

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

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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.

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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.

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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

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
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		<u>6,867</u>	<u>3,870</u>	<u>10,737</u>	<u>4,604</u>	<u>-</u>	<u>4,604</u>
Fund balances at 31 December 2022		<u><u>1,467</u></u>	<u><u>9,287</u></u>	<u><u>10,754</u></u>	<u><u>6,867</u></u>	<u><u>3,870</u></u>	<u><u>10,737</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 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

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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
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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
At 31 December 2022	2,380
Depreciation and impairment	
At 1 January 2022	422
Depreciation charged in the year	646
At 31 December 2022	1,068
Carrying amount	
At 31 December 2022	1,312
At 31 December 2021	858

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>

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>

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 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)	-
Severn Trent Water Community Fund	-	2,000	(2,000)	-	-	-	-
Local Giving	-	500	(500)	-	500	(144)	-
Groundwork	-	-	-	-	746	(1,100)	105
	<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>-</u>	<u>11,770</u>	<u>(7,900)</u>	<u>3,870</u>	<u>11,226</u>	<u>(5,914)</u>	<u>105</u>

Transfers:

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

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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 Unrestricted funds 2022 £	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	9,879
	<u>10,754</u>	<u>-</u>	<u>10,754</u>	<u>6,866</u>	<u>10,737</u>

15 Related party transactions

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