

REGISTERED COMPANY NUMBER: 08330138 (England and Wales)
REGISTERED CHARITY NUMBER: 1154255

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 December 2022
for
North East Wellbeing**

Clive Owen LLP
Chartered Accountants
140 Coniscliffe Road
DARLINGTON
Co Durham
DL3 7RT

North East Wellbeing

Contents of the Financial Statements for the Year Ended 31 December 2022

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Financial Statements	7 to 14
Detailed Statement of Financial Activities	15 to 16

North East Wellbeing
Report of the Trustees
for the Year Ended 31 December 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

North East Wellbeing (NEW) objects are to advance and promote education with a view to improving and enhancing the emotional wellbeing and mental health of children and young people who are experiencing emotional, mental or physical distress and / or ill health in the school environment.

Public benefit

The activities set out in this report have been undertaken to further the Charity's charitable purposes for the public benefit. The trustees have complied with the duty under Section 4 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission, the trustees have paid due regard to this guidance in deciding what activities the charity should undertake.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

2022 marked the tail-end of the restrictions of COVID and a return to a kind of normal for North East Wellbeing and its operations. This is reflected in the increased revenue for 2022 and the increased excess of income over expenditure. Income made its way into NEW through the four projects: Zone West, Wilderness Schooling, Curious Beasts, Therapeutic Schooling and also some unrestricted grants for core costs. The projects were all profitable with the exception of Curious Beasts that was hit hard by the COVID restrictions and did not recover fully when they were eased for the Summer Term 2022.

Two important events that had a big impact on NEW during 2022 were the ill-health of the CEO, Toby Quibell and the investment in Zone West from Newcastle Local Authority. Toby's absence and phased return was a challenge for the organisation, and the outcome was positive in that NEW showed itself to be robust enough to cover key-person responsibilities through internal capacity - an important characteristic for a growing organisation. The investment from Newcastle LA was a different kind of challenge: the size of the commission (400k over 2 years) created a need for a strategic step-change.

The Trustees and the executive met to discuss the implications, thinking about the core work of NEW and what kind of organisation we imagined for the future. After careful consideration, we agreed to pursue a deeper partnership with Healthworks, allowing a division of the Zone West project into operations and programme fidelity. It was agreed that responsibilities relating to employment and programme management would be delivered by Healthworks and those relating to project leadership and training would be delivered by NEW. Towards the end of the year a set of partnership documents were agreed to this end.

2022 concluded on this positive note: North East Wellbeing had grown as an organisation, the projects survived the storm of COVID and the largest of these, Zone West was now homed in a partner charity allowing NEW to concentrate on its core strengths: development, knowledge capital, impact assessment and strategic leadership. In the light of which, we were able to work on the Aims and objectives for 2023.

FINANCIAL REVIEW

Financial position

The total income for the year was £393,935 (2021: £303,487) and expenditure was £367,179 (2021: £255,924). The surplus for the year was £26,756 (2021: £47,563).

North East Wellbeing
Report of the Trustees
for the Year Ended 31 December 2022

FINANCIAL REVIEW

Reserves policy

NEW is committed to building reserves to the value of three months operating costs and we hope that goal is consolidated in the year ahead.

The reserves held at 31 December 2022 were £68,736, of which £39,000 are restricted and £29,736 are unrestricted.

Principal risks and uncertainties

The trustees have a duty to identify and review the risks to which the Charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against such risks. The trustees consider the main risks to be the financial resources available to achieve its objectives.

The trustees regularly review the financial data and project's performance to help mitigate against those risks.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charitable company is controlled by its governing document, which was established under a Memorandum of Association which sets out its objects and powers and is governed under its Articles of Association.

The charitable company is limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

NEW is a charitable company limited by guarantee, incorporated on 13 December 2012 and registered as a charity on 18 October 2013.

In the event of the charitable company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

Trustees are appointed to serve a minimum of one and a maximum of two terms, terms are two years. Retiring Trustees may be reappointed but a trustee who has served for two consecutive terms must take a break from office.

All new Trustees are expected to attend an induction training session and to undertake appropriate training during their period of office.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08330138 (England and Wales)

Registered Charity number

1154255

Registered office

39a Hencoates
HEXHAM
Northumberland
NE46 2EW

Trustees

N Blackburn
Ms M Brown
Ms J Davidson
Ms S McTimoney
P Ryan

North East Wellbeing
Report of the Trustees
for the Year Ended 31 December 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Antony Luckett BCom BFP FCA DChA
Clive Owen LLP
Chartered Accountants
140 Coniscliffe Road
DARLINGTON
Co Durham
DL3 7RT

Approved by order of the Board of Trustees on and signed on its behalf by:

.....
N Blackburn - Trustee

**Independent Examiner's Report to the Trustees of
North East Wellbeing**

Independent examiner's report to the trustees of North East Wellbeing ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Antony Luckett BCom BFP FCA DChA

Clive Owen LLP
Chartered Accountants
140 Coniscliffe Road
DARLINGTON
Co Durham
DL3 7RT

Date:

North East Wellbeing

Statement of Financial Activities for the Year Ended 31 December 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	-	-	-	349
Charitable activities	6				
Curious beasts		-	11,500	11,500	-
Therapeutic schooling		-	12,966	12,966	-
Zone west		-	41,000	41,000	-
Charitable activities		328,319	-	328,319	292,313
Other trading activities	4	-	-	-	10,825
Investment income	5	<u>150</u>	<u>-</u>	<u>150</u>	<u>-</u>
Total		<u>328,469</u>	<u>65,466</u>	<u>393,935</u>	<u>303,487</u>
EXPENDITURE ON					
Charitable activities	7				
Curious beasts		-	11,500	11,500	-
Therapeutic schooling		-	12,966	12,966	-
Zone west		-	31,000	31,000	-
Charitable activities		<u>311,714</u>	<u>-</u>	<u>311,714</u>	<u>255,924</u>
Total		<u>311,714</u>	<u>55,466</u>	<u>367,180</u>	<u>255,924</u>
NET INCOME		16,755	10,000	26,755	47,563
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>12,980</u>	<u>29,000</u>	<u>41,980</u>	<u>(5,583)</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>29,735</u></u>	<u><u>39,000</u></u>	<u><u>68,735</u></u>	<u><u>41,980</u></u>

The notes form part of these financial statements

North East Wellbeing

Balance Sheet 31 December 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	13	4,334	-	4,334	5,633
CURRENT ASSETS					
Debtors	14	16,643	14,768	31,411	3,919
Cash at bank		<u>9,749</u>	<u>24,232</u>	<u>33,981</u>	<u>33,329</u>
		26,392	39,000	65,392	37,248
CREDITORS					
Amounts falling due within one year	15	<u>(991)</u>	<u>-</u>	<u>(991)</u>	<u>(901)</u>
NET CURRENT ASSETS		<u>25,401</u>	<u>39,000</u>	<u>64,401</u>	<u>36,347</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>29,735</u>	<u>39,000</u>	<u>68,735</u>	<u>41,980</u>
NET ASSETS		<u>29,735</u>	<u>39,000</u>	<u>68,735</u>	<u>41,980</u>
FUNDS	16				
Unrestricted funds				29,735	12,980
Restricted funds				<u>39,000</u>	<u>29,000</u>
TOTAL FUNDS				<u>68,735</u>	<u>41,980</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

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

.....
N Blackburn - Trustee

The notes form part of these financial statements

North East Wellbeing

Notes to the Financial Statements for the Year Ended 31 December 2022

1. STATUTORY INFORMATION

North East Wellbeing is a charitable company limited by guarantee registered in England and Wales. The company and charity registered numbers and registered office can be found on page 2.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Critical accounting judgements and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The charitable company makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results.

Due to the non complex nature of the charitable company's operations in the opinion of the trustees there are no key judgements or estimation uncertainties that need to be considered when preparing the financial statements.

Income

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

Expenditure

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

Tangible fixed assets

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

Computer equipment - 20% on cost

Taxation

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

Fund accounting

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

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

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

North East Wellbeing

Notes to the Financial Statements - continued for the Year Ended 31 December 2022

3. DONATIONS AND LEGACIES

	2022 £	2021 £
Donations	<u>-</u>	<u>349</u>

Income from donations and legacies was unrestricted during both the current and previous year.

4. OTHER TRADING ACTIVITIES

	2022 £	2021 £
Conference income	<u>-</u>	<u>10,825</u>

Income from other trading activities was unrestricted during both the current and previous year.

5. INVESTMENT INCOME

	2022 £	2021 £
Deposit account interest	<u>150</u>	<u>-</u>

6. INCOME FROM CHARITABLE ACTIVITIES

	2022 £	2021 £
Grants	65,466	189,500
Income	<u>328,319</u>	<u>102,813</u>
	<u>393,785</u>	<u>292,313</u>

Grants received, included in the above, are as follows:

	2022 £	2021 £
Zone West	41,000	139,861
Curious Beasts	11,500	19,500
Voluntary Sector Mental Health	-	5,000
Therapeutic Schooling	<u>12,966</u>	<u>25,139</u>
	<u>65,466</u>	<u>189,500</u>

Income from charitable activities was £393,785 (2021 - £292,313) of which £65,466 (2021 - £148,824) was attributable to restricted and £328,319 (2021 - £143,489) was attributable to unrestricted funds.

North East Wellbeing

Notes to the Financial Statements - continued for the Year Ended 31 December 2022

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Curious beasts	11,500	-	11,500
Therapeutic schooling	12,966	-	12,966
Zone west	31,000	-	31,000
Charitable activities	<u>212,613</u>	<u>99,101</u>	<u>311,714</u>
	<u>268,079</u>	<u>99,101</u>	<u>367,180</u>

Expenditure on charitable activities costs was £367,179 (2021: £255,924) of which £311,713 (2021: £124,937) was unrestricted and £55,466 (2021: £130,987) restricted.

8. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable activities	<u>97,258</u>	<u>1,843</u>	<u>99,101</u>

9. NET INCOME/(EXPENDITURE)

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

	2022 £	2021 £
Depreciation - owned assets	1,979	1,877
Independent examination fee	<u>1,100</u>	<u>1,000</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

11. STAFF COSTS

There were no employees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

North East Wellbeing

Notes to the Financial Statements - continued for the Year Ended 31 December 2022

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	349	-	349
Charitable activities			
Charitable activities	143,489	148,824	292,313
Other trading activities	10,825	-	10,825
Total	<u>154,663</u>	<u>148,824</u>	<u>303,487</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>124,937</u>	<u>130,987</u>	<u>255,924</u>
NET INCOME	29,726	17,837	47,563
RECONCILIATION OF FUNDS			
Total funds brought forward	(16,746)	11,163	(5,583)
TOTAL FUNDS CARRIED FORWARD	<u>12,980</u>	<u>29,000</u>	<u>41,980</u>

13. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2022	9,387
Additions	<u>680</u>
At 31 December 2022	<u>10,067</u>
DEPRECIATION	
At 1 January 2022	3,754
Charge for year	<u>1,979</u>
At 31 December 2022	<u>5,733</u>
NET BOOK VALUE	
At 31 December 2022	<u>4,334</u>
At 31 December 2021	<u>5,633</u>

North East Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	20,326	2,750
Prepayments and accrued income	<u>11,085</u>	<u>1,169</u>
	<u>31,411</u>	<u>3,919</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Accruals and deferred income	<u>991</u>	<u>901</u>

16. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	12,980	16,755	29,735
Restricted funds			
Zone West	29,000	10,000	39,000
	<u>41,980</u>	<u>26,755</u>	<u>68,735</u>
TOTAL FUNDS			

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	328,469	(311,714)	16,755
Restricted funds			
Zone West	41,000	(31,000)	10,000
Therapeutic Schooling	12,966	(12,966)	-
Curious Beasts			
	<u>11,500</u>	<u>(11,500)</u>	<u>-</u>
	<u>65,466</u>	<u>(55,466)</u>	<u>10,000</u>
TOTAL FUNDS	<u>393,935</u>	<u>(367,180)</u>	<u>26,755</u>

North East Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	(16,746)	29,726	12,980
Restricted funds			
Wilderness Schooling			
Zone West	11,163	(11,163)	-
	<u>-</u>	<u>29,000</u>	<u>29,000</u>
	<u>11,163</u>	<u>17,837</u>	<u>29,000</u>
TOTAL FUNDS	<u>(5,583)</u>	<u>47,563</u>	<u>41,980</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	154,663	(124,937)	29,726
Restricted funds			
Wilderness Schooling			
Zone West	19,500	(30,663)	(11,163)
Therapeutic Schooling	99,185	(70,185)	29,000
Voluntary Sector Mental Health	25,139	(25,139)	-
	<u>5,000</u>	<u>(5,000)</u>	<u>-</u>
	<u>148,824</u>	<u>(130,987)</u>	<u>17,837</u>
TOTAL FUNDS	<u>303,487</u>	<u>(255,924)</u>	<u>47,563</u>

North East Wellbeing

Notes to the Financial Statements - continued for the Year Ended 31 December 2022

16. MOVEMENT IN FUNDS - continued

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

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	(16,746)	46,481	29,735
Restricted funds			
Wilderness Schooling			
	11,163	(11,163)	-
Zone West	-	39,000	39,000
	<u>11,163</u>	<u>27,837</u>	<u>39,000</u>
TOTAL FUNDS	<u>(5,583)</u>	<u>74,318</u>	<u>68,735</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	483,132	(436,651)	46,481
Restricted funds			
Wilderness Schooling			
	19,500	(30,663)	(11,163)
Zone West	140,185	(101,185)	39,000
Therapeutic Schooling	38,105	(38,105)	-
Voluntary Sector Mental Health	5,000	(5,000)	-
Curious Beasts			
	<u>11,500</u>	<u>(11,500)</u>	<u>-</u>
	<u>214,290</u>	<u>(186,453)</u>	<u>27,837</u>
TOTAL FUNDS	<u>697,422</u>	<u>(623,104)</u>	<u>74,318</u>

Movement on individual funds are shown above. The purpose of each fund is as follows:

Unrestricted general fund

These funds represent unrestricted resources available for the general work of the charity.

Restricted funds

Curious Beasts - to fund costs incurred to support in the use of puppets to help children and schools to better mental health and wellbeing.

Zone West - to fund costs incurred to join and link community resources to release talent and potential in children.

North East Wellbeing

Notes to the Financial Statements - continued for the Year Ended 31 December 2022

16. MOVEMENT IN FUNDS - continued

Therapeutic Schooling - to fund costs incurred to help schools deal with the difficult situations children sometimes face.

Voluntary Sector Mental Health - to fund costs incurred to mental health research.

17. RELATED PARTY DISCLOSURES

During the year, the Chief Executive Officer received remuneration of £49,230 (2021: £38,690).

North East Wellbeing

Detailed Statement of Financial Activities for the Year Ended 31 December 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	349
Other trading activities		
Conference income	-	10,825
Investment income		
Deposit account interest	150	-
Charitable activities		
Grants	65,466	189,500
Income	<u>328,319</u>	<u>102,813</u>
	<u>393,785</u>	<u>292,313</u>
Total incoming resources	393,935	303,487
EXPENDITURE		
Charitable activities		
Direct costs	128,403	66,381
Practioners	117,995	80,375
Design and print	188	3,573
Project management	<u>21,493</u>	<u>21,107</u>
	268,079	171,436
Support costs		
Management		
Rent	9,344	8,419
Insurance	1,377	1,033
Website	1,426	760
Subscriptions	700	700
Postage and stationery	-	613
Advertising & marketing	5,133	395
Sundries	2,998	3,759
Recruitment	3,300	-
Office management	71,001	63,631
Computer equipment	<u>1,979</u>	<u>1,877</u>
	97,258	81,187
Finance		
Interest payable	-	1,127
Governance costs		
Independent examination fee	1,100	1,000
Carried forward	1,100	1,000

This page does not form part of the statutory financial statements

North East Wellbeing

Detailed Statement of Financial Activities for the Year Ended 31 December 2022

	2022 £	2021 £
Governance costs		
Brought forward	1,100	1,000
Accountancy fees	<u>743</u>	<u>1,174</u>
	<u>1,843</u>	<u>2,174</u>
 Total resources expended	 <u>367,180</u>	 <u>255,924</u>
 Net income	 <u><u>26,755</u></u>	 <u><u>47,563</u></u>