

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Details

Other names NFOW

Status Registered

Legal form CIO

Registered 2013-02-25

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

Contact

Address Nottingham Focus On Wellbeing
Denton Green Training Centre
Denton Green
Nottingham
NG8 6GD

Phone 01158370559

Email info@nfow.org

Website www.nfow.org

Activities

Objects: 1. TO PROMOTE AND PRESERVE GOOD HEALTH AND RELIEVE MENTAL OR PHYSICAL ILLNESS IN SUCH WAYS AS THE TRUSTEES MAY FROM TIME TO TIME DECIDE 2. SUCH OTHER PURPOSES AS ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DECIDE.

Activities: Supporting the physical, mental and spiritual wellbeing of the local community via 1-1 counselling, coaching, mentoring and group activities.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£2,467	£11,940	-	-
2023-12-31	£15,575	£12,002	-	-
2022-12-31	£13,505	£13,488	-	-
2021-12-31	£10,737	£9,489	-	-
2020-12-31	£8,592	£10,297	-	-

Trustees

Name	Role	Appointed
Alieu Njai		2023-11-29
Jackie Morley		2023-11-29
Nicola Twamley		2023-11-29
Steve Boseley		2023-11-29

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Accounts

Nottingham Focus On Wellbeing

Charity No. 1150949

Trustees' Report and Unaudited Accounts

31 December 2024

Nottingham Focus On Wellbeing
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NOTTINGHAM FOCUS ON WELLBEING C.I.O. REG. CHARITY 1150949

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDING DECEMBER 31, 2024

The Trustees present their report and the financial statements of the charity for the year ended 31 December 2024

LEGAL STATUS AND GOVERNING DOCUMENT

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

Trustees are appointed and subject to an induction process in accordance with the constitution.

OBJECTIVES AND STATEMENTS OF PUBLIC BENEFIT

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit.

Our charity's purposes as set out in the Objects contained in our constitution are to:

1. To promote and preserve good health and relieve mental or physical illness in such ways as the trustees may from time to time decide.
2. Such other purposes as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time decide.

The aims of our charity are to improve and recover the wellbeing and emotional, mental, physical good health and spiritual health of people throughout our communities. We aim to achieve this through education, training and the provision of wellbeing services; peer support and activities which promote happiness, integration, volunteering opportunities, employment and the full involvement of recipient communities.

Our aims at all times reflect the purposes for which the charity was established.

EXECUTING OUR OBJECTIVES

We review our main objectives and activities regularly through our open scrutiny committee meetings, and annually through our Members and Trustees Annual General Meeting.

Our scrutiny committee is composed of members, trustees and volunteers who oversee every existing activity and proposed activity to ensure that it complies with our aims and objectives. Existing activities and services are reviewed and assessed to ensure that their objectives are obtained and that they are sustainable. We operate an "open door" policy where members are positively encouraged to come forward with their comments (good or bad), suggestions and ideas at any time, not just at formal meetings.

MAIN ACHIEVEMENTS DURING THE PERIOD

2024 saw a fresh start for Nottingham Focus On Wellbeing (NFOW), under the custodianship of the new board of trustees appointed at the 2023 Annual General Meeting. This followed the retirement of NFOW founder and trustee Mervin Goring and the last two remaining trustees.

The new trustees, all having lived experience of mental health problems, have brought a wide breadth of knowledge to the board including experience of volunteering for other organisations, managing volunteers and working in NHS mental health services.

Moving into NFOW's second decade of existence, 2024 also provided an opportunity to take stock of our provision and to examine our goals and objectives. Funding continues to be a constant worry. Funding has been focussed on the repercussions of the cost of living crisis with little available for mental health. Fortunately, we started the year with fairly healthy finances as we had only one successful funding application in 2024. Some of our members regularly donate to NFOW by paying more than the basic charge for their group/activity and on a much smaller scale we still receive donations through easyfundraising and PayPal Giving.

Our website, www.nfow.org, and social media accounts continue to publicise the work of NFOW and generate enquiries about our work.

Sadly, problems with finances at Nottingham City Council have seen cuts to many of their services, including their Welfare Rights team which means, at least for the time being, we have lost our weekly community welfare rights session. We continue to help and support members as they navigate the benefit system.

Our links with local foodbanks have become increasingly important with more members being impacted by the cost of living crisis. We are a registered organisation to refer people to the local food banks.

THE FUTURE

Since the onset of Nottingham City Council's financial problems we have lived with the uncertainty of what is going to happen to our base at Denton Green. Rumoured closures of community centres or management committees being responsible for full commercial costs have been circulating. Our situation at Denton Green Training Centre is different to the community centres in that we just hire rooms in a facility managed by the Council. We have decided we can only work on as usual and wait for the situation to resolve.

Therefore, fundraising for rent and general running cost continued to be our priority for 2024. Utility bills are included in our rent at present, and we have been told by our landlord (Nottingham City Council) that our rent will increase to account for the increases in energy prices.

We are still looking at the ways we publicise our groups to see if we can do it more effectively and attract more members.

THE TRUSTEES

The board of trustees is diverse and we feel represents the members and community that the project serves. We are still open to appointing more trustees, if interested in the aims and objectives of our organisation.

From 29 November 2023 the following people were elected as trustees:

Steve Boseley elected for 4 years
Ian Dawson elected for 4 years
Jackie Morley elected for 3 years
Alieu Njai elected for 3 years
Nicola Twamley elected for 2 years

The length of service was decided by pulling names out of a hat.

Nicola will be up for re-election, if she wishes, at the 2025 AGM.

Nottingham Focus On Wellbeing
Statement of Financial Activities
for the year ended 31 December 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Charitable activities	3	1,467	1,000	2,467	15,576
Total		1,467	1,000	2,467	15,576
Expenditure on:					
Charitable activities	4	1,827	10,113	11,940	12,002
Total		1,827	10,113	11,940	12,002
Net gains on investments		-	-	-	-
Net (expenditure)/income		(360)	(9,113)	(9,473)	3,574
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(360)	(9,113)	(9,473)	3,574
Other gains and losses					
Net movement in funds		(360)	(9,113)	(9,473)	3,574
Reconciliation of funds:					
Total funds brought forward		4,789	11,338	16,127	12,553
Total funds carried forward		4,429	2,225	6,654	16,127

Nottingham Focus On Wellbeing**Balance Sheet**at **31 December 2024**

Charity No. 1150949		2024	2023
		£	£
Fixed assets			
Tangible assets	6	589	879
		<u>589</u>	<u>879</u>
Current assets			
Debtors	7	268	268
Cash at bank and in hand		6,391	16,127
		<u>6,659</u>	<u>16,395</u>
Creditors: Amount falling due within one year	8	(594)	(1,147)
		<u>6,065</u>	<u>15,248</u>
Net current assets		6,065	15,248
Total assets less current liabilities		<u>6,654</u>	<u>16,127</u>
Net assets excluding pension asset or liability		6,654	16,127
Total net assets		<u><u>6,654</u></u>	<u><u>16,127</u></u>
The funds of the charity			
Restricted funds	9		
Restricted income funds		2,225	11,338
		<u>2,225</u>	<u>11,338</u>
Unrestricted funds	9		
General funds		4,429	4,789
		<u>4,429</u>	<u>4,789</u>
Reserves	9		
		<u>6,654</u>	<u>16,127</u>
Total funds		<u><u>6,654</u></u>	<u><u>16,127</u></u>

Approved by the trustees on 31 December 2024

And signed on their behalf by:

N. Twamley

Trustee

31 December 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Nottingham Focus On Wellbeing

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

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

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

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

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Charitable activities	1,948	13,628	15,576
Total	<u>1,948</u>	<u>13,628</u>	<u>15,576</u>
Expenditure on:			
Charitable activities	425	11,577	12,002
Total	<u>425</u>	<u>11,577</u>	<u>12,002</u>
Net income	<u>1,523</u>	<u>2,051</u>	<u>3,574</u>
Net income before other gains/(losses)	1,523	2,051	3,574
Other gains and losses:			
Net movement in funds	<u>1,523</u>	<u>2,051</u>	<u>3,574</u>
Reconciliation of funds:			
Total funds brought forward	3,266	9,287	12,553
Total funds carried forward	<u><u>4,789</u></u>	<u><u>11,338</u></u>	<u><u>16,127</u></u>

3 Income from charitable activities

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
	1,467	1,000	2,467	15,576
	<u>1,467</u>	<u>1,000</u>	<u>2,467</u>	<u>15,576</u>

4 Expenditure on charitable activities

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
<i>Expenditure on charitable activities</i>	1,827	10,113	11,940	12,002
<i>Governance costs</i>	<u>1,827</u>	<u>10,113</u>	<u>11,940</u>	<u>12,002</u>

5 Staff costs

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

Nottingham Focus On Wellbeing
Notes to the Accounts

6 Tangible fixed assets

	£	£
Cost or revaluation		
At 1 January 2024	2,380	2,380
At 31 December 2024	<u>2,380</u>	<u>2,380</u>
Depreciation and impairment		
At 1 January 2024	1,501	1,501
Depreciation charge for the year	290	290
At 31 December 2024	<u>1,791</u>	<u>1,791</u>
Net book values		
At 31 December 2024	<u>589</u>	<u>589</u>
At 31 December 2023	<u>879</u>	<u>879</u>

7 Debtors

	2024	2023
	£	£
Other debtors	268	268
	<u>268</u>	<u>268</u>

8 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Accruals	594	1,147
	<u>594</u>	<u>1,147</u>

9 Movement in funds

	At 1 January 2024	Incoming resources (including other gains/losses)	Resources expended	At 31 December 2024
	£	£	£	£
Restricted funds:				
Restricted income funds:	11,338	1,000	(10,113)	2,225
<i>Total</i>	<u>11,338</u>	<u>1,000</u>	<u>(10,113)</u>	<u>2,225</u>
Unrestricted funds:				
General funds	4,789	1,467	(1,827)	4,429
Total funds	<u>16,127</u>	<u>2,467</u>	<u>(11,940)</u>	<u>6,654</u>

10 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	589	589
Net current assets	6,065	6,065
	<u>6,654</u>	<u>6,654</u>

11 Reconciliation of net debt

	At 1 January 2024	Cash flows	At 31 December 2024
	£	£	£
Cash and cash equivalents	16,127	(9,736)	6,391
	<u>16,127</u>	<u>(9,736)</u>	<u>6,391</u>
Net debt	<u>16,127</u>	<u>(9,736)</u>	<u>6,391</u>

Nottingham Focus On Wellbeing
Detailed Statement of Financial Activities
for the year ended 31 December 2024

	Unrestrict ed funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Charitable activities	1,467	1,000	2,467	15,576
	<u>1,467</u>	<u>1,000</u>	<u>2,467</u>	<u>15,576</u>
Total income and endowments	1,467	1,000	2,467	15,576
Expenditure on:				
Charitable activities	1,827	10,113	11,940	12,002
	<u>1,827</u>	<u>10,113</u>	<u>11,940</u>	<u>12,002</u>
Total of expenditure on charitable activities	1,827	10,113	11,940	12,002
Total expenditure	1,827	10,113	11,940	12,002
Net gains on investments	-	-	-	-
	<u>(360)</u>	<u>(9,113)</u>	<u>(9,473)</u>	<u>3,574</u>
Net (expenditure)/income	(360)	(9,113)	(9,473)	3,574
Net (expenditure)/income before other gains/(losses)	(360)	(9,113)	(9,473)	3,574
Other Gains	-	-	-	-
	<u>(360)</u>	<u>(9,113)</u>	<u>(9,473)</u>	<u>3,574</u>
Net movement in funds	(360)	(9,113)	(9,473)	3,574
Reconciliation of funds:				
Total funds brought forward	4,789	11,338	16,127	12,553
Total funds carried forward	<u>4,429</u>	<u>2,225</u>	<u>6,654</u>	<u>16,127</u>

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Accounts

NOTTINGHAM FOCUS ON WELLBEING C.I.O. REG. CHARITY 1150949

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDING DECEMBER 31, 2023

The Trustees present their report and the financial statements of the charity for the year ended 31 December 2023.

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1. To promote and preserve good health and relieve mental or physical illness in such ways as the trustees may from time to time decide.
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The aims of our charity are to improve and recover the wellbeing and emotional, mental, physical good health and spiritual health of people throughout our communities. We aim to achieve this through education, training and the provision of wellbeing services; peer support and activities which promote happiness, integration, volunteering opportunities, employment and the full involvement of recipient communities.

Our aims at all times reflect the purposes for which the charity was established.

EXECUTING OUR OBJECTIVES

We review our main objectives and activities regularly through our open scrutiny committee meetings, and annually through our Members and Trustees Annual General Meeting.

Our scrutiny committee is composed of members, trustees and volunteers who oversee every existing activity and proposed activity to ensure that it complies with our aims and objectives. Existing activities and services are reviewed and assessed to ensure that their objectives are obtained and that they are sustainable. We operate an "open door" policy where members are positively encouraged to come forward with their comments (good or bad), suggestions and ideas at any time, not just at formal meetings.

MAIN ACHIEVEMENTS DURING THE PERIOD

Nottingham Focus on Wellbeing (NFOW) faced one of the biggest changes in its history this year, when Mervin Goring, founder, project manager and trustee retired from our

organisation at our 2023 Annual General Meeting on 29th November. His fellow trustees, Brenda Goring and Lynn Bottomley also stepped down at the same time.

Thankfully we had several volunteers to take on the role of trustee and five new trustees were appointed. Details are given in the Trustees section of this report. We are very pleased that we now have a diverse board which we feel represents the members that the project serves.

Nottingham Focus on Wellbeing celebrated its tenth birthday in February, its constitution being registered on 13 February 2013. Naturally this was an excuse for a party! It was a pleasure to welcome back old members and contacts, as well as see the good turn out from current members.

Funding continues to be a constant worry and we are again indebted to the National Lottery who supported us this year with a grant of £9492. We also received £500 from Local Giving. Some of our members regularly donate to NFOW by paying more than the basic charge for their group/activity and on a much smaller scale we still receive donations through easyfundraising and PayPal Giving.

Our website, www.nfow.org, and social media accounts continue to publicise the work of NFOW and generate enquiries about our work.

We continue to facilitate a session with a member of Nottingham City Council's Welfare Right's team, enabling them to bring their service into the community. We also work with Groundwork Five Counties who deliver energy efficiency sessions and local social prescribers who are attached to local GP surgeries.

Our links with local foodbanks have become increasingly important with more members being impacted by the cost of living crisis.

Looking through the registers to complete this annual return, it again showed that NFOW had offered at least one activity or group every week of the year in 2023, including over the Christmas period. Along with the daily telephone support we offer, we are proud of this record.

THE FUTURE

Fundraising for rent continues to be our priority for 2024. Utility bills are included in our rent at present, and we have been told by our landlord (Nottingham City Council) that our rent will increase to account for the increases in energy prices. However, finding funding specifically for general running costs, as opposed to funding a particular project, is getting more and more difficult.

While funding is so tight we have temporarily put aside our plans for a paid member of staff. One area we have been able to access funding for is volunteer travelling expenses which has been very welcome, in fact necessary, for some of our volunteers in the current cost of living situation. It is hoped this funding may also help us recruit some volunteers.

We have recruited new members, our IT Group proving particularly popular, but overall we still need to boost our numbers. We are looking at the ways we publicise our groups to see if we can do it more effectively and attract more members.

Sadly, our promised use of a minibus fell through due to the bureaucracy involved. However we shall continue to look out for opportunities for NFOW to access such a vehicle as it would have multiple uses for us.

No guarantee was given by the CIO, as there was no potential liability was outstanding at the date of the statement of assets and liabilities.

There was no debt outstanding at the date of the statement of assets and liabilities.

There were no donated goods or services.

No remuneration or expenses were paid to any trustee or related party.

During the year Mr M Goring repaid a loan of £500.

At the year end, £901 was owed from Wrap-Around-Wellness UK CIC, for whom Nottingham Focus on Wellbeing had paid expenses on behalf of, and whom Mervin Goring is a director.

THE TRUSTEES

The trustees who served the charity during the year up to the AGM on 29 November 2023, were as follows:

B Goring
M Goring
L Bottomley

From 29 November 2023 the following people were elected as trustees:

Steve Boseley elected for 4 years
Ian Dawson elected for 4 years
Jackie Morley elected for 3 years
Alieu Njai elected for 3 years
Nicola Twamley elected for 2 years



CHARITY COMMISSION
FOR ENGLAND AND WALES

Nottingham Focus on Wellbeing C.I.O.

1150949

Receipts and payments accounts

CC16a

For the period from	01/01/2023	To	31/12/2023
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
National Lottery	-	9,492	-	9,492	9,980
Magic Little Grants	-	500	-	500	500
Tesco	-	249	-	249	746
Betty Messenger	-	-	-	-	996
National Grid	-	3,387	-	3,387	-
Amazon Smile	27	-	-	27	20
Easyfundraising	33	-	-	33	20
PayPal	141	-	-	141	-
Petty Cash Receipts	1,247	-	-	1,247	1,242
M Goring - Repayment	500	-	-	500	-
Sub total (Gross income for AR)	1,947	13,628	-	15,575	13,504
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,947	13,628	-	15,575	13,504
A3 Payments					
National Lottery	-	10,175	-	10,175	9,179
Magic Little Grants	-	856	-	856	144
Tesco	-	-	-	-	995
National Grid	-	546	-	546	-
Telephone	-	-	-	-	777
Repairs & Sundries	-	-	-	-	1,251
Events	-	-	-	-	144
Petty Cash	425	-	-	425	692
Sub total	425	11,577	-	12,002	13,182
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	425	11,577	-	12,002	13,182
Net of receipts/(payments)	1,523	2,051	-	3,574	322
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,266	9,287	-	12,553	12,231
Cash funds this year end	4,789	11,338	-	16,127	12,553

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	3,893	11,338	-
	Cash	896	-	-
	Total cash funds	4,789	11,338	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Wrap-Around-Wellness CIC	268	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Lenovo Idea Pad3	Restricted	1,280	385
	Laptops	Restricted	1,100	494
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>I. Dawson</i>	I. Dawson	21.10.24	
	<i>N. Twamley</i>	N. Twamley	21.10.24	

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Accounts

Charity registration number 1150949

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

**ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 DECEMBER 2022

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr M N Goring Mrs B J Goring Ms L Bottomley
Charity number	1150949
Principal address	32 York Drive Nottingham NG8 6PP
Accountants	HSKSG 3rd Floor Butt Dyke House 33 Park Row Nottingham NG1 6EE
Bankers	HSBC 62 Main Street Bulwell Nottingham NG6 8EX

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

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NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 December 2022.

The trustees have adopted the provisions of the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit.

Our charity's purposes as set out in the Objects contained in our constitution are to:

1. To promote and preserve good health and relieve mental or physical illness in such ways as the trustees may from time to time decide.
2. Such other purposes as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time decide.

The aims of our charity are to improve and recover the wellbeing and emotional, mental, physical good health and spiritual health of people throughout our communities. We aim to achieve this through education, training and the provision of wellbeing services; peer support and activities which promote happiness, integration, volunteering opportunities, employment and the full involvement of recipient communities.

Our aims at all times reflect the purposes for which the charity was established.

Executing our objectives

We review our main objectives and activities regularly through our open scrutiny committee meetings and annually through our Members and Trustees Annual General Meetings.

Our scrutiny committee is composed of members, trustees and volunteers who oversee every existing activity and proposed activity to ensure that it complies with our aims and objectives. Existing activities and services are reviewed and assessed to ensure that their objectives are obtained and that they are sustainable. We operate an "open door" policy where members are positively encouraged to come forward with their comments (good or bad), suggestions and ideas at any time, not just at formal meetings.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Achievements and performance

At last, we had a year without Covid-19 dominating our every move, but its effects were still being felt with some members still too cautious to return to their former groups. The new Women's Wellbeing Group met with mixed success, and we are looking to relaunch it in the new year when we are also hoping to start a walking group. Communicating with members by postcard, introduced during the Covid lockdown, has continued by popular demand!

We had a moderately successful year for fundraising with a very welcome £9,980 National Lottery Community Grant plus smaller grants from Local Giving Ltd, Betty Messenger Trust and a Tesco Community Grant. Some of our members regularly donate to NFOW by paying more than the basic charge for their group/activity and a member nominated us the recipient of donations for her birthday fundraiser on facebook. On a much smaller scale we still receive donations through easy fundraising, PayPal Giving and smile.amazon although the last scheme has been discontinued.

We now have an accessible website, www.nfow.org, which does have the facility for people to donate directly to NFOW as well as having information about all our activities.

With Covid restrictions eased at last, we were able to hold an AGM in December. We also celebrated the late Queen's Platinum Jubilee in June with a party for members and a red, white and blue yarn bomb.

We continue to facilitate a session with a member of Nottingham City Council's Welfare Right's team, enabling them to bring their service into the community.

Looking through the registers to complete this annual return we realised that NFOW had offered at least one drop-in session every week of the year in 2022, including over the Christmas period. Along with the daily telephone support offered, this is something NFOW and its supporters should be proud of.

Next year will be the 10th anniversary of Nottingham Focus On Wellbeing being registered as a Charitable Incorporated Organisation in February 2013. As we look forward to this milestone and celebrate our achievements, it is with some trepidation as the fight for finance becomes ever more difficult and the calls on our services become greater.

The Future

Fundraising for rent has to be our priority for 2023. Utility bills are included in our rent at present, and we have been told by our landlord (Nottingham City Council) that our rent will increase to account for the increases in energy prices.

At long last we are free of Covid rules and regulations so we can begin the task of recruiting new members and persuading some old members that it is safe to come back. We need to look at the way we publicise our groups to see if we can do it more effectively and attract more members.

To this end we are also considering running groups outside "normal" office hours ie early evening or at the weekend eg a Saturday walking group.

Our long-held dream of having a minibus seemed to be coming true towards the end of the year when a local company offered NFOW free use of theirs. However, the bureaucracy around such a plan had to be seen to be believed and so we are still waiting.

It would bring some stability to the organisation and allow for expansion if we could get some funding for 1 or 2 posts to cover counselling/advocacy and admin. Plus, we will continue our everlasting search for volunteers willing to help out at groups or even start something new. We should be in a position to pay regular expenses and offer training.

Finally, it is important that we recruit more trustees. Not only for the knowledge and experience they bring to the board but also because fundraising applications are becoming increasingly scrutinised at very early stages and donors like to see a healthy number and assortment of names of trustees.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

Unrestricted fund reserves amount to £1,467. This represents 16.9% or 2 months of total expenditure which is below the 6 month's expenditure level considered appropriate for the organisation.

Structure, governance and management

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

Trustees are appointed and subject to an induction process in accordance with the constitution.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr M N Goring
Mrs B J Goring
Ms L Bottomley

The trustees' report was approved by the Board of Trustees.

Mr M N Goring
Trustee

Ms L Bottomley
Trustee

13 October 2023

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	3	1,326	-	1,326	3,009	-	3,009
<u>Charitable activities</u>							
Wellbeing services	4	953	11,226	12,179	843	11,770	12,613
Total income		<u>2,279</u>	<u>11,226</u>	<u>13,505</u>	<u>3,852</u>	<u>11,770</u>	<u>15,622</u>
Expenditure on:							
<u>Charitable activities</u>							
Wellbeing services	5	8,674	4,814	13,488	2,869	6,620	9,489
Total charitable expenditure		<u>8,674</u>	<u>4,814</u>	<u>13,488</u>	<u>2,869</u>	<u>6,620</u>	<u>9,489</u>
Net (outgoing)/incoming resources before transfers		(6,395)	6,412	17	983	5,150	6,133
Gross transfers between funds		995	(995)	-	1,280	(1,280)	-
Net (expenditure)/income for the year/							
Net movement in funds		(5,400)	5,417	17	2,263	3,870	6,133
Fund balances at 1 January 2022		6,867	3,870	10,737	4,604	-	4,604
Fund balances at 31 December 2022		<u>1,467</u>	<u>9,287</u>	<u>10,754</u>	<u>6,867</u>	<u>3,870</u>	<u>10,737</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		1,312		858
Current assets					
Debtors	11	1,449		1,206	
Cash at bank and in hand		12,553		12,231	
		<u>14,002</u>		<u>13,437</u>	
Creditors: amounts falling due within one year	12	<u>(4,560)</u>		<u>(3,558)</u>	
Net current assets			9,442		9,879
Total assets less current liabilities			<u>10,754</u>		<u>10,737</u>
Income funds					
Restricted funds	13		9,287		3,870
Unrestricted funds			1,467		6,867
			<u>10,754</u>		<u>10,737</u>

The financial statements were approved by the Trustees on 13 October 2023

Mr M N Goring
Trustee

Ms L Bottomley
Trustee

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

Assets and liabilities are initially recognised at historical cost. The financial statements are prepared on a going concern basis as there are no material uncertainties about the charities ability to continue.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

Income from government grants, whether 'capital' grants or 'revenue' grants, are recognised when the company has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants of a general nature or which do not have particular performance conditions have been included as voluntary income. Grants specifically for the provision of services to be provided as part of charitable activities or services to beneficiaries are included as incoming resources from charitable activities. Income that is restricted by contractual terms is treated as restricted

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	33% reducing balance
-----------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	330	509
Grants	996	2,500
	<u>1,326</u>	<u>3,009</u>
Grants receivable for core activities		
NeuroDiverse International	-	1,500
Arnold Clark Community Fund	-	1,000
Betty Messenger	996	-
	<u>996</u>	<u>2,500</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

4 Charitable activities

	Wellbeing services 2022 £	Wellbeing services 2021 £
Sales within charitable activities	953	843
Performance related grants	11,226	11,770
	<u>12,179</u>	<u>12,613</u>
Analysis by fund		
Unrestricted funds	953	843
Restricted funds	11,226	11,770
	<u>12,179</u>	<u>12,613</u>
Performance related grants		
National Lottery Community Fund	9,980	9,270
Severn Trent Water Community Fund	-	2,000
Local Giving	500	500
Tesco Community Fund	746	-
Other	-	-
	<u>11,226</u>	<u>11,770</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

5 Charitable activities

	Wellbeing services 2022 £	Wellbeing services 2021 £
Depreciation and impairment	646	422
Purchases	320	196
Events	122	43
Telephone	777	577
Printing, stationery and postage	212	34
Travelling	2,870	6,100
Subscriptions	375	486
Repairs and renewals	502	810
Training	113	500
Sundry	387	261
	<u>6,324</u>	<u>9,429</u>
Share of support costs (see note 6)	6,462	(498)
Share of governance costs (see note 6)	702	558
	<u>13,488</u>	<u>9,489</u>
Analysis by fund		
Unrestricted funds	8,674	2,869
Restricted funds	4,814	6,620
	<u>13,488</u>	<u>9,489</u>

6 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Rent	6,100	-	6,100	(875)	-	(875)
Insurance	362	-	362	377	-	377
Accountancy costs	-	702	702	-	558	558
	<u>6,462</u>	<u>702</u>	<u>7,164</u>	<u>(498)</u>	<u>558</u>	<u>60</u>
Analysed between Charitable activities	<u>6,462</u>	<u>702</u>	<u>7,164</u>	<u>(498)</u>	<u>558</u>	<u>60</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

7 Trustees

During the year, the charity paid expenses totalling £2,505 (2021: £5,117) to M Goring (a trustee of the charity) in respect of travel and other expenses.

During the year, a loan relationship persisted between the charity and M Goring, At the year-end, an amount of £500 was outstanding to the charity from M Goring. This amount is unsecured, interest-free and was repaid after the year-end.

8 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

10 Tangible fixed assets

	Computers £
Cost	
At 1 January 2022	1,280
Additions	1,100
	<hr/>
At 31 December 2022	2,380
	<hr/>
Depreciation and impairment	
At 1 January 2022	422
Depreciation charged in the year	646
	<hr/>
At 31 December 2022	1,068
	<hr/>
Carrying amount	
At 31 December 2022	1,312
	<hr/>
At 31 December 2021	858
	<hr/>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

11 Debtors	2022	2021
	£	£
Amounts falling due within one year:		
Other debtors	1,443	1,145
Prepayments and accrued income	6	61
	<u>1,449</u>	<u>1,206</u>
	<u><u>1,449</u></u>	<u><u>1,206</u></u>
12 Creditors: amounts falling due within one year	2022	2021
	£	£
Accruals and deferred income	4,560	3,558
	<u>4,560</u>	<u>3,558</u>
	<u><u>4,560</u></u>	<u><u>3,558</u></u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 December 2022	
	Balance at 1 January 2021	Incoming resources	Resources expended	Balance at 1 January 2022	Incoming resources	Resources expended		Transfers
	£	£	£	£	£	£	£	
National Lottery Community Fund	-	9,270	(5,400)	3,870	9,980	(4,670)	-	9,180
Severn Trent Water Community Fund	-	2,000	(2,000)	-	-	-	-	-
Local Giving	-	500	(500)	-	500	(144)	-	356
Groundwork	-	-	-	-	746	(1,100)	105	(249)
	<u>-</u>	<u>11,770</u>	<u>(7,900)</u>	<u>3,870</u>	<u>11,226</u>	<u>(5,914)</u>	<u>105</u>	<u>9,287</u>

Transfers:

Groundwork/Tesco - £105 was transferred from unrestricted funds to cover the purchase of IT equipment.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

14 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:						
Tangible assets	1,312	-	1,312	858	-	858
Current assets/(liabilities)	9,442	-	9,442	6,008	3,871	9,879
	<u>10,754</u>	<u>-</u>	<u>10,754</u>	<u>6,866</u>	<u>3,871</u>	<u>10,737</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Accounts

Charity Registration No. 1150949

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

**ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 DECEMBER 2021

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr M N Goring Mrs B J Goring Ms L Bottomley
Charity number	1150949
Principal address	32 York Drive Nottingham NG8 6PP
Accountants	HSKSG 3rd Floor Butt Dyke House 33 Park Row Nottingham NG1 6EE
Bankers	HSBC 62 Main Street Bulwell Nottingham NG6 8EX

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

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NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2021

Legal status and governing document

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

Trustees are appointed and subject to an induction process in accordance with the constitution.

The Trustees present their report and the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit.

Our charity's purposes as set out in the Objects contained in our constitution are:

1. To promote and preserve good health and relieve mental or physical illness in such ways as the trustees may from time to time decide.
2. Such other purposes as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time decide.

The aims of our charity are to improve and recover the emotional, mental, physical good health and wellbeing and spiritual health of people throughout our communities. We aim to achieve this through education, training and the provision of wellbeing services; peer support and activities which promote happiness, integration, volunteering opportunities, employment and the full involvement of recipient communities.

Our aims always reflect the purposes for which the charity was established.

Executing our objectives

We review our main objectives and activities regularly through our open scrutiny committee meetings and annually through our Members and Trustees Annual General Meetings.

Our scrutiny committee is composed of members, trustees and volunteers who scrutinise every existing activity and proposed activity to ensure that it complies with our aims and objectives. Existing activities and services are reviewed and assessed to ensure that their objectives are obtained and that they are sustainable. We operate an "open door" policy where members are positively encouraged to come forward with their comments (good or bad), suggestions and ideas at any time, not just at formal meetings.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Achievements and performance

Little did we know this would be another year dominated by COVID-19. Having returned to a full activity timetable at our base in Denton Green Training Centre, in October 2020, we were able to continue running our services throughout 2021, despite further lockdowns and COVID-19 restrictions. As a recognised Mental Health provider we were exempt from such limitations as long as we stuck carefully to our risk assessment and social distancing guidelines. We are very impressed that, within the two years that COVID-19 has been with us, there have been no reported cases at our Denton Green base or with our associated activities and we thank our members and volunteers for the care they have taken to achieve this.

Sadly, we seem to have “lost” a number of members to continuing concerns about the virus, many of them still too worried to return to pre-pandemic activities. This has been exacerbated by NFOW being unable to recruit new members during the pandemic, a condition of our COVID-19 Safe agreement with Nottingham City Council. The postcard scheme, started in 2020, to keep in touch with members, continued into 2021 although with less frequency. It is hoped that by continuing to communicate in this way, especially with the non-returners, might help to bring some members back.

Despite the upheaval of COVID, NFOW had a good response to funding applications in 2021, receiving £9,270 from the National Lottery Awards For All; £2,000 from Severn Trent Water; £1,000 from Arnold Clark Automotive and £500 from Local Giving Limited. Alongside this NFOW received several smaller amounts including donations from members and money generated through internet shopping schemes such as EasyFundraising and SmileAmazon. Nottingham City Council is in dire financial straits and has been busy selling off capital assets and/or imposing rent increases. We have to be prepared and flexible for what may come in the future.

Due to continuing social distancing regulations, it was again not possible to hold the AGM. But later in the year regular, open planning meetings, a new-normal scrutiny-style committee meetings, began again, held every 2 – 3 weeks. Open to any member, and social distancing allowing, the meetings cover current groups and ideas and arrangements for possible future activities.

This year the Art and Craft group were busy, staging two successful yarn bombings outside the centre. These were anonymously added to, we later found out by an instructor at the adjacent gymnastics club, and attracted lots of favourable comments. The art group also visited the Djanogly Art Gallery at Nottingham University to encounter some modern work by female sculptors. They travelled in a minibus-taxi, reinforcing our desire to get a suitable minibus for our own use.

The Future

As we “learn to live with COVID”, we look forward to returning to forge links with local community, statutory and voluntary organisations.

As stated above, two years on a membership recruitment embargo due to COVID-19 has seen a reduction in numbers and we now need to recruit new members and hopefully persuade some missing members that it is safe to return. To this end we need to plan new activities and get some publicity. A Women’s Wellbeing and Friendship group is already being planned for the new year along with a possible expansion of the electronics lessons running alongside IT at the moment.

Fundraising remains a priority for previously stated targets plus some new ones, including:

- Provide staff salaries for four part-time posts.
- Pay the rent for our offices at Denton Green and be prepared for any rent increase.
- Buy, or get regular access to, a minibus.
- Find and recruit volunteers willing to run groups
- Provide volunteer expenses and training
- Recruit at least one new trustee.

This last aim is particularly important. Fundraising applications are becoming increasingly scrutinised at very early stages and donors like to see a healthy number and assortment of names of trustees.

Financial review

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Unrestricted fund reserves amount to £6,867. This represents 72.4% or 8.7 months of total expenditure which is above the 6 month's expenditure level considered appropriate for the organisation.

Structure, governance and management

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

Trustees are appointed and subject to an induction process in accordance with the constitution.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr M N Goring

Mrs B J Goring

Ms L Bottomley

The trustees' report was approved by the Board of Trustees.

Mr M N Goring
Trustee

Ms L Bottomley
Trustee

20 July 2022

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	2020 £
Income from:					
Donations and legacies	3	3,009	-	3,009	8,191
<u>Charitable activities</u>					
Wellbeing services	4	843	11,770	12,613	401
Total income		<u>3,852</u>	<u>11,770</u>	<u>15,622</u>	<u>8,592</u>
Expenditure on:					
<u>Charitable activities</u>					
Wellbeing services	5	2,869	6,620	9,489	10,297
Total charitable expenditure		<u>2,869</u>	<u>6,620</u>	<u>9,489</u>	<u>10,297</u>
Net incoming/(outgoing) resources before transfers		983	5,150	6,133	(1,705)
Gross transfers between funds		1,280	(1,280)	-	-
Net income/(expenditure) for the year/ Net movement in funds		<u>2,263</u>	<u>3,870</u>	<u>6,133</u>	<u>(1,705)</u>
Fund balances at 1 January 2021		4,604	-	4,604	6,309
Fund balances at 31 December 2021		<u><u>6,867</u></u>	<u><u>3,870</u></u>	<u><u>10,737</u></u>	<u><u>4,604</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	9		858		-
Current assets					
Debtors	10	1,206		1,396	
Cash at bank and in hand		12,231		11,623	
		<u>13,437</u>		<u>13,019</u>	
Creditors: amounts falling due within one year	11	<u>(3,558)</u>		<u>(8,415)</u>	
Net current assets			9,879		4,604
Total assets less current liabilities			<u>10,737</u>		<u>4,604</u>
Income funds					
Restricted funds	12		3,870		-
Unrestricted funds			6,867		4,604
			<u>10,737</u>		<u>4,604</u>

The financial statements were approved by the Trustees on 20 July 2022

Mr M N Goring
Trustee

Ms L Bottomley
Trustee

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

Assets and liabilities are initially recognised at historical cost. The financial statements are prepared on a going concern basis as there are no material uncertainties about the charities ability to continue.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

Income from government grants, whether 'capital' grants or 'revenue' grants, are recognised when the company has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants of a general nature or which do not have particular performance conditions have been included as voluntary income. Grants specifically for the provision of services to be provided as part of charitable activities or services to beneficiaries are included as incoming resources from charitable activities. Income that is restricted by contractual terms is treated as restricted

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	33% reducing balance
-----------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	509	7,691
Grants	2,500	500
	<u>3,009</u>	<u>8,191</u>
Grants receivable for core activities		
NeuroDiverse International	1,500	-
Arnold Clark Community Fund	1,000	-
Homeserve	-	500
	<u>2,500</u>	<u>500</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

4 Charitable activities

	Wellbeing services 2021 £	Wellbeing services 2020 £
Sales within charitable activities	843	401
Performance related grants	11,770	-
	<u>12,613</u>	<u>401</u>
Analysis by fund		
Unrestricted funds	843	401
Restricted funds	11,770	-
	<u>12,613</u>	<u>401</u>
Performance related grants		
National Lottery Community Fund	9,270	-
Severn Trent Water Community Fund	2,000	-
Magic Little Grants	500	-
Other	-	-
	<u>11,770</u>	<u>-</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

5 Charitable activities

	Wellbeing services 2021 £	Wellbeing services 2020 £
Depreciation and impairment	422	-
Purchases	196	222
Events	43	15
Telephone	577	793
Printing, stationery and postage	34	54
Travelling	6,100	3,857
Subscriptions	486	572
Repairs and renewals	810	821
Training	500	-
Sundry	261	43
	<u>9,429</u>	<u>6,377</u>
Share of support costs (see note 6)	(498)	3,362
Share of governance costs (see note 6)	558	558
	<u>9,489</u>	<u>10,297</u>
Analysis by fund		
Unrestricted funds	2,869	10,297
Restricted funds	6,620	-
	<u>9,489</u>	<u>10,297</u>

6 Support costs

	Support costs £	Governance costs £	2021 Support costs		Governance costs £	2020 £
	£	£	£	£	£	£
Rent	(875)	-	(875)	3,000	-	3,000
Insurance	377	-	377	362	-	362
Accountancy costs	-	558	558	-	558	558
	<u>(498)</u>	<u>558</u>	<u>60</u>	<u>3,362</u>	<u>558</u>	<u>3,920</u>
Analysed between Charitable activities	<u>(498)</u>	<u>558</u>	<u>60</u>	<u>3,362</u>	<u>558</u>	<u>3,920</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

7 Trustees

During the year, the charity paid expenses totalling £5,117 (2020: £5,129) to M Goring (a trustee of the charity) in respect of travel and other expenses.

During the year, a loan relationship persisted between the charity and M Goring. At the year-end, an amount of £500 was outstanding to the charity from M Goring. This amount is unsecured, interest-free and was repaid after the year-end.

8 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

9 Tangible fixed assets

	Computers £
Cost	
Additions	1,280
At 31 December 2021	1,280
Depreciation and impairment	
Depreciation charged in the year	422
At 31 December 2021	422
Carrying amount	
At 31 December 2021	858

10 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Other debtors	1,145	964
Prepayments and accrued income	61	432
	1,206	1,396

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

11 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals and deferred income	3,558	8,415

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		
	Incoming resources	Resources expended	Balance at 31 December 2021
	£	£	£
National Lottery Community Fund	9,270	(5,400)	3,870
Severn Trent Water Community Fund	2,000	(2,000)	-
Local Giving	500	(500)	-
	<u>11,770</u>	<u>(7,900)</u>	<u>3,870</u>

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Fund balances at 31 December 2021 are represented by:				
Tangible assets	858	-	858	-
Current assets/(liabilities)	6,008	3,871	9,879	4,604
	<u>6,866</u>	<u>3,871</u>	<u>10,737</u>	<u>4,604</u>

14 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

NOTTINGHAM FOCUS ON WELLBEING

England & Wales - Charity number 1150949

Accounts

NOTTINGHAM FOCUS ON WELLBEING C.I.O.

**UNAUDITED FINANCIAL STATEMENTS FOR
FOR THE YEAR ENDED 31 DECEMBER 2020**

CHARITY NUMBER 1150949

NOTTINGHAM FOCUS ON WELLBEING C.I.O

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

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NOTTINGHAM FOCUS ON WELLBEING C.I.O

LEGAL AND ADMINISTRATIVE INFORMATION

Registered office:

Nottingham Focus on Wellbeing C.I.O.
32 York Drive
Nottingham
NG8 6PP

Bankers:

HSBC
62 Main Street
Bulwell
Nottingham

Accountants:

HSKSG
Chartered Accountants
3rd Floor
Butt Dyke House
33 Park Row
Nottingham
NG1 6EE

NOTTINGHAM FOCUS ON WELLBEING C.I.O

TRUSTEES REPORT FOR ACCOUNTS 2020

The Trustees present their report and the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

LEGAL STATUS AND GOVERNING DOCUMENT

Nottingham Focus On Wellbeing is a registered Charitable Incorporated Organisation and is governed by its constitution.

Trustees are appointed and subject to an induction process in accordance with the constitution.

OBJECTIVES AND STATEMENTS OF PUBLIC BENEFIT

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit.

Our charity's purposes as set out in the Objects contained in our constitution are:

1. To promote and preserve good health and relieve mental or physical illness in such ways as the trustees may from time to time decide.
2. Such other purposes as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time decide.

The aims of our charity are to improve and recover the emotional, mental, physical good health and wellbeing and spiritual health of people throughout our communities. We aim to achieve this through education, training and the provision of wellbeing services; peer support and activities which promote happiness, integration, volunteering opportunities, employment and the full involvement of recipient communities.

Our aims always reflect the purposes for which the charity was established.

EXECUTING OUR OBJECTIVES

We review our main objectives and activities regularly through our open scrutiny committee meetings and annually through our Members and Trustees Annual General Meetings.

Our scrutiny committee is composed of members, trustees and volunteers who scrutinize every existing activity and proposed activity to ensure that it complies with our aims and objectives. Existing activities and services are reviewed and assessed to ensure that their objectives are obtained and that they are sustainable. We operate an "open door" policy where members are positively encouraged to come forward with their comments (good or bad), suggestions and ideas at any time, not just at formal meetings.

MAIN ACHIEVEMENTS DURING THE PERIOD

2020 will be a year none of us will forget thanks to the Covid-19 pandemic. We started the year in blissful ignorance of what was to come, continuing our aim of seeing Nottingham Focus On Wellbeing CIO (NFOW) further develop its services, expand membership and increase our community presence.

During the first quarter of the year our concerns about the virus increased, but we kept a full programme of activities running right up until the day the first lockdown was declared on 23 March 2020. Unintentionally optimistic, members were sent a newsletter saying, "See you in three weeks or maybe six!"

NOTTINGHAM FOCUS ON WELLBEING C.I.O

TRUSTEES REPORT FOR ACCOUNTS 2020 (continue)

We kept in touch with NFOW members during the lengthy lockdowns with phone calls, newsletters and sent regular, handwritten, personalised postcards. Digital means of keeping in touch e.g. Zoom are not particularly inclusive as many of our members cannot afford broad band or suitable hardware or they have a deep mistrust of the technology involved. The postcards proved to be a hit with members, who appreciated having some tangible evidence that they'd not been forgotten during the crisis. Thankfully we obtained £500 funding from the Tesco Bags of Help Fund to meet some of the costs involved.

By October 2020, our landlord, Nottingham City Council, finally agreed we could take cautious steps to re-opening Denton Green to current members only. Our project manager and volunteers had a steep learning curve, writing a detailed risk assessment, and becoming familiar with Government regulations and the Council's own requirements, gaining Covid Safe Certification and enabling NFOW to open to members again on 26th October 2020. As a designated formal mental health support provider NFOW was able to remain open during further lockdowns and into the new year.

Since re-opening in October not all members have returned to their groups, choosing instead to continue to shield or because they are struggling to get back in to a routine. Moving forwards we shall support members who want to return and hopefully recruit new members once (if) the pandemic comes under control.

Despite the lengthy closure, fundraising continued. As well as the £500 mentioned above, we received a further £1693 from HomeServe and £178.19 from PayPal Giving. We were also fortunate to be chosen as a Co-Op Community Fund beneficiary, receiving £5031.

Due to the lockdown and Covid regulations, the 2020 AGM was deferred. The 2019 accounts will be presented alongside those from 2020 at our next AGM in 2021.

THE FUTURE

After such an extraordinary year it is hard to predict what 2021 will bring. Our priority will be to continue to support our members through the Covid crisis and to facilitate their return to normal or the "new normal". Hopefully we will be in a position to offer services to the wider community once the crisis is over and we can recruit more members.

We shall continue to fund raise to meet previously stated targets including funding to:

- Provide staff salaries for four part-time posts
- Pay the rent at our base at Denton Green Training Centre
- Buy, or get regular access to a minibus. This would enable us to take our services out into the community; transport members who do not have their own vehicles or who are too anxious to use public transport to social, recreational, or educational events and to transport materials and products made and sold by our social enterprise company.
- Provide volunteer expenses and training

We need to find and encourage more volunteers to help run activities and introduce new activities. We should also actively look for another Trustee to join the board.

We would like to trial evening and weekend activities to gauge the interest and potential to increase the reach of our service

THE TRUSTEES

The trustees who served the charity during the year were as follows:

- B Goring
- M Goring
- L Bottomley

NOTTINGHAM FOCUS ON WELLBEING C.I.O

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

INCOME FROM:	Note	Unrestricted Funds	Total 2020 £	Total 2019 £
Donations and Legacies				
Donations		62	62	44
Grants		500	500	3,222
Other trading activities		<u>8,030</u>	<u>8,030</u>	<u>15,498</u>
TOTAL		<u>8,592</u>	<u>8,592</u>	<u>18,764</u>
EXPENDITURE ON:				
Charitable Activities	2	<u>10,297</u>	<u>10,297</u>	<u>9,694</u>
TOTAL EXPENDITURE		<u>10,297</u>	<u>10,297</u>	<u>9,694</u>
NET SURPLUS/(DEFICIT) FOR THE YEAR		<u>(1,705)</u>	<u>(1,705)</u>	<u>9,070</u>
RECONCILIATION OF FUNDS BROUGHT FORWARD		<u>6,309</u>	<u>6,309</u>	<u>(2,761)</u>
TOTAL FUNDS CARRIED FORWARD		<u>4,604</u>	<u>4,604</u>	<u>6,309</u>

The charitable company has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charitable incorporated organisation are classed as continuing.

The notes on pages 6 to 8 form part of these financial statements

NOTTINGHAM FOCUS ON WELLBEING C.I.O – COMPANY NO. 814160

BALANCE SHEET AS AT 31 DECEMBER 2020

	Notes	2020 £	2019 £
CURRENT ASSETS			
Debtors	5	1,396	317
Cash at Bank and in hand		<u>11,623</u>	<u>11,371</u>
		<u>13,019</u>	<u>11,688</u>
CREDITORS			
Amounts falling due within one year	6	<u>(8,415)</u>	<u>(5,379)</u>
		<u>(8,415)</u>	<u>(5,379)</u>
NET ASSETS			
		<u>4,604</u>	<u>6,309</u>
FUNDS			
Unrestricted	7	<u>4,604</u>	<u>6,309</u>
		<u>4,604</u>	<u>6,309</u>

The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (Effective January 2019) and charities Act 2011.

Approved by the board of trustees on

signed on its behalf by;

Mervin Goring - Trustee

Brenda Goring - Trustee

The notes on pages 6 to 8 form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

1. Principal accounting policies

(a) Basis of Accounting

The financial statements are prepared with 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 January 2019) and (Charities SORP (FRS 102)).

In preparing the financial statements the trustees have considered whether in applying the accounting policies required by FRS 102,

Nottingham Focus on Wellbeing meets the definition of a public benefit under FRS 102.

Assets and liabilities are initially recognised at historical cost. The financial statements are prepared on a going concern basis as there are no material uncertainties about the charities ability to continue.

(b) Grants

Income from government grants, whether 'capital' grants or 'revenue' grants, are recognised when the company has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

(c) Donations

Donations are accounted for in the period which they are received.

(d) Resources expended

Resources expended are included in the statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Grant delivery costs represent direct costs incurred managing certain expenditure.

(e) Fund accounting

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.
- Restricted funds – these are funds that 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.

(f) Fixed assets

Assets costing less than £1,000 are not generally capitalised.

NOTTINGHAM FOCUS ON WELLBEING C.I.O

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

	Restricted £	Unrestricted £	2020 Total £	2019 Total £
2. CHARITABLE ACTIVITY				
Purchases	-	221	221	466
Event		15	15	419
Rent and room hire	-	3,000	3,000	4,875
Telephone	-	793	793	1,102
Subscription	-	573	572	-
Travel	-	3,857	3,857	1,559
Printing, stationery and postage	-	54	54	70
Insurance	-	362	362	309
Repairs and renewals		821	821	336
Sundry		43	43	36
Governance costs (Note 3)	-	558	558	522
	<u>-</u>	<u>10,297</u>	<u>10,297</u>	<u>9,694</u>
			2020	2019
			£	£
3. GOVERNANCE COSTS				
Accountancy costs			558	522
			<u>558</u>	<u>522</u>
			2020	2019
			£	£
4. NET INCOMING RESOURCES FOR THE YEAR				
This is stated after charging:				
Trustees' remuneration			<u>Nil</u>	<u>Nil</u>

NOTTINGHAM FOCUS ON WELLBEING C.I.O

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

	2020 £	2019 £
5. DEBTORS		
Amounts falling due within one year:-		
Other debtors	964	289
Prepayment	432	28
	<u>1,396</u>	<u>317</u>
	2020 £	2019 £
6. CREDITORS		
Amounts falling due within one year:-		
Trade creditors	-	-
Accruals	3,540	5,379
Other creditors	-	-
	<u>3,540</u>	<u>5,379</u>
	2020 £	2019 £
7. ANALYSIS OF NET ASSETS BETWEEN FUNDS		
Unrestricted funds	9,479	6,309
Restricted funds	-	-
	<u>9,479</u>	<u>6,309</u>

8. STAFF COSTS

The charity employs no staff.

9. TRUSTEES EXPENSES AND REMUNERATION

No remuneration was paid to the trustees and no expenses were re-imbursed.

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