

**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**

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**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:

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

  
 ..... 29 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 £
<b>INCOME</b>			
Donations and grants	2	8,778	58,728
Charitable activities	3	79,850	343,768
Investments	4	-	29
<b>TOTAL</b>		88,628	402,525
<b>EXPENDITURE</b>			
Charitable activities	5	(212,328)	(430,488)
<b>TOTAL</b>		(212,328)	(430,488)
<b>NET EXPENDITURE</b>	7	(123,700)	(27,963)
<b>OTHER RECOGNISED GAINS</b>			
Gain on revaluation of fixed asset		-	65,000
<b>NET MOVEMENT IN FUNDS FOR THE PERIOD</b>		(123,700)	37,037
<b>RECONCILIATION OF FUNDS</b>			
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 £
<b>FIXED ASSETS</b>			
Tangible fixed assets		874,309	739,974
Investment Properties		190,000	190,000
<b>TOTAL FIXED ASSETS</b>	9	1,064,309	929,974
<b>CURRENT ASSETS</b>			
Debtors	10	229,092	253,212
Cash at bank and in hand		6,815	312,280
<b>TOTAL CURRENT ASSETS</b>		235,907	565,492
<b>LIABILITIES</b>			
<b>Creditors: Amounts falling due within one year</b>	11	(18,280)	(89,830)
<b>NET CURRENT ASSETS</b>		217,627	475,662
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		1,281,936	1,405,636
<b>NET ASSETS</b>		1,281,936	1,405,636
<b>THE FUNDS OF THE CHARITABLE COMPANY</b>			
Unrestricted Funds		1,281,936	1,405,636
Restricted Funds		-	-
<b>TOTAL CHARITABLE COMPANY FUNDS</b>	13	1,281,936	1,405,636

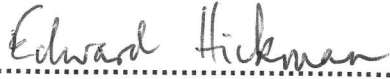
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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 £
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Net cash (used)/provided by operating activities	1	(166,477)	17,295
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Interest received		-	29
Acquiring new assets		(138,988)	(33,975)
<b>NET CASH USED IN INVESTING ACTIVITIES</b>		(138,988)	(33,946)
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
New funds from borrowing		-	50,000
Repayment of borrowing		-	(50,000)
<b>NET CASH USED IN FINANCING ACTIVITIES</b>		-	-
<b>Change in cash and cash equivalents in the period</b>		(305,465)	(16,651)
Cash and cash equivalents at the beginning of the period		312,280	328,931
<b>Cash and cash equivalents at the end of the period</b>	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 £
<b>Net (expenditure)/income for the period (as per the Statement of Financial Activities)</b>	(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
<b>Net cash (used)/provided by operating activities</b>	(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
<b>Total cash and cash equivalents</b>	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
<b>Total</b>	<b>8,778</b>	<b>58,728</b>

## 3. INCOME FROM CHARITABLE ACTIVITIES

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

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
<b>Total</b>	<b>212,328</b>	<b>212,328</b>	<b>430,488</b>

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
<b>Total</b>	<b>95,577</b>	<b>1,800</b>	<b>97,377</b>	<b>100,766</b>	

## 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
<b>Total</b>	<b>81,985</b>	<b>311,981</b>

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
<b>Service provision</b>	<b>6</b>	<b>13</b>

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

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 £
<b>Cost and Net Book Value</b>		
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
<b>Amounts owed by related societies</b>		
- Social Care in Action	215,831	241,928
<b>Total</b>	<b>229,092</b>	<b>253,212</b>

## 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
<b>Amounts owed to related societies:</b>		
- The Steven James Practice	-	61
<b>Total</b>	<b>18,280</b>	<b>89,830</b>

## 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 £
<b>Unrestricted Funds</b>				
General Fund	1,046,748	88,628	(212,328)	923,048
Revaluation Reserve	358,888	-	-	358,888
<b>Total Unrestricted Funds</b>	<b>1,405,636</b>	<b>88,628</b>	<b>(212,328)</b>	<b>1,281,936</b>
<b>Total Funds</b>	<b>1,405,636</b>	<b>88,628</b>	<b>(212,328)</b>	<b>1,281,936</b>

**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>
<b>Unrestricted Funds</b>				
General Fund	1,075,103	149,008	(177,363)	1,046,748
Revaluation Reserve	293,888	65,000	-	358,888
Pension Liability	(392)	-	392	-
<b>Total Unrestricted Funds</b>	<b>1,368,599</b>	<b>214,008</b>	<b>(176,971)</b>	<b>1,405,636</b>
<b>Restricted Funds</b>				
GamCare	-	253,517	(253,517)	-
<b>Total Funds</b>	<b>1,368,599</b>	<b>467,525</b>	<b>(430,488)</b>	<b>1,405,636</b>

## 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.