	250,502	250,502	114,951
Support costs	109,532	109,532	95,577
Governance costs	2,700	2,700	1,800
Total	362,734	362,734	212,328

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2023

5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The charitable company identifies the costs of its support functions. It then identifies those costs that relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken (see note 4) in the period. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

	General Support £	Governance £	2023 Total Funds £	2022 Total Funds £	Basis of Apportionment
Premises	36,189	-	36,189	26,826	Usage
Staff welfare	22,090	-	22,090	16,199	Usage
Travel and subsistence	21	-	21	831	Usage
Office costs	12,398	-	12,398	15,226	Usage
Advertising and promotions	21,573	-	21,573	18,258	Usage
Website development	1,003	-	1,003	2,736	Usage
Legal and professional fees	7,390	-	7,390	5,338	Usage
Independent examiners fees	-	2,700	2,700	1,800	Governance
Bank charges and interest	2,633	-	2,633	1,371	Transactions
Depreciation	4,841	-	4,841	4,653	Usage
Bad Debt	33	-	33	3,398	Specific
Subscriptions	1,361	-	1,361	741	Usage
Total	109,532	2,700	112,232	97,377	

6. NET EXPENDITURE FOR THE YEAR

This is stated after charging:

	2023 £	2022 £
Depreciation	4,841	4,653
Independent auditor fees	2,700	1,800

7. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2023 £	2022 £
Salaries, wages and consultancy	118,139	70,688
Social Security costs	9,358	8,233
Employee pension costs	2,154	3,064
Total	129,651	81,985

No employee received emoluments of more than £60,000 during the period (2022 - nil).

The average number of employees during the period was as follows:

	2023	2022
Service provision	9	6

No members of the Management Committee received any remuneration or expenses during the year (2022 - none). The remuneration and benefits of the key management personnel in the year total £Nil (2022 - £9,740).

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2023

8. OPERATING LEASES COMMITMENTS

	2023 £	2022 £
Less than 1 Year	537	537
2-5 Years	350	394
More than 5 years		88
Total	887	1019

9. TANGIBLE FIXED ASSETS

	Freehold Property £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
At 1 October 2022	861,217	18,910	17,197	897,324
Additions	-	934	1,493	2,427
Revaluation	(70,000)	-	-	(70,000)
At 30 September 2023	791,217	19,844	18,690	829,751
Depreciation				
At 1 October 2022	-	8,525	14,490	23,015
Charge for the period	-	2,743	2,098	4,841
At 30 September 2023	-	11,268	16,588	27,856
Net Book Values				
At 30 September 2023	791,217	8,576	2,102	801,895
At 30 September 2022	861,217	10,385	2,707	874,309

The charitable company owned three freehold properties at 30 September 2023, one of which is classified as an investment property.

In the accounts for the year ended 31 March 2019 the charitable company revalued two of the freehold properties to reflect their fair values. The revaluations for the properties were based on valuations carried out by Primer Olds (chartered surveyors) in April / May 2019. All of the three properties are unencumbered with the exception of the property in Southampton, where Southampton City Council have a legal charge over the property representing a 20% interest in the property. The property's revaluation included in these Financial Statements incorporates 80% of the total value of that property. On 3 March 2022 Bartley West revalued the Basingstoke property, the management committee have reviewed the other property valuation and consider it to remain appropriate as at the period end.

A revaluation has been included in these accounts, reducing the value of the property in Basingstoke by £70,000 in light of a post year end sale at the newly restated amount.

	Investment Property £	Total £
Cost and Net Book Value		
At 1 October 2022 and September 2023	190,000	190,000

10. DEBTORS

	2023 £	2022 £
Trade debtors	28,852	6,579
Prepayments	2,889	5,460
Accrued Income	-	1,222
Amounts owed by related societies		
- Social Care in Action	99,921	215,831
- SCA Care	2	-
Total	131,664	229,092

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2023

11. CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	7,785	8,494
Accruals	8,371	7,722
Deferred Income	45,600	-
PAYE	2,177	1,781
Pension contributions	417	283
Total	64,350	18,280

12. FINANCIAL INSTRUMENTS

Financial instruments measured at amortised cost comprise the following:

	2023	2022
	£	£
Financial assets that are debt instruments	128,795	222,410
Financial liabilities that are debt instruments	62,173	16,499

13. ANALYSIS OF CHARITABLE FUNDS

	At 01.10.22	Incoming Resources	Outgoing Resources	At 30.09.23
	£	£	£	£
Unrestricted Funds				
General Fund	923,048	265,326	(362,734)	825,640
Revaluation Reserve	358,888	-	(70,000)	288,888
Total Unrestricted Funds	1,281,936	265,326	(432,734)	1,114,528
Total Funds	1,281,936	265,326	(432,734)	1,114,528

Unrestricted Funds

Unrestricted funds comprise the following funds which trustees are:

General fund - to use in accordance with the charitable objects and to fund the charitable company's net fixed assets.

Revaluation reserve - arose as a result of the revaluation of the charitable company's freehold properties.

Restricted Funds

Restricted Funds are to be used for specific purposes as laid down by the donor.

	At 01.10.21	Incoming Resources	Outgoing Resources	At 30.09.22
	£	£	£	£
Prior year				
Unrestricted Funds				
General Fund	1,046,748	88,628	(212,328)	923,048
Revaluation Reserve	358,888	-	-	358,888
Total Unrestricted Funds	1,405,636	88,628	(212,328)	1,281,936
Total Funds	1,405,636	88,628	(212,328)	1,281,936

14. CAPITAL COMMITMENTS

As at 30 September 2023 there were capital commitments of £nil (2022 - £nil).

15. RELATED PARTIES

Options Wellbeing Trust is a member of the SCiA group of social enterprises. The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, Southampton Healthy Living, Flat Spaces Foundation, Flat Spaces (Ropley) Ltd and The Steven James Practice.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2023

All charitable companies and registered societies of the SCiA group of social enterprises are operated and managed on a unified basis.

Options Wellbeing Trust undertook transactions with other related societies in the normal course of activities amounting to £Nil (2022: £6,850).

At 30 September 2023, Options Wellbeing Trust had outstanding balances with related societies as disclosed in Note 10.

16. TAXATION

As a registered charity, the income is generally exempt from Corporation Tax under Section 478 of the Corporation Taxes Act 2010 by reason of its charitable objects and activities.

17. PENSIONS

Total cost relating to the defined benefit plans is recognised in the statement of financial activities as an expense.

The pension cost charge for the period represents contributions payable by the society to the scheme and amounted to £1,703 (2022: £1,035).

Pension rules state that no liability will arise upon the company from the default of other pension scheme members.

18. LEGAL STATUS OF THE CHARITABLE COMPANY

The charitable company is limited by guarantee and has no share capital. The liability of the member, in the event of winding-up, is limited to £10.

19. ULTIMATE CONTROL

Options Wellbeing Trust is a member of the SCiA group of social enterprises.

Social Care in Action is deemed to ultimately be the parent body of the SCiA group of social enterprises as it can exercise dominant influence over the society.

Social Care in Action is controlled by the Trustees, acting as Directors of the Charitable Company.

The Trustees of Social Care in Action appoint and remove the Trustees to the Management Committees of all subsidiaries.

Social Care in Action is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission (1096903) and Companies House in England and Wales (04526806).

Copies of the consolidated accounts can be obtained from its principal address at 1 Paynes Road, Southampton, SO15 3DL.

OPTIONS WELLBEING TRUST

England & Wales - Charity number 1100782

Accounts

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT & FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
30 SEPTEMBER 2022**

COMPANY REGISTRATION NUMBER 04699108

REGISTERED CHARITY NUMBER 1100782

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022

CONTENTS

	Pages
Report of the Management Committee	1 - 4
Independent Auditor's Report	5 - 6
Statement of Financial Activities	7
Balance Sheet	8
Statement of Cash Flows	9
Notes to the Cash Flow Statement	10
Notes to the Financial Statements	11 – 17

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT OF THE MANAGEMENT COMMITTEE

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The Management Committee is pleased to present its annual report and audited Financial Statements for the year ended 30 September 2022 which are also prepared to meet the requirements for a Directors' Report and Financial Statements for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) including early adoption as amended January 2016.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name:	Options Wellbeing Trust
Charity Registration Number:	1100782
Company Registration Number:	04699108
Registered Office and Operational Address:	147 Shirley Road Southampton SO15 3FH

The Management Committee are the directors of the charitable company for the purpose of company law and are its trustees for the purpose of charity law.

The officers who served during the period and since the period end are as follows:

Management Committee:	G Dibben D Lodge L Judd D Corben E Hickman	Resigned April 2022 Chair from March 2022 Chair to March 2022
Chief Executive Officer:	N Keeley	Resigned December 2021
Company Secretary:	J Mills	
Our Advisors:	Saffery Champness LLP Midland House 2 Poole Road Bournemouth BH2 5QY	
Independent Auditor		
Bankers:	Lloyds Bank 30 Commercial Road Totton SO40 3TH	

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2022

OBJECTIVES AND ACTIVITIES

The charitable company's objectives are:

- To preserve and protect mental health by the provision of a counselling service to all sections of the community who are suffering from psychological or emotional distress, employment or relationship problems and particularly relating to addictions;
- To promote, preserve and protect physical and mental good health in the workplace by the provision of training, education and a counselling service for both employers and employees; and
- To provide education and training for those involved in counselling.

The main objectives of the charitable company for the period were to develop and promote its new services whilst continuing to provide high quality, user-friendly services to its traditional client group.

Public Benefit Statement

Our main activities are described above. All our activities are undertaken to further our charitable purposes for the public benefit. In shaping our objectives and planning our activities, the Management Committee has considered the Charity Commission's guidance on public benefit including the guidance 'Public Benefit: Running a Charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCES

During the year Options Wellbeing Trust (OWT) had three key aims - completing the merger with the Steven James Practice (achieved in April 2022), developing a new business plan reflecting the post pandemic landscape and implementation of its new service model.

The new service model sees OWT move away from the mono-contracting of previous years when working to Gamcare, and instead envisages a range of activities offered including 1-1 counselling and therapeutic services, coaching and wellness activities to be delivered to both individuals and within workplaces.

Unfortunately the renovation of the main building in Shirley into the flagship Therapy Hub took significantly longer than planned due to supply chain and personnel issues linked to Covid 19. This had a major detrimental impact on the financial performance of OWT this year compared to expectations, although the period should also be seen as one where much was achieved in preparation for the years ahead. The flagship Therapy Hub at 147 Shirley Road was eventually opened at the end of June.

Despite the restricted amount of space available to deliver services during this period the Bournemouth Hub and online capacity meant that a lot was still achieved with customers covering a wide range of issues and circumstances that cause distress including - anxiety, stress, depression, addictions, eating difficulties, trauma/complex trauma, bereavement, life changing situations, relationships and wellbeing issues such as burnout, performance, sleep, fatigue, nutrition and movement.

Delivering the new service model required us to:

- Develop and implement a new, robust clinical governance model and processes;
- Increase awareness of the new model of service delivery, including the broad sense of counselling, coaching and wellbeing;

- Initiate the new marketing plan through digital and traditional channels and develop a new website;
- Consolidate physical sites, where there are limited opportunities in the market place for our services; resulting in a decision to cease operations in Basingstoke from March 22
- Implement a new case management and finance system;
- Recruit associate counsellors and practitioners, on-board and train them;
- Network with a wider group of stakeholders and growing our partnerships;
- Understand and engage with opportunities to develop and generate leads;
- Apply for and allocate funds from SCiA's Action Fund to assist individuals to access services that they would not otherwise afford;
- Recruit and train volunteers for placements and projects.

All of the above was achieved during this period and is testimony to the hard work and expertise of the OWT management team. Further detail on the milestones achieved include -

During quarters 2 and 3 a complete new delivery team were recruited which included a Service Manager, Service Co-ordinator, Clinical Lead and Reception/Administrative staff. 50 qualified and experienced Associate counsellors/Practitioners were also recruited and trained alongside 10 Volunteers.

A new website was developed and launched as part of a comprehensive marketing and PR plan informed by consultant experts. Promotional activities culminated in a public relaunch of Options Wellbeing Trust with the Southampton Mayor in attendance at a ceremony on 30th June 2022, at which both our flagship Therapy Hub in Shirley and the Bournemouth Hub were formally opened for business.

A revised and updated clinical governance system and processes were also devised and implemented. Furthermore, to support the new activity a web-based case management and finance system (Power Diary) was identified and implemented, increasing management oversight of current and booked activity exponentially in comparison to before.

Options Wellbeing Trust maintained membership of the British Association for Counselling and Psychotherapy's (BACP) and have continued to work to their Ethical Framework.

With the creation of the new ICS, developing relationships with key stakeholders across the region has been important to help identify gaps in provision and potential pots of funding to plug them. To date OWT has successfully obtained grant funding of £14,000 to support front line carers with any impact experienced from working during the pandemic and a grant of £7,000 from 'No Wrong Door' (NHS mental health services) for a project to support individuals with eating difficulties and affected others through a peer support network. This grant was match funded by SCiA's Action Fund.

During this period we helped 157 clients in total, including some who were supported by the SCiA Action Fund who without the Group's help would have been unable to access the counselling services they require due to affordability

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 30 September 2022

FINANCIAL REVIEW

The charitable company recorded a deficit of £123,700 on its activities in the year to 30 September 2022, compared to a surplus of £37,037 in the previous 18 month period.

Income decreased to £88,628 in the year compared to £402,525 in the previous 18 month period. Expenditure decreased to £212,328 in the year compared to £430,488 in the previous 18 month period.

The charitable company's reserves are £1,281,936 as at 30 September 2022 compared to £1,405,636 as at 30 September 2021. The Management Committee are content with the deficit recorded for the period and the financial stability of the charitable company.

Principal Funding Sources

The principal funding sources of the charitable company are by way of offering counselling services for a variety of presentation.

Investment Policy

The Management Committee considers the most appropriate policy for investing funds is to keep the fund in liquid form via investing in bank and building society deposit accounts. This policy is continuously under review.

Reserves Policy and Going Concern

The Management Committee determined that, in order to

- provide for fluctuations in income and expenditure;
- ensure continuity of services; and
- save for the future risks to Options Wellbeing Trust and its staff (and this would include the potential crystallisation of the Local Government Pension Scheme)

it would work towards holding a sum of money equivalent to three months of resources expended. The Management Committee is satisfied that this has been achieved.

In order to develop and promote its services the Management Committee has agreed to use some of its reserves, thereby increasing the public benefit and will be monitoring this via the Business Development Plan. The reserves policy is normally reviewed annually at the board meeting immediately preceding the charitable company's Annual General Meeting in any year and recommendations made are announced at the Annual General Meeting.

The Management Committee is of a view that the charitable company is a going concern.

PLANS FOR FUTURE PERIODS

We plan to enact all elements of the comprehensive business plan recently developed which will see the majority of income next year generated from fee-paying 1-1 customers receiving counselling. Other income streams in development include an offer to businesses to help support their workforce and more 'well-being' services such as 'Wellness Recovery Action Planning' (WRAP) targeted at fee paying individuals and groups. Mindful of the current dearth of mental health commissioning of non-NHS providers Options will also pro-actively seek out appropriate contracting and sub-contracting opportunities within the local mental health market. Furthermore OWT will

pursue grant funding when available to tackle un-met needs in our communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 17 March 2003 and registered as a charity on 19 November 2003. The charitable company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, the member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the charitable company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for a period of three years, after which they must be re-elected at the next Annual General Meeting. All trustees give their time voluntarily and receive no benefit from the charitable company.

Trustee Induction and Training

Trustees are familiar with the work of the charitable company. New trustees meet with the chair of the trustee board who provides a briefing on the charitable company, its aims and objectives including:

- The obligation of board members. The main documents, which set out the operational framework for the charitable company including the Memorandum of Articles.
- The financial position of the organisation including the last set of audited Financial Statements and funding streams.
- Future plans and objectives.

All trustees are provided with a copy of CC3, "The Essential Trustee Guide" and CC60 "Hallmarks of an Effective Charity". Trustees also attend the charitable company's user feedback lunches and teas.

Organisational Structure

The organisational structure comprises a board of six trustees who meet at least four times a year and who sit under the Social Care in Action board.

The current Management Committee come from a variety of backgrounds relevant to the work of the charitable company including health and social care, mental health, third sector, human resources, financial and business communities. The Social Care in Action board are responsible for the strategic direction and policy of all the charitable companies.

The day-to-day operation and responsibility is delegated to the Chief Executive of Social Care in Action who is responsible for ensuring the companies deliver the services specified, meet the key performance targets and stay within agreed budget. The Chief Executive delegates the responsibility for the day-to-day management of Options Wellbeing Trust's service delivery to its Chief Executive Officer who oversees the team leaders responsible for

REPORT OF THE MANAGEMENT COMMITTEE (Continued)**For the year ended 30 September 2022**

separated from the line management function and undertaken by trained and experienced counselling supervisors.

There is a finance and remuneration committee comprising Social Care in Action's treasurer, trustees, Chief Executive, and Head of Finance, which reviews expenditure against budgets and the general financial health and control systems of the charitable companies.

Related Parties

The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Fenwick 2 Limited, Southampton Healthy Living, Flat Spaces Foundation, Flat spaces (Ropley) Limited and The Steven James Practice.

Social Care in Action, Flat Spaces Foundation and The Steven James Practice are companies limited by guarantee and registered charities.

Southampton Healthy Living is a company limited by guarantee.

Flat Spaces (Ropley) Limited is a company limited by shares.

SCA Care, SCA Transport Services and SCA Fenwick 2 Limited are all Registered Societies under the Co-operative and Community Benefit Societies Act 2014.

The charitable company and registered societies are all operated and managed on a unified basis with Social Care in Action acting as the parent body.

GamCare services are provided on behalf of GamCare the National Agency. The Chief Executive Officer of Options Wellbeing Trust sits on the National Clinical Governance Network for Gambling. Counselling services work to the British Association of Counselling and Psychotherapy's Standards and Ethics.

Key Management and Personnel Remuneration

The Management Committee consider the Management Committee and the Chief Executive Officer comprise the key management personnel of the charitable company in charge of directing and controlling the charitable company and running and operating the charitable company on a day-to-day basis.

All Management Committee members give their time freely and no remuneration to members of the Management Committee was paid in the period. The pay of the Chief Executive Officer is reviewed by the Management Committee periodically on the basis of the performance of the individual concerned and the charitable company as a whole.

RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

The charitable company's Management Committee (who are trustees for the purposes of charity law and directors for the purposes of company law) are responsible for preparing an annual report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Management Committee to prepare Financial Statements for each financial period, which give a true and fair view of the state of the affairs of the charitable company as at the Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those Financial Statements, the Management Committee is required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- prepare the Financial Statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue on that basis.

The Management Committee is responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006. The Management Committee is also responsible for safeguarding the assets of the charitable company and, hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Management Committee is responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of the Financial Statements may differ from legislation in other jurisdictions.

Approved by the Management Committee on 21 March 2023 and signed on its behalf by:



**D CORBEN
CHAIR**

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Opinion

We have audited the financial statements of Options Wellbeing Trust for the year ended 30 September 2022 which comprise a statement of financial activities, a balance sheet, a statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the charitable company's state of affairs as at 30 September 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly

stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Annual Report which includes the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Annual Report which includes the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 4 the trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the

INDEPENDENT AUDITOR'S REPORT (Continued)**For the year ended 30 September 2022**

trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditors under the Companies Act 2006 and report in accordance with regulations made under that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud are detailed below.

Identifying and assessing risks related to irregularities: We assessed the susceptibility of the charitable company's financial statements to material misstatement and how fraud might occur, including through discussions with the trustees, discussions within our audit team planning meeting, updating our record of internal controls and ensuring these controls operated as intended. We evaluated possible incentives and opportunities for fraudulent manipulation of the financial statements. We identified laws and regulations that are of significance in the context of the charitable company by discussions with trustees and updating our understanding of the sector in which the charitable company operates.

Laws and regulations of direct significance in the context of the charitable company include The Companies Act 2006, and guidance issued by the Charity Commission for England and Wales

Audit response to risks identified:

We considered the extent of compliance with these laws.

and regulations as part of our audit procedures on the related financial statement items including a review of financial statement disclosures. We reviewed the charitable company's records of breaches of laws and regulations, minutes of meetings and correspondence with relevant authorities to identify potential material misstatements arising. We discussed the charitable company's policies and procedures for compliance with laws and regulations with members of management responsible for compliance.

During the planning meeting with the audit team, the engagement partner drew attention to the key areas which might involve non-compliance with laws and regulations or fraud. We enquired of management whether they were aware of any instances of non-compliance with laws and regulations or knowledge of any actual, suspected or alleged fraud. We addressed the risk of fraud through management override of controls by testing the appropriateness of journal entries and identifying any significant transactions that were unusual or outside the normal course of business. We assessed whether judgements made in making accounting estimates gave rise to a possible indication of management bias. At the completion stage of the audit, the engagement partner's review included ensuring that the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud. There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



 Nicholas Fernyhough (Senior Statutory Auditor)
 For and on behalf of Saffery Champness LLP

Midland House
 2 Poole Road
 Bournemouth
 BH2 5QY

24 March 2023

Saffery Champness LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	Total Unrestricted Funds Year ended 30 Sept 2022 £	Total Funds 18 month period ended 30 Sept 2021 £
INCOME			
Donations and grants	2	8,778	58,728
Charitable activities	3	79,850	343,768
Investments	4	-	29
TOTAL		88,628	402,525
EXPENDITURE			
Charitable activities	5	(212,328)	(430,488)
TOTAL		(212,328)	(430,488)
NET EXPENDITURE	7	(123,700)	(27,963)
OTHER RECOGNISED GAINS			
Gain on revaluation of fixed asset		-	65,000
NET MOVEMENT IN FUNDS FOR THE PERIOD		(123,700)	37,037
RECONCILIATION OF FUNDS			
Total funds brought forward		1,405,636	1,368,599
Total funds carried forward		1,281,936	1,405,636

The Statement of Financial Activities includes all gains and losses in the period. All income and expenditure derive from continuing activities.

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

BALANCE SHEET

AS AT 30 SEPTEMBER 2022

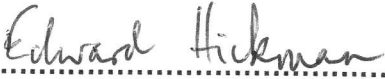
	Note	2022 £	2021 £
FIXED ASSETS			
Tangible fixed assets		874,309	739,974
Investment Properties		190,000	190,000
TOTAL FIXED ASSETS	9	1,064,309	929,974
CURRENT ASSETS			
Debtors	10	229,092	253,212
Cash at bank and in hand		6,815	312,280
TOTAL CURRENT ASSETS		235,907	565,492
LIABILITIES			
Creditors: Amounts falling due within one year	11	(18,280)	(89,830)
NET CURRENT ASSETS		217,627	475,662
TOTAL ASSETS LESS CURRENT LIABILITIES		1,281,936	1,405,636
NET ASSETS		1,281,936	1,405,636
THE FUNDS OF THE CHARITABLE COMPANY			
Unrestricted Funds		1,281,936	1,405,636
Restricted Funds		-	-
TOTAL CHARITABLE COMPANY FUNDS	13	1,281,936	1,405,636

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The Management Committee has prepared Financial Statements in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual Financial Statements required by the Companies Act 2006 and are for circulation to members of the charitable company. The notes on pages 11 to 17 form part of these Financial Statements.

Approved by the Management Committee on 21 March 2023 and signed on its behalf by:


.....
D CORBEN


.....
E HICKMAN

REGISTERED COMPANY NUMBER: 04699108

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash (used)/provided by operating activities	1	(166,477)	17,295
CASH FLOWS FROM INVESTING ACTIVITIES			
Interest received		-	29
Acquiring new assets		(138,988)	(33,975)
NET CASH USED IN INVESTING ACTIVITIES		(138,988)	(33,946)
CASH FLOWS FROM FINANCING ACTIVITIES			
New funds from borrowing		-	50,000
Repayment of borrowing		-	(50,000)
NET CASH USED IN FINANCING ACTIVITIES		-	-
Change in cash and cash equivalents in the period		(305,465)	(16,651)
Cash and cash equivalents at the beginning of the period		312,280	328,931
Cash and cash equivalents at the end of the period	2	6,815	312,280

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE CASH FLOW STATEMENT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW
FROM OPERATING ACTIVITIES**

	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
Net (expenditure)/income for the period (as per the Statement of Financial Activities)	(123,700)	37,037
Adjustments for:		
Interest Received	-	(29)
Revaluation	-	(65,000)
Depreciation charges	4,653	7,173
Decrease/(Increase) in debtors	24,120	(13,416)
(Decrease)/Increase in creditors	(71,550)	51,530
Net cash (used)/provided by operating activities	(166,477)	17,295

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
Cash at bank and in hand	6,815	312,280
Total cash and cash equivalents	6,815	312,280

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022

1. ACCOUNTING POLICIES

Charity Information

Options Wellbeing Trust is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission and Companies House in England and Wales. The principal address is 147 Shirley Road, Southampton, SO15 3FH. The charitable company is a public benefit entity.

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the Financial Statements are as follows:

(a) Basis of Preparation

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102) including early adoption as amended January 2016), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Financial Statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts are rounded to the nearest £.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of donations and gifts and are included in full in the Statement of Financial Activities when the society becomes unconditionally entitled to the donation.
- Donated services and facilities are included at the value to the charitable company where this can be quantified. The value of services provided by volunteers has not been included in these Financial Statements.
- Investment income is included when receivable.
- Income from charitable trading activities is accounted for when earned.
- Grants, whether "capital" grants or "revenue" grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, as the charitable company is not VAT registered and is reported as part of the expenditure to which it relates. Expenditure on charitable activities comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and their associated support costs.

Support costs are those functions that assist the work of the charitable company but do not directly undertake the charitable activities. These costs have been allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and are apportioned on time, usage or governance.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charitable company and include the audit fees and costs linked to the strategic management of the charitable company.

(d) Tangible Fixed Assets

Tangible assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Freehold properties are subsequently measured at their fair value and are to be revalued every 5 years.

Fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided at the following annual rates in order to write-off each asset over its estimated useful economic life:

Fixtures and fittings	20%	Straight Line
Computer equipment	25%	Straight Line
Freehold property (buildings)		Over 50 years

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

1. ACCOUNTING POLICIES (Continued)

- (e) **Debtors**
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.
- (f) **Cash at Bank and in Hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- (g) **Creditors and Provisions**
Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- (h) **Finance Lease Agreements**
Assets held under finance leases, where substantially all of the benefits and risks of ownership accrue to the lessee, are capitalised and disclosed under tangible fixed assets at their fair value. The assets are depreciated over the shorter of the lease term or their useful economic life. The capital element of the future payments is treated as a liability. The total finance charge for each lease is charged to the Statement of Financial Activities so as to produce a constant periodic rate of charge for each accounting year.
- (j) **Operating Lease Agreements**
Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged to the Statement of Financial Activities as incurred.
- (k) **Pension Costs**
The charitable company operates a defined contribution scheme, payments to the scheme are charged as an expense as they fall due.
- (l) **Taxation**
The charitable company is exempt from Corporation Tax on its charitable activities.
- (m) **Fund Accounting**
Unrestricted funds consist of the general purposes fund and designated funds.
Designated funds are funds established by the Management Committee from time to time for specific projects or purposes, are not in any way restricted and any surplus or deficit will be transferred to/from the general purposes fund when the designated fund is closed.
Restricted Funds are funds subject to specific restrictions imposed by donors or by the purpose of the appeal. The purpose and use of designated and restricted funds is set out in the notes to the Financial Statements.
- (n) **Financial Instruments**
The charitable company 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.
- (o) **Significant Judgments and Estimates**
Preparation of the Financial Statements may require management to make significant judgments and estimates. There are no items in the Financial Statements where judgments and estimates would have a significant effect on amounts recognised in the Financial Statements.
- (p) **Investment Property**
Investment properties are initially measured at cost and subsequently at fair value at the reporting date, with the change recognised in the statement of financial activities.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

2. DONATIONS AND GRANTS

	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
CJRS receipts	128	5,938
LA Covid 19 grants	-	35,000
Nominal Bounce Back Loan Interest	-	1,025
Donations and grants	8,650	16,765
Total	8,778	58,728

3. INCOME FROM CHARITABLE ACTIVITIES

	Total Funds Year ended 30 Sept 2022 £	Total Funds 18 month period ended 30 Sept 2021 £
Information and Counselling		
Gamcare Trust	-	253,517
Private counselling	43,294	37,166
Property rental	36,485	53,085
Other income	71	-
Total	79,850	343,768

The charitable company has entered into service agreement contracts with government bodies and local authorities to provide the various services and specific deliverables that the charitable company provides.

The amounts received and the relevant bodies are listed above. There were no unfulfilled conditions and/or other contingencies attaching to the grants that have been recognised in income.

The grants and donations shown above relate to payments received during the charitable company's year to 30 September 2022 but adjusted for any deferrals where the expenditure arising for that grant is being incurred in a subsequent year.

In 18 month period 2021 income from charitable activities of £90,251 was unrestricted and £253,517 was restricted

4. INVESTMENTS

	Total Funds Year ended 30 Sept 2022 £	Total Funds 18 month period ended 30 Sept 2021 £
Bank interest	-	29

In 2021 the income from investments of £29 was unrestricted.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

5. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Information and Counselling	Year ended 30 Sept Total funds	18 month period ended 30 Sept Total funds
	£	£	£
Direct staff costs	114,951	114,951	329,722
Support costs	95,577	95,577	98,066
Governance costs	1,800	1,800	2,700
Total	212,328	212,328	430,488

The expenditure on charitable activities in the 18 month period 2021 of £176,971 was unrestricted and £253,517 was restricted.

6. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The charitable company identifies the costs of its support functions. It then identifies those costs that relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken (see note 5) in the period. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

	General Support	Governance	Year ended 30 Sept 2022 Total Funds	18 Month period ended 30 Sept 2021 Total Funds	Basis of Apportionment
	£	£	£	£	
Premises	26,826	-	26,826	41,817	Usage
Staff welfare	16,199	-	16,199	6,692	Usage
Travel and subsistence	831	-	831	1,832	Usage
Office costs	15,226	-	15,226	16,387	Usage
Advertising and promotions	18,258	-	18,258	9,253	Usage
Website development	2,736	-	2,736	4,276	Usage
Legal and professional fees	5,338	-	5,338	6,455	Usage
Independent examiners fees	-	1,800	1,800	2,700	Governance
Bank charges and interest	1,371	-	1,371	2,750	Transactions
Depreciation	4,653	-	4,653	7,173	Usage
Bad Debt	3,398	-	3,398	934	Specific
Subscriptions	741	-	741	497	Usage
Total	95,577	1,800	97,377	100,766	

7. NET EXPENDITURE FOR THE YEAR

This is stated after charging:

	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
Depreciation	4,653	7,173
Independent auditor fees	1,800	2,040
Independent auditor other fees	-	660

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

8. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	Year ended 30 Sept 2022 £	18 month period ended 30 Sept 2021 £
Salaries, wages and consultancy	70,688	258,891
Social Security costs	8,233	11,556
Employee pension costs	3,064	41,534
Total	81,985	311,981

No employee received emoluments of more than £60,000 during the period (2020 - nil).

The average number of employees during the period was as follows:

	12 mths 2022	18 mths 2021
Service provision	6	13

No members of the Management Committee received any remuneration or expenses during the year (2021 - none). The remuneration and benefits of the key management personnel in the year total £9,740 (2021 - £61,730).

9. TANGIBLE FIXED ASSETS

	Freehold Property £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
At 1 October 2021	732,522	8,617	17,197	758,336
Additions	128,695	10,293	-	138,988
At 30 September 2022	861,217	18,910	17,197	897,324
Depreciation				
At 1 October 2021	-	7,217	11,145	18,362
Charge for the period	-	1,308	3,345	4,653
At 30 September 2022	-	8,525	14,490	23,015
Net Book Values				
At 30 September 2022	861,217	10,385	2,707	874,309
At 30 September 2021	732,522	1,400	6,052	739,974

The charitable company owned three freehold properties at 30 September 2022 one of which is classified as an investment property.

In the accounts for the year ended 31 March 2019 the charitable company revalued two of the freehold properties to reflect their fair values. The revaluations for the properties were based on valuations carried out by Primer Olds (chartered surveyors) in April / May 2019. All of the three properties are unencumbered with the exception of the property in Southampton, where Southampton City Council have a legal charge over the property representing a 20% interest in the property. The property's revaluation included in these Financial Statements incorporates 80% of the total value of that property. On 3 March 2022 Bartley West revalued the Basingstoke property, the management committee have reviewed the other property valuation and consider it to remain appropriate as at the period end.

	Investment Property £	Total £
Cost and Net Book Value		
At 1 October 2021 and September 2022	190,000	190,000

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

10. DEBTORS

	2022	2021
	£	£
Trade debtors	6,579	5,495
Prepayments	5,460	3,267
Deferred Income	1,222	2,522
Amounts owed by related societies		
- Social Care in Action	215,831	241,928
Total	229,092	253,212

11. CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	8,494	1,576
Accruals	7,722	59,348
PAYE	1,781	883
Pension contributions	283	27,962
Amounts owed to related societies:		
- The Steven James Practice	-	61
Total	18,280	89,830

12. FINANCIAL INSTRUMENTS

Financial instruments measured at amortised cost comprise the following:

	2022	2021
	£	£
Financial assets that are debt instruments	222,410	247,423
Financial liabilities that are debt instruments	87,166	88,947

13. ANALYSIS OF CHARITABLE FUNDS

	At 01.10.21	Incoming Resources	Outgoing Resources	At 30.09.22
	£	£	£	£
Unrestricted Funds				
General Fund	1,046,748	88,628	(212,328)	923,048
Revaluation Reserve	358,888	-	-	358,888
Total Unrestricted Funds	1,405,636	88,628	(212,328)	1,281,936
Total Funds	1,405,636	88,628	(212,328)	1,281,936

Unrestricted Funds

Unrestricted funds comprise the following funds which trustees are:

General fund - to use in accordance with the charitable objects and to fund the charitable company's net fixed assets.

Revaluation reserve - arose as a result of the revaluation of the charitable company's freehold properties.

Restricted Funds

Restricted Funds are to be used for specific purposes as laid down by the donor.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 30 September 2022

13. ANALYSIS OF CHARITABLE FUNDS (Continued)

<i>Prior year</i>	<i>At 01.04.20</i>	<i>Incoming Resources</i>	<i>Outgoing Resources</i>	<i>At 30.09.21</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
Unrestricted Funds				
General Fund	1,075,103	149,008	(177,363)	1,046,748
Revaluation Reserve	293,888	65,000	-	358,888
Pension Liability	(392)	-	392	-
Total Unrestricted Funds	1,368,599	214,008	(176,971)	1,405,636
Restricted Funds				
GamCare	-	253,517	(253,517)	-
Total Funds	1,368,599	467,525	(430,488)	1,405,636

14. CAPITAL COMMITMENTS

As at 30 September 2022 there was a capital commitments of £nil (2021 - £87,318).

15. RELATED PARTIES

Options Wellbeing Trust is a member of the SCiA group of social enterprises. The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Fenwick 2 Limited, Southampton Healthy Living, Flat Spaces Foundation, Flat Spaces (Ropley) Ltd and The Steven James Practice.

All charitable companies and registered societies of the SCiA group of social enterprises are operated and managed on a unified basis.

Options Wellbeing Trust undertook transactions with other related societies in the normal course of activities amounting to £6,850 (2021: £0).

At 30 September 2022, Options Wellbeing Trust had outstanding balances with related societies as disclosed in Notes 10 & 11.

16. TAXATION

As a registered charity, the income is generally exempt from Corporation Tax under Section 478 of the Corporation Taxes Act 2010 by reason of its charitable objects and activities.

17. PENSIONS

Total cost relating to the defined benefit plans is recognised in the statement of financial activities as an expense.

The pension cost charge for the period represents contributions payable by the society to the scheme and amounted to £1,035 (2021: £3,786).

Pension rules state that no liability will arise upon the company from the default of other pension scheme members.

18. LEGAL STATUS OF THE CHARITABLE COMPANY

The charitable company is limited by guarantee and has no share capital. The liability of the member, in the event of winding-up, is limited to £10.

19. ULTIMATE CONTROL

Options Wellbeing Trust is a member of the SCiA group of social enterprises.

Social Care in Action is deemed to ultimately be the parent body of the SCiA group of social enterprises as it can exercise dominant influence over the society.

Social Care in Action is controlled by the Trustees, acting as Directors of the Charitable Company.

The Trustees of Social Care in Action appoint and remove the Trustees to the Management Committees of all subsidiaries.

Social Care in Action is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission (1096903) and Companies House in England and Wales (04526806).

Copies of the consolidated accounts can be obtained from its principal address at 1 Paynes Road, Southampton, SO15 3DL.

OPTIONS WELLBEING TRUST

England & Wales - Charity number 1100782

Accounts

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT & FINANCIAL STATEMENTS

**FOR THE 18 MONTH PERIOD ENDED
30 SEPTEMBER 2021**

COMPANY REGISTRATION NUMBER 04699108

REGISTERED CHARITY NUMBER 1100782

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FINANCIAL STATEMENTS

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

CONTENTS

	Pages
Report of the Management Committee	1 - 4
Independent Auditor's Report	5 - 6
Statement of Financial Activities	7
Balance Sheet	8
Statement of Cash Flows	9
Notes to the Cash Flow Statement	10
Notes to the Financial Statements	11 – 17

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT OF THE MANAGEMENT COMMITTEE

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

The Management Committee is pleased to present its annual report and audited Financial Statements for the 18 month period ended 30 September 2021, which are also prepared to meet the requirements for a Directors' Report and Financial Statements for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) including early adoption as amended January 2016.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name:	Options Wellbeing Trust
Charity Registration Number:	1100782
Company Registration Number:	04699108
Registered Office and Operational Address:	147 Shirley Road Southampton SO15 3FH

The Management Committee are the directors of the charitable company for the purpose of company law and are its trustees for the purpose of charity law.

The officers who served during the period and since the period end are as follows:

Management Committee:	G Dibben	Chairperson (until April 2021)		
	D Chamberlain		Resigned	September 2021
	D Lodge			
	L Judd			
	D Corben		Appointed	April 2021
	E Hickman	Chairperson (from April 2021)	Appointed	April 2021
Chief Executive Officer:	N Keeley		Resigned	December 2021
Company Secretary:	G Dibben			
Our Advisors:				
Independent Auditor	Saffery Champness LLP Midland House 2 Poole Road Bournemouth BH2 5QY			
Bankers:	Lloyds Bank - Totton National Westminster Bank Plc - Southampton			

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the 18 month period ended 30 September 2021

OBJECTIVES AND ACTIVITIES

The charitable company's objectives are:

- To preserve and protect mental health by the provision of a counselling service to all sections of the community who are suffering from psychological or emotional distress, employment or relationship problems and particularly relating to addictions;
- To promote, preserve and protect physical and mental good health in the workplace by the provision of training, education and a counselling service for both employers and employees; and
- To provide education and training for those involved in counselling.

The main objectives of the charitable company for the period were to develop and promote its new services whilst continuing to provide high quality, user-friendly services to its traditional client group.

The charitable company has employed a number of strategies to meet these objectives including:

- The implementation of the initial business plan to chart and monitor development and progress of new service development;
- Increasing alcohol awareness activities;
- Allocation of reserves to develop and promote new service provision;
- Provision of a wider range of counselling services across its sites;
- Increase in number of sites from which services are delivered;
- Staff training;
- Development of new systems and procedures to accommodate the needs of a wider group of stakeholders;
- Networking and working in partnership with other agencies and businesses; and
- Recruiting and training additional volunteers to meet the increasing demand for its services, particularly counselling services for those concerned about their own or someone else's gambling.

Public Benefit Statement

Our main activities are described above. All our activities are undertaken to further our charitable purposes for the public benefit. In shaping our objectives and planning our activities, the Management Committee has considered the Charity Commission's guidance on public benefit including the guidance 'Public Benefit: Running a Charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCES

With the Options counselling centres in Southampton, Basingstoke closed due to Covid restrictions, serving GamCare customers remotely via video and telephone remained the principal activity for the first half of the year, up until the beginning of April 21. During this period preparations were made for the eventual close-down of the Steven James Practice (SJP) an associate company which saw the staff move via TUPE to Options contracts and for the operational structure of both organisations to be revised with a view to operating as a single entity.

It was at this juncture that our former funder GamCare presented us with a grant offer for the year ahead which fell £100k short of the costs of delivery. This was despite continual engagement between Options and SJP on the impact of COVID on performance and funding, during which we were told that 2021/22 funding would take account of the

effects of COVID. After 20 years of Options working productively and diligently for the benefit of problem gamblers as a member of the GamCare supply chain the trustees of Options Well-Being Trust therefore had no choice other than to leave the GamCare partnership. A total of 14 staff were then TUPEd to GamCare between April and September.

A modest number of fee paying clients with a range of issues continued to be supported throughout the period by both Options and SJP, utilising video chat and telephone to deliver services. Despite the major strain that the lockdowns have put upon the mental health of the public during this period, the challenge many people have had finding the physical space and time for the confidential conversations, coupled with the unwelcome distraction of GamCare, has meant that the numbers of private clients supported during the period remained relatively low.

From March 2021 onwards however Options was pleased to be able to offer free counselling to anyone working within the social care sector in Southampton. This was thanks to a grant won from Southampton City Council as a part of government measures to support staff in the hard pressed social care sector to cope with the pressures of delivering vital services during the pandemic and to stay in the field. This support was offered to all social care agencies in the city and was welcomed by all who accessed it.

In June plans were also drawn up for the major refurbishment of 147 Shirley Road to prepare to both continue to operate as Options HQ and to act as our flagship 'Therapy Centre'. This is in anticipation of customers wanting to return to face to face counselling in addition to on-line.

FINANCIAL REVIEW

The charitable company achieved a surplus of £37,037 on its activities in the 18 month period to 30 September 2021, compared to a surplus of £35,592 in the previous year. Income increased to £402,525 in the 18 month period compared to £284,462 in the previous year. Expenditure increased to £430,488 in the 18 month period compared to £248,870 in the previous year.

The charitable company's reserves are £1,405,636 as at 30 September 2021 compared to £1,368,599 as at 31 March 2020. The Management Committee are pleased with the surplus achieved for the period and the financial stability of the charitable company.

Principal Funding Sources

The principal funding sources of the charitable company are by way of a contract for specific services. Gambling services across Hampshire and Milton Keynes are funded through a partnership with GamCare, the national agency for responsible gambling. Options Wellbeing Trust also has contracts with Hampshire Probation Service. The general counselling service is self-funded.

Investment Policy

The Management Committee considers the most appropriate policy for investing funds is to keep the fund in liquid form via investing in bank and building society deposit accounts. This policy is continuously under review.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the 18 month period ended 30 September 2021

Reserves Policy and Going Concern

The Management Committee determined that, in order to

- provide for fluctuations in income and expenditure;
- ensure continuity of services; and
- save for the future risks to Options Wellbeing Trust and its staff (and this would include the potential crystallisation of the Local Government Pension Scheme)

it would work towards holding a sum of money equivalent to three months of resources expended. The Management Committee is satisfied that this has been achieved.

In order to develop and promote its services the Management Committee has agreed to use some of its reserves, thereby increasing the public benefit and will be monitoring this via the Business Development Plan. The reserves policy is normally reviewed annually at the board meeting immediately preceding the charitable company's Annual General Meeting in any year and recommendations made are announced at the Annual General Meeting.

The Management Committee is of a view that the charitable company is a going concern.

PLANS FOR FUTURE PERIODS

Options Well-being Trust (SJP)

Three key aims for the period ahead are to finalise the merger with SJP, which will see the Options brand regain its status as the Group's sole provider of counselling and well-being services. The refurbishment of the main Options building in Shirley Southampton in order to provide a modern and welcoming environment for clients which is also a comfortable workplace for our colleagues started in October 21 and plans to be completed by April 22. To ensure we then get maximum benefit from this investment we will deliver to our comprehensive 'Options 22-25 Business Plan'. This plan has a focus on delivering services to individual and group fee-payers both in person and on-line, professional services and room hire to other practitioners/agencies and seeking grant and contract work (when financially viable) to support those who cannot afford to pay independently.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 17 March 2003 and registered as a charity on 19 November 2003. The charitable company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, the member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the charitable company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the

Management Committee. Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for a period of three years, after which they must be re-elected at the next Annual General Meeting. All trustees give their time voluntarily and receive no benefit from the charitable company.

Trustee Induction and Training

Trustees are familiar with the work of the charitable company. New trustees meet with the chair of the trustee board who provides a briefing on the charitable company, its aims and objectives including:

- The obligation of board members. The main documents, which set out the operational framework for the charitable company including the Memorandum of Articles.
- The financial position of the organisation including the last set of audited Financial Statements and funding streams.
- Future plans and objectives.

All trustees are provided with a copy of CC3, "The Essential Trustee Guide" and CC60 "Hallmarks of an Effective Charity". Trustees also attend the charitable company's user feedback lunches and teas.

Organisational Structure

The organisational structure comprises a board of six trustees who meet at least four times a year and who sit under the Social Care in Action board.

The current Management Committee come from a variety of backgrounds relevant to the work of the charitable company including health and social care, mental health, third sector, human resources, financial and business communities. The Social Care in Action board are responsible for the strategic direction and policy of all the charitable companies.

The day-to-day operation and responsibility is delegated to the Chief Executive of Social Care in Action who is responsible for ensuring the companies deliver the services specified, meet the key performance targets and stay within agreed budget. The Chief Executive delegates the responsibility for the day-to-day management of Options Wellbeing Trust's service delivery to its Chief Executive Officer who oversees the team leaders responsible for delivery at their sites and the line management of their staff teams. The clinical therapeutic supervision is separated from the line management function and undertaken by trained and experienced counselling supervisors.

There is a finance and remuneration committee comprising Social Care in Action's treasurer, trustees, Chief Executive, and Head of Finance, which reviews expenditure against budgets and the general financial health and control systems of the charitable companies.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)**For the 18 month period ended 30 September 2021****Related Parties**

The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Trafalgar Dental Services, SCA Fenwick 2 Limited, Southampton Healthy Living, SCA Trafalgar Ltd and The Steven James Practice.

Social Care in Action and The Steven James Practice are companies limited by guarantee and registered charities.

Southampton Healthy Living is a company limited by guarantee.

SCA Trafalgar Ltd is a company limited by shares and was sold in October 2020

SCA Care, SCA Transport Services and SCA Fenwick 2 Limited are all Registered Societies under the Co-operative and Community Benefit Societies Act 2014. SCA Trafalgar Dental Service was dissolved as a society in September 2021.

The charitable company and registered societies are all operated and managed on a unified basis with Social Care in Action acting as the parent body.

GamCare services are provided on behalf of GamCare the National Agency. The Chief Executive Officer of Options Wellbeing Trust sits on the National Clinical Governance Network for Gambling. Counselling services work to the British Association of Counselling and Psychotherapy's Standards and Ethics.

Key Management and Personnel Remuneration

The Management Committee consider the Management Committee and the Chief Executive Officer comprise the key management personnel of the charitable company in charge of directing and controlling the charitable company and running and operating the charitable company on a day-to-day basis.

All Management Committee members give their time freely and no remuneration to members of the Management Committee was paid in the period. The pay of the Chief Executive Officer is reviewed by the Management Committee periodically on the basis of the performance of the individual concerned and the charitable company as a whole.

RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

The charitable company's Management Committee (who are trustees for the purposes of charity law and directors for the purposes of company law) are responsible for preparing an annual report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Management Committee to prepare Financial Statements for each financial period, which give a true and fair view of the state of the affairs of the charitable company as at the Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those Financial Statements, the Management Committee is required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- prepare the Financial Statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue on that basis.

RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE (Continued)

The Management Committee is responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006. The Management Committee is also responsible for safeguarding the assets of the charitable company and, hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Management Committee is responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of the Financial Statements may differ from legislation in other jurisdictions.

Approved by the Management Committee on 6 April 2022 and signed on its behalf by:



**E HICKMAN
CHAIR**

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

Opinion

We have audited the financial statements of Options Wellbeing Trust for the period ended 30 September 2021 which comprise a statement of financial activities, a balance sheet, a statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the charitable company's state of affairs as at 30 September 2021 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly

stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Annual Report which includes the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Annual Report which includes the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 5, the trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the

INDEPENDENT AUDITOR'S REPORT (Continued)

For the 18 month period ended 30 September 2021

trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditors under the Companies Act 2006 and report in accordance with regulations made under that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud are detailed below.

Identifying and assessing risks related to irregularities: We assessed the susceptibility of the charitable company's financial statements to material misstatement and how fraud might occur, including through discussions with the trustees, discussions within our audit team planning meeting, updating our record of internal controls and ensuring these controls operated as intended. We evaluated possible incentives and opportunities for fraudulent manipulation of the financial statements. We identified laws and regulations that are of significance in the context of the charitable company by discussions with trustees and updating our understanding of the sector in which the charitable company operates.

Laws and regulations of direct significance in the context of the charitable company include The Companies Act 2006, and guidance issued by the Charity Commission for England and Wales

Audit response to risks identified:
We considered the extent of compliance with these laws.

Saffery Champness LLP

.....
Saffery Champness LLP

Statutory Auditor

16 May 2022

Saffery Champness LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

and regulations as part of our audit procedures on the related financial statement items including a review of financial statement disclosures. We reviewed the charitable company's records of breaches of laws and regulations, minutes of meetings and correspondence with relevant authorities to identify potential material misstatements arising. We discussed the charitable company's policies and procedures for compliance with laws and regulations with members of management responsible for compliance.

During the planning meeting with the audit team, the engagement partner drew attention to the key areas which might involve non-compliance with laws and regulations or fraud. We enquired of management whether they were aware of any instances of non-compliance with laws and regulations or knowledge of any actual, suspected or alleged fraud. We addressed the risk of fraud through management override of controls by testing the appropriateness of journal entries and identifying any significant transactions that were unusual or outside the normal course of business. We assessed whether judgements made in making accounting estimates gave rise to a possible indication of management bias. At the completion stage of the audit, the engagement partner's review included ensuring that the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Midland House
2 Poole Road
Bournemouth
BH2 5QY

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

	Note	Restricted Funds 18 mths 2021 £	Unrestricted Funds 18 mths 2021 £	Total Funds 18 mths 2021 £	Total Funds 12 mths 2020 £
INCOME					
Donations and grants	2	-	58,728	58,728	-
Charitable activities	3	253,517	90,251	343,768	284,144
Investments	4	-	29	29	318
TOTAL		253,517	149,008	402,525	284,462
EXPENDITURE					
Charitable activities	5	(253,517)	(176,971)	(430,488)	(248,870)
TOTAL		(253,517)	(176,971)	(430,488)	(248,870)
NET (EXPENDITURE)/INCOME	7	-	(27,963)	(27,963)	35,592
OTHER RECOGNISED GAINS					
Defined benefit pension scheme		-	-	-	45,571
Gain on revaluation of fixed asset		-	65,000	65,000	-
NET MOVEMENT IN FUNDS FOR THE PERIOD		-	37,037	37,037	81,163
RECONCILIATION OF FUNDS					
Total funds brought forward		-	1,368,599	1,368,599	1,287,436
Total funds carried forward		-	1,405,636	1,405,636	1,368,599

The Statement of Financial Activities includes all gains and losses in the period. All income and expenditure derive from continuing activities.

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

BALANCE SHEET

AS AT 30 SEPTEMBER 2021

	Note	September 2021 £	March 2020 £
FIXED ASSETS			
Tangible fixed assets		739,974	648,172
Investment Properties		190,000	190,000
TOTAL FIXED ASSETS	9	929,974	838,172
CURRENT ASSETS			
Debtors	10	253,212	239,796
Cash at bank and in hand		312,280	328,931
TOTAL CURRENT ASSETS		565,492	568,727
LIABILITIES			
Creditors: Amounts falling due within one year	11	(89,830)	(38,300)
NET CURRENT ASSETS		475,662	530,427
TOTAL ASSETS LESS CURRENT LIABILITIES		1,405,636	1,368,599
NET ASSETS		1,405,636	1,368,599
THE FUNDS OF THE CHARITABLE COMPANY			
Unrestricted Funds		1,405,636	1,368,599
Restricted Funds		-	-
TOTAL CHARITABLE COMPANY FUNDS	13	1,405,636	1,368,599


The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The Management Committee has prepared Financial Statements in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual Financial Statements required by the Companies Act 2006 and are for circulation to members of the charitable company.

The notes on pages 11 to 17 form part of these Financial Statements.

Approved by the Management Committee on 6 April 2022 and signed on its behalf by:


.....
E HICKMAN


.....
G DIBBEN

REGISTERED COMPANY NUMBER: 04699108

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

STATEMENT OF CASH FLOWS

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

	Note	18 mths 2021 £	12 mths 2020 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash provided/(used) by operating activities	1	17,295	(201,442)
CASH FLOWS FROM INVESTING ACTIVITIES			
Interest received		29	318
Acquiring new assets		(33,975)	(24,840)
NET CASH USED IN INVESTING ACTIVITIES		(33,946)	(24,522)
CASH FLOWS FROM FINANCING ACTIVITIES			
New funds from borrowing		50,000	-
Repayment of borrowing		(50,000)	-
NET CASH USED IN FINANCING ACTIVITIES		-	-
Change in cash and cash equivalents in the period		(16,651)	(225,964)
Cash and cash equivalents at the beginning of the period		328,931	554,895
Cash and cash equivalents at the end of the period	2	312,280	328,931

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE CASH FLOW STATEMENT

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW
FROM OPERATING ACTIVITIES**

	18 mths 2021 £	12 mths 2020 £
Net income for the period (as per the Statement of Financial Activities)	37,037	81,163
Adjustments for:		
Interest Received	(29)	(318)
Gain on Pension Scheme	-	(45,571)
Revaluation	(65,000)	-
Depreciation charges	7,173	3,752
Increase in debtors	(13,416)	(227,803)
Increase/(Decrease) in creditors	51,530	(12,665)
Net cash provided/(used) by operating activities	17,295	(201,442)

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	18 mths 2021 £	12 mths 2020 £
Cash at bank and in hand	312,280	328,931
Total cash and cash equivalents	312,280	328,931

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE FINANCIAL STATEMENTS

FOR THE 18 MONTH PERIOD ENDED 30 SEPTEMBER 2021

1. ACCOUNTING POLICIES

Charity Information

Options Wellbeing Trust is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission and Companies House in England and Wales. The principal address is 147 Shirley Road, Southampton, SO15 3FH. The charitable company is a public benefit entity.

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the Financial Statements are as follows:

(a) Basis of Preparation

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102) including early adoption as amended January 2016), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Financial Statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts are rounded to the nearest £.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of donations and gifts and are included in full in the Statement of Financial Activities when the society becomes unconditionally entitled to the donation.
- Donated services and facilities are included at the value to the charitable company where this can be quantified. The value of services provided by volunteers has not been included in these Financial Statements.
- Investment income is included when receivable.
- Income from charitable trading activities is accounted for when earned.
- Grants, whether "capital" grants or "revenue" grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, as the charitable company is not VAT registered and is reported as part of the expenditure to which it relates. Expenditure on charitable activities comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and their associated support costs.

Support costs are those functions that assist the work of the charitable company but do not directly undertake the charitable activities. These costs have been allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and are apportioned on time, usage or governance.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charitable company and include the audit fees and costs linked to the strategic management of the charitable company.

(d) Tangible Fixed Assets

Tangible assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Freehold properties are subsequently measured at their fair value and are to be revalued every 5 years.

Fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided at the following annual rates in order to write-off each asset over its estimated useful economic life:

Fixtures and fittings	20%	Straight Line
Computer equipment	25%	Straight Line
Freehold property (buildings)		Over 50 years

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the 18 month period ended 30 September 2021

1. ACCOUNTING POLICIES (Continued)

- (e) **Debtors**
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.
- (f) **Cash at Bank and in Hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- (g) **Creditors and Provisions**
Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- (h) **Finance Lease Agreements**
Assets held under finance leases, where substantially all of the benefits and risks of ownership accrue to the lessee, are capitalised and disclosed under tangible fixed assets at their fair value. The assets are depreciated over the shorter of the lease term or their useful economic life. The capital element of the future payments is treated as a liability. The total finance charge for each lease is charged to the Statement of Financial Activities so as to produce a constant periodic rate of charge for each accounting year.
- (j) **Operating Lease Agreements**
Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged to the Statement of Financial Activities as incurred.
- (k) **Pension Costs**
The charitable company operates a defined benefit pension scheme within a multi-employer plan, operated by Hampshire County Council. The charitable company has entered into an agreement with the multi-employer plan provider that determines how the deficit is to be funded and this had been recognised as a liability. The charitable company also operated a defined contribution scheme, payments to the scheme are charged as an expense as they fall due.
- (l) **Taxation**
The charitable company is exempt from Corporation Tax on its charitable activities.
- (m) **Fund Accounting**
Unrestricted funds consist of the general purposes fund and designated funds.
Designated funds are funds established by the Management Committee from time to time for specific projects or purposes, are not in any way restricted and any surplus or deficit will be transferred to/from the general purposes fund when the designated fund is closed.
Restricted Funds are funds subject to specific restrictions imposed by donors or by the purpose of the appeal. The purpose and use of designated and restricted funds is set out in the notes to the Financial Statements.
- (n) **Financial Instruments**
The charitable company 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.
- (o) **Significant Judgments and Estimates**
Preparation of the Financial Statements may require management to make significant judgments and estimates. There are no items in the Financial Statements where judgments and estimates would have a significant effect on amounts recognised in the Financial Statements.
- (p) **Investment Property**
Investment properties are initially measured at cost and subsequently at fair value at the reporting date, with the change recognised in the statement of financial activities.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the 18 month period ended 30 September 2021

2. DONATIONS AND GRANTS

	18 mths 2021	12 mths 2020
	£	£
CJRS receipts	5,938	-
LA Covid 19 grants	35,000	-
Nominal Bounce Back Loan Interest	1,025	-
Donations	16,765	-
Total	58,728	-

3. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds 18 mths 2021 £	Unrestricted Funds 18 mths 2021 £	Total Funds 18 mths 2021 £	Total Funds 12 mths 2020 £
Information and Counselling				
Gamcare Trust	253,517	-	253,517	206,080
Private counselling	-	37,166	37,166	38,094
Property rental	-	53,085	53,085	36,412
Other income	-	-	-	3,558
Total	253,517	90,251	343,768	284,144

The charitable company has entered into service agreement contracts with government bodies and local authorities to provide the various services and specific deliverables that the charitable company provides.

The amounts received and the relevant bodies are listed above. There were no unfulfilled conditions and/or other contingencies attaching to the grants that have been recognised in income.

The grants and donations shown above relate to payments received during the charitable company's 18 month period to 30 September 2021 but adjusted for any deferrals where the expenditure arising for that grant is being incurred in a subsequent year.

Within the new contract from GamCare dated June 2018, the grant is made as a restricted payment, and only costs attributable to delivering the service are permitted.

In 2020 income from charitable activities of £78,064 was unrestricted and £206,080 was restricted

4. INVESTMENTS

	Restricted Funds 18 mths 2021 £	Unrestricted Funds 18 mths 2021 £	Total Funds 18 mths 2021 £	Total Funds 12 mths 2020 £
Bank interest	-	29	29	318

In 2020 the income from investments of £318 was unrestricted.

5. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Restricted Funds £	Information and Counselling £	18 mths 2021 Total £	12 mths 2020 Total £
Direct staff costs	190,230	139,492	329,722	157,912
Support costs	61,462	36,604	98,066	88,798
Governance costs	1,825	875	2,700	2,160
Total	253,517	176,971	430,488	248,870

The expenditure on charitable activities in 2020 of £42,790 was unrestricted and £206,080 was restricted.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the 18 month period ended 30 September 2021

6. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The charitable company identifies the costs of its support functions. It then identifies those costs that relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken (see note 5) in the period. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

	General Support £	Governance £	18 mths 2021 Total Funds £	12 Mths 2020 Total Funds £	Basis of Apportionment
Premises	41,817	-	41,817	34,736	Usage
Staff welfare	6,692	-	6,692	22,558	Usage
Travel and subsistence	1,832	-	1,832	887	Usage
Office costs	16,387	-	16,387	10,919	Usage
Advertising and promotions	9,253	-	9,253	6,158	Usage
Website development	4,276	-	4,276	777	Usage
Legal and professional fees	6,455	-	6,455	6,808	Usage
Independent examiners fees	-	2,700	2,700	2,160	Governance
Bank charges and interest	2,750	-	2,750	920	Transactions
Depreciation	7,173	-	7,173	3,752	Usage
Bad Debt	934	-	934	615	Specific
Subscriptions	497	-	497	668	Usage
Total	98,066	2,700	100,766	90,958	

7. NET (EXPENDITURE)/INCOME FOR THE PERIOD

This is stated after charging:

	18 mths 2021 £	12 mths 2020 £
Depreciation	7,173	3,752
Independent auditors fees	2,040	1,500
Independent auditors other fees	660	660

8. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	18 mths 2021 £	12 mths 2020 £
Salaries, wages and consultancy	258,891	132,683
Social Security costs	11,556	6,304
Employee pension costs	41,534	10,160
Total	311,981	149,147

No employee received emoluments of more than £60,000 during the period (2020 - nil).

The average number of employees during the period was as follows:

	18 mths 2021	12 mths 2020
Service provision	13	15

No members of the Management Committee received any remuneration or expenses during the 18 month period (2020 - none).

The remuneration and benefits of the key management personnel in the 18 month period total £61,730 (2020 - £39,091).

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the 18 month period ended 30 September 2021

9. TANGIBLE FIXED ASSETS

	Freehold Property £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
At 1 April 2020	639,840	8,617	12,518	660,975
Additions	27,682	-	2,099	29,781
Revaluation	65,000	-	-	65,000
Transfer in from associate	-	-	4,567	4,567
Transfer out to associate	-	-	(1,987)	(1,987)
At 30 September 2021	732,522	8,617	17,197	758,336
Depreciation				
At 1 April 2020	-	6,283	6,520	12,803
Charge for the period	-	934	6,239	7,173
Transfer out to associate	-	-	(1,614)	(1,614)
At 30 September 2021	-	7,217	11,145	18,362
Net Book Values				
At 30 September 2021	732,522	1,400	6,052	739,974
At 31 March 2020	639,840	2,334	5,998	648,172

The charitable company owned three freehold properties at 30 September 2021 one of which is classified as an investment property.

In the accounts for the year ended 31 March 2019 the charitable company revalued two of the freehold properties to reflect their fair values. The revaluations for the properties were based on valuations carried out by Primer Olds (chartered surveyors) in April / May 2019. All of the three properties are unencumbered with the exception of the property in Southampton, where Southampton City Council have a legal charge over the property representing a 20% interest in the property. The property's revaluation included in these Financial Statements incorporates 80% of the total value of that property. On 3 March 2022 Bartley West revalued the Basingstoke property, the management committee have reviewed the other property valuation and consider it to remain appropriate as at the period end.

	Investment Property £	Total £
Cost and Net Book Value		
At 1 April 2020 and September 2021	190,000	190,000

10. DEBTORS

	September 2021 £	March 2020 £
Trade debtors	5,495	4,460
Prepayments	3,267	7,055
Deferred Income	2,522	1,240
Amounts owed by related societies		
- Social Care in Action	241,928	227,041
Total	253,212	239,796

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the 18 month period ended 30 September 2021

11. CREDITORS: Amounts falling due within one year

	September 2021 £	March 2020 £
Trade creditors	1,576	26,209
Accruals	59,348	8,733
PAYE	883	1,847
Pension contributions	27,962	1,511
Amounts owed to related societies:		
- The Steven James Practice	61	-
Total	89,830	38,300

12. FINANCIAL INSTRUMENTS

Financial instruments measured at amortised cost comprise the following:	September 2021 £	March 2020 £
Financial assets that are debt instruments	247,423	231,501
Financial liabilities that are debt instruments	88,947	36,453

13. ANALYSIS OF CHARITABLE FUNDS

	At 01.04.20 £	Incoming Resources £	Outgoing Resources £	At 30.09.21 £
Unrestricted Funds				
General Fund	1,075,103	149,008	(177,363)	1,046,748
Revaluation Reserve	293,888	65,000	-	358,888
Pension Liability	(392)	-	392	-
Total Unrestricted Funds	1,368,599	214,008	(176,971)	1,405,636
Restricted Funds				
GamCare	-	253,517	(253,517)	-
Total Funds	1,368,599	467,525	(430,488)	1,405,636

Unrestricted Funds

Unrestricted funds comprise the following funds which trustees are:

General fund - to use in accordance with the charitable objects and to fund the charitable company's net fixed assets.

Revaluation reserve - arose as a result of the revaluation of the charitable company's freehold properties.

Pension liability – This is no longer required as there is no longer a HCC Pension deficit.

Restricted Funds

Restricted Funds are to be used for specific purposes as laid down by the donor.

GamCare - The grant from GamCare has been declared a restricted grant to meet the activity goals of the contract between the parties.

	At 01.04.19 £	Incoming Resources £	Gains £	Outgoing Resources £	At 31.03.20 £
Prior period					
Unrestricted Funds					
General Fund	1,042,010	78,382	-	(45,289)	1,075,103
Revaluation Reserve	293,888	-	-	-	293,888
Pension Liability	(48,462)	-	45,571	2,499	(392)
Total Unrestricted Funds	1,287,436	78,382	45,571	(42,790)	1,368,599
Restricted Funds					
GamCare	-	206,080	-	(206,080)	-
Total Funds	1,287,436	284,462	45,571	(248,870)	1,368,599

NOTES TO THE FINANCIAL STATEMENTS (Continued)**For the 18 month period ended 30 September 2021****14. CAPITAL COMMITMENTS**

As at 30 September 2021 there was a capital commitments of £87,318 (2020 - £nil).

15. RELATED PARTIES

Options Wellbeing Trust is a member of the SCiA group of social enterprises. The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Fenwick 2 Limited, Southampton Healthy Living and The Steven James Practice. SCA Trafalgar Ltd was disposed of in October 2020 and SCA Trafalgar Dental Services was dissolved in September 2021

All charitable companies and registered societies of the SCiA group of social enterprises are operated and managed on a unified basis.

Options Wellbeing Trust undertook transactions with other related societies in the normal course of activities £0 (2020: £1,018).

At 30 September 2021, Options Wellbeing Trust had outstanding balances with related societies as disclosed in Notes 10 & 11.

16. TAXATION

As a registered charity, the income is generally exempt from Corporation Tax under Section 478 of the Corporation Taxes Act 2010 by reason of its charitable objects and activities.

17. PENSIONS

The charitable company participates in the Hampshire County Council pension scheme, which is a multi-employer defined benefit scheme.

The charitable company contributes to their scheme for one current employee.

The principal actuarial assumptions used were: a discount rate of 4.5%, time period of 20 years ending 2035, and an inflation rate of 2.7%. Since the 2019 Triennial valuation, there is no longer a need for a repayment plan, and that ceased in March 2020.

Reconciliation of opening and closing balances

	September 2021	March 2020
	£	£
Provision at start of period	(392)	(48,462)
Deficit Contribution Paid	392	4,680
Interest	-	(2,181)
Remeasurement	-	45,571
Provision at end of period	-	(392)

Total cost relating to the defined benefit plans is recognised in the statement of financial activities as an expense. The pension cost charge for the period represents contributions payable by the society to the scheme and amounted to £3,786 (2020: £4,310).

Pension rules state that no liability will arise upon the company from the default of other pension scheme members.

18. LEGAL STATUS OF THE CHARITABLE COMPANY

The charitable company is limited by guarantee and has no share capital. The liability of the member, in the event of winding-up, is limited to £10.

19. ULTIMATE CONTROL

Options Wellbeing Trust is a member of the SCiA group of social enterprises.

Social Care in Action is deemed to ultimately be the parent body of the SCiA group of social enterprises as it can exercise dominant influence over the society.

Social Care in Action is controlled by the Trustees, acting as Directors of the Charitable Company.

The Trustees of Social Care in Action appoint and remove the Trustees to the Management Committees of all subsidiaries.

Social Care in Action is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission (1096903) and Companies House in England and Wales (04526806). Copies of the consolidated accounts can be obtained from its principal address at Amplevine House, Dukes Road, Southampton, SO14 0ST.

OPTIONS WELLBEING TRUST

England & Wales - Charity number 1100782

Accounts

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT & FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
31 MARCH 2020**

COMPANY REGISTRATION NUMBER 04699108

REGISTERED CHARITY NUMBER 1100782

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

CONTENTS

	Pages
Report of the Management Committee	1 - 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Statement of Cash Flows	10
Notes to the Cash Flow Statement	11
Notes to the Financial Statements	12 – 19

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

REPORT OF THE MANAGEMENT COMMITTEE

FOR THE YEAR ENDED 31 MARCH 2020

The Management Committee is pleased to present its annual report and audited Financial Statements for the year ended 31 March 2020, which are also prepared to meet the requirements for a Directors' Report and Financial Statements for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) including early adoption as amended January 2016.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name:	Options Wellbeing Trust
Charity Registration Number:	1100782
Company Registration Number:	04699108
Registered Office and Operational Address:	147 Shirley Road Southampton SO15 3FH

The Management Committee are the directors of the charitable company for the purpose of company law and are its trustees for the purpose of charity law.

The officers who served during the year and since the year-end are as follows:

Management Committee:	G Dibben	Chairperson		
	D Chamberlain			
	D Lodge			
	W Hughes	Resigned		May 19
	L Judd			
	M Venables	Resigned		Dec 19
	M Patel	Resigned		Feb 20

Chief Executive Officer: N Keeley

Company Secretary: G Dibben

Our Advisors:

Independent Examiner	Saffery Champness LLP Midland House 2 Poole Road Bournemouth BH2 5QY
----------------------	---

Bankers:	Lloyds Bank - Totton National Westminster Bank Plc - Southampton
----------	---

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 31 March 2020

OBJECTIVES AND ACTIVITIES

The charitable company's objectives are:

- To preserve and protect mental health by the provision of a counselling service to all sections of the community who are suffering from psychological or emotional distress, employment or relationship problems and particularly relating to addictions;
- To promote, preserve and protect physical and mental good health in the workplace by the provision of training, education and a counselling service for both employers and employees; and
- To provide education and training for those involved in counselling.

The main objectives of the charitable company for the year were to develop and promote its new services whilst continuing to provide high quality, user-friendly services to its traditional client group.

The charitable company has employed a number of strategies to meet these objectives including:

- The implementation of the initial business plan to chart and monitor development and progress of new service development;
- Increasing alcohol awareness activities;
- Allocation of reserves to develop and promote new service provision;
- Provision of a wider range of counselling services across its sites;
- Increase in number of sites from which services are delivered;
- Staff training;
- Development of new systems and procedures to accommodate the needs of a wider group of stakeholders;
- Networking and working in partnership with other agencies and businesses; and
- Recruiting and training additional volunteers to meet the increasing demand for its services, particularly counselling services for those concerned about their own or someone else's gambling.

Public Benefit Statement

Our main activities are described above. All our activities are undertaken to further our charitable purposes for the public benefit. In shaping our objectives and planning our activities, the Management Committee has considered the Charity Commission's guidance on public benefit including the guidance 'Public Benefit: Running a Charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCES

This marks the end of the first full year of the service operating the New Models of Care Service delivery under Options primary contract with GamCare to deliver local services on their behalf.

Options' Trustees report that this, as expected, proved to be a challenging year in meeting the increased targets from its commissioners, GamCare, of providing support to 690 new clients concerned about their own or someone else's gambling.

Whilst grateful to GamCare for the 6% uplift in funding to increase number of new clients by 6% from 650 to 690, because of the change to the historic funding structure this constituted a significant increase. In 2018/19 the 'new client' numbers included those clients who had been referred to the service but had yet to start or complete their treatment; this group of client usually comprised between 120 and 140 clients. In 2019/20 the 'new clients' didn't include this group and comprised solely clients referred to the service and

having attended an assessment between 1st April and 31st March. When taking into account the revised categorisation of what constituted a 'new client' this equated to a required increase in clients of 21-25% in real terms.

Following a review of its staffing arrangements needed to meet the demand the Trustees are pleased to advise that they have been able to make permanent the additional hours and temporary contracts undertaken by the existing team; together with creating Client Service Coordinators posts. The Client Services Coordinators will form a critical role in delivering interventions, supporting the team, assisting in the training and ensuring the Service meets its contractual requirements. Alongside this an enhanced and extended GamCare based training programme has been developed and delivered to 3 newly recruited cohorts of volunteer trainee practitioners; and an ongoing twice yearly volunteer recruitment and training programme put in place. This should ensure Options will always have a pool of fully trained counsellors making it able to be flexible and adaptive to client need and demand.

Having secured the human resources to meet potential demand Social Care in Action's Head of Business and Development and her team were to develop a marketing strategy to raise the profile and increase awareness of Options and its GamCare commissioned treatment services for those affected by problem gambling, and to encourage them to contact Options for support as soon as possible. However although some work commenced it wasn't possible for it to be completed, owing to the need for rationalisation of HQ support services.

Despite this the Trustees are pleased to be able to report that Service offered its Gamcare clients 21% more appointments in 2019/20 than in 2018/19, and seemed on target to meet the increased 690 new clients requirement. At the beginning of 2020 however demand declined as the impact of Covid 19 took hold, and the service was unable, as with other services to meet the new clients target.

The Trustees are grateful to GamCare and in turn their commissioners GambleAware for their understanding in Options and other GamCare partners across the country not being able to meet the new client number targets owing to the impact of COVID 19 and the lockdown.

Options self funded Generic Counselling which offers counselling support for a wide range of issues including anxiety, depression, low self esteem, relationships, bereavement and other addictions has also seen an increase in demand, albeit with the impact of Covid 19 it also fell fractionally short of its target of increasing delivery by 7.5% on the previous year.

The increased demand for rental of rooms within the Services premises has enabled enhanced access to a wider range of wellbeing services to the community including Art Therapy, Services for the Deaf and Hard of Hearing, and Steps to Wellbeing - the Southampton Improved Access to Psychological Therapies Service.

The newly restored and refurbished Annexe at the rear of the Southampton premises has this year been rented out to The Lighthouse Project – an out of hours emergency mental health crisis support service which operates from 4pm to midnight 7 days a week. This is a much needed and valuable service for the community, and will undoubtedly be of benefit to many of the service's clients. The Trustees are pleased to have been able to support these services and in turn are grateful to the income generated which has enabled them to enhance the services they are able to deliver and in

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 31 March 2020

ACHIEVEMENTS AND PERFORMANCES (Continued)

particular offer Brief Interventions to gambling clients which is not provided for under the Gamcare contract.

The Trustees finally secured premises in Milton Keynes in February, however shortly after redecoration and furnishing the country went into Covid 19 lockdown and the team moved to remote working.

Moving to remote working and ensuring the service was able to continue supporting clients via telephone and video calls was a challenge. The requirement for client appointment bookings, support systems and processes to become electronic being a monumental task.

The Trustees are extremely grateful to the Options Team for all their tireless, hard work, determination and dedication in developing and adapting to the numerous changes in their working practices in order to ensure support services could continue to be delivered to Options clients.

The counselling services, both Gambling and Generic, as well as the use of premises to widen range of support services have proved to offer public benefit to the community.

Feedback from Options' clients shows they have valued the Service. All clients felt their counsellor responded well to their situation (3% well and 97% very well) with 94% of clients feeling totally understood by their counsellor and 6% feeling their counsellor understood them very well.

'Amazing service from start to finish. Thank you'

'From my point of view everything about the service has been brilliant. My initial enquiry was dealt with quickly and my counsellor has been brilliant'

'Found the sessions very useful in helping me understand the situation my son is in'

'Support Amazing. The knowledge the counsellor showed, and the familiarity with my situation really helped'

'I found my counsellor really easy to talk to. This enabled me to really open up and be 100% honest without fear of judgement'

This has once again been a challenging year for Options Wellbeing Trust with the significant increases in targets for its core gambling work and the associated impact on human resources and infrastructure, followed by the impact of Covid 19 and the consequential move to remote working and all the associated changes to systems and processes. The Trustees are grateful to all staff and volunteers for their continued support, commitment and dedication that has ensured, despite the uncertainties and changes they have faced that Options Wellbeing Trust has continued to provide high quality services in a professional manner as evidenced by all feedback from clients stating they "Would recommend the service to someone else".

This is a credit to the whole team.

Options Wellbeing Trust looks forward to the continued positive growth and development of its services, and ensuring that it is able to adapt to new ways of working to support the community it serves.

FINANCIAL REVIEW

The charitable company achieved a surplus of £35,592 on its activities in the year to 31 March 2020, compared to a surplus of £95,851 in the previous year.

Income decreased to £284,462 in the year compared to £320,323 in the previous year; Expenditure increased to £248,870 in the year compared to £224,472 in the previous year.

The charitable company's reserves are £1,368,599 as at 31 March 2020 compared to £1,287,436 as at 31 March 2019.

The Management Committee are pleased with the surplus achieved for the year and the financial stability of the charitable company.

The charitable company participates in the Hampshire County Council pension scheme. The pension liability was calculated on a discounted cash flow of the approved 25 year repayment plan to eliminate the historic deficit under the scheme, the latest triennial valuations for the period ended March 2019 showed that the scheme was in or close to a surplus and recommended that the repayment scheme should end at March 2020.

Principal Funding Sources

The principal funding sources of the charitable company are by way of a contract for specific services.

Gambling services across Hampshire and Milton Keynes are funded through a partnership with GamCare, the national agency for responsible gambling.

Options Wellbeing Trust also has contracts with Hampshire Probation Service. The general counselling service is self-funded.

Investment Policy

The Management Committee considers the most appropriate policy for investing funds is to keep the fund in liquid form via investing in bank and building society deposit accounts. This policy is continuously under review.

Reserves Policy and Going Concern

The Management Committee determined that, in order to

- provide for fluctuations in income and expenditure;
- ensure continuity of services; and
- save for the future risks to Options Wellbeing Trust and its staff (and this would include the potential crystallisation of the Local Government Pension Scheme)

it would work towards holding a sum of money equivalent to twelve months' of resources expended. The Management Committee is now satisfied that this has been achieved.

In order to develop and promote its services the Management Committee has agreed to use some of its reserves, thereby increasing the public benefit and will be monitoring this via the Business Development Plan.

The reserves policy is normally reviewed annually at the board meeting immediately preceding the charitable company's Annual General Meeting in any year and recommendations made are announced at the Annual General Meeting.

The Management Committee is of a view that the charitable company is a going concern.

PLANS FOR FUTURE PERIODS

The Trustees are mindful that many of their plans for the future will, as for most of society/ charitable organisations, be impacted by and subject to change as a result of the Covid 19 pandemic.

All the offices were closed in March and remain closed with Counselling and GamCare Treatment Support Services being offered by telephone and video calling. The closure of the offices has however curtailed the rental income and the wider offer of support the tenants provide.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 31 March 2020

PLANS FOR FUTURE PERIODS (Continued)

Having undertaken a staff survey of the impact of the new remote working the Trustees are pleased to report that the team have adapted well to remote working. The majority of clients have accepted receiving their counselling and gambling treatment support by telephone or video call. This has however proved difficult for some clients, and they have elected to wait for face to face. As the lockdown has continued the team have called these clients to check on their welfare and some, with their increasing familiarity of video calling, have elected not to wait for face to face, and are receiving their support via video call.

The first few months of lock down saw a dearth of new referrals, with clients not having the privacy to seek help. For gambling clients whose gambling is a secret this has proved particularly difficult although for some clients the cessation of access to gambling has helped.

A range of support groups for those affected by problematic gambling, including education/awareness; affected other, and relapse prevention have been put on hold. Given the difficulties of operating face to face groups in a Covid secure way the service is planning to offer these online.

The Stephen James Counselling practice which is a fellow GamCare partner providing services in Dorset and Devon joined the Social Care in Action Group and the Trustees are grateful to them for sharing their knowledge and experience in delivering online gambling support groups to Options group facilitators.

The planned recruitment and training of volunteer trainee practitioners has also been put on hold. This programme is essential to the sustainability of the Counselling offer and therefore, although not ideal the training programme is being adapted to run on line and it is anticipated the first training course will take place in the Autumn.

Whilst the downturn in clients is a concern the Trustees are grateful to the Options team for using spare capacity to provide free of charge counselling support for Social Care in Action's essential frontline care staff whose psychological and emotional wellbeing has been affected by their work in the Covid 19 environment.

The planned increased GamCare funding for 2020/21, following a misunderstanding between GamCare and its funders Gambleaware, has been reduced by 50%, with a corresponding reduction in new client targets. For the first two quarters the Service is to be paid at the same levels as 2019/20 with no requirement to see any additional clients. In the current climate the Trustees are satisfied with this approach and are particularly appreciative of GamCare and its funders Gambleaware, in recognition of the impact of Covid, advising Options and the GamCare partners across the country 'not to worry about Q1 targets'.

GamCare will be providing an 8.8% increase in funding for Quarters 3 & 4 with a requirement of a 9.1% increase in new clients target. The Trustees are mindful that reaching this target will require considerable marketing of the service and are pleased to report that a Client Records Management System of potential referral sources has been created and an outline marketing plan devised. Social media is being reactivated, and with the increase in access to sports the advertising already placed on football supporter sites and Hampshire County Cricket will begin to come to fruition. Social Care in Action are also employing a marketing officer, some of whose time will be assigned to Options.

Alongside this the Trustees are pleased to report the Service will be working alongside GamCare's Women's and

Criminal Justice projects to promote awareness of the services.

The Trustees recognise that although it hopes that face to face counselling will be provided when it is safe to do so and is the preferred medium of service delivery, it is likely that demand for services being delivered via telephone and video call will continue.

Remote working provides flexibility and is therefore likely to continue. This new style of working requires more sophisticated ITC and the Trustees are committed to enhancing the infrastructure and acquiring a CRM which will improve the administrative support function. It is intended that the new database will be compatible with the CRM being commissioned by GamCare.

Covid 19 has had an enormous impact upon the community and the Trustees recognise that Options with its skilled counsellors can offer much needed emotional and psychological support to those affected. To this end Social Care in Action have employed a consultant to develop an application for Lottery funding to support Options and Stephen James Counselling working in Partnership with the Trussell Trust to identify those affected by COVID 19 and in need of psychological and emotional support, and to provide free psychosocial support.

The Trustees will be working with the Social Care in Action Group Board in their strategic review of the whole group, as part of the need to rationalise some of the Head Office functioning. Whilst this is likely to impact upon Options Wellbeing Trust, the Trustees value this element of service delivery and see this as the key area of future growth for the Group. As such they are committed to the enhancement and development of the Counselling and Wellbeing services, and are excited by the geographical extension afforded by the joining of The Steven James Practice to the Group.

Despite all the uncertainties of the current climate the Trustees are confident that the need for its counselling services will continue to grow and whilst there will undoubtedly be challenges in the year and years ahead they are, with the continued support and dedication of the Options team, in a sound position to continue to deliver high quality counselling and treatment support to the communities it serves.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 17 March 2003 and registered as a charity on 19 November 2003. The charitable company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, the member is required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the charitable company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for a period of three years, after which they must be re-elected at the next Annual General Meeting.

REPORT OF THE MANAGEMENT COMMITTEE (Continued)

For the year ended 31 March 2020

Recruitment and Appointment of Management Committee (Continued)

All trustees give their time voluntarily and receive no benefit from the charitable company.

Trustee Induction and Training

Trustees are familiar with the work of the charitable company. New trustees meet with the chair of the trustee board who provides a briefing on the charitable company, its aims and objectives including:

- The obligation of board members. The main documents, which set out the operational framework for the charitable company including the Memorandum of Articles.
- The financial position of the organisation including the last set of audited Financial Statements and funding streams.
- Future plans and objectives.

All trustees are provided with a copy of CC3, "The Essential Trustee Guide" and CC60 "Hallmarks of an Effective Charity".

Trustees also attend the charitable company's user feedback lunches and teas.

Organisational Structure

The organisational structure comprises a board of six trustees who meet at least four times a year and who sit under the Social Care in Action board.

The current Management Committee come from a variety of backgrounds relevant to the work of the charitable company including health and social care, mental health, third sector, human resources, financial and business communities.

The Social Care in Action board are responsible for the strategic direction and policy of all the charitable companies.

The day-to-day operation and responsibility is delegated to the Chief Executive of Social Care in Action who is responsible for ensuring the companies deliver the services specified, meet the key performance targets and stay within agreed budget.

The Chief Executive delegates the responsibility for the day-to-day management of Options Wellbeing Trust's service delivery to its Chief Executive Officer who oversees the team leaders responsible for delivery at their sites and the line management of their staff teams. The clinical therapeutic

Organisational Structure (Continued)

supervision is separated from the line management function and undertaken by trained and experienced counselling supervisors.

There is a finance and remuneration committee comprising Social Care in Action's treasurer, trustees, Chief Executive, and Head of Finance, which reviews expenditure against budgets and the general financial health and control systems of the charitable companies.

Risk Management

The Management Committee has examined the major strategic, business and operational risks which the charitable company faces and confirms systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Financial risks are minimised by the implementation of a rigorous finance policy and a health and safety policy towards staff and volunteers.

Related Parties

The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Trafalgar Dental Services, SCA Fenwick 2 Limited, Southampton Healthy Living, SCA Trafalgar Ltd and The Steven James Practice.

Social Care in Action and The Steven James Practice are companies limited by guarantee and registered charities.

Southampton Healthy Living is a company limited by guarantee.

SCA Trafalgar Ltd is a company limited by shares. SCA Care, SCA Transport Services, SCA Trafalgar Dental Services and SCA Fenwick 2 Limited are all Registered Societies under the Co-operative and Community Benefit Societies Act 2014.

The charitable company and registered societies are all operated and managed on a unified basis with Social Care in Action acting as the parent body.

GamCare services are provided on behalf of GamCare the National Agency. The Chief Executive Officer of Options Wellbeing Trust sits on the National Clinical Governance Network for Gambling. Counselling services work to the British Association of Counselling and Psychotherapy's Standards and Ethics.

Key Management and Personnel Remuneration

The Management Committee consider the Management Committee and the Chief Executive Officer comprise the key management personnel of the charitable company in charge of directing and controlling the charitable company and running and operating the charitable company on a day-to-day basis.

All Management Committee members give their time freely and no remuneration to members of the Management Committee was paid in the year. The pay of the Chief Executive Officer is reviewed by the Management Committee periodically on the basis of the performance of the individual concerned and the charitable company as a whole.

RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

The charitable company's Management Committee (who are trustees for the purposes of charity law and directors for the purposes of company law) are responsible for preparing an annual report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Management Committee to prepare Financial Statements for each financial period, which give a true and fair view of the state of the affairs of the charitable company as at the Balance Sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those Financial Statements, the Management Committee is required to:

**INDEPENDENT EXAMINER'S REPORT
TO THE MEMBERS OF
OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

FOR THE YEAR ENDED 31 MARCH 2020

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



6 October 2020

Nicholas Fernyhough FCA DChA

Saffery Champness LLP
Midland House
2 Poole Road
Bournemouth
Dorset
BH2 5QY

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 31 MARCH 2020

	Note	Restricted Funds £	Unrestricted Funds £	2020 Total Funds £	2019 Total Funds £
INCOME					
Charitable activities	2	206,080	78,064	284,144	320,082
Investments	3	-	318	318	241
TOTAL		206,080	78,382	284,462	320,323
EXPENDITURE					
Charitable activities	4	(206,080)	(42,790)	(248,870)	(224,472)
TOTAL		(206,080)	(42,790)	(248,870)	(224,472)
NET GAIN ON INVESTMENT PROPERTY		-	-	-	60,220
NET INCOME	6	-	35,592	35,592	156,071
OTHER RECOGNISED GAINS					
Defined benefit pension scheme		-	45,571	45,571	53,463
Gains on revaluation of fixed assets		-	-	-	20,313
NET MOVEMENT IN FUNDS FOR THE YEAR		-	81,163	81,163	229,847
RECONCILIATION OF FUNDS					
Total funds brought forward		-	1,287,436	1,287,436	1,057,589
Total funds carried forward		-	1,368,599	1,368,599	1,287,436

The Statement of Financial Activities includes all gains and losses in the year. All income and expenditure derive from continuing activities.

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

BALANCE SHEET

AS AT 31 MARCH 2020

	Note	2020 £	2019 £
FIXED ASSETS			
Tangible fixed assets		648,172	627,084
Investment Properties		190,000	190,000
TOTAL FIXED ASSETS	8	838,172	817,084
CURRENT ASSETS			
Debtors	9	239,796	11,993
Cash at bank and in hand		328,931	554,895
TOTAL CURRENT ASSETS		568,727	566,888
LIABILITIES			
Creditors: Amounts falling due within one year	10	(38,300)	(51,413)
NET CURRENT ASSETS		530,427	515,475
TOTAL ASSETS LESS CURRENT LIABILITIES		1,368,599	1,332,559
CREDITORS: Amounts falling due after more than one year	11	-	(45,123)
NET ASSETS		1,368,599	1,287,436
THE FUNDS OF THE CHARITABLE COMPANY			
Unrestricted Funds		1,368,599	1,287,436
Restricted Funds		-	-
TOTAL CHARITABLE COMPANY FUNDS	14	1,368,599	1,287,436

For the financial year ended 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The Management Committee has prepared Financial Statements in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual Financial Statements required by the Companies Act 2006 and are for circulation to members of the charitable company.

The notes on pages 12 to 19 form part of these Financial Statements.

Approved by the Management Committee on 6 October 2020 and signed on its behalf by:



.....
G DIBBEN



.....
D CHAMBERLAIN

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2020

	Note	2020 £	2019 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash (used)/provided by operating activities	1	(201,442)	110,643
CASH FLOWS FROM INVESTING ACTIVITIES			
Interest received		318	241
Acquiring new assets		(24,840)	(73,256)
NET CASH USED IN INVESTING ACTIVITIES		(24,522)	(73,015)
Change in cash and cash equivalents in the year		(225,964)	37,628
Cash and cash equivalents at the beginning of the year		554,895	517,267
Cash and cash equivalents at the end of the year	2	328,931	554,895

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE CASH FLOW STATEMENT

FOR THE YEAR ENDED 31 MARCH 2020

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW
FROM OPERATING ACTIVITIES**

	2020	2019
	£	£
Net income for the year (as per the Statement of Financial Activities)	81,163	229,847
Adjustments for:		
Interest Received	(318)	(241)
Gain on Pension Scheme	(45,571)	(53,463)
Revaluation	-	(80,533)
Depreciation charges	3,752	10,354
Increase in debtors	(227,803)	(6,491)
(Decrease)/Increase in creditors	(12,665)	11,170
Net cash (used)/provided by operating activities	(201,442)	110,643

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2020	2019
	£	£
Cash at bank and in hand	328,931	554,895
Total cash and cash equivalents	328,931	554,895

**OPTIONS WELLBEING TRUST
(LIMITED BY GUARANTEE)**

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

1. ACCOUNTING POLICIES

Charity Information

Options Wellbeing Trust is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission and Companies House in England and Wales. The principal address is 147 Shirley Road, Southampton, SO15 3FH. The charitable company is a public benefit entity.

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the Financial Statements are as follows:

(a) Basis of Preparation

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their Financial Statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102) including early adoption as amended January 2016), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Financial Statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts are rounded to the nearest £.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of donations and gifts and are included in full in the Statement of Financial Activities when the society becomes unconditionally entitled to the donation.
- Donated services and facilities are included at the value to the charitable company where this can be quantified. The value of services provided by volunteers has not been included in these Financial Statements.
- Investment income is included when receivable.
- Income from charitable trading activities is accounted for when earned.
- Grants, whether "capital" grants or "revenue" grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, as the charitable company is not VAT registered and is reported as part of the expenditure to which it relates. Expenditure on charitable activities comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and their associated support costs.

Support costs are those functions that assist the work of the charitable company but do not directly undertake the charitable activities. These costs have been allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource and are apportioned on time, usage or governance.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charitable company and include the audit fees and costs linked to the strategic management of the charitable company.

(d) Tangible Fixed Assets

Tangible assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Freehold properties are subsequently measured at their fair value and are to be revalued every 5 years.

Fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided at the following annual rates in order to write-off each asset over its estimated useful economic life:

Fixtures and fittings	20%	Straight Line
Computer equipment	25%	Straight Line
Freehold property (buildings)		Over 50 years

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

1. ACCOUNTING POLICIES (Continued)

- (e) **Debtors**
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.
- (f) **Cash at Bank and in Hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- (g) **Creditors and Provisions**
Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- (h) **Finance Lease Agreements**
Assets held under finance leases, where substantially all of the benefits and risks of ownership accrue to the lessee, are capitalised and disclosed under tangible fixed assets at their fair value. The assets are depreciated over the shorter of the lease term or their useful economic life. The capital element of the future payments is treated as a liability. The total finance charge for each lease is charged to the Statement of Financial Activities so as to produce a constant periodic rate of charge for each accounting year.
- (j) **Operating Lease Agreements**
Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged to the Statement of Financial Activities as incurred.
- (k) **Pension Costs**
The charitable company operates a defined benefit pension scheme within a multi-employer plan, operated by Hampshire County Council. The charitable company has entered into an agreement with the multi-employer plan provider that determines how the deficit is to be funded and this had been recognised as a liability. The charitable company also operated a defined contribution scheme, payments to the scheme are charged as an expense as they fall due.
- (l) **Taxation**
The charitable company is exempt from Corporation Tax on its charitable activities.
- (m) **Fund Accounting**
Unrestricted funds consist of the general purposes fund and designated funds.
Designated funds are funds established by the Management Committee from time to time for specific projects or purposes, are not in any way restricted and any surplus or deficit will be transferred to/from the general purposes fund when the designated fund is closed.
Restricted Funds are funds subject to specific restrictions imposed by donors or by the purpose of the appeal. The purpose and use of designated and restricted funds is set out in the notes to the Financial Statements.
- (n) **Financial Instruments**
The charitable company 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.
- (o) **Significant Judgments and Estimates**
Preparation of the Financial Statements may require management to make significant judgments and estimates. There are no items in the Financial Statements where judgments and estimates would have a significant effect on amounts recognised in the Financial Statements.
- (p) **Investment Property**
Investment properties are initially measured at cost and subsequently at fair value at the reporting date, with the change recognised in the statement of financial activities.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

2. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	2020 Total Funds £	2019 Total Funds £
Information and Counselling				
Gamcare Trust	206,080	-	206,080	189,555
Private counselling	-	38,094	38,094	37,859
Property rental	-	36,412	36,412	30,090
Other income	-	3,558	3,558	62,578
Total	206,080	78,064	284,144	320,082

The charitable company has entered into service agreement contracts with government bodies and local authorities to provide the various services and specific deliverables that the charitable company provides.

The amounts received and the relevant bodies are listed above. There were no unfulfilled conditions and/or other contingencies attaching to the grants that have been recognised in income.

The grants and donations shown above relate to payments received during the charitable company's year to 31 March 2020 but adjusted for any deferrals where the expenditure arising for that grant is being incurred in a subsequent year.

Within the new contract from GamCare dated June 2018, the grant is made as a restricted payment, and only costs attributable to delivering the service are permitted.

In 2019 income from charitable activities of £130,527 was unrestricted and £189,555 was restricted

3. INVESTMENTS

	Restricted Funds £	Unrestricted Funds £	2020 Total Funds £	2019 Total Funds £
Bank interest	-	318	318	241

In 2019 the income from investments of £241 was unrestricted.

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Restricted Funds £	Information and Counselling £	2020 Total £	2019 Total £
Direct staff costs	134,225	23,687	157,912	130,719
Support costs	70,030	18,768	88,798	92,263
Governance costs	1,825	335	2,160	1,490
Total	206,080	42,790	248,870	224,472

The expenditure on charitable activities in 2019 of £34,917 was unrestricted and £189,555 was restricted

5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The charitable company identifies the costs of its support functions. It then identifies those costs that relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken (see note 4) in the year. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS (Continued)

	General Support £	Governance £	2020 Total Funds £	2019 Total Funds £	Basis of Apportionment
Premises	34,736	-	34,736	27,261	Usage
Staff welfare	22,558	-	22,558	33,460	Usage
Travel and subsistence	887	-	887	1,675	Usage
Office costs	10,919	-	10,919	10,399	Usage
Advertising and promotions	6,158	-	6,158	3,688	Usage
Website development	777	-	777	577	Usage
Legal and professional fees	6,808	-	6,808	2,899	Usage
Independent examiners fees	-	2,160	2,160	1,490	Governance
Bank charges and interest	920	-	920	819	Transactions
Depreciation	3,752	-	3,752	10,354	Usage
Bad Debt	615	-	615	145	Specific
Subscriptions	668	-	668	986	Usage
Total	88,798	2,160	90,958	93,753	

6. NET INCOME FOR THE YEAR

This is stated after charging:

	2020 £	2019 £
Depreciation	3,752	10,354
Independent examiners fees	1,500	1,490
Independent examiners other fees	660	-

7. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2020 £	2019 £
Salaries, wages and consultancy	132,683	106,987
Social Security costs	6,304	5,315
Employee pension costs	10,160	8,011
Total	149,147	120,313

No employee received emoluments of more than £60,000 during the year (2019 - nil).

The average number of employees during the year was as follows:

	2020	2019
Service provision	15	12

No members of the Management Committee received any remuneration or expenses during the year (2019 - none). The remuneration and benefits of the key management personnel in the year total £39,091 (2019 - £38,001).

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

8. TANGIBLE FIXED ASSETS

	Freehold Property £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
At 1 April 2019	615,000	8,617	12,518	636,135
Additions	24,840	-	-	24,840
At 31 March 2020	639,840	8,617	12,518	660,975
Depreciation				
At 1 April 2019	-	5,661	3,390	9,051
Charge for the year	-	622	3,130	3,752
At 31 March 2020	-	6,283	6,520	12,803
Net Book Values				
At 31 March 2020	639,840	2,334	5,998	648,172
At 31 March 2019	615,000	2,956	9,128	627,084

The charitable company owned three freehold properties at 31 March 2020 one of which is classified as an investment property.

In the accounts for the year ended 31 March 2019 the charitable company revalued two of the freehold properties to reflect their fair values. The revaluations for the properties were based on valuations carried out by Primer Olds (chartered surveyors) in April / May 2019. All of the three properties are unencumbered with the exception of the property in Southampton, where Southampton City Council have a legal charge over the property representing a 20% interest in the property. The property's revaluation included in these Financial Statements incorporates 80% of the total value of that property.

	Investment Property £	Total £
Cost and Net Book Value		
At 1 April 2019 and March 2020	190,000	190,000

9. DEBTORS

	2020 £	2019 £
Trade debtors	4,460	4,798
Prepayments	7,055	2,404
Deferred Income	1,240	4,791
Amounts owed by related societies		
- Social Care in Action	227,041	-
Total	239,796	11,993

10. CREDITORS: Amounts falling due within one year

	2020 £	2019 £
Trade creditors	26,209	5,035
Accruals	8,733	6,919
PAYE	1,847	1,907
Pension contributions	1,511	4,176
Amounts owed to related societies:		
- Social Care in Action	-	33,187
- SCA Care	-	189
Total	38,300	51,413

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

11. CREDITORS: Amounts falling due after more than one year

	2020	2019
	£	£
Pension liability	-	45,123

12. COMMITMENTS FOR PENSION PAYMENTS

Future commitments under pension arrangements are as follows:

	2020	2019
	£	£
Amounts payable within one year	392	4,700
Amounts payable between 2 and 5 years	-	16,700
Amounts payable after 5 years	-	48,800
	392	70,200
Less: Interest and finance charges relating to future periods	-	(21,738)
Total	392	48,462

Pension commitments are analysed as follows:

	2020	2019
	£	£
Current obligations	392	3,339
Non-current obligations	-	45,123
Total	392	48,462

13. FINANCIAL INSTRUMENTS

Financial instruments measured at amortised cost comprise the following:

	2020	2019
	£	£
Financial assets that are debt instruments	231,501	4,798
Financial liabilities that are debt instruments	36,453	94,629

14. ANALYSIS OF CHARITABLE FUNDS

	At 01.04.19	Incoming Resources	Gains	Outgoing Resources	At 31.03.20
	£	£	£	£	£
Unrestricted Funds					
General Fund	1,042,010	78,382	-	(45,289)	1,075,103
Revaluation Reserve	293,888	-	-	-	293,888
Pension Liability	(48,462)	-	45,571	2,499	(392)
Total Unrestricted Funds	1,287,436	78,382	45,571	(42,790)	1,368,599
Restricted Funds					
GamCare	-	206,080	-	(206,080)	-
Total Funds	1,287,436	284,462	45,571	(248,870)	1,368,599

Unrestricted Funds

Unrestricted funds comprise the following funds which trustees are:

General fund - to use in accordance with the charitable objects and to fund the charitable company's net fixed assets.

Revaluation reserve - arose as a result of the revaluation of the charitable company's freehold properties.

Pension liability – This is no longer required as there is no longer a HCC Pension deficit.

Restricted Funds

Restricted Funds are to be used for specific purposes as laid down by the donor.

GamCare - The grant from GamCare has been declared a restricted grant to meet the activity goals of the contract between the parties.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2020

14. ANALYSIS OF CHARITABLE FUNDS (Continued)

<i>Prior Year</i>	<i>At 01.04.18</i>	<i>Incoming Resources</i>	<i>Gains</i>	<i>Outgoing Resources</i>	<i>At 31.03.19</i>
	£	£	£	£	£
Unrestricted Funds					
<i>General Fund</i>	942,238	135,548	-	(35,776)	1,042,010
<i>Revaluation Reserve</i>	219,832	-	80,533	(6,477)	293,888
<i>Pension Liability</i>	(104,481)	-	53,463	2,556	(48,462)
Total Unrestricted Funds	1,057,589	135,548	133,996	(39,697)	1,287,436
Restricted Funds					
<i>Gamcare</i>	-	189,555	-	(189,555)	-
Total Funds	1,057,589	325,103	133,996	(229,252)	1,287,436

15. CAPITAL COMMITMENTS

There were no capital or other commitments at 31 March 2020 (2019 - £nil).

16. RELATED PARTIES

Options Wellbeing Trust is a member of the SCiA group of social enterprises. The other members of the group are Social Care in Action, SCA Care, SCA Transport Services, SCA Trafalgar Dental Services SCA Trafalgar Ltd, SCA Fenwick 2 Limited, Southampton Healthy Living and The Steven James Practice.

All charitable companies and registered societies of the SCiA group of social enterprises are operated and managed on a unified basis.

Options Wellbeing Trust undertook transactions with other related societies in the normal course of activities £1,018 (2019: £1,397).

At 31 March 2020, Options Wellbeing Trust had outstanding balances with related societies as disclosed in Notes 9 & 10.

17. TAXATION

As a registered charity, the income is generally exempt from Corporation Tax under Section 478 of the Corporation Taxes Act 2010 by reason of its charitable objects and activities.

18. PENSIONS

The charitable company participates in the Hampshire County Council pension scheme, which is a multi-employer defined benefit scheme.

The charitable company contributes to their scheme for one current employee.

The principal actuarial assumptions used were: a discount rate of 4.5%, time period of 20 years ending 2035, and an inflation rate of 2.7%. Since the 2019 Triennial valuation, there is no longer a need for a repayment plan, and that ceased in March 2020.

Reconciliation of opening and closing balances

	2020	2019
	£	£
Provision at start of year	(48,462)	(104,481)
Deficit Contribution Paid	4,680	4,300
Interest	(2,181)	(1,744)
Remeasurement	45,571	53,463
Provision at end of year	(392)	(48,462)

Total cost relating to the defined benefit plans is recognised in the statement of financial activities as an expense.

The pension cost charge for the period represents contributions payable by the society to the scheme and amounted to £4,310 (2019: £330).

Pension rules state that no liability will arise upon the company from the default of other pension scheme members.

19. LEGAL STATUS OF THE CHARITABLE COMPANY

The charitable company is limited by guarantee and has no share capital. The liability of the member, in the event of winding-up, is limited to £10.

NOTES TO THE FINANCIAL STATEMENTS (Continued)**For the year ended 31 March 2020****20. ULTIMATE CONTROL**

Options Wellbeing Trust is a member of the SCiA group of social enterprises.

Social Care in Action is deemed to ultimately be the parent body of the SCiA group of social enterprises as it can exercise dominant influence over the society.

Social Care in Action is controlled by the Trustees, acting as Directors of the Charitable Company. The Trustees of Social Care in Action appoint and remove the Trustees to the Management Committees of all subsidiaries.

Social Care in Action is a charitable company established under its Memorandum and Articles of Association and registered with the Charity Commission (1096903) and Companies House in England and Wales (04526806). Copies of the consolidated accounts can be obtained from its principal address at Amplevine House, Dukes Road, Southampton, SO14 0ST.