WELLSPRING FAMILY CENTRE

England & Wales · Charity number 1105643

Details

Status	Registered
Legal form	Charitable company
Company number	05154582
Registered	2004-08-26
Register	View on the Charity Commission register

Contact

Address	Wellspring Family Centre 35 Neatherd Road Dereham NR19 2AE
Phone	01362854581
Email	ops@wfcdereham.org

Activities

Objects: A. TO RELIEVE PERSONS WHO ARE IN CONDITIONS OF NEED OR HARDSHIP OR WHO ARE AGED OR SICK AND TO RELIEVE THE DISTRESS CAUSED THEREBY INCLUDING(THOUGH NOT BY WAY OF LIMITATION) THROUGH THE PROVISION OF SUCH MATERIAL ASSISTANCE, ADVICE AND ADVOCACY, AND TRAINING FOR THOSE PERSONS IN NEED OF SUCH ASSISTANCE, IN DEREHAM, NORFOLK AND THE SURROUNDING AREA AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE DIRECTORS OF THE CHARITY (HEREIN CALLED "THE TRUSTEES") MAY FROM TIME TO TIME THINK FIT;B. TO ADVANCE EDUCATION BY SUCH MEANS AS THE TRUSTEES MAY CONSIDER APPROPRIATE INCLUDING (THOUGH NOT BY WAY OF LIMITATION) BY EDUCATING AND TRAINING THE PUBLIC IN BASIC SKILLS, MARRIAGE AND PARENTING SKILLS, PERSONAL FINANCIAL MANAGEMENT, AND BY THE PROVISION OF PLAYGROUP AND NURSERY FACILITIES, AND PERSONAL AND SOCIAL DEVELOPMENT EDUCATION FOR YOUNG PEOPLE IN THE SAID LOCATION AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT;C. TO PROMOTE CHARITABLE PURPOSES FOR THE BENEFIT OF THE PUBLIC IN THE FOLLOWING WAYS:I) THE PRESERVATION AND PROTECTION OF HEALTH;II) THE PROVISION OF TRAINING WITH THE OBJECT OF RELIEVING UNEMPLOYMENT.IN THE SAID LOCATION AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: Wellspring Family Centre facilitates community projects that address key social needs in Dereham and the surrounding areas.

Downloaded from opencharities.uk/ew/1105643

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** WORLDWIDE
- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£174,777	£155,711	-	-
2024-06-30	£171,301	£159,261	-	-
2023-06-30	£165,802	£127,453	-	-
2022-06-30	£107,035	£104,692	-	-
2021-06-30	£118,769	£85,058	-	-

Trustees

Name	Role	Appointed
Peter Collinson	Chair	2024-06-09
Daniel Andrew Johnson		2020-12-04
Harry John Grigg		2017-10-15
Howard Bailey		2024-01-28
Melanie McEvansoneya		2020-12-04
Richard Kingsnorth		2025-08-05

Downloaded from opencharities.uk/ew/1105643

WELLSPRING FAMILY CENTRE

England & Wales - Charity number 1105643

Accounts

REGISTERED COMPANY NUMBER: 05154582 (England and Wales)
REGISTERED CHARITY NUMBER: 1105643

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

FOR

WELLSPRING FAMILY CENTRE

Accounts produced by
Marsh Solutions Limited
82 Berechurch Hall Road
Colchester, Essex. CO2 8RF

WELLSPRING FAMILY CENTRE

CONTENTS OF THE FINANCIAL STATEMENTS
for the year ended 30 June 2025

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8 to 9
Notes to the Financial Statements	10 to 17
Detailed Statement of Financial Activities	18 to 19

WELLSPRING FAMILY CENTRE

REPORT OF THE TRUSTEES
for the year ended 30 June 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are set out in the charity's Memorandum and Articles of Association and are summarised as follows:

To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by the way of limitation) through the provision of such assistance in Dereham, Norfolk, and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called 'the trustees') may from time to time think fit.

To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage, and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

To promote charitable purposes for the benefit of the public in the following ways:

- The preservation and protection of health
- The provision of training with the object of relieving unemployment in the said location and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objects and in planning future activities and setting policy for the year.

REPORT OF THE TRUSTEES
for the year ended 30 June 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

This year we have continues to work hard to meet local needs in a range of ways amid the backdrop of increasing deprivation in our community. We continue to take advantage of the resource that our Centre offers as well as using the skills and enthusiasm of our team of volunteers to meet people and meet need.

During the year, and in the face of the challenges caused by the cost-of-living crisis, we have maintained, and improved our facilities to ensure all who use the building and access our projects do so in comfort, safety and with dignity. This year we have sought to better integrate our services to foster a greater sense of belonging and community. We identify loneliness, as well as poverty as being a concerning trend in the people we meet and seek to alleviate this where possible. The thrust of our programmes continues to be centred on social action to support those with Chronic Health Problems, financial hardship, but increasingly the need for community and belonging is becoming a focus of our work.

Developing our Facilities

As well as maintaining our Green Space, internal rooms, social supermarket and carpark, we have developed our facilities in a number of ways: the growing efficacy of our toddler group, Little Lambs, led us to construct a new storage space for equipment; we have renovated what was a cold garage-style space used by the Foodbank, to be a warm, energy-efficient room, with adjoining door to the main hall; finally two industrial freezers have been added to our kitchen to support the work of the Food Cabin. These three items were paid for using grant funding and have been beneficial to the working of the Centre.

In addition to the above, plans also are underway to renovate our bar-area where teas and coffees are served throughout the week. This area is badly in need of update and we hope to see the work completed in the coming months. This will be funded from the centre's general reserves.

Mid Norfolk Foodbank

The Centre hosts a Distribution Centre for the Mid Norfolk Foodbank, providing emergency food to local people in financial crisis. This is a joint initiative involving many of the local churches in and around Dereham, Fakenham and Swaffham with volunteers drawn from many local churches and the community. This year we have increased our co-operation with the Foodbank, and have constructed a door which adjoins the Foodbank room to the main hall and put on a coffee morning for the clients of the Foodbank on Mondays. This is supports by volunteers from the church and aims to give a warm space, friendship and a dignified place to wait when waiting for their food-box.

Well-come

One of our flagship projects, Well-come is a twice-weekly group for people with poor mental health problems with the aim of rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS health professionals. Often, new members are accompanied on a first visit to try the group out and then after a couple of visits grow in confidence to come along. This project has developed a strong sense of community among the users, and includes events like a Christmas party, bowling trip and shared lunches.

This year, we have increased the variety input from visiting specialists including cookery classes, exercise classes and craft workshops. The aim of this is to increase the sense of self-worth among the users and develop life skills.

Elevate
A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk. We provide monthly meetings at WFC, social networking. We have resumed occasional outings and home visits for the severely affected. The group aims to reduce isolation, improve quality of life, and help to either start or accelerate a recovery process by providing; social events and networking; information on good illness/lifestyle management techniques; signposting to statutory and other services; encouragement/inspiration to engage in various forms of occupational therapy by providing optional creative and recreational activities.

Illuminate
A weekly, term-time youth group for 10-18 year olds, providing a safe and fun place to meet up. The group provides a safe place for teenagers to make friends. Activities run for one hour (such as pool, board games, Nintendo Switch) before we serve them dinner. Then we spend an hour discussing an area of Christian teaching. The teens are free to express their ideas as they choose during this time.

Little Lambs
Little Lambs is a weekly parent and toddler group. This year we appointed a new project lead to develop the project and we have seen numbers increase and greater sense of purpose in the sessions. A focus for this year has been to encourage the parents/carers to engage with their children's play and learning throughout the morning. The group is growing both in numbers and engagement.

Accommodate
Accommodate is a supported housing project for vulnerable people, delivered in partnership with the Hope In Action charity. Currently the house we purchased using investor's money houses two men who otherwise would be facing homelessness. They are engaged at least weekly by befrienders drawn from the church. One of the two tenants is also accessing Well-come.

Food Cabin
Food Cabin provides affordable food items and toiletries on a membership basis, and signposts to other areas of support. This is the third year the Food Cabin has been operational and it now supports over 300 households, 100 of which shop weekly. The Food Cabin also has a role in signposting people to wider provision, and more frequently offers people the care and kindness they so rarely experience elsewhere. A small community of shoppers has emerged as trust has grown over time.

All our projects have benefited from the hours of volunteer service provided by the teams working in them. The Trustees are very grateful to each and every one of them.

FINANCIAL REVIEW

Financial position

It has been another productive year for the Centre with income up to £174,777 from £171,301 in 2024. This has been achieved mainly through the generous nature of our grant funders and donors, as well as the diligent team members who make our activities what they are.

With the increase in come we have also seen a slight decrease in expenditure this year from £159,261 in 2024 to £155,711 this year.

Overall, we have made a £19,066 surplus which will enable us to go further and do more in the coming years.
We have also been diligent in ensure we are utilising our Restricted Funds for the specific purpose and have lowered the amount of restricted funds held by £3,900.

Thank you to all our grant funders and to our donors.

Reserves policy

The Directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

REPORT OF THE TRUSTEES
for the year ended 30 June 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

New trustees / directors are recruited from membership of Wellspring Family Church, after demonstrating commitment to the charitable works of the Centre and competency and appropriate skills to fulfil the role of trustee/director. The decision to recruit new trustees lies with the trustee body in consultation with the pastoral leadership of the Church.

Organisational structure

The trustees/ directors are responsible for the general control and management of the charity/company. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to staffing the Centre and the activities provided. Day to day control of the individual activities is delegated to staff or a named volunteer as appropriate.

Induction and training of new trustees

Following appointment, new trustees are given copies of the Memorandum and Articles of Association and a list of the policies and procedures adopted by the Centre. Trustees are also made aware of the Charity Commission's publications on trustee's responsibilities.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees review these risk assessments regularly through the trustees' meetings. At present no significant risks have been identified which give cause for concern. To mitigate risks, staff and volunteers are trained to the required level of competence and during the year safeguarding training has been provided.

Training Provided

The Trustees recognise the importance of training staff and volunteers to maintain and enhance the highest standards of service to our users. We recognise that investing in the people who work with us indicates the value we place in them and on the service that they give to our service users.

We ask our team leaders and their teams to let us know what training needs they have identified as well as recommending training to them. Over the course of the year, four of our team members undertook a level 3 Award in Emergency First Aid At Work, two of our Food Cabin team members completed Food Hygiene courses, and our Finance and Operations Manager completed the Sage 50c Accounts Professional level 3 course.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05154582 (England and Wales)

Registered Charity number

1105643

Registered office

35 Neatherd Road
Dereham
Norfolk
NR19 2AE

WELLSPRING FAMILY CENTRE

REPORT OF THE TRUSTEES
for the year ended 30 June 2025

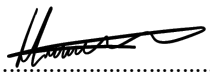
Trustees
P Collinson
H Bailey
H Grigg
S Barber (resigned 23.2.25)
D Johnson
M Mcevansoneya
R Kingsnorth (appointed 5.8.25)

Company Secretary
T Rouse

Independent Examiner
Martin Fairchild ACMA, CGMA
2 Morton Road
Aylsham
NR11 6BA

Finance Management & Accounting
Christopher Marsh FMAAT
Marsh Solutions Limited
82 Berechurch Hall Road,
Colchester
Essex.
CO2 8RF

Approved by order of the board of trustees on 25/03/2026 and signed on its behalf by:



.....
H Grigg - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WELLSPRING FAMILY CENTRE

Independent examiner's report to the trustees of Wellspring Family Centre ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2025.

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

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

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Martin Fairchild ACMA, CGMA
2 Morton Road
Aylsham
NR11 6BA

Date: 19th March 2026

WELLSPRING FAMILY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 30 June 2025

	Notes	Unrestricted funds £	Restricted funds £	30.6.25 Total funds £	30.6.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		4,776	8,177	12,951	-
Charitable activities					
Centre activities		40,310	4,000	44,310	44,874
Food cabin		17,910	49,378	67,288	60,424
Well-Come		5,708	9,250	14,958	14,987
Little Lambs		5	-	5	10,517
Illuminate		4,998	-	4,998	21,688
Other trading activities	2	29,641	-	29,641	18,317
Investment income	3	626	-	626	494
Total		103,972	70,805	174,777	171,301
EXPENDITURE ON					
Charitable activities					
Centre activities		53,006	21,700	74,706	74,000
Food cabin		3,611	38,893	42,504	41,169
Well-Come		9,969	10,207	20,176	25,612
Little Lambs		5,047	3,947	8,994	6,982
Illuminate		9,331	-	9,331	11,498
Total		80,964	74,747	155,711	159,261
NET INCOME/(EXPENDITURE)		23,008	(3,942)	19,066	12,040
RECONCILIATION OF FUNDS					
Total funds brought forward		94,042	53,873	147,915	135,875
TOTAL FUNDS CARRIED FORWARD		117,050	49,931	166,981	147,915

CONTINUING OPERATIONS
All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

BALANCE SHEET
30 June 2025

	Notes	Unrestricted funds £	Restricted funds £	30.6.25 Total funds £	30.6.24 Total funds £
FIXED ASSETS					
Tangible assets	8	-	16,410	16,410	24,616
CURRENT ASSETS					
Debtors	9	6,024	-	6,024	-
Cash at bank		111,461	33,604	145,065	124,679
		117,485	33,604	151,089	124,679
CREDITORS					
Amounts falling due within one year	10	(435)	(83)	(518)	(1,380)
NET CURRENT ASSETS		117,050	33,521	150,571	123,299
TOTAL ASSETS LESS CURRENT LIABILITIES		117,050	49,931	166,981	147,915
NET ASSETS		117,050	49,931	166,981	147,915
FUNDS	11				
Unrestricted funds				117,050	94,042
Restricted funds:					
Well-Come Fund				-	956
Little Lambs Fund				-	3,947
Accommodate Fund				378	701
Fixed Asset Fund				16,410	24,616
Family Centre Fund				1,790	10,961
Food Cabin Funds				31,353	12,692
				49,931	53,873
TOTAL FUNDS				166,981	147,915

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

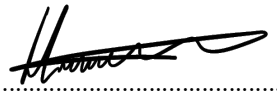
The notes form part of these financial statements

continued...

BALANCE SHEET - continued
30 June 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25/03/2026 and were signed on its behalf by:



H Grigg - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements and assessment of going concern
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements are presented in sterling (£).

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	-	25% on cost

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

Debtors
Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash at bank and in hand
Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

Creditors
Creditors are recognised where then charity has a present obligation resulting from a past event that will 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 are recognised at their settlement amount.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	30.6.25	30.6.24
	£	£
Hire income	29,641	18,317

3. INVESTMENT INCOME

	30.6.25	30.6.24
	£	£
Deposit account interest	626	494

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.6.25	30.6.24
	£	£
Depreciation - owned assets	8,206	8,206
Independent Examination	250	1,380

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2025 nor for the year ended 30 June 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2025 nor for the year ended 30 June 2024.

Key management

The trustees consider the Key Management of the charity to be the roles of Centre Manager, Centre Administrator and Operations Manager.

During the year the Key Management received remuneration of £51,990 in Gross Wages, and £263 in Employers Pension.

continued...

6. STAFF COSTS

The average monthly number of employees (Full Time Equivalents) during the year was as follows:

	30.6.25	30.6.24
All Staff	3	3

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Centre activities	3,449	41,425	44,874
Food cabin	20,446	39,978	60,424
Well-Come	4,987	10,000	14,987
Little Lambs	88	10,429	10,517
Illuminate	21,656	32	21,688
Other trading activities	18,317	-	18,317
Investment income	494	-	494
Total	69,437	101,864	171,301
EXPENDITURE ON			
Charitable activities			
Centre activities	17,940	56,060	74,000
Food cabin	5,282	35,887	41,169
Well-Come	5,094	20,518	25,612
Little Lambs	-	6,982	6,982
Illuminate	11,466	32	11,498
Total	39,782	119,479	159,261
NET INCOME/(EXPENDITURE)	29,655	(17,615)	12,040
RECONCILIATION OF FUNDS			
Total funds brought forward	64,387	71,488	135,875
TOTAL FUNDS CARRIED FORWARD	94,042	53,873	147,915

continued...

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 July 2024 and 30 June 2025	41,028
DEPRECIATION	
At 1 July 2024	16,412
Charge for year	8,206
At 30 June 2025	24,618
NET BOOK VALUE	
At 30 June 2025	16,410
At 30 June 2024	24,616

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.25 £	30.6.24 £
Trade debtors	5,343	-
Other debtors	247	-
Prepayments	434	-
	6,024	-

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.25 £	30.6.24 £
Other creditors	268	-
Accrued expenses	250	1,380
	518	1,380

continued...

11. MOVEMENT IN FUNDS

	At 1.7.24 £	Net movement in funds £	At 30.6.25 £
Unrestricted funds			
General Fund	94,042	23,008	117,050
Restricted funds			
Well-Come Fund	956	(956)	-
Little Lambs Fund	3,947	(3,947)	-
Accommodate Fund	701	(323)	378
Fixed Asset Fund	24,616	(8,206)	16,410
Family Centre Fund	10,961	(9,171)	1,790
Food Cabin Funds	12,692	18,661	31,353
	53,873	(3,942)	49,931
TOTAL FUNDS	147,915	19,066	166,981

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	103,972	(80,964)	23,008
Restricted funds			
Well-Come Fund	9,251	(10,207)	(956)
Little Lambs Fund	-	(3,947)	(3,947)
Accommodate Fund	-	(323)	(323)
Fixed Asset Fund	-	(8,206)	(8,206)
Family Centre Fund	4,000	(13,171)	(9,171)
Food Cabin Funds	57,554	(38,893)	18,661
	70,805	(74,747)	(3,942)
TOTAL FUNDS	174,777	(155,711)	19,066

continued...

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.7.23 £	Net movement in funds £	At 30.6.24 £
Unrestricted funds			
General Fund	64,387	29,655	94,042
Restricted funds			
Elevate Fund	287	(287)	-
Well-Come Fund	11,474	(10,518)	956
Little Lambs Fund	500	3,447	3,947
Accommodate Fund	917	(216)	701
Fixed Asset Fund	32,822	(8,206)	24,616
Family Centre Fund	16,887	(5,926)	10,961
Food Cabin Funds	8,601	4,091	12,692
	71,488	(17,615)	53,873
TOTAL FUNDS	135,875	12,040	147,915

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	69,437	(39,782)	29,655
Restricted funds			
Elevate Fund	-	(287)	(287)
Illuminate Fund	32	(32)	-
Well-Come Fund	10,000	(20,518)	(10,518)
Little Lambs Fund	10,429	(6,982)	3,447
Accommodate Fund	-	(216)	(216)
Fixed Asset Fund	-	(8,206)	(8,206)
Family Centre Fund	41,425	(47,351)	(5,926)
Food Cabin Funds	39,978	(35,887)	4,091
	101,864	(119,479)	(17,615)
TOTAL FUNDS	171,301	(159,261)	12,040

continued...

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.7.23 £	Net movement in funds £	At 30.6.25 £
Unrestricted funds			
General Fund	64,387	52,663	117,050
Restricted funds			
Elevate Fund	287	(287)	-
Well-Come Fund	11,474	(11,474)	-
Little Lambs Fund	500	(500)	-
Accommodate Fund	917	(539)	378
Fixed Asset Fund	32,822	(16,412)	16,410
Family Centre Fund	16,887	(15,097)	1,790
Food Cabin Funds	8,601	22,752	31,353
	71,488	(21,557)	49,931
TOTAL FUNDS	135,875	31,106	166,981

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	173,409	(120,746)	52,663
Restricted funds			
Elevate Fund	-	(287)	(287)
Illuminate Fund	32	(32)	-
Well-Come Fund	19,251	(30,725)	(11,474)
Little Lambs Fund	10,429	(10,929)	(500)
Accommodate Fund	-	(539)	(539)
Fixed Asset Fund	-	(16,412)	(16,412)
Family Centre Fund	45,425	(60,522)	(15,097)
Food Cabin Funds	97,532	(74,780)	22,752
	172,669	(194,226)	(21,557)
TOTAL FUNDS	346,078	(314,972)	31,106

Elevate Fund - A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk.
Illuminate - A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.
Well-come Fund - A thrice-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS mental health team.
Accommodate - Accommodating and supporting people facing or in danger of homelessness in the Dereham area on their road to restoration

continued...

11. MOVEMENT IN FUNDS - continued

Little Lambs - Befriending and supporting parents, grandparents and carers of babies and toddlers, and provide a safe, secure environment for children to learn and play.'
Food Cabin Fund - Providing affordable everyday supplies to those in need in Dereham
Accommodate - Providing support to those who are part of the Accommodate programme
Fixed Asset Fund - The Fixed Assets of the Charity
Family Centre Fund - For use of the Family Centre itself rather than a specific activity.

The Restricted funds are wholly represented by the Charity's cash reserves.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2025.

WELLSPRING FAMILY CENTRE

England & Wales - Charity number 1105643

Accounts

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2024

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CHARITY REGISTRATION No: 1105643

COMPANY REGISTRATION No: 05154582

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 9	Directors' Annual Report
Page 10	Independent Examiners Report to the Directors/Trustees
Page 11	Statement of Financial Activities
Page 12	Balance Sheet
Pages 13 to 20	Notes to the Financial Statements

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NUMBER	1105643
REGISTERED COMPANY NUMBER	05154582
DATE OF INCORPORATION	15th June 2004
START OF FINANCIAL YEAR	1st July 2023
END OF FINANCIAL YEAR	30th June 2024
DIRECTORS AT 30TH JUNE 2024	Peter Collinson (Chair) (Appointed 09/06/2024) Jonathan Richard Beardon (Resigned 09/06/2024) Howard Bailey (Appointed 28/01/2024) Harry John Grigg Sheila Barber Daniel Andrew Johnson Melanie Mcevansoneya Toby Rouse Company Secretary and Treasurer

The existing trustees appoint any new trustees following the provisions laid out in the organisation's governing instrument.

LEGAL STATUS	Company Limited By Guarantee
GOVERNING INSTRUMENT	Memorandum and Articles Of Association Incorporated 15th June 2004.

OBJECTS

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by way of limitation) through the provision of such material assistance, advice and advocacy, and training for those persons in need of such assistance, in Dereham, Norfolk and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called "the trustees") may from time to time think fit. **B.** To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

REGISTERED OFFICE	35 Neatherd Road Dereham Norfolk NR19 2AE
PRIMARY BANKERS	NatWest Bank Plc 32 Market Place East Dereham Norfolk NR19 2AR
INDEPENDENT EXAMINER	K Gomes Independent Examiners Ltd Unit 2,The Broadfields Business Centre Delling Lane, Bosham PO18 8NF

WELLSPRING FAMILY CENTRE
(A Company Limited by Guarantee.)

Report of the trustees/directors for the year ended 30 June 2024

Structure, governance and management

Wellspring Family Centre is constituted as a charitable company limited by guarantee registered with the Charity Commission in August 2004 under charity number 1105643 and with Companies House in June 2004 under company registration number 5154582. It is governed by a Memorandum and Articles of Association, last updated in June 2004.

Organisational Structure

The trustees/ directors are responsible for the general control and management of the charity/company. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to staffing the Centre and the activities provided. Day to day control of the individual activities is delegated to staff or a named volunteer as appropriate.

Recruitment and appointment of trustees/directors

New trustees / directors are recruited from membership of Wellspring Family Church, after demonstrating commitment to the charitable works of the Centre and competency and appropriate skills to fulfil the role of trustee/director. The decision to recruit new trustees lies with the trustee body in consultation with the pastoral leadership of the Church.

Induction and Training of trustees / directors

Following appointment, new trustees are given copies of the Memorandum and Articles of Association and a list of the policies and procedures adopted by the Centre. Trustees are also made aware of the Charity Commission's publications on trustee's responsibilities.

Risk Management

The trustees have assessed the risks to the charity and produced risk assessments following good practice guidelines. The trustees review these risk assessments regularly through the trustees' meetings. At present no significant risks have been identified which give cause for concern. To mitigate risks, staff and volunteers are trained to the required level of competence and during the year safeguarding training has been provided.

Training Provided

The Trustees recognise the importance of training staff and volunteers to maintain and enhance the highest standards of service to our users. We recognise that investing in the people who work with us indicates the value we place in them and on the service that they give to our service users.

We ask our team leaders and their teams to let us know what training needs they have identified as well as recommending training to them. Over the course of the year, four of our team members undertook a level 3 Award in Emergency First Aid At Work, two of our Food Cabin team members completed Food Hygiene courses, and our Finance and Operations Manager completed the Sage 50c Accounts Professional level 3 course.

Objectives and Activities

The objects of the charity are set out in the charity's Memorandum and Articles of Association and are summarised as follows

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by the way of limitation) through the provision of such assistance in Dereham, Norfolk, and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called 'the trustees') may from time to time think fit.

B. To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage, and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

C. To promote charitable purposes for the benefit of the public in the following ways:

- The preservation and protection of health
- The provision of training with the object of relieving unemployment in the said location and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

Activities and Achievements

Overview of Activities for the year

This year we have celebrated 20 years of operation as the charity continues in its work to meet local need in diverse ways. We continue to take advantage of the resource that our Centre offers as well as using the skills and enthusiasm of our team of volunteers to meet people and meet need.

During the year, and in the face of the challenges caused by the cost-of-living crisis, we have maintained our facilities and sustained the ongoing running of our existing outreach projects as well as exploring how we can adapt our services to address specific needs of the local community. The thrust of our programmes continues to be centred on social action to support those with Chronic Health Problems, financial hardship, and supporting the wide range of community groups who use our facilities.

Developing our Facilities

We have established a Green Space at our premises where individuals can learn to grow their own fruit and vegetables as well as enjoy an outdoor area for sitting and socialising. Additionally, we have constructed a storage area inside our Centre for our Food Cabin, enabling us to manage increasing stock levels to serve a growing number of users.

Mid Norfolk Foodbank

The Centre hosts a Distribution Centre for the Mid Norfolk Foodbank, providing emergency food to local people in financial crisis. This is a joint initiative involving many of the local churches in and around Dereham, Fakenham and Swaffham with volunteers drawn from many local churches and the community.

CAP Money

For several years now, we have been offering the nationally acclaimed free CAP Money Course. This course helps people better manage their finances and we run it from time to time when there is demand for it. We partner with other agencies in the district in the running of a locally based CAP Debt Centre. This Centre offers a free debt advice service to people in difficulty.

Well-come

A two times weekly support group, with additional personalised support for those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS health professionals. Often, new members are accompanied on a first visit to try the group out and then after a couple of visits grow in confidence to come along.

Elevate

A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk. We provide monthly meetings at WFC, social networking. We hope to resume occasional outings and home visits for the severely affected when it is safe to do so. The group aims to reduce isolation, improve quality of life, and help to either start or accelerate a recovery process by providing; social events and networking; information on good illness/lifestyle management techniques; sign-posting to statutory and other services; encouragement/inspiration to engage in various forms of occupational therapy by providing optional creative and recreational activities.

Illuminate

A weekly in term-time youth group for 10-19 year-olds, providing a safe and fun place to meet up.

Little Lambs

Little Lambs meets weekly and befriends and supports parents, grandparents, and carers of babies and toddlers, and provides a safe, secure environment for children to learn and play.

Accommodate

Accommodate is a supported housing project for vulnerable people, delivered in partnership with the Hope In Action charity.

Food Cabin

Food Cabin provides affordable food items and toiletries on a membership basis, and signposts to other areas of support.

All our projects have benefited from the hours of volunteer service provided by the teams working in them. The Trustees are very grateful to each and every one of them.

How our activities deliver public benefit:-

The charity carries out a wide range of activities in pursuance of its charitable aims. In promoting and through personal involvement in these activities, the trustees are complying with their duty to have due regard to the guidance on public benefit published by the Charity Commission and that these activities, summarised below, provide benefit both to those who attend services delivered at the Centre and to the wider community of Dereham.

Community Outreach
Our hall and meeting rooms are available for use by local groups and organisations. As well as our own projects we have been pleased to welcome other users including:

Norfolk Children's Services,
Suffolk Children's Services,
Guides
Dereham Rangers
Rainbows
Little Footsteps Nursery
Weight Watchers
Marvellous Mums
U3A Country Dancing
U3A Line Dancing
MTM Youth Services
The Cup O-T
Nidas
North Breckland Youth For Christ
U3A Ukulele Club
Viking Training Solutions
and various individual users.

We work in partnership with many of these organisations in mutually promoting our objectives.
Our own projects deliver public benefit through active engagement with the community around us as summarised below:-

Well-come

Well-come is dedicated to supporting individuals with long-term health issues. Currently, we have 55 members who regularly attend, with an average of 16 participants per session. Our team consists of one staff member and eight volunteers, ensuring personalised support for each member as needed. We offer a diverse range of activities, including crafts, life-skills training, outings, and sharing lunch together. Additionally, our team provide befriending, connecting volunteers with members for further support if wanted. Volunteers also visit members at home or in the hospital to offer encouragement and support when appropriate.

We have adapted our services to provide 2 weekly group sessions and additional tailored support including 1-1 befriending. We are aware that there are very few services like this in the local area and that the level of need is high. As group sessions, we run regular activities and events to help people get socialising again whilst helping to reduce isolation, anxieties and fears. Sessions are held on Wednesdays and Fridays, each lasting two hours, with many members arriving early to use our food hub and staying late to seek specific support from our team. These group sessions are instrumental in promoting social integration, healthy relationships, and self-confidence while providing opportunities to develop new life skills and creativity.

Our volunteers play a crucial role in leading and assisting with group sessions, which include facilitating discussions, activities, and member support. We recently welcomed a new volunteer, a qualified counsellor, whose expertise has introduced new crafting activities and strengthened relationship building, particularly benefiting our female members.

We are proactively strengthening our partnerships with local healthcare professionals. Specifically, we've established collaborations with our local NHS health improvement practitioner and three social prescribers. They regularly participate in our gatherings, introduce their peers, and frequently refer clients to us. Our Development Worker is implementing a more personalised programme, with each member having 1-1 befriending and opportunities to upskill. We are encouraged to have seen at least 4 members move on to employed work specifically enabled by the support our team have
given. We have already seen particular success with those volunteering at some of our other projects, particularly improvements in their confidence, sense of worth, socialising and positive outlook.

Illuminate

The Illuminate Youth group welcomes 18-20 young people each week, with 25=8 on the books. We have helped the young people through personal challenges such as stress, bullying, mental health, peer pressure on an informal mentoring level. During the year, we were able to take 9 young people to residential event and 8 to a summer camping residential. The group continues to grow and we welcome more young people as the group develops.
Mid Norfolk Foodbank

During the year our Centre has continued to open twice a week for the Distribution Centre for Mid Norfolk Foodbank, helping local people in financial crisis by providing food parcels. Dereham Foodbank fed 408 people in its first year - in 2023 that figure reached 3,350, with 1,433 of those being children. The network as a whole fed 5,660 people in 2023. Almost 30 tonnes of food and toiletries was given out through Dereham Foodbank, all donated by local churches, schools, businesses, community groups and the general public via our collection cages in local supermarkets around the town and villages.

CAP Money

Between July 23 and June 24, Dereham Debt Centre saw 14 new clients/households and supported a total of 28 clients. Of these clients, 2 became debt-free through CAP; 6 received advice from CAP and chose to manage their finances independently; 10 are still actively working with CAP, either progressing with their plan or working towards the advice stage. The remaining 10 did not reach the advice stage for various reasons.

The CAP Money Course underwent a complete content and material refresh and was re-launched in July 2023. Since the relaunch, 3 group courses have been conducted, with the largest group having 10 attendees. Additionally, 2 new coaches joined the team in the past year.

Elevate

Elevate continues to work with CFS/ME sufferers and continues to grow; particularly due to now supporting sufferers of long covid. Creative communication avenues remain central to how the project operates as health issues often restrict service users from meeting in conventional group face to face settings. Over the last year Elevate has connected with over 100 people with ME/CFS and their carers through a combination of monthly meet-ups, Zoom meetings, access to the online group chat, or house visits.
This all continues to maintain a growing supportive relational network, providing pathways out of isolation, improving quality of life and in some cases assisting with some degree of recovery. The website provides signposting to thousands of visitors.

Little Lambs

The Little Lambs group develops key skills in babies and toddlers as well as emotional support for their parents and carers. Little Lambs provides an opportunity to support families develop through stimulating

play and social interaction. Each weekly session includes free healthy snacks and activities where children can develop their sensory skills, balance, creativity and social skills. In April, we launched Little Lambs Library with the dual purpose of encouraging stronger bonds between parents and toddlers while also nurturing children's language and visual skills. The same month also saw the launch of our Green Space 'grow your own veg' teaching sessions where the children and adults learnt to grow peas and sweetcorn; encouraging healthy diets, closeness to nature and activities which helps improve mental health and sense of purpose. We see and average of 20-25 parents and 20-25 children attend each session.

Accommodate

We were able to furnish the property purchased last year, and were able to house our first tenant. Devastatingly, a month after this took place, we had the terrible news that the house burned down. We are very thankful that no one was hurt, and the tenant has been rehoused and receives ongoing support. In the coming months, the house will undergo restoration work, and once this is complete, we will identify suitable tenants to support.

Food Cabin

Food Cabin provides affordable food items and toiletries on a membership basis. It is part of the Nourishing Norfolk Network in partnership with Norfolk Community Foundation, and works to ensure communities have access to affordable, healthy food. As a way of supporting those "Just About Managing", and as the cost-of-living crisis continues, our food hub operates to provide discounted food and toiletries, as well as signpost our members to other services to help their financial, emotional and mental wellbeing. We have developed a pool of suppliers who help to stock the hub; including Nourishing Norfolk Distribution hub, Freshways Dairy, Havensfield eggs, Taste of Suffolk, Bookers Norwich, and CC Wells.

By partnering with local business, we are able to help our community by providing highly discounted groceries and giving away free items. Each discounted item enables households' budgets to go further, allowing those we support more finances for energy and utilities. The wrap-around service starts with discounted food, but through relational development, continues to personalise support including sign-posting to other services. In May 2024, we were awarded 'The Food Hub Building Pathways for Help' at the Nourishing Norfolk Network Awards evening. This was in response to the
wrap-around service we offer to our members, and is a product of the hard work of all of our team, including the work of our volunteers.

The food hub is open three days per week, and after a period of testing which days were most effective for the community and our team, we identified Tuesdays (term time), Wednesdays and Thursdays as the optimum times to open. We currently have over 200 households signed up to the service; representing more than 500 individuals. Many of these individuals are overwhelmed with the support given through the project.

Performance review and partnership working

We have continued to implement the increased monitoring procedures and reclarified aims and objectives of each of our projects. The procedure also proved particularly useful in researching potential new projects within the year. Using SMART objectives and measuring tools, we are able to track more clearly the progress of reaching achievements and objectives in each project.

In developing our community programs, we are pleased to continue our working partnership with Breckland District Council and Norfolk County Council Children's Services Department. We work closely with churches in the Dereham area in promoting faith-based initiatives and social outreach and Wellspring Family Centre is now recognised within the local community as a strong participant in providing facilities and care for the town and its citizens. We could not have achieved what we have without the added support from sponsors and donors alike and our thanks are expressed to the following organisations: -

Mrs Smith & Mount Trust
Norfolk Community Foundation – Love Norfolk Fund 2023
Norwich Freemen's Charity
Norfolk Community Foundation – Literacy Pilot
Norfolk Community Foundation – Household Support Fund
CDS Action Charitable Trust
Norfolk Community Foundation – Four Seasons
The Martin Laing Foundation
Norfolk Community Foundation – Nourishing Norfolk Fund

Geoffrey Watling Foundation
RC Snelling Charitable Trust
Cash For Kids Emergency Appeal
Sainsbury's Helping Everyone Eat Better Community Grant
Co-op Local Community Fund
Giving Days
Norfolk Community Foundation – Nourishing Norfolk Volunteer Fund
Awards For All
Norfolk Community Foundation – Greening Our Communities
Garfield Weston
Mills and Reeve Charitable Trust
Albert Hunt Trust
The Pennycress Trust
The Laura Elizabeth Stuart Memorial Trust
Aquarius Charitable Foundation

Statement of Directors' Responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:-

a) select suitable accounting policies and then apply them consistently;
b) make judgements and estimates that are reasonable and prudent;
c) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Directors are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors are also responsible for the contents of the Directors' report, and the responsibility of the independent examiner in relation to the Directors' report is limited to examining the report and ensuring that on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the year ended 30th June 2024 and confirm that I have made available all information necessary for its preparation.

Approved by the Directors on the ..... 15th October 2024

Signed on their behalf by Director .....

Printed Name: Mr Peter Collinson

WELLSPRING FAMILY CENTRE
(Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2024.

RESPONSIBILITIES AND BASIS OF REPORT

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

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

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Signed :

Date: 16.10.24

K Gomes FCIE MAAT
Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2024

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
INCOME					
Donations & Legacies	**3a**	-	101,832	101,832	76,115
Investment Income	**3b**	494	-	494	569
Activities for Generating Funds	**3c**	39,736	-	39,736	73,459
Charitable Activities	**3d**	29,207	32	29,239	15,659
TOTAL INCOME		**69,437**	**101,864**	**171,301**	**165,802**
EXPENDITURE					
Cost of Charitable Activities	**4a**	39,749	118,098	157,847	126,120
Governance Costs	**4b**	34	1,380	1,414	1,333
TOTAL EXPENDITURE		**39,783**	**119,478**	**159,261**	**127,453**
NET INCOME/(EXPENDTURE)		**29,654**	**(17,614)**	**12,040**	**38,349**
Total Funds Brought Forward		64,388	71,487	135,875	97,526
TOTAL FUNDS CARRIED FORWARDS		**94,042**	**53,873**	**147,915**	**135,875**

Movements on all reserves and all recognised gains and losses are shown above.

The notes on pages 13 to 20 form part of these financial statements.

WELLSPRING FAMILY CENTRE
(Company Limited by Guarantee)

BALANCE SHEET
AS AT 31ST JUNE 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 30-Jun-24** £	**Total 30-Jun-23** £
Fixed Assets					
Tangible Assets	**2**		24,616	24,616	32,822
Current Assets					
Debtors & Prepayments	**8**				
Cash at Bank and in Hand	**7**	95,422	29,257	124,679	104,373
Total Current Assets		**95,422**	**29,257**	**124,679**	**104,373**
Creditors: amounts falling due within one year	**9**	1,380		1,380	1,320
NET CURRENT ASSETS		94,042	29,257	123,299	103,053
TOTAL ASSETS less current liabilities		**94,042**	**53,873**	**147,915**	**135,875**
Creditors: amounts falling due in more than one year	**10**				
NET ASSETS		**94,042**	**53,873**	**147,915**	**135,875**
Funds of the Charity:					
General Funds	**5b**	43,837		43,837	38,344
Designated	**5a**	50,205		50,205	26,044
Restricted Funds	**6**		53,873	53,873	71,487
TOTAL FUNDS		**94,042**	**53,873**	**147,915**	**135,875**

For the financial year ending 30 June 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' Responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Directors on the ... 15th October 2024

Signed on their behalf by Director .....

Printed Name: Mr Peter Collinson

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2024

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Cash Flow Statement
The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

There has been no change to the accounting policies (Valuation rules and methods of accounting) since last year.

Legal Status of the Charity
The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

1. ACCOUNTING POLICIES (Continued)

Incoming Resources (continued)

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income
This is included in the accounts when receivable.

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Pensions
The charity operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

Operating Leases
Rental charges payable under operating leases are charged on a straight line basis over the terms of the lease.

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

Assets

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Tangible Fixed Assets
Tangible fixed assets for use by the charity are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt.
Depreciation is calculated at a rate to write off the cost of tangible fixed assets on a reducing balance over their estimated useful lives. The rates applied per annum are as follows:

Fixtures & Fittings	20%

2. TANGIBLE FIXED ASSETS		Fixtures & Fittings	**TOTAL 2023/24**
Cost	01-Jul-23	41,028	41,028
Additions		-	-
Cost at	30-Jun-24	41,028	41,028
Depreciation	01-Jul-23	8,206	8,206
Charge		8,206	8,206
Depreciation at	30-Jun-24	16,412	16,412
Net Book Value	**30-Jun-24**	**24,616**	**24,616**
Net Book Value	30-Jun-23	32,822	32,822

The annual commitments under non-cancelling operating leases and capital commitments are as follows:
30th June 2023 : None , 30th June 2022 : None

3. INCOME

a) Donations & Legacies	Unrestricted Funds £	Restricted Funds £	**TOTAL 2023/24** £	**TOTAL 2022/23** £
Gifts & Grants	-	101,832	101,832	76,115
	-	**101,832**	**101,832**	**76,115**
b) Investment Income				
Bank Interest	494	-	494	569
	494	**-**	**494**	**569**
c) Activities for Generating Funds				
Premises Hire	18,317	-	18,317	21,779
Snack Bar	973	-	973	1,596
Food Cabin	20,446	-	20,446	50,084
	39,736	**-**	**39,736**	**73,459**
d) Charitable Activities				
Activities & Events	3,422	-	3,422	4,618
Contributions from Other Charities	-	-	-	11,018
Other Income	25,785	32	25,817	23
	29,207	**32**	**29,239**	**15,659**
TOTAL INCOME	**69,437**	**101,864**	**171,301**	**165,802**

4. EXPENDITURE

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
a) Cost of Charitable Activities					
Activities & Events		1,305	2,317	3,622	8,897
Advertising & Publicity		69	267	336	452
Bank Charges		392	-	392	-
Food Cabin stock		1,669	13,828	15,497	5,381
Cleaning Costs		-	721	721	696
Depreciation		-	8,206	8,206	8,206
Fundraising Costs		15,779	-	15,779	10,692
Furniture & Equipment Costs		-	-	-	430
Insurance Costs		1,003	350	1,353	1,483
Payroll Services		-	614	614	416
Premises Hire		-	3,000	3,000	779
Printing, Postage & Stationery		200	1,712	1,912	1,554
Professional Services		4,622	23,815	28,437	28,509
Repairs & Maintenance		1,352	6,907	8,259	4,987
Staff Costs		13,323	42,268	55,590	47,715
Training Costs		-	569	569	210
Travel & Subsistence		36	122	158	238
Utility Costs		-	2,851	2,851	5,475
Goods Donated		-	10,550	10,550	-
		39,749	**118,098**	**157,847**	**126,120**
b) Governance Costs					
Independent Examiner's Fee		-	1,380	1,380	1,320
Filing Fees		34	-	34	13
		34	**1,380**	**1,414**	**1,333**
TOTAL EXPENDITURE		**39,783**	**119,478**	**159,261**	**127,453**

5a. DESIGNATED FUNDS	Total 01-Jul-23 £	Income £	Expenditure £	Transfers £	Total 30-Jun-24 £
Interest & incidentals	591	-	-	-	591
Destiny Quest	123	-	-	-	123
Well-Come	3,072	4,987	5,094	-	2,965
Illuminate	9,627	21,656	11,466	-	19,817
Elevate	47	-	-	-	47
NewDay	757	3,421	3,188	-	990
Youth Weekend Away	1,463	-	1,463	-	-
Little Lambs	97	88	-	-	184
Food Cabin	10,266	20,503	5,282	-	25,487
	26,044	**50,655**	**26,493**	**-**	**50,205**

5b. UNRESTRICTED	01-Jul-23 £	Income £	Expenditure £	Transfers £	30-Jun-24 £
General Funds	**38,344**	**18,783**	**13,290**	**-**	**43,837**

6. RESTRICTED FUNDS

CURRENT YEAR	**Total 01-Jul-23** £	Income £	Expenditure £	Transfers £	**Total 30-Jun-24** £
Elevate Fund	287	-	287	-	-
Family Centre Funds	16,887	41,425	47,351	-	10,961
Illuminate Fund	-	32	32	-	-
Well-Come Fund	11,473	10,000	20,517	-	956
Little Lambs	500	10,429	6,982	-	3,947
Accommodate	917	-	216	-	701
Food Cabin	8,601	39,978	35,887	-	12,692
Restricted Asset Purchases fund	32,822	-	8,206	-	24,616
TOTAL	**71,487**	**101,864**	**119,478**	**-**	**53,873**
TOTAL FUNDS MOVEMENT 2024	**135,875**	**171,301**	**159,261**	**-**	**147,915**

RESTRICTED PRIOR YEAR	**Total 01-Jul-22** £	Income £	Expenditure £	Transfers £	**Total 30-Jun-23** £
Elevate Fund	287	-	-	-	287
Family Centre Funds	42,121	34,849	60,083	-	16,887
Illuminate Fund	4,407	-	4,407	-	-
Well-Come Fund	10,889	40,766	40,182	-	11,473
Little Lambs	-	500		-	500
Accommodate	1,000	-	83	-	917
Food Cabin	-	44,775	36,174	-	8,601
Restricted Asset Purchases fund	-	41,028	8,206	-	32,822
TOTAL	**58,705**	**161,918**	**149,135**	**-**	**71,487**

Elevate Fund - A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk.

Illuminate - A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Well-come Fund - A thrice-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS mental health team.

Accommodate - Accommodating and supporting people facing or in danger of homelessness in the Dereham area on their road to restoration

Little Lambs - Befriending and supporting parents, grandparents and carers of babies and toddlers, and provide a safe, secure environment for children to learn and play.'

The Restricted funds are wholly represented by the Charity's cash reserves.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-24** £	**Total 30-Jun-23** £
Cash at Bank and in Hand	95,422	29,257	124,679	104,373
	95,422	**29,257**	**124,679**	**104,373**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-24** £	**Total 30-Jun-23** £
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-24** £	**Total 30-Jun-23** £
Independent Examiner's Fee	1,380	-	1,380	1,320
	1,380	**-**	**1,380**	**1,320**

10. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The Charity held no long term labilities during this or the previous financial period.

11. ANALYSIS OF NET ASSETS BY FUND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-24** £	**Total 30-Jun-23** £
Fixed Assets	-	24,616	24,616	32,822
Net Current Assets	94,042	29,257	123,299	83,013
	94,042	**53,873**	**147,915**	**115,835**

12. RECONCILIATION OF MOVEMENT ON CAPITAL AND RESERVES

The Company is Limited by Guarantee (05154582) and is a Charity registered with the Charity Commission (1105643) and does not have a Share capital and has no income subject to Corporation Tax.

	2023/24 £	2022/23 £
Surplus / Deficit for the financial year	(20,782)	38,349
Net fixed asset additions	32,822	-
Other Recognised Gains	-	-
	12,040	**38,349**
Balance Brought Forward	135,875	97,526
Closing Funds at 30th June 2023	**147,915**	**135,875**

13. STAFF COSTS AND NUMBERS

	TOTAL 2023/24 £	TOTAL 2022/23 £
Gross Wages and Salaries	51,459	44,384
Employer's National Insurance Costs	-	-
Pension Contributions	4,131	3,332
	55,590	**47,715**

The Charity operates a PAYE Scheme to pay all employed members of Staff.

Employees who were engaged in each of the following activities:

	TOTAL 2023/24	TOTAL 2022/23
Charitable Activities	4	4
	4	**4**

No employees received emoluments in the range of £50,000 to £60,000 (2022/23:None)

14. DIRECTORS AND OTHER RELATED PARTIES

Wellspring Family Centre is closely associated with Wellspring Family Church; two directors of Wellspring Family Centre are also directors of Wellspring Family Church, including one who is the pastor of the Church. During the year, there have been transactions between the two charities: the Church has been contributing to a worker for Illuminate, and the Centre has been paying the Church for a development worker. The Centre has also made a payment to the Church for room hire.

Other than the above, no payments were made to Directors or any persons connected with them during this financial period, other than reimbursement for items bought on behalf of the charity. No material transaction took place between the charity and a Director or any person connected with them.

15. RISK ASSESSMENT

The Directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

17. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Report of the Directors. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

WELLSPRING FAMILY CENTRE

England & Wales - Charity number 1105643

Accounts

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2023

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CHARITY REGISTRATION No: 1105643

COMPANY REGISTRATION No: 05154582

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 9	Directors' Annual Report
Page 10	Independent Examiners Report to the Directors/Trustees
Page 11	Statement of Financial Activities
Page 12	Balance Sheet
Pages 13 to 20	Notes to the Financial Statements

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NUMBER	1105643
REGISTERED COMPANY NUMBER	05154582
DATE OF INCORPORATION	15th June 2004
START OF FINANCIAL YEAR	1st July 2022
END OF FINANCIAL YEAR	30th June 2023
DIRECTORS AT 30TH JUNE 2023	Jonathan Beardon (Chair) Harry Grigg Sheila Barber Daniel Andrew Johnson Melanie McEvansoneya Company Secretary and Treasurer – Toby Rouse

The existing trustees appoint any new trustees following the provisions laid out in the organisation's governing instrument.

LEGAL STATUS	Company Limited By Guarantee
GOVERNING INSTRUMENT	Memorandum and Articles Of Association Incorporated 15th June 2004.

OBJECTS

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by way of limitation) through the provision of such material assistance, advice and advocacy, and training for those persons in need of such assistance, in Dereham, Norfolk and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called "the trustees") may from time to time think fit. **B.** To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

REGISTERED OFFICE	35 Neatherd Road Dereham Norfolk NR19 2AE
PRIMARY BANKERS	NatWest Bank Plc 32 Market Place East Dereham Norfolk NR19 2AR
INDEPENDENT EXAMINER	K Gomes Independent Examiners Ltd Unit 2 The Broadfields Business Centre Delling Lane Bosham PO18 8NF

WELLSPRING FAMILY CENTRE
(A Company Limited by Guarantee.)

Report of the trustees/directors for the year ended 30 June 2023

Structure, governance, and management

Wellspring Family Centre is constituted as a charitable company limited by guarantee registered with the Charity Commission in August 2004 under charity number 1105643 and with Companies House in June 2004 under company registration number 5154582. It is governed by a Memorandum and Articles of Association, last updated in June 2004.

Organisational Structure

The trustees/ directors are responsible for the general control and management of the charity/company. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to staffing the Centre and the activities provided. Day to day control of the individual activities is delegated to staff or a named volunteer as appropriate.

Recruitment and appointment of trustees/directors

New trustees / directors are recruited from membership of Wellspring Family Church, after demonstrating commitment to the charitable works of the Centre and competency and appropriate skills to fulfil the role of trustee/director. The decision to recruit new trustees lies with the trustee body in consultation with the pastoral leadership of the Church.

Induction and Training of trustees / directors

Following appointment, new trustees are given copies of the Memorandum and Articles of Association and a list of the policies and procedures adopted by the Centre. Trustees are also made aware of the Charity Commission's publications on trustee's responsibilities.

Risk Management

The trustees have assessed the risks to the charity and produced risk assessments following good practice guidelines. The trustees review these risk assessments regularly through the trustees' meetings. At present no significant risks have been identified which give cause for concern. To mitigate risks, staff and volunteers are trained to the required level of competence and during the year safeguarding training has been provided.

Training Provided

The Trustees recognise the importance of training staff and volunteers to maintain and enhance the highest standards of service to our users. We recognise that investing in the people who work with us indicates the value we place in them and on the service that they give to our service users.

We ask our team leaders and their teams to let us know what training needs they have identified as well as recommending training to them. Over the course of the year, several of our team members undertook food hygiene courses, our youth worker completed a First Aid course, and our Operations Manager completed a course in Banking and Finance Accounting Statements Financial Analysis.

Objectives and Activities

The objects of the charity are set out in the charity's Memorandum and Articles of Association and are summarised as follows

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by the way of limitation) through the provision of such assistance in Dereham, Norfolk, and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called 'the trustees') may from time to time think fit.

B. To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage, and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

C. To promote charitable purposes for the benefit of the public in the following ways:

- The preservation and protection of health
- The provision of training with the object of relieving unemployment in the said location and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

Activities and Achievements

Overview of Activities for the year
This year we have celebrated 19 years of operation as the charity continues in its work to meet local need in diverse ways. We continue to take advantage of the resource that our Centre offers as well as using the skills and enthusiasm of our team of volunteers to meet people and meet need.

During the year, and in the face of the challenges following the global pandemic, we have maintained our facilities and sustained the ongoing running of our existing outreach projects as well as exploring how we can adapt our services to address needs thrown up by the pandemic. The thrust of our programmes continues to be centred on social action to support those with Chronic Health Problems and supporting the wide range of community groups who use our facilities.

Developing our Facilities
We have installed a solar panel and battery system on our premises. This has had the dual purpose of to safeguarding against rising energy bills and ensuring environmentally responsible operations.

Mid Norfolk Foodbank
The Centre hosts a Distribution Centre for the Mid Norfolk Foodbank, providing emergency food to local people in financial crisis. This is a joint initiative involving many of the local churches in and around Dereham, Fakenham and Swaffham with volunteers drawn from many local churches and the community.

CAP Money
For several years now, we have been offering the nationally acclaimed free CAP Money Course. This course helps people better manage their finances and we run it from time to time when there is demand for it. We partner with other agencies in the district in the running of a locally based CAP Debt Centre. This Centre offers a free debt advice service to people in difficulty.

Well-come
A three times weekly support group for those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS health professionals. Often, new members are accompanied on a first visit to try the group out and then after a couple of visits grow in confidence to come along.

Elevate
A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk. We provide monthly meetings at WFC, social networking. We hope to resume occasional outings and home visits for the severely affected when it is safe to do so. The group aims to reduce isolation, improve quality of life, and help to either start or accelerate a recovery process by providing social events and networking; information on good illness/lifestyle management techniques; sign-posting to statutory and other services; encouragement/inspiration to engage in various forms of occupational therapy by providing optional creative and recreational activities.

Illuminate
A weekly in term-time youth group for 10-19 year-olds, providing a safe and fun place to meet up.

Little Lambs
Little Lambs meets weekly and befriends and supports parents, grandparents, and carers of babies and toddlers, and provides a safe, secure environment for children to learn and play.

Accommodate
Accommodate is a supported housing project for vulnerable people, delivered in partnership with the Hope In Action charity.

Food Cabin
New to 2022, Food Cabin provides affordable food items and toiletries on a membership basis, and signposts to other areas of support.

All our projects have benefited from the hours of volunteer service provided by the teams working in them. The Trustees are very grateful to each and every one of them.

How our activities deliver public benefit:-
The charity carries out a wide range of activities in pursuance of its charitable aims. In promoting and through personal involvement in these activities, the trustees are complying with their duty to have due regard to the guidance on public benefit published by the Charity Commission and that these activities, summarised below, provide benefit both to those who attend services delivered at the Centre and to the wider community of Dereham.

Community Outreach
Our hall and meeting rooms are available for use by local groups and organisations. As well as our own projects we have been pleased to welcome other users including:
Norfolk Children's Services,
Suffolk Children's Services,
Guides
Dereham Rangers
Rainbows
Little Footsteps Nursery
Weight Watchers
Marvellous Mums
U3A Country Dancing
U3A Line Dancing
MTM Youth Services
NHS Queen Elizabeth Hospital
The Cup O-T
and various individual users.

We work in partnership with many of these organisations in mutually promoting our objectives.
Our own projects deliver public benefit through active engagement with the community around us as summarised below:-

Well-come
Well-come exists to support sufferers of long-term health issues. We currently have 55 members attending on a regular basis, with an average 14 at each session. Well-come is staffed by a team of 1 staff member and 8 volunteers allowing one to one contact with each member as necessary. We provide a varied programme of activities ranging from craft activities, life-skills training in cooking and IT, outings and enjoying meals together. We offer a befriending service to clients, linking volunteers with individual clients for informal social contact. Volunteers have also visited members at home or hospital where appropriate to encourage and support them.

We run three weekly sessions and have a dedicated worker to support volunteers and members. We are aware that there are very few services like this in the local area and that the level of need is high, though many potential beneficiaries find accessing the group a big emotional hurdle and need a lot of support coming in the first time. Liaising with partners such as NHS staff will also be an important part of the new role, promoting and increasing awareness of our services which will in turn lead to more referrals.

Illuminate
The Illuminate Youth group welcomes 15 young people, each week with 20 on the books. We have helped the young people through personal challenges such as stress, bullying, mental health, peer pressure on an informal mentoring level. The group continues to grow and we welcome more young people as the group develops.

Mid Norfolk Foodbank
During the year our Centre has continued to open twice a week to host the Dereham Distribution Centre for Mid Norfolk Foodbank, providing emergency food parcels to local people in financial crisis. Manned by a body of over 40 volunteers from a number of local churches the Foodbank gave out food to 5,330 local people last year directly. Foodbank also supports the Community Fridge run by Love Dereham but donations have been significantly affected by economic factors, so amounts are now agreed on a week-by-week basis dependent on stock levels. The Energy bank has also been of significant help to the community. Mid Norfolk Foodbank received 3 pots of grant money to facilitate this and has been able to provide E-vouchers towards the cost of gas and electricity amounting to £6,800. An average voucher is valued at £50 so roughly 136 householders have received help with their domestic fuel costs.

CAP Money
CAP Money Management is a three-session course aimed at helping people manage their finances better. During the year 4 short 1:1 sessions were run for whom the full debt service was not appropriate.

In terms of the Debt Centre, the new Community Links Co-ordinator began her role at the end of March and has worked raising the profile of the service in and around Dereham. Between July 22 and June 23, the Det Centre saw 21 new referrals and 4 households be declared debt free.

Elevate
Over the last year Elevate has connected with over 100 people with ME/CFS and their carers from across Norfolk through a combination of meetings at Wellspring Family Centre, outdoor meetings, Zoom meetings, Facebook group contact, a newsletter, and a few visits. The meetings at WFC have had smaller attendance since the pandemic but we have had 8 new people attending over the last 12 months. The Elevate Facebook group has grown to 282 members and has been the most frequent point of contact with people asking questions, befriending, and providing mutual support. Facebook reports are reaching between 60 - 130

people in the group. We have visited 3 individuals who are housebound, and corresponded with more and Zoom meetings have also been helpful for them as well. The website provides signposting and has had 1156 users from within the UK over the last year.

This all continues to maintain a growing supportive relational network, providing pathways out of isolation, improving quality of life. In some cases, Elevate has assisted with some degree of recovery of health through good management of the illness and signposting to other sources of help.

Little Lambs
The Little Lambs group develops key skills in babies and toddlers as well as emotional support for their parents and carers. Little Lambs provides an opportunity to support families develop through stimulating play and social interaction. Each weekly session includes free healthy snacks and activities where children can develop their sensory skills, balance, creativity and social skills. Our average attendance over the last month was 24 children and 19 adults. We have 32 adults and 37 children regularly accessing the service.

Accommodate
Thus far we have set up a trust made up number of investors, purchased a property, recruited, and trained a group of befrienders. The next step will be to secure and support the first pair of tenants.

Food Cabin
Launched in November 2022, Food Cabin provides affordable food items and toiletries on a membership basis. Food Cabin is part of the Nourishing Norfolk Network in partnership with Norfolk Community Foundation, and works to ensure communities have access to affordable, healthy food. As a way of supporting those "Just About Managing", and as the cost-of-living crisis continues, our food hub operates to provide discounted food and toiletries, as well as signpost our members to other services to help their financial, emotional and mental wellbeing. We have been encouraged to see Food Cabin integrate with our other projects; opening on the same day as Little Lambs so that parents and carers are able to get groceries as well as attend the group, and at the same time as Well-come so that members are both able to volunteer and build sense of worth, and obtain discounted foods to reduce stress caused by financial hardship. As of 30th June 2023, we have 141 households signed up as members, which represents 367 people the project is supporting.

Performance review and partnership working

We have continued to implement the increased monitoring procedures and reclarified aims and objectives of each of our projects. The procedure also proved particularly useful in researching potential new projects within the year. Using SMART objectives and measuring tools, we are able to track more clearly the progress of reaching achievements and objectives in each project.

In developing our community programs, we are pleased to continue our working partnership with Breckland District Council and Norfolk County Council Children's Services Department. We work closely with churches in the Dereham area in promoting faith-based initiatives and social outreach and Wellspring Family Centre is now recognised within the local community as a strong participant in providing facilities and care for the town and its citizens. We could not have achieved what we have without the added support from sponsors and donors alike and our thanks are expressed to the following organisations: -

Breckland Council Inspiring Communities 2022
Feeding Britain
The Fyrish Foundation
Norfolk Community Foundation – Nourishing Norfolk Network
Norfolk Community Foundation – Connecting Older People Fund
Woodroffe Benton Foundation
The Albert Hunt Trust
Norfolk Community Foundation – Love Norfolk Fund 2022

Norfolk Community Foundation – Household Support Fund
Norfolk Social Infrastructure Fund
Childwick Trust
Paul Bassham Charitable Trust
Anton Jurgens Charitable Trust
Norfolk Community Foundation – Lovewell Blake Fund
Charities Trust
The Edward Gostling Foundation
Dereham Town Council
The Foyle Foundation
Breckland Council Coronation Event
The Angela Gallagher Memorial fund
Souter Charitable Trust
The Pennycress Trust
The Laura Elizabeth Stuart Trust
The Mr and Mrs Philip Rackham Charitable Trust
The Big Give Trust
Simon Gibson Charitable Trust

Statement of Directors' Responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:-

a) select suitable accounting policies and then apply them consistently;
b) make judgements and estimates that are reasonable and prudent;
c) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Directors are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors are also responsible for the contents of the Directors' report, and the responsibility of the independent examiner in relation to the Directors' report is limited to examining the report and ensuring that on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the year ended 30th June 2023 and confirm that I have made available all information necessary for its preparation.

Approved by the Directors on the 9/10/2023

Signed on their behalf by Director .....
Printed Name: Mr Jonathan Beardon

WELLSPRING FAMILY CENTRE
(Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2023.

RESPONSIBILITIES AND BASIS OF REPORT

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

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

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Signed :

Date: 10.10.23

K Gomes MAAT FCIE
Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30TH JUNE 2023

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
INCOME					
Donations & Legacies	3a	-	76,115	76,115	86,285
Investment Income	3b	569	-	569	17
Activities for Generating Funds	3c	28,685	44,775	73,460	18,050
Charitable Activities	3d	15,659	-	15,659	2,683
TOTAL INCOME		**44,913**	**120,890**	**165,802**	**107,034**
EXPENDITURE					
Cost of Charitable Activities	4a	19,225	106,895	126,120	103,479
Governance Costs	4b	120	1,213	1,333	1,213
TOTAL EXPENDITURE		**19,345**	**108,108**	**127,453**	**104,692**
NET INCOME/(EXPENDTURE)		**25,567**	**12,782**	**38,349**	**2,342**
Total Funds Brought Forward		38,820	58,706	97,526	95,184
TOTAL FUNDS CARRIED FORWARDS		**64,387**	**71,488**	**135,875**	**97,526**

Movements on all reserves and all recognised gains and losses are shown above.

The notes on pages 13 to 20 form part of these financial statements.

WELLSPRING FAMILY CENTRE
(Company Limited by Guarantee)

BALANCE SHEET
AS AT 31ST JUNE 2023

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 30-Jun-23** £	**Total 30-Jun-22** £
Fixed Assets					
Tangible Assets	**2**	-	32,822	32,822	-
Current Assets					
Debtors & Prepayments	**8**	-	-	-	-
Cash at Bank and in Hand	**7**	65,707	38,666	104,373	98,726
Total Current Assets		**65,707**	**38,666**	**104,373**	**98,726**
Creditors: amounts falling due within one year	**9**	1,320	-	1,320	1,200
NET CURRENT ASSETS		64,387	38,666	103,053	97,526
TOTAL ASSETS less current liabilities		**64,387**	**71,488**	**135,875**	**97,526**
Creditors: amounts falling due in more than one year	**10**	-	-	-	-
NET ASSETS		**64,387**	**71,488**	**135,875**	**97,526**
Funds of the Charity:					
General Funds	**5b**	38,343	-	38,343	30,269
Designated	**5a**	26,044	-	26,044	8,551
Restricted Funds	**6**	-	71,488	71,488	58,706
TOTAL FUNDS		**64,387**	**71,488**	**135,875**	**97,526**

For the financial year ending 30 June 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' Responsibilities:
- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Directors on the 9/10/2023

Signed on their behalf by Director .....

Printed Name: Mr Jonathan Beardon

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Cash Flow Statement
The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

There has been no change to the accounting policies (Valuation rules and methods of accounting) since last year.

Legal Status of the Charity
The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

1. ACCOUNTING POLICIES (Continued)

Incoming Resources (continued)

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income
This is included in the accounts when receivable.

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Pensions
The charity operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

Operating Leases
Rental charges payable under operating leases are charged on a straight line basis over the terms of the lease.

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

Assets

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Tangible Fixed Assets
Tangible fixed assets for use by the charity are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt.
Depreciation is calculated at a rate to write off the cost of tangible fixed assets on a reducing balance over their estimated useful lives. The rates applied per annum are as follows:

Fixtures & Fittings	20%

2. TANGIBLE FIXED ASSETS

		Fixtures & Fittings	TOTAL 2022/23
Cost	01-Feb-22	-	-
Additions		41,028	41,028
Cost at	30-Jun-23	41,028	41,028
Depreciation	01-Feb-22	-	-
Charge		8,206	8,206
Depreciation at	30-Jun-23	8,206	8,206
Net Book Value	**30-Jun-23**	**32,822**	**32,822**
Net Book Value	30-Jun-22	-	-

The annual commitments under non-cancelling operating leases and capital commitments are as follows:
30th June 2022 : None , 30th June 2021 : None

3. INCOME

a) Donations & Legacies	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
Gifts & Grants	-	76,115	76,115	86,285
	-	**76,115**	**76,115**	**86,285**
b) Investment Income				
Bank Interest	569	-	569	17
	569	**-**	**569**	**17**
c) Activities for Generating Funds				
Premises Hire	21,780	-	21,780	16,166
Snack Bar	1,596	-	1,596	1,884
Food Cabin	5,309	44,775	50,084	-
	28,685	**44,775**	**73,460**	**18,050**
d) Charitable Activities				
Activities & Events	4,618	-	4,618	1,136
Contributions from Other Charities	11,018	-	11,018	-
Other Income	23	-	23	1,547
	15,659	**-**	**15,659**	**2,683**
TOTAL INCOME	**44,913**	**120,890**	**165,802**	**107,035**

4. EXPENDITURE

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
a) Cost of Charitable Activities					
Activities & Events		5503	3,394	8,897	7,584
Advertising & Publicity		-	452	452	432
Food Cabin stock			5,381	5,381	-
Cleaning Costs		-	696	696	832
Depreciation		-	8,206	8,206	-
Fundraising Costs		10692	-	10,692	9,504
Furniture & Equipment Costs		-	430	430	1,279
Insurance Costs		-	1,483	1,483	1,091
Payroll Services		-	416	416	876
Premises Hire		46	733	779	3,063
Printing, Postage & Stationery		-	1,554	1,554	2,565
Professional Services		384	28,125	28,509	25,294
Repairs & Maintenance		2600	2,387	4,987	4,249
Staff Costs		-	47,715	47,715	40,468
Training Costs		-	210	210	944
Travel & Subsistence		-	238	238	352
Utility Costs		-	5,475	5,475	4,948
		19,225	**106,895**	**126,120**	**103,479**
b) Governance Costs					
Independent Examiner's Fee		120	1,200	1,320	1,200
Filing Fees		-	13	13	13
		120	**1,213**	**1,333**	**1,213**
TOTAL EXPENDITURE		**19,345**	**108,108**	**127,453**	**104,692**

5a. DESIGNATED FUNDS	**Total 01-Jul-22** £	Income £	Expenditure £	Transfers £	**Total 30-Jun-23** £
Interest & incidentals	5	586	-		591
Destiny Quest	123	-	-		123
Well-Come	1,853	1,988	768		3,072
Illuminate	4,774	10,353	5,500		9,627
Elevate	47	-	-		47
NewDay	1,416	2,398	3,058		757
Youth Weekend Away	323	2,340	1,200		1,463
Little Lambs	10	87	-		97
Food Cabin	-	10,649	383		10,266
	8,552	**28,401**	**10,909**	**-**	**26,044**

5b. UNRESTRICTED	**01-Jul-22** £	Income £	Expenditure £	Transfers £	**30-Jun-23** £
Room Hire	**31,451**	**47,271**	**39,060**	**-**	**39,663**

6. RESTRICTED FUNDS

CURRENT YEAR	Total 01-Jul-22 £	Income £	Expenditure £	Transfers £	Total 30-Jun-23 £
Elevate Fund	287	-	-	-	287
Destiny Quest	0	-	-	-	0
Family Centre Funds	42,121	34,849	60,083	-	16,887
Illuminate Fund	4,407	-	4,407	-	- 0
Well-Come Fund	10,890	40,766	40,182	-	11,474
Little Lambs	-	500		-	500
Accommodate	1,000	-	83	-	917
Food Cabin	-	44,775	36,174	-	8,601
TOTAL	**58,706**	**120,890**	**140,929**	**-**	**38,666**
TOTAL FUNDS MOVEMENT 2023	**98,709**	**196,562**	**190,898**	**-**	**104,373**

RESTRICTED PRIOR YEAR	Total 01-Jul-21 £	Income £	Expenditure £	Transfers £	Total 30-Jun-22 £
Elevate Fund	287	-	-	-	287
Destiny Quest Fund	500	-	500	-	0
Family Centre Funds	56,372	38,786	51,491	-	42,121
Illuminate Fund	227	8,253	4,073	-	4,407
Well-Come Fund	11,853	37,500	38,464	-	10,889
Little Lambs	-	1,296	1,296		-
Accommodate	-	1,000	-		1,000
TOTAL	**69,239**	**86,835**	**95,824**	**-**	**58,705**

Elevate Fund - A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk.

Illuminate - A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Well-come Fund - A thrice-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS mental health team.

Accommodate - Accommodating and supporting people facing or in danger of homelessness in the Dereham area on their road to restoration

Destiny Quest Fund - Our children's work 'Destiny Quest' is a busy outreach amongst younger children. We run weekly during term-time for anything up to 25 children.

Little Lambs - Befriending and supporting parents, grandparents and carers of babies and toddlers, and provide a safe, secure environment for children to learn and play.'

The Restricted funds are wholly represented by the Charity's cash reserves.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Designated Fund £	Restricted Fund £	**Total 30-Jun-23** £	**Total 30-Jun-22** £
Cash at Bank and in Hand	39,663	26,044	38,666	104,373	98,726
	39,663	**26,044**	**38,666**	**104,373**	**98,726**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-23** £	**Total 30-Jun-22** £
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-23** £	**Total 30-Jun-22** £
Independent Examiner's Fee	1,320	-	1,320	1,200
	1,320	**-**	**1,320**	**1,200**

10. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The Charity held no long term labilities during this or the previous financial period.

11. ANALYSIS OF NET ASSETS BY FUND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-23** £	**Total 30-Jun-22** £
Fixed Assets	-	32,822	32,822	-
Net Current Assets	64,387	38,666	103,053	97,526
	64,387	**71,489**	**135,875**	**97,526**

12. RECONCILIATION OF MOVEMENT ON CAPITAL AND RESERVES

The Company is Limited by Guarantee (05154582) and is a Charity registered with the Charity Commission (1105643) and does not have a Share capital and has no income subject to Corporation Tax.

	2022/23 £	2021/22 £
Surplus / Deficit for the financial year	5,527	2,342
Net fixed asset additions	32,822	-
Other Recognised Gains	-	-
	38,349	**2,342**
Balance Brought Forward	97,526	95,184
Closing Funds at 30th June 2023	**135,875**	**97,526**

13. STAFF COSTS AND NUMBERS

	TOTAL 2022/23 £	TOTAL 2021/22 £
Gross Wages and Salaries	44,384	37,956
Employer's National Insurance Costs	-	-
Pension Contributions	3,332	2,512
	47,715	**40,468**

The Charity operates a PAYE Scheme to pay all employed members of Staff.

Employees who were engaged in each of the following activities:

	TOTAL 2022/23	TOTAL 2021/22
Charitable Activities	4	4
	4	**4**

No employees received emoluments in the range of £50,000 to £60,000 (2021/22:None)

14. DIRECTORS AND OTHER RELATED PARTIES

Wellspring Family Centre is closely associated with Wellspring Family Church; two directors of Wellspring Family Centre are also directors of Wellspring Family Church, including one who is the pastor of the Church. During the year, there have been transactions between the two charities: the Church has been contributing to a worker for Illuminate, and the Centre has been paying the Church for a development worker. The Centre has also made a payment to the Church for room hire.

Other than the above, no payments were made to Directors or any persons connected with them during this financial period, other than reimbursement for items bought on behalf of the charity. No material transaction took place between the charity and a Director or any person connected with them.

15. RISK ASSESSMENT

The Directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

17. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Report of the Directors. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

WELLSPRING FAMILY CENTRE

England & Wales - Charity number 1105643

Accounts

ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2022

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CHARITY REGISTRATION No: 1105643

COMPANY REGISTRATION No: 05154582

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 9	Directors' Annual Report
Page 10	Independent Examiners Report to the Directors/Trustees
Page 11	Statement of Financial Activities
Page 12	Balance Sheet
Pages 13 to 20	Notes to the Financial Statements

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NUMBER	1105643
REGISTERED COMPANY NUMBER	05154582
DATE OF INCORPORATION	15th June 2004
START OF FINANCIAL YEAR	1st July 2021
END OF FINANCIAL YEAR	30th June 2022
DIRECTORS AT 30TH JUNE 2021	Jonathan Beardon (Chair) Harry Grigg Kathryn Anne Smith - Resigned 8.5.22 Sheila Barber Daniel Andrew Johnson Melanie McEvansoneya Company Secretary and Treasurer – Toby Rouse

The existing trustees appoint any new trustees following the provisions laid out in the organisation's governing instrument.

LEGAL STATUS	Company Limited By Guarantee
GOVERNING INSTRUMENT	Memorandum and Articles Of Association Incorporated 15th June 2004.

OBJECTS

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by way of limitation) through the provision of such material assistance, advice and advocacy, and training for those persons in need of such assistance, in Dereham, Norfolk and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called "the trustees") may from time to time think fit. **B.** To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

REGISTERED OFFICE	35 Neatherd Road Dereham Norfolk NR19 2AE
PRIMARY BANKERS	NatWest Bank Plc 32 Market Place East Dereham Norfolk NR19 2AR
INDEPENDENT EXAMINER	K Gomes Independent Examiners Ltd Unit 2 The Broadfields Business Centre Delling Lane Bosham PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

DIRECTORS' ANNUAL REPORT
FOR THE YEAR ENDED 30TH JUNE 2022

Structure, governance and management

Wellspring Family Centre is constituted as a charitable company limited by guarantee registered with the Charity Commission in August 2004 under charity number 1105643 and with Companies House in June 2004 under company registration number 5154582. It is governed by a Memorandum and Articles of Association, last updated in June 2004.

Organisational Structure

The trustees/ directors are responsible for the general control and management of the charity/company. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to staffing the Centre and the activities provided. Day to day control of the individual activities is delegated to staff or a named volunteer as appropriate.

Recruitment and appointment of trustees/directors

New trustees / directors are recruited from membership of Wellspring Family Church, after demonstrating commitment to the charitable works of the Centre and competency and appropriate skills to fulfil the role of trustee/director. The decision to recruit new trustees lies with the Trustee body in consultation with the pastoral Eldership of the Church.

Induction and Training of trustees / directors

Following appointment, new trustees are given copies of the memorandum and articles of association and a list of the policies and procedures adopted by the Centre. Trustees are also made aware of the Charity Commissions publications on trustee's responsibilities.

Risk Management

The trustees have assessed the risks to the charity and produced risk assessments following good practice guidelines. The trustees review these risk assessments regularly through the trustees' meetings. At present no significant risks have been identified which give cause for concern. To mitigate risks, staff and volunteers are trained to the required level of competence and during the year safeguarding training has been provided.

Training Provided

The Trustees recognise the importance of training staff and volunteers to maintain and enhance the highest standards of service to our users. We recognise that investing in the people who work with us indicates the value we place in them and on the service that they give to our service users.

We ask our team leaders and their teams to let us know what training needs they have identified as well as recommending training to them. Four of the team members undertook a day first aid at work course.

Objectives and Activities

The objects of the charity are set out in the charity's memorandum and articles of association and are summarised as follows:

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by the way of limitation) through the provision of such assistance in Dereham, Norfolk, and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called 'the trustees') may from time to time think fit.

B. To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage, and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

C. To promote charitable purposes for the benefit of the public in the following ways:

- The preservation and protection of health
- The provision of training with the object of relieving unemployment in the said location and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

Activities and Achievements

Overview of Activities for the year

This year we have celebrated 18 years of operation as the charity continues in its work to meet local need in diverse ways. We continue to take advantage of the resource that our Centre offers as well as using the skills and enthusiasm of our team of volunteers to meet people and meet need.

During the year, and in the face of the challenges following the global pandemic, we have maintained our facilities and sustained the ongoing running of our existing outreach projects as well as exploring how we can adapt our services to address needs thrown up by the pandemic. The thrust of our programmes continues to be centred on social action to support those with Chronic Health Problems and supporting the wide range of community groups who use our facilities.

Developing our Facilities

Following a health a safety training course, we have now installed a defibrillator on the outside of our premises. This is for users of our various groups as well as nearby general public.

Mid Norfolk Foodbank

The Centre hosts a Distribution Centre for the Mid Norfolk Foodbank, providing emergency food to local people in financial crisis. This is a joint initiative involving many of the local churches in and around Dereham, Fakenham and Swaffham with volunteers drawn from many local churches and the community.

CAP Money

For several years now, we have been offering the nationally acclaimed free CAP Money Course. This course helps people better manage their finances and we run it from time to time when there is demand for it. We partner with other agencies in the district in the running of a locally based CAP Debt Centre. This Centre offers a free debt advice service to people in difficulty.

Activities and Achievements (continued)

Well-come

A three times weekly support group for those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS health professionals. Often, new members are accompanied on a first visit to try the group out and then after a couple of visits grow in confidence to come along.

Elevate

A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk. We provide monthly meetings at WFC, social networking. We hope to resume occasional outings and home visits for the severely affected when it is safe to do so. The group aims to reduce isolation, improve quality of life, and help to either start or accelerate a recovery process by providing: social events and networking; information on good illness/lifestyle management techniques; sign-posting to statutory and other services; encouragement/inspiration to engage in various forms of occupational therapy by providing optional creative and recreational activities.

Little Lambs

New to 2021, the group meets weekly and befriends and supports parents, grandparents, and carers of babies and toddlers, and provides a safe, secure environment for children to learn and play.

Illuminate

A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Accommodate

New to 2021, Accommodate is a supported housing project for vulnerable people, delivered in partnership with the Hope In Action charity.

All our projects have benefited from the hours of volunteer service provided by the teams working in them. The Trustees are very grateful to each and every one of them.

How our activities deliver public benefit:-

The charity carries out a wide range of activities in pursuance of its charitable aims. In promoting and through personal involvement in these activities, the trustees are complying with their duty to have due regard to the guidance on public benefit published by the Charity Commission and that these activities, summarised below, provide benefit both to those who attend services delivered at the Centre and to the wider community of Dereham.

Community Outreach

Our hall and meeting rooms are available for use by local groups and organisations. As well as our own projects we have been pleased to welcome other users including:

Norfolk Children's Services	Dereham Rangers	Marvellous Mums
Suffolk Children's Services	Rainbows	U3A Line Dancing
Guides	U3A Country Dancing	MTM Youth Services
Little Footsteps Nursery	Weight Watchers	and various individual users.

How our activities deliver public benefit (continued):-

We work in partnership with many of these organisations in mutually promoting our objectives.
Our own projects deliver public benefit through active engagement with the community around us as summarised below: -

Well-come

Well-come exists to support sufferers of long-term health issues. Following the subsequent mental health issues from the pandemic, as well as connecting with more NHS professionals, our membership base has substantially increased. We currently have 40 members attending on a regular basis, with an average 14 at each session. Well-come is staffed by a team of 2 staff members and 8 volunteers allowing one to one contact with each member as necessary. We provide a varied programme of activities ranging from craft activities, life-skills training in cooking and IT, outings and enjoying meals together. We offer a befriending service to clients, linking volunteers with individual clients for informal social contact. Volunteers have also visited members at home or hospital where appropriate to encourage and support them.

As a result of continued surge in referrals, we now run three weekly sessions and have a dedicated worker to support volunteers and members. We are aware that there are very few services like this in the local area and that the level of need is high, though many potential beneficiaries find accessing the group a big emotional hurdle and need a lot of support coming in the first time. Liaising with partners such as NHS staff will also be an important part of the new role, promoting and increasing awareness of our services which will in turn lead to more referrals. To increase effectiveness of the group, two of our staff members completed a RQF level 2 certificate in the principles of the Mental Health Worker, and the group continues to support its members on the road to recovery as part of an holistic support model.

Illuminate

The Illuminate Youth group welcomes 20-25 young people, each week with 30 on the books. We have helped the young people through personal challenges such as stress and peer pressure on an informal mentoring level. The group continues to grow and we welcome more young people as the group develops.

Mid Norfolk Foodbank

During the year our Centre has continued to open twice a week to host the Dereham Distribution Centre for Mid Norfolk Foodbank, providing emergency food parcels to local people in financial crisis. Manned by a body of volunteers from a number of local churches the Foodbank gave out food to over 4000 local people last year directly. Foodbank also supported a number of other organisations with food supplies so there is a 'hidden' number of people fed indirectly. Focusing now on the overall number of meals provided, this is estimated to be in the region of 50,000 for the last year across direct and indirect provision. This work has continued and is increasing as the cost of living crisis begins to hit more and more people.

CAP Money

CAP Money Management is a three-session course aimed at helping people manage their finances better. During the year four courses were run; two online and two in-person. These courses gave advice to seventeen local people

How our activities deliver public benefit (continued):-

Elevate

Over the last year Elevate has connected with over 100 people with ME/CFS and their carers from across Norfolk through a combination of outdoor meetings, Zoom meetings, Facebook group contact, a newsletter and a few visits. This is an estimate based on the Facebook group posts being read by about 60 people on average but probably not always the same people. Attendance at outdoor meetings and Zooms has been 4- 0 but not always the same people. The lingering effects of Covid-19 pandemic has caused extreme reluctance of group members to attend indoor meetings due to a genuine fear of Covid causing relapses of ME/CFS. However, recent growing interest in restarting the indoor meetings has meant we have scheduled this for the end of October onwards. The Elevate Facebook group has steadily grown to 265 members and has been the most frequent point of contact with people asking questions, befriending and providing mutual support. We have corresponded with and visited 5 individuals who are housebound and Zoom meetings have also been helpful for them as well. The website provides signposting and has had 1333 people visiting from within the UK over the last year with an average of 2 pages viewed per session. This is a 45% increase compared to the previous year.

This all continues to maintain a growing supportive relational network, providing pathways out of isolation, improving quality of life. In some cases, Elevate has assisted with some degree of recovery of health through good management of the illness and signposting to other sources of help. We recently decided to add 'post-viral conditions including long Covid' in the group's reach due to the fact that 70% of cases of ME/CFS begin with a viral illness but diagnosis can take anywhere between 3 months to several years. Additionally, the symptoms of long Covid are very similar to ME/CFS and in some cases eventually result in diagnosis of ME/CFS.

Accommodate

A new project which we have been developing this year in partnership with Hope into Action and in consultation with Breckland District Council. Thus far we have developed a business plan and recruited a number of investors who together will form a separate trust, and also a group of befrienders who are being trained. The next step will be to purchase a suitable local property. Our charity will then begin the process of securing and supporting the first pair of tenants.

Performance review and partnership working

We have continued to implement the increased monitoring procedures and reclarified aims and objectives of each of our projects. The procedure also proved particularly useful in researching potential new projects within the year. Using SMART objectives and measuring tools, we are able to track more clearly the progress of reaching achievements and objectives in each project.

In developing our community programs, we are pleased to continue our working partnership with Breckland District Council and Norfolk County Council Children's Services Department. We work closely with churches in the Dereham area in promoting faith-based initiatives and social outreach and Wellspring Family Centre is now recognised within the local community as a strong participant in providing facilities and care for the town and its citizens. We could not have achieved what we have without the added support from sponsors and donors alike and our thanks are expressed to the following organisations: -

East Of East Co-op Community Cares Fund
Postcode Places Trust
Shelroy Charitable Trust
The David Brooke Charity
Norwich Freemen's Charity
Groundwork
The Mickleham Trust
Paul Bassham Charitable Trust
The Geoffrey Watling Charity
R.C. Snelling Charitable Trust
The Mr and Mrs Philip Rackham Charitable Trust
The Pennycress Trust
The Angela Gallagher Memorial Trust
The Edward Gostling Foundation
Awards for All
David Lister Charitable Trust
Garfield Weston Foundation
The Laura Elizabeth Stuart Memorial Trust
NCC Early Childhood Community Fund
The Arnold Clark Community Fund

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

DIRECTORS' ANNUAL REPORT (Continued)
FOR THE YEAR ENDED 30TH JUNE 2022

Statement of Directors' Responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:-

a) select suitable accounting policies and then apply them consistently;

b) make judgements and estimates that are reasonable and prudent;

c) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;

d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Directors are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors are also responsible for the contents of the Directors' report, and the responsibility of the independent examiner in relation to the Directors' report is limited to examining the report and ensuring that on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

I approve the attached statement of financial activities and balance sheet for the year ended 30th June 2020 and confirm that I have made available all information necessary for its preparation.

Approved by the Directors on the 31st October 2022

Signed on their behalf by Director .....

Printed Name: Mr Jonathan Beardon

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2022.

RESPONSIBILITIES AND BASIS OF REPORT

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

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

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

K Gomes MAAT
Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF

Signed :

Date: 2.11.22

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2022

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2021/22** £	**TOTAL 2020/21** £
INCOME						
Donations & Legacies	**3a**	-	-	86,285	86,285	101,190
Investment Income	**3b**	17	-	-	17	-
Activities for Generating Funds	**3c**	18,050	-	-	18,050	12,499
Charitable Activities	**3d**	2,133	-	550	2,683	5,080
TOTAL INCOME		**20,200**	**-**	**86,835**	**107,035**	**118,769**
EXPENDITURE						
Cost of Charitable Activities	**4a**	8,838	-	94,641	103,479	83,875
Governance Costs	**4b**	30	-	1,183	1,213	1,183
TOTAL EXPENDITURE		**8,868**	**-**	**95,824**	**104,692**	**85,058**
NET INCOME/(EXPENDTURE)		**11,331**	**-**	**(8,988)**	**2,343**	**33,711**
Total Funds Brought Forward		8,943	-	86,240	95,183	61,472
Transfers Between Funds			-		-	-
TOTAL FUNDS CARRIED FORWARDS		**20,274**	**-**	**77,252**	**97,526**	**95,183**

Movements on all reserves and all recognised gains and losses are shown above.

The notes on pages 13 to 20 form part of these financial statements.

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

BALANCE SHEET
AS AT 31ST JUNE 2022

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 30-Jun-22** £	**Total 30-Jun-21** £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	38,476	60,251	98,726	96,353
Total Current Assets		**38,476**	**60,251**	**98,726**	**96,353**
Creditors: amounts falling due within one year	9	1,200	-	1,200	1,170
NET CURRENT ASSETS		37,276	60,251	97,526	95,183
TOTAL ASSETS less current liabilities		**37,276**	**60,251**	**97,526**	**95,183**
Creditors: amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**37,276**	**60,251**	**97,526**	**95,183**
Funds of the Charity:					
General Funds		20,274	-	20,274	8,943
Designated Funds	5	-	-	-	-
Restricted Funds	6	-	77,252	77,252	86,240
TOTAL FUNDS		**20,274**	**77,252**	**97,526**	**95,183**

Directors' Responsibilities:

The Directors are satisfied that for the year ended on 30th June 2022 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 10.

The Directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The Directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Approved by the Directors on the 31st October 2022

Signed on their behalf by Director .....

Printed Name: Mr Jonathan Beardon

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2022

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Cash Flow Statement
The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

There has been no change to the accounting policies (Valuation rules and methods of accounting) since last year.

Legal Status of the Charity
The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

1. ACCOUNTING POLICIES (Continued)

Incoming Resources (continued)

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income
This is included in the accounts when receivable.

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Pensions
The charity operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

Operating Leases
Rental charges payable under operating leases are charged on a straight line basis over the terms of the lease.

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

Assets

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Tangible Fixed Assets
Tangible fixed assets for use by the charity are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

2. TANGIBLE FIXED ASSETS

The Charity held no tangible fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:
30th June 2021 : None
30th June 2020 : None

3. INCOME

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2021/22** £	**TOTAL 2020/21** £
a) Donations & Legacies					
Gifts & Grants	-	-	86,285	86,285	101,190
Gift Aid Tax Recovered	-	-	-	-	-
	-	**-**	**86,285**	**86,285**	**101,190**
b) Investment Income					
Bank Interest	17	-	-	17	-
	17	**-**	**-**	**17**	**-**
c) Activities for Generating Funds					
Premises Hire	16,166	-	-	16,166	12,268
Snack Bar	1,884	-	-	1,884	231
	18,050	**-**	**-**	**18,050**	**12,499**
d) Charitable Activities					
Activities & Events	1,136	-	-	1,136	-
Sundry income	997	-	550	1,547	5,080
	2,133	**-**	**550**	**2,683**	**5,080**
TOTAL INCOME	**20,200**	**-**	**86,835**	**107,035**	**118,769**

4. EXPENDITURE

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2021/22** £	**TOTAL 2020/21** £
a) Cost of Charitable Activities						
Activities & Events		1354	-	6,229	7,584	2,633
Advertising & Publicity		-	-	432	432	299
Cleaning Costs		-	-	832	832	743
Fundraising Costs		7484	-	2,020	9,504	8,748
Furniture & Equipment Costs		-	-	1,279	1,279	7,736
Insurance Costs		-	-	1,091	1,091	1,059
Payroll Services		-	-	876	876	537
Premises Hire		-	-	3,063	3,063	8,520
Printing, Postage & Stationery		-	-	2,565	2,565	2,907
Professional Services		-	-	25,294	25,294	6,320
Repairs & Maintenance		-	-	4,249	4,249	1,161
Staff Costs		-	-	40,468	40,468	39,476
Training Costs		-	-	944	944	240
Travel & Subsistence		-	-	352	352	240
Utility Costs		-	-	4,948	4,948	3,255
		8,838	**-**	**94,641**	**103,479**	**83,875**
b) Governance Costs						
Independent Examiner's Fee		30	-	1,170	1,200	1,170
Filing Fees		-	-	13	13	13
		30	**-**	**1,183**	**1,213**	**1,183**
TOTAL EXPENDITURE		**8,868**	**-**	**95,824**	**104,692**	**85,058**

5. DESIGNATED FUNDS

The Charity held no designated funds during this or the previous financial year.

6. RESTRICTED FUNDS

CURRENT YEAR

	Total 01-Jul-21 £	Income £	Expenditure £	Transfers £	**Total 30-Jun-22** £
Elevate Fund	287	-	-	-	287
Destiny Quest	500	-	500	-	0
Family Centre Funds	56,372	38,786	51,491		43,667
Illuminate Fund	227	8,253	4,073	-	4,407
Well-Come Fund	11,853	37,500	38,464	-	10,889
Little Lambs	-	1,296	1,296		-
Accommodate	-	1,000	-		1,000
TOTAL	**69,239**	**86,835**	**95,824**	**-**	**60,251**

PRIOR YEAR

	Total 01-Jul-20 £	Income £	Expenditure £	Transfers £	**Total 30-Jun-21** £
Elevate Fund	287	-	-	-	287
Destiny Quest Fund	-	500	-	-	500
Family Centre Funds	28,177	83,874	55,679	-	56,372
Illuminate Fund	250	-	23	-	227
Well-Come Fund	16,859	17,339	22,345	-	11,853
TOTAL	**45,573**	**101,713**	**78,047**	**-**	**69,239**

Elevate Fund - A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk.

Illuminate - A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Well-come Fund - A thrice-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS mental health team.

Accommodate - Accommodating and supporting people facing or in danger of homelessness in the Dereham area on their road to restoration

Destiny Quest Fund - Our children's work 'Destiny Quest' is a busy outreach amongst younger children. We run weekly during term-time for anything up to 25 children.

Little Lambs - Befriending and supporting parents, grandparents and carers of babies and toddlers, and provide a safe, secure environment for children to learn and play.'

The Restricted funds are wholly represented by the Charity's cash reserves.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-22** £	**Total 30-Jun-21** £
Cash at Bank and in Hand	38,476	60,251	98,726	96,353
	38,476	**60,251**	**98,726**	**96,353**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-22** £	**Total 30-Jun-21** £
Prepayments	-	-	-	-
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-22** £	**Total 30-Jun-21** £
Sundry Creditors		-	-	-
Independent Examiner's Fee	1,200	-	1,200	1,170
	1,200	**-**	**1,200**	**1,170**

10. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The Charity held no long term labilities during this or the previous financial period.

11. ANALYSIS OF NET ASSETS BY FUND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-22** £	**Total 30-Jun-21** £
Net Current Assets	37,276	60,251	97,526	94,183
	37,276	**60,251**	**97,526**	**94,183**

12. RECONCILIATION OF MOVEMENT ON CAPITAL AND RESERVES

The Company is Limited by Guarantee (05154582) and is a Charity registered with the Charity Commission (1105643) and does not have a Share capital and has no income subject to Corporation Tax.

	2021/22 £	2020/21 £
Profit / Deficit for the financial year	2,343	33,711
Other Recognised Gains	-	-
	2,343	**33,711**
Balance Brought Forward	95,183	61,472
Closing Funds at 30th June 2022	**97,526**	**95,183**

13. STAFF COSTS AND NUMBERS

	TOTAL 2021/22 £	TOTAL 2020/21 £
Gross Wages and Salaries	37,956	29,221
Employer's National Insurance Costs	-	
Pension Contributions	2,512	1,245
	40,468	**30,466**

The Charity operates a PAYE Scheme to pay all employed members of Staff.

Employees who were engaged in each of the following activities:

	TOTAL 2021/22	TOTAL 2020/21
Charitable Activities	4	4
	4	**4**

No employees received emoluments in the range of £50,000 to £60,000 (2020/21:None)

14. DIRECTORS AND OTHER RELATED PARTIES

Wellspring Family Centre is closely associated with Wellspring Family Church; two directors of Wellspring Family Centre are also directors of Wellspring Family Church, including one who is the pastor of the Church. During the year, there have been transactions between the two charities: the Church has been contributing to a worker for Illuminate, and the Centre has been paying the Church for a development worker. The Centre has also made a payment to the Church for room hire.

Other than the above, no payments were made to Directors or any persons connected with them during this financial period, other than reimbursement for items bought on behalf of the charity. No material transaction took place between the charity and a Director or any person connected with them.

15. RISK ASSESSMENT

The Directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

17. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Report of the Directors. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

WELLSPRING FAMILY CENTRE

England & Wales - Charity number 1105643

Accounts

ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2021

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CHARITY REGISTRATION No: 1105643

COMPANY REGISTRATION No: 05154582

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 9	Directors' Annual Report
Page 10	Statement of Financial Activities
Page 11	Balance Sheet
Pages 12 to 19	Notes to the Financial Statements
Page 20	Independent Examiners Report to the Directors/Trustees

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NUMBER	1105643
REGISTERED COMPANY NUMBER	05154582
DATE OF INCORPORATION	15th June 2004
START OF FINANCIAL YEAR	1st July 2020
END OF FINANCIAL YEAR	30th June 2021
DIRECTORS AT 30TH JUNE 2021	Jonathan Beardon (Chair) Harry Grigg Kathryn Anne Smith Sheila Barber (appointed 04/12/2020) Daniel Andrew Johnson (appointed 04/12/2020) Melanie Mcevansoneya (appointed 04/12/2020) Company Secretary and Treasurer – Toby Rouse

The existing trustees appoint any new trustees following the provisions laid out in the organisation's governing instrument.

LEGAL STATUS	Company Limited By Guarantee
GOVERNING INSTRUMENT	Memorandum and Articles Of Association Incorporated 15th June 2004.

OBJECTS

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by way of limitation) through the provision of such material assistance, advice and advocacy, and training for those persons in need of such assistance, in Dereham, Norfolk and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called "the trustees") may from time to time think fit. **B.** To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

REGISTERED OFFICE	35 Neatherd Road Dereham Norfolk NR19 2AE
PRIMARY BANKERS	NatWest Bank Plc 32 Market Place East Dereham Norfolk NR19 2AR
INDEPENDENT EXAMINER	K Gomes Independent Examiners Ltd Unit 2 The Broadfields Business Centre Delling Lane Bosham PO18 8NF

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

DIRECTORS' ANNUAL REPORT
FOR THE YEAR ENDED 30TH JUNE 2021

Structure, governance and management

Wellspring Family Centre is constituted as a charitable company limited by guarantee registered with the Charity Commission in August 2004 under charity number 1105643 and with Companies House in June 2004 under company registration number 5154582. It is governed by a Memorandum and Articles of Association, last updated in June 2004.

Organisational Structure

The trustees/ directors are responsible for the general control and management of the charity/company. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to staffing the Centre and the activities provided. Day to day control of the individual activities is delegated to staff or a named volunteer as appropriate.

Recruitment and appointment of trustees/directors

New trustees / directors are recruited from membership of Wellspring Family Church, after demonstrating commitment to the charitable works of the Centre and competency and appropriate skills to fulfil the role of trustee/director. The decision to recruit new trustees lies with the Trustee body in consultation with the pastoral Eldership of the Church.

Induction and Training of trustees / directors

Following appointment, new trustees are given copies of the memorandum and articles of association and a list of the policies and procedures adopted by the Centre. Trustees are also made aware of the Charity Commissions publications on trustee's responsibilities.

Risk Management

The trustees have assessed the risks to the charity and produced risk assessments following good practice guidelines. The trustees review these risk assessments regularly through the trustees' meetings. At present no significant risks have been identified which give cause for concern. To mitigate risks, staff and volunteers are trained to the required level of competence and during the year safeguarding training has been provided.

Training Provided

The Trustees recognise the importance of training staff and volunteers to maintain and enhance the highest standards of service to our users. We recognise that investing in the people who work with us indicates the value we place in them and on the service that they give to our service users.

We ask our team leaders and their teams to let us know what training needs they have identified as well as recommending training to them. Four of the team members undertook a day first aid at work course.

Objectives and Activities

The objects of the charity are set out in the charity's memorandum and articles of association and are summarised as follows:

A. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby including (though not by the way of limitation) through the provision of such assistance in Dereham, Norfolk, and the surrounding area and in such other parts on the United Kingdom or the world as the directors of the charity (herein called 'the trustees') may from time to time think fit.

B. To advance education by such means as the trustees may consider appropriate including (though not by way of limitation) by educating and training the public in basic skills, marriage, and parenting skills, personal financial management, and by the provision of playgroup and nursery facilities, and personal and social development education for young people in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

C. To promote charitable purposes for the benefit of the public in the following ways:

- The preservation and protection of health
- The provision of training with the object of relieving unemployment in the said location and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

Activities and Achievements

Overview of Activities for the year

This year we have celebrated 17 years of operation as the charity continues in its work to meet local need in diverse ways. We continue to take advantage of the resource that our Centre offers as well as using the skills and enthusiasm of our team of volunteers to meet people and meet need.

During the year, and in the face of the challenges of a global pandemic, we have maintained our facilities and sustained the ongoing running of our existing outreach projects as well as exploring how we can adapt our services to address needs thrown up by the pandemic. The thrust of our programmes continues to be centred on social action to support those with Chronic Health Problems and supporting the wide range of community groups who use our facilities.

Developing our Facilities

As a result of the pandemic, this year we are pleased to have been able to respond by investing in implementing further health and sanitary equipment such as sanitiser stations. We have replaced our failing dishwasher and upgraded the sanitary ware in the servery.

Mid Norfolk Foodbank

The Centre hosts a Distribution Centre for the Mid Norfolk Foodbank, providing emergency food to local people in financial crisis. This is a joint initiative involving many of the local churches in and around Dereham, Fakenham and Swaffham with volunteers drawn from many local churches and the community.

CAP Money

For several years now, we have been offering the nationally acclaimed free CAP Money Course. This course helps people better manage their finances and we run it from time to time when there is demand for it. We partner with other agencies in the district in the running of a locally based CAP Debt Centre. This Centre offers a free debt advice service to people in difficulty.

Activities and Achievements (continued)

Well-come

A bi-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS health professionals. Often, new members are accompanied on a first visit to try the group out and then after a couple of visits grow in confidence to come along.

Elevate

A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk. We provide monthly meetings at WFC, social networking. We hope to resume occasional outings and home visits for the severely affected when it is safe to do so. The group aims to reduce isolation, improve quality of life, and help to either start or accelerate a recovery process by providing: social events and networking; information on good illness/lifestyle management techniques; sign-posting to statutory and other services; encouragement/inspiration to engage in various forms of occupational therapy by providing optional creative and recreational activities.

Little Lambs

New to 2021, the group meets weekly and befriends and supports parents, grandparents, and carers of babies and toddlers, and provides a safe, secure environment for children to learn and play.

Illuminate

A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Coronavirus Emergency Response initiative

At the start of the Coronavirus pandemic we re-directed our charity's volunteers to run essential errands for isolated and shielding people in the community, in a scheme which was rapidly developed in consultation with other local partner.

Accommodate
A supported housing project for vulnerable people, delivered in partnership with the Hope In Action charity.

All our projects have benefited from the hours of volunteer service provided by the teams working in them. The Trustees are very grateful to each and every one of them.

How our activities deliver public benefit:-

The charity carries out a wide range of activities in pursuance of its charitable aims. In promoting and through personal involvement in these activities, the trustees are complying with their duty to have due regard to the guidance on public benefit published by the Charity Commission and that these activities, summarised below, provide benefit both to those who attend services delivered at the Centre and to the wider community of Dereham.

Community Outreach

Our hall and meeting rooms are available for use by local groups and organisations. As well as our own projects we have been pleased to welcome other users including:

Norfolk Children's Services	Dereham Rangers	Marvellous Mums
Suffolk Children's Services	Rainbows	Wellspring Family Church
Guides	Trinity Solutions	Nelsons Journey
U3A Table tennis	Weight Watchers	and various individual users.

How our activities deliver public benefit (continued):-

We work in partnership with many of these organisations in mutually promoting our objectives.
Our own projects deliver public benefit through active engagement with the community around us as summarised below: -

Well-come

Well-come exists to support sufferers of long-term health issues. We currently have 25 members attending on a regular basis, with an average 8 at each session. Well-come is staffed by a team of 2 staff members and 6 volunteers allowing one to one contact with each member as necessary. We provide a varied programme of activities ranging from craft activities, life-skills training in cooking and IT, outings and enjoying meals together. We offer a befriending service to clients, linking volunteers with individual clients for informal social contact. Volunteers have also visited members at home or hospital where appropriate to encourage and support them.

The impact of Covid-19 meant that we had to adapt how the group has been run; with the introduction of virtual Zoom meetings instead of the usual in person group meetings, and holding outside activities such as walks as and when government guidance allowed us. Following the lifting of restrictions, we held face to face meetings at the centre.

Historically we had run two volunteer-led weekly sessions as part of our Well-come group, but with the increasing volume of referrals we are receiving, and the desire to run three weekly sessions we realised that this was too much for our elderly volunteers to take on. This has therefore led us to the decision to recruit a dedicated worker to support all the volunteers so that they can more profitably focus on befriending/supporting our members. We are aware that there are very few services like this in the local area and that the level of need is high, though many potential beneficiaries find accessing the group a big emotional hurdle and need a lot of support coming in the first time. Liaising with partners such as NHS staff will also be an important part of the new role, promoting and increasing awareness of our services which will in turn lead to more referrals.

Illuminate

The Illuminate Youth group welcomes 15-20 young people, each week with 25 on the books. We have helped the young people through personal challenges such as stress and peer pressure on an informal mentoring level.

The impact of Covid-19 has meant that we had to move to virtual Zoom meetings instead of the usual in person group meetings. The young people were able to adapt quickly with the technology, and we were able to connect with some new members further afield as a result of the technology and the group has grown. As lockdown eased and restrictions lifted, we have been able to run in person meetings, and this year we introduced cooking and a meal as part of each session. This was a greatly received by the young people who are developing in cookery skills and hospitality.

Mid Norfolk Foodbank

During the year our Centre has continued to open twice a week for the Distribution Centre for Mid Norfolk Foodbank, helping local people with no money to buy food for themselves or their families. Manned by a body of volunteers from a number of local churches the Foodbank gave out food to over 4000 local people directly. Foodbank also gave food out to other organisations so there is a 'hidden' number of people fed indirectly. Focusing now on the overall number of meals provided, this is estimated to be in the region of 50,000 for the last year across direct and indirect provision.
This work has continued and increased during the pandemic as need has become more urgent. We have assisted the Food Bank with logistics and transport including delivery to users who were in quarantine or shielding.

CAP Money

CAP Money Management is a three-session course aimed at helping people manage their finances better. Due to the effect of the pandemic, we were unable to run any courses in the year but have resources and volunteers ready for future uptake.

How our activities deliver public benefit (continued):-

Elevate (continued)

Over the last year Elevate has been connected with over 200 people with ME/CFS and their carers from across Norfolk through a combination of meetings, Facebook group contact, a newsletter and a few visits. The Covid-19 pandemic has meant a change to meeting mostly on Zoom instead of in-person although we have hosted a few smaller outdoor meetings. The Elevate Facebook group has steadily grown to 249 members and is very active with people asking questions, befriending, and providing mutual support. We have corresponded with individuals who are more severely affected including a young adult who is in a care home. The website provides signposting and has had 1982 users over the last year with an average of 2 pages viewed per session. This all continues to maintain a growing supportive relational network, providing pathways out of isolation, improving quality of life. In some cases, Elevate has assisted with some degree of recovery of health through good management of the illness and signposting to other sources of help.

Coronavirus Emergency Response

Since the start of lock-down in response to the pandemic, we have undertaken 495 errands across 88 different households including collecting pharmacy orders, supermarket shops and so on. At the end of the financial year, with the rise in vaccinations, end of shielding and easing of lockdown measures, need for the project in its current form significantly reduced. The team therefore decided to no longer continue advertising the services, but keep the helpline open in case individuals had no other choice.

We have been very encouraged to forge stronger relationships with organisations such as Community Action Norfolk, Age UK, and the Red Cross through the project, and continue to partner with them through Well-come.

Accommodate

A new project which we have been developing this year in partnership with Hope into Action and in consultation with Breckland District Council. Thus far we have developed a business plan and recruited a number of investors who together will form a separate trust, and also a group of befrienders who are being trained. The next step will be to purchase a suitable local property. Our charity will then begin the process of securing and supporting the first pair of tenants.

Performance review and partnership working

We have continued to implement the increased monitoring procedures and reclarified aims and objectives of each of our projects. The procedure also proved particularly useful in researching potential new projects within the year. Using SMART objectives and measuring tools, we are able to track more clearly the progress of reaching achievements and objectives in each project.

In developing our community programs, we are pleased to continue our working partnership with Breckland District Council and Norfolk County Council Children's Services Department. We work closely with churches in the Dereham area in promoting faith-based initiatives and social outreach and Wellspring Family Centre is now recognised within the local community as a strong participant in providing facilities and care for the town and its citizens. We could not have achieved what we have without the added support from sponsors and donors alike and our thanks are expressed to the following organisations: -

The Mrs Smith & Mount Trust
Anglian Water Positive Difference Fund
Coronavirus Community Support Fund
Groundwork UK
Mattishall Church
Barnabas Trust
Matthews Wrightson Charity Trust
The Mickleham Trust
Co-op Token Scheme
Paul Bassham Charitable Trust
The Angela Gallagher Memorial Fund
Barnard Kenneth Hufton Trust
Aquarirus Charitable Trust
Souter Charitable Trust
The Edward Gostling Foundation Small Grants Programme
Awards for All
CAF Resilience Fund
The Fyrish Foundation
All churches Trust
The Martin Laing Foundation
The Albert Hunt Trust
The Laura Elizabeth Stuart Memorial Trust

Statement of Directors' Responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:-

a) select suitable accounting policies and then apply them consistently;

b) make judgements and estimates that are reasonable and prudent;

c) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;

d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Directors are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors are also responsible for the contents of the Directors' report, and the responsibility of the independent examiner in relation to the Directors' report is limited to examining the report and ensuring that on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

I approve the attached statement of financial activities and balance sheet for the year ended 30th June 2020 and confirm that I have made available all information necessary for its preparation.

Approved by the Directors on the 21/09/2021

Signed on their behalf by Director .....

Printed Name: Mr Jonathan Beardon

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2021

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2020/21** £	**TOTAL 2019/20** £
INCOME						
Donations & Legacies	**3a**	15	-	101,175	101,190	87,657
Investment Income	**3b**	-	-	-	-	22
Activities for Generating Funds	**3c**	12,499	-	-	12,499	19,886
Charitable Activities	**3d**	4,542	-	538	5,080	1,815
TOTAL INCOME		**17,056**	**-**	**101,713**	**118,769**	**109,380**
EXPENDITURE						
Cost of Charitable Activities	**4a**	7,011	-	76,864	83,875	67,104
Governance Costs	**4b**	-	-	1,183	1,183	1,183
TOTAL EXPENDITURE		**7,011**	**-**	**78,047**	**85,058**	**68,287**
NET INCOME/(EXPENDTURE)		**10,045**	**-**	**23,666**	**33,711**	**41,093**
Total Funds Brought Forward		15,899	-	45,573	61,472	20,379
Transfers Between Funds		(17,001)	-	17,001	-	-
TOTAL FUNDS CARRIED FORWARDS		**8,943**	**-**	**86,240**	**95,183**	**61,472**

Movements on all reserves and all recognised gains and losses are shown above.

The notes on pages 12 to 19 form part of these financial statements.

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

BALANCE SHEET
AS AT 31ST JUNE 2021

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 30-Jun-21** £	**Total 30-Jun-20** £
Fixed Assets					
Tangible Assets	**2**	-	-	-	-
Current Assets					
Debtors & Prepayments	**8**	-	-	-	-
Cash at Bank and in Hand	**7**	27,114	69,239	96,353	62,642
Total Current Assets		**27,114**	**69,239**	**96,353**	**62,642**
Creditors: amounts falling due within one year	**9**	1,170	-	1,170	1,170
NET CURRENT ASSETS		25,944	69,239	95,183	61,472
TOTAL ASSETS less current liabilities		**25,944**	**69,239**	**95,183**	**61,472**
Creditors: amounts falling due in more than one year	**10**	-	-	-	-
NET ASSETS		**25,944**	**69,239**	**95,183**	**61,472**
Funds of the Charity:					
General Funds		8,943	-	8,943	15,899
Designated Funds	**5**	-	-	-	-
Restricted Funds	**6**	-	86,240	86,240	45,573
TOTAL FUNDS		**8,943**	**86,240**	**95,183**	**61,472**

Directors' Responsibilities:

The Directors are satisfied that for the year ended on 30th June 2021 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 20.

The Directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The Directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Approved by the Directors on the 21/09/2021

Signed on their behalf by Director .....

Printed Name: Mr Jonathan Beardon

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Cash Flow Statement
The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

There has been no change to the accounting policies (Valuation rules and methods of accounting) since last year.

Legal Status of the Charity
The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

1. ACCOUNTING POLICIES (Continued)

Incoming Resources (continued)

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income
This is included in the accounts when receivable.

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Pensions
The charity operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

Operating Leases
Rental charges payable under operating leases are charged on a straight line basis over the terms of the lease.

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

Assets

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Tangible Fixed Assets
Tangible fixed assets for use by the charity are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

2. TANGIBLE FIXED ASSETS

The Charity held no tangible fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:
30th June 2021 : None
30th June 2020 : None

3. INCOME

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2020/21** £	**TOTAL 2019/20** £
a) Donations & Legacies					
Gifts & Grants	15	-	101,175	101,190	87,657
Gift Aid Tax Recovered	-	-	-	-	-
	15	**-**	**101,175**	**101,190**	**87,657**
b) Investment Income					
Bank Interest	-	-	-	-	22
	-	**-**	**-**	**-**	**22**
c) Activities for Generating Funds					
Premises Hire	12,268	-		12,268	18,474
Snack Bar	231	-	-	231	1,412
	12,499	**-**	**-**	**12,499**	**19,886**
d) Charitable Activities					
Activities & Events	-	-	-	-	1,815
Sundry income	4,542	-	538	5,080	-
	4,542	**-**	**538**	**5,080**	**1,815**
TOTAL INCOME	**17,056**	**-**	**101,713**	**118,769**	**109,380**

4. EXPENDITURE

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2020/21** £	**TOTAL 2019/20** £
a) Cost of Charitable Activities						
Activities & Events		166	-	2,467	2,633	5,098
Advertising & Publicity		0	-	299	299	1,356
Cleaning Costs		0	-	743	743	463
Fundraising Costs		-	-	8,748	8,748	8,650
Furniture & Equipment Costs		(0)	-	7,736	7,736	766
Insurance Costs		(0)	-	1,059	1,059	834
Payroll Services		0	-	537	537	556
Premises Hire		-	-	8,520	8,520	-
Printing, Postage & Stationery		(0)	-	2,907	2,907	1,329
Professional Services		4,356	-	1,964	6,320	4,370
Repairs & Maintenance		0	-	1,161	1,161	9,042
Staff Costs		2,488	-	36,988	39,476	30,466
Training Costs		-	-	240	240	220
Travel & Subsistence		0	-	240	240	286
Utility Costs		(0)	-	3,255	3,255	3,668
		7,011	**-**	**76,864**	**83,875**	**67,104**
b) Governance Costs						
Independent Examiner's Fee	**9**	-	-	1,170	1,170	1,170
Filing Fees		-	-	13	13	13
		-	**-**	**1,183**	**1,183**	**1,183**
TOTAL EXPENDITURE		**7,011**	**-**	**78,047**	**85,058**	**68,287**

5. DESIGNATED FUNDS

The Charity held no designated funds during this or the previous financial year.

6. RESTRICTED FUNDS

CURRENT YEAR

	Total 01-Jul-20 £	Income £	Expenditure £	Transfers £	**Total 30-Jun-21** £
Elevate Fund	287	-	-	-	287
Destiny Quest	-	500	-	-	500
Family Centre Funds	28,177	83,874	55,679		56,372
Illuminate Fund	250	-	23	-	227
Well-Come Fund	16,859	17,339	22,345	-	11,854
TOTAL	**45,573**	**101,713**	**78,047**	**-**	**69,239**

(The transfer is a correction of the previous year's figures)

PRIOR YEAR

`

	Total 01-Jul-19 £	Income £	Expenditure £	Transfers £	**Total 30-Jun-20** £
Elevate Fund	417	-	130	-	287
Destiny Quest Fund	-	4,000	4,000	-	-
Family Centre Funds	9,896	43,060	24,017	(762)	28,177
Illuminate Fund	-	250	-	-	250
Well-Come Fund	5,969	30,787	19,897	-	16,859
TOTAL	**16,282**	**78,097**	**48,044**	**- 762**	**45,573**

Elevate Fund - A support group for people with ME and Chronic Fatigue Syndrome (CFS), and their family carers, who live in mid-Norfolk.

Illuminate - A weekly in term-time youth group for 11-19 year-olds, providing a safe and fun place to meet up.

Well-come Fund - A bi-weekly support group to those recovering from mental health problems aimed at rehabilitating and encouraging members back into their local communities. Members are referred to Well-come from the local NHS mental health team.

Destiny Quest Fund - Our children's work 'Destiny Quest' is a busy outreach amongst younger children. We run weekly during term-time for anything up to 25 children.

The Restricted funds are wholly represented by the Charity's cash reserves.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-21** £	**Total 30-Jun-20** £
Cash at Bank and in Hand	27,114	69,239	96,353	62,642
	27,114	**69,239**	**96,353**	**62,642**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-21** £	**Total 30-Jun-20** £
Prepayments	-	-	-	-
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-21** £	**Total 30-Jun-20** £
Sundry Creditors		-	-	-
Independent Examiner's Fee	1,170	-	1,170	1,170
	1,170	**-**	**1,170**	**1,170**

10. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The Charity held no long term labilities during this or the previous financial period.

11. ANALYSIS OF NET ASSETS BY FUND

	Unrestricted Fund £	Restricted Fund £	**Total 30-Jun-21** £	**Total 30-Jun-20** £
Fixed Assets	-	-	-	-
Net Current Assets	25,944	69,239	95,183	61,472
Long Term Liabilities	-	-	-	-
	25,944	**69,239**	**95,183**	**61,472**

12. RECONCILIATION OF MOVEMENT ON CAPITAL AND RESERVES

The Company is Limited by Guarantee (05154582) and is a Charity registered with the Charity Commission (1105643) and does not have a Share capital and has no income subject to Corporation Tax.

	2020/21 £	2019/20 £
Profit / Deficit for the financial year	33,711	41,093
Other Recognised Gains	-	-
	33,711	**41,093**
Balance Brought Forward	61,472	20,379
Closing Funds at 30th June 2020	**95,183**	**61,472**

13. STAFF COSTS AND NUMBERS

	TOTAL 2020/21 £	TOTAL 2019/20 £
Gross Wages and Salaries	36,766	29,221
Employer's National Insurance Costs	-	
Pension Contributions	2,710	1,245
	39,476	**30,466**

The Charity operates a PAYE Scheme to pay all employed members of Staff.

Employees who were engaged in each of the following activities:

	TOTAL 2020/21	TOTAL 2019/20
Charitable Activities	4	4
	4	**4**

No employees received emoluments in the range of £50,000 to £60,000 (2019/20:None)

14. DIRECTORS AND OTHER RELATED PARTIES

Wellspring Family Centre is closely associated with Wellspring Family Church; two directors of Wellspring Family Centre are also directors of Wellspring Family Church, including one who is the pastor of the Church. During the year, there have been transactions between the two charities: the Church has been contributing to a worker for Illuminate, and the Centre has been paying the Church for a development worker. The Centre has also made a payment to the Church for room hire.

One employee, Mrs K Kingsnorth, is the spouse of the director Mr R Kingsnorth who resigned last year. Her total remuneration during the year was £4,218

Other than the above, no payments were made to Directors or any persons connected with them during this financial period, other than reimbursement for items bought on behalf of the charity. No material transaction took place between the charity and a Director or any person connected with them.

15. RISK ASSESSMENT

The Directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

17. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Report of the Directors. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

WELLSPRING FAMILY CENTRE

(Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2021.

RESPONSIBILITIES AND BASIS OF REPORT

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

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

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

K Gomes MAAT
Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF

Signed….....

Date:……27.9.21