

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!"

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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

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.

**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)	<u>-</u>	<u>558</u>	<u>558</u>	<u>522</u>
	<u>-</u>	<u>10,297</u>	<u>10,297</u>	<u>9,694</u>
			2020 £	2019 £
3. GOVERNANCE COSTS				
Accountancy costs			<u>558</u>	<u>522</u>
			<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>

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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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Signature 1

Signed by mervin goring using authentication code SG96dUxVNkkzb2IE at IP address 86.185.166.16, on 2021/09/22 17:17:01 Z.

mervin goring's e-mail address is: mervin-goring@live.co.uk.