

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

**REPORT & FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED  
30 SEPTEMBER 2023**

**COMPANY REGISTRATION NUMBER 04699108**

**REGISTERED CHARITY NUMBER 1100782**

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

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**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:

<b>Management Committee:</b>	D Lodge L Judd D Corben    Chair E Hickman
<b>Our Advisors:</b>	
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/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.

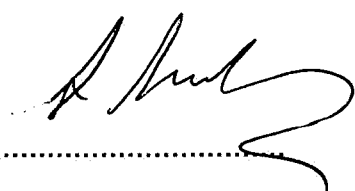
### RESPONSIBILITIES OF THE MANAGEMENT COMMITTEE

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](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

**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**

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

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

**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 YEAR ENDED 30 SEPTEMBER 2023**

	Note	Total Funds 2023 £	Total Funds 2022 £
<b>INCOME</b>			
Donations and grants	2	47,383	8,778
Charitable activities	3	217,943	79,850
<b>TOTAL</b>		265,326	88,628
<b>EXPENDITURE</b>			
Charitable activities	4	(362,734)	(212,328)
<b>TOTAL</b>		(362,734)	(212,328)
<b>NET EXPENDITURE</b>	6	(97,408)	(123,700)
<b>OTHER RECOGNISED GAINS</b>			
Loss on revaluation of fixed asset		(70,000)	-
<b>NET MOVEMENT IN FUNDS FOR THE PERIOD</b>		(167,408)	(123,700)
<b>RECONCILIATION OF FUNDS</b>			
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**

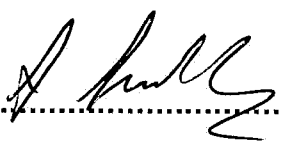
**AS AT 30 SEPTEMBER 2023**

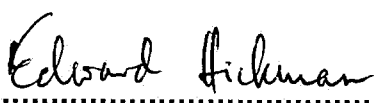
	Note	2023 £	2022 £
<b>FIXED ASSETS</b>			
Tangible fixed assets		801,895	874,309
Investment Properties		190,000	190,000
<b>TOTAL FIXED ASSETS</b>	9	991,895	1,064,309
<b>CURRENT ASSETS</b>			
Debtors	10	131,664	229,092
Cash at bank and in hand		55,319	6,815
<b>TOTAL CURRENT ASSETS</b>		186,983	235,907
<b>LIABILITIES</b>			
Creditors: Amounts falling due within one year	11	(64,350)	(18,280)
<b>NET CURRENT ASSETS</b>		122,633	217,627
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		1,114,528	1,281,936
<b>NET ASSETS</b>		1,114,528	1,281,936
<b>THE FUNDS OF THE CHARITABLE COMPANY</b>			
Unrestricted Funds		1,114,528	1,281,936
<b>TOTAL CHARITABLE COMPANY FUNDS</b>	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 £
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Net cash provided/(used) by operating activities	1	50,931	(166,477)
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Interest received		-	-
Acquiring new assets		(2,427)	(138,988)
<b>NET CASH USED IN INVESTING ACTIVITIES</b>		<b>(2,427)</b>	<b>(138,988)</b>
<b>Change in cash and cash equivalents in the period</b>		<b>48,504</b>	<b>(305,465)</b>
Cash and cash equivalents at the beginning of the period		6,815	312,280
<b>Cash and cash equivalents at the end of the period</b>	<b>2</b>	<b>55,319</b>	<b>6,815</b>

**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**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Net (expenditure)/income for the period (as per the Statement of Financial Activities)</b>	(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)
<b>Net cash provided/(used) by operating activities</b>	50,931	(166,477)

**2. ANALYSIS OF CASH AND CASH EQUIVALENTS**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Cash at bank and in hand	55,319	6,815
<b>Total cash and cash equivalents</b>	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
<b>Total</b>	<b>47,383</b>	<b>8,778</b>

### 3. INCOME FROM CHARITABLE ACTIVITIES

	2023 £	2022 £
<b>Information and Counselling</b>		
Private counselling	169,392	43,294
Property rental	44,451	36,485
Training Fees	1,450	-
Other income	2,650	71
<b>Total</b>	<b>217,943</b>	<b>79,850</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 2023 but adjusted for any deferments 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
<b>Total</b>	<b>362,734</b>	<b>362,734</b>	<b>212,328</b>

## 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
<b>Total</b>	<b>109,532</b>	<b>2,700</b>	<b>112,232</b>	<b>97,377</b>	

#### 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
<b>Total</b>	<b>129,651</b>	<b>81,985</b>

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
<b>Total</b>	<b>887</b>	<b>1019</b>

## 9. TANGIBLE FIXED ASSETS

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

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 £
<b>Cost and Net Book Value</b>		
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
<b>Amounts owed by related societies</b>		
- Social Care in Action	99,921	215,831
- SCA Care	2	-
<b>Total</b>	<b>131,664</b>	<b>229,092</b>

## 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
<b>Total</b>	<b>64,350</b>	<b>18,280</b>

## 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 £
<b>Unrestricted Funds</b>				
General Fund	923,048	265,326	(362,734)	825,640
Revaluation Reserve	358,888	-	(70,000)	288,888
<b>Total Unrestricted Funds</b>	<b>1,281,936</b>	<b>265,326</b>	<b>(432,734)</b>	<b>1,114,528</b>
<b>Total Funds</b>	<b>1,281,936</b>	<b>265,326</b>	<b>(432,734)</b>	<b>1,114,528</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.

	At 01.10.21 £	Incoming Resources £	Outgoing Resources £	At 30.09.22 £
<b>Prior year</b>				
<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>

## 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.

