

**Registered number: 09183805**  
**Charity number: 1161123**

## **Ways to Wellness Foundation**

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**(A company limited by guarantee)**

### **Annual Report**

**31 March 2025**

# **Ways to Wellness Foundation**

**(A company limited by guarantee)**

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# **Ways to Wellness Foundation**

**(A company limited by guarantee)**

## **Reference and administrative details**

**Year ended 31 March 2025**

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### **Trustees**

Brendan Temple Hill  
Robert Westgate (appointed 29 April 2025)  
David Hunter  
Guy Pilkington, Chair  
Ian Dodds (resigned 25 October 2024)  
John Spurr  
Mary Jordan  
Ruth Briel (appointed 29 October 2024)  
Leahan Garratt (appointed 29 April 2025)

### **Company registered number**

09183805

### **Charity registered number**

1161123

### **Registered office**

2nd Floor Forth Banks House  
Skinnerburn Road  
Newcastle Upon Tyne  
NE1 3RH

### **Chief executive officer**

Sandra Mitchell-Phillips

### **Independent auditor**

UNW LLP  
Chartered Accountants  
Citygate  
St James' Boulevard  
Newcastle upon Tyne  
NE1 4JE

# Ways to Wellness Foundation

(A company limited by guarantee)

## Trustees' report Year ended 31 March 2025

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The trustees present their annual report together with the audited financial statements of the charity for the year 1 April 2024 to 31 March 2025. The annual report serves the purposes of both a trustees' report and a directors' report under company law. The trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the group and the charity qualify as small under section 383 of the Companies Act 2006, the group strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

### Objectives and activities

#### Policies and objectives

The Foundation's objects for the period of this report are:

The preservation and protection of health, and the relief of poverty, by advancing social interventions, for individuals in North Cumbria and North East England with health conditions, in particular but not exclusively by:

- Developing and testing social interventions, and working with other sectors to do this;
- Providing information and prescribing social interventions to individuals to improve public health;
- Advancing the education of general public, medical practitioners and others in relation to social prescribing and other social interventions; and
- Such other exclusively charitable purpose(s) as the trustees may from time to time determine in accordance with the law of charity.

Social interventions means non-medical interventions to achieve sustained healthy behaviour change and improved self-care. Social prescribing supplements the support a patient gets from their healthcare professional. A doctor or healthcare professional can prescribe an intervention, as they would medicine. Typically, the interventions include physical activity, health eating/cooking, social interaction and support with positive relationships.

#### Strategies for achieving objectives

The Ways to Wellness Foundation ('the parent charity') is the beneficial owner of and sole shareholder of its trading subsidiary, Ways to Wellness Limited, which together are referred to as 'the group'. Ways to Wellness was created in 2015 to test and evaluate the impact of intensive social prescribing support to patients with long term conditions on a large scale, in the west end of Newcastle. Social prescribing is the use of non medical interventions to achieve sustained lifestyle change and improved self care among people with long term health conditions such as diabetes and heart disease. Ways to Wellness Limited aimed to reach approximately 10,000 patients over seven years, supporting up to 3,000 patients at any one time and significantly improving health and wellbeing outcomes for people living with long term health conditions. This target was achieved and the service was continually commissioned through to the end of July 2025.

In recognising the Foundation's ability both to develop and prototype innovative solutions to health inequalities, since 2021 we have taken this learning and applied it to innovative new projects. In September 2022 Ways to Wellness acquired Bluestone Collaborative, a charity with similar aims and objectives, to strengthen its presence outside of the Newcastle Upon Tyne area. With both charities operating under the Ways to Wellness banner, the organisation's reach now stretches across the Integrated Care System geography.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Trustees' report (continued)

Year ended 31 March 2025

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### Objectives and activities (continued)

The Foundation has now become the main operating vehicle, holding service level agreements, grant agreements and appropriate contracts where required including employee contracts. The operating company, Ways to Wellness Limited, is able to also hold contracts if that is the best option.

The Foundation now runs a number of prototypes. These include supporting families who have a child with a diagnosis of a neurodisability, patients waiting for hip and knee replacements who are on high levels of chronic pain medication, a maternal mental health service and supporting those with persistent physical symptoms. A number of other potential prototypes are in the very early development stage with the hope that these will come on stream in the near future.

The public benefits generated from the work of Ways to Wellness are set out below under 'Achievements and performance'. The trustees continue to consider the wider impact of the organisation and have started developing a new strategy to ensure that the organisation's objectives are achieved. As part of the new strategy, the trustees have undertaken an organisational review to ensure that the skills needed to achieve the objectives are in place as part of the staffing structure and where gaps have emerged, a recruitment process has been undertaken. The trustees have also given due consideration to the Charity Commission guidance relating to public benefit, and are satisfied that the activities of the group continue to deliver substantial benefits in line with the charity's objects.

### Achievements and performance

#### Main achievements of the charity

##### Patient Engagement

Across the range of prototypes and programmes that we are either testing or delivering, we have engaged with over 11,000 patients to date. The Ways to Wellness approach has been focussed on a more intensive intervention in order to encourage sustained behavioural change and therefore the number of patients on the programmes are relative to that intensity. As would be expected, our newer prototypes tend to involve a far smaller number of patients while we refine and test the model.

##### Patient Wellbeing Improvements

Patient wellbeing is measured across all of the Ways to Wellness programmes, largely using the Wellbeing Star™ specific to the patient group. On average, Ways to Wellness looks for a wellbeing improvement score of more than 2.5 points in the most recent assessment as a measure of success. Along with the quantitative data collected, qualitative data is also collected and patients' views and opinions about the programmes help to ensure that the intervention remains focussed, relevant and within expected outcomes.

##### Research

Ways to Wellness collaborates with local universities to evaluate and measure the impact of our prototypes. We have a strong commitment to research and evaluation and have excellent relationships with local academics who are involved with our evaluation of prototypes. Newcastle and Durham Universities, in collaboration with Ways to Wellness and funded by National Institute for Health Research (NIHR), have completed their extensive research and evaluation into the impact of the social prescribing programme on patients diagnosed with diabetes. The research published in early 2023 has highlighted some surprising and unexpected results including a reduction in the HbA1C measurement.

The research into the Space Pilot programme undertaken by Newcastle and Northumbria University, to evaluate a Social Return on investment of the prototype was published in January 2025. It found that, for every £1 spent on the whole service (supporting 49 families), it generated £2.75 in social benefit even though the benefit was calculated only for the 18 families studied in detail. The evaluation was highlighted across NIHR's social media platforms April 2025 generating additional interest in the project. A full evaluation is also underway in relation to the maternal mental health service, early indications are that the impact has been significant both for the mothers and the wider family. This service operated in four areas of the North East and North Cumbria ICB

# Ways to Wellness Foundation

(A company limited by guarantee)

## Trustees' report (continued)

Year ended 31 March 2025

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### Achievements and performance (continued)

geography and Ways to Wellness subcontracts the delivery of the service to four locally based VCSE organisations.

#### Review of activities

The Ways to Wellness group has eight trustees of the Foundation, three non executive directors of the limited company and 13.6 full time equivalent staff (head count of 17). The trustees are currently recruiting to the Board in order to support achievement of the new strategic objectives.

Across our prototypes, Ways to Wellness tests different methods of delivery and referral mechanisms to understand how best to ensure sustained success of the intervention.

The major contract held by Ways to Wellness is the Long Term Conditions Social Prescribing service which has been delivered by Ways to Wellness since 2015. In January 2025 the ICB, who commissioned the service, gave notice of their intention to decommission the service from July 2025 as a result of financial constraints. The final quarter of the 2024/25 year was focused largely on the close down of the service and the safe discharge of all patients. Redundancy consultations commenced in March 2025 due to the need to reduce staff as a result of the closure of the service.

The board have considered the future impact of the loss of the contract and are satisfied that the financial position of the organisation is strong and therefore they have no immediate concerns.

The SPACE Pilot programme which supports families with a child with a diagnosis of a neurodisability, has been widened to encompass children with complex needs. Further external financial support has been applied for to ensure the project is sustained for a further two / three years in order to collect additional data to evaluate effectiveness of the approach. The project has gained national recognition for its innovative approach. Throughout the year, the perioperative programme (Prosper) tested a new referral mechanism moving from a central hub working with Newcastle Hospitals to a referral directly from GP's to assess which method was more effective. The prototype also commenced working with patients on high levels of chronic pain medication in order to support a deprescribing process.

During the year, the Maternal Mental Health programme came to a close with a very positive evaluation of the impact of non medical support delivered by the VCSE sector to women experiencing mental health concerns during the maternity period. The programme has gained national recognition and in some areas the service has been sustained.

The Persistent Physical Symptoms prototype commenced delivery in 2024/5 and early indications are very positive. The service will continue to be evaluated throughout the coming year.

Ways to Wellness Limited continues to receive and respond to dozens of requests annually from external organisations. The requests largely relate to information about social prescribing and/or social impact bond funding and originate from charities and social enterprises, commissioners and intermediaries.

### Financial review

#### Financial performance

Over the year the programmes have generated a surplus but are expected to create a deficit going forward following the expiry of the Long-Term Conditions contract in July 2025.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Trustees' report (continued)

Year ended 31 March 2025

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### Going concern

Any retained reserves generated by Ways to Wellness Limited will be used to achieve Ways to Wellness Foundation's charitable objectives in due course.

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

### Reserves policy

The Ways to Wellness group has demonstrated that the 'link worker longer term support' model is successful and a larger surplus than expected was achieved from the original contract. In looking to the future of the organisation and to build on its success, the trustees are committed to developing and supporting innovative programmes and prototypes that improve health and wellbeing, and tackle health inequalities. Two projects are already under way, for which the Foundation is providing the initial seed funding.

The trustees intend to invest the surplus prudently over the coming years into projects which achieve the aims of the charity, whilst ensuring that 12 months' administrative costs (currently £640k) are held back to ensure the ongoing operation of the projects in the event of a reduction in expected income. Currently the reserves are significantly more than this target. The trustees are developing an ambitious strategy for applying this excess. The strengthened capability and capacity of the staff and refocused aims and objectives will allow the trustees to invest the surplus prudently over the next few years. To reflect this ambition, the trustees have agreed to designate part of the reserves into two designated development funds, from which they expect to make significant allocations to projects in the coming year:

- a) £1m towards the cost of one significant project
- b) £300k towards the cost of multiple smaller projects

Subject to the success of these initiatives the trustees expect to invest future surplus reserves over the next few years.

### Structure, governance and management

#### Constitution

Ways to Wellness Foundation registered as a charitable company limited by guarantee and was set up under a Memorandum of Association dated 12 August 2014. It is a registered charity number 1161123.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Trustees' report (continued)

Year ended 31 March 2025

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### Structure, governance and management (continued)

#### Methods of appointment or election of trustees

No formal policy is in place for the appointment or election of trustees. Trustees and non executive directors are recruited and appointed based upon the knowledge, skills and experience judged to be necessary and appropriate to the best interests of the group and the Foundation's objects. New appointments are approved at Board level.

The Senior Management Team comprises:

Sandra Mitchell Phillips – Chief Executive Officer  
Mike Bareham – Head of Finance  
Simon Broomhead – Head of Development  
Ang Broadbridge - Head of Implementation  
Jule Coulson - Head of Communications and Marketing  
Sonia Townend - Head of Digital Systems

#### Organisational structure and decision-making policies

The management of the charity is the responsibility of the trustees who are elected and co opted under the terms of the constitution but effective day to day management is delegated to the Chief Executive and staff within the charity.

#### Policies adopted for the induction and training of trustees

No formal policies are in place for the induction and training of trustees. New trustees and non executive directors are provided with key documents and policies, including terms of reference and expectations. New trustees and non executive directors have one to one induction meeting with the Chair and Chief Executive (and, as indicated, Finance Manager) to review the remit and expectations of the role as well as key areas of focus.

#### Risk management

The trustees review the Risk Register periodically and are satisfied that systems and procedures are in place to mitigate the group's exposure to the major risks, including regular monitoring and analysis of service delivery metrics, patient experience and impact measures.

#### Plans for future periods

The trustees of the Foundation intend to develop and test further models of delivering services to communities experiencing health inequalities working with statutory organisations and using the VCSE sector as delivery agents over the coming years, effectively transforming the Foundation into a hub of innovation.

Throughout the coming year, the trustees and senior team are reviewing and revising the strategic direction in order to ensure that the organisation remains responsive and relevant.



## **Ways to Wellness Foundation**

**(A company limited by guarantee)**

### **Trustees' report (continued)**

**Year ended 31 March 2025**

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#### **Disclosure of information to auditor**

Each of the persons who are trustees at the time when this trustees' report is approved has confirmed that:

- so far as that trustee is aware, there is no relevant audit information of which the charitable group's auditor is unaware, and
- that trustee has taken all the steps that ought to have been taken as a trustee in order to be aware of any relevant audit information and to establish that the charitable group's auditor is aware of that information.

#### **Auditor**

The auditor, UNW LLP, has indicated its willingness to continue in office. The trustees will propose a motion reappointing the auditor at a meeting of the trustees.

Approved by order of the members of the board of trustees on 21 October 2025 and signed on their behalf by:

  
**Guy Pilkington**

# Ways to Wellness Foundation

(A company limited by guarantee)

## Statement of trustees' responsibilities

Year ended 31 March 2025

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The trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law, the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the group and the charity and of their incoming resources and application of resources, including their income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the group will continue in business.

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

Approved by order of the members of the board of trustees on 21 October 2025 and signed on its behalf by:



Guy Pilkington



## **Independent auditor's report to the trustees of Ways to Wellness Foundation**

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### **Opinion**

We have audited the financial statements of Ways to Wellness Foundation ('the parent charitable company') and its subsidiaries ('the group') for the year ended 31 March 2025 which comprise the consolidated statement of financial activities, the consolidated balance sheet, the company balance sheet, the consolidated statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and of the parent charitable company's affairs as at 31 March 2025 and of the group's incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) ('ISAs (UK)') and applicable law. Our responsibilities under those standards are further described in the 'Auditor's responsibilities for the audit of the financial statements' section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group's or the parent charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.



## **Independent auditor's report to the trustees of Ways to Wellness Foundation (continued)**

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### **Other information**

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### **Matters on which we are required to report by exception**

In the light of knowledge and understanding of the group and parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatement in the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of the trustee's remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and the requirement to prepare a strategic report.

### **Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and the parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.



## **Independent auditor's report to the trustees of Ways to Wellness Foundation (continued)**

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### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

### **Extent to which the audit was considered capable of detecting irregularities, including fraud**

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below. However, it is the primary responsibility of management, with the oversight of those charged with governance, to ensure that the entity's operations are conducted in accordance with the provisions of laws and regulations and for the prevention and detection of fraud.

We obtain and update our understanding of the charitable company, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the charitable company is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

Based on our understanding of the charitable company, we identified that the principal risks of non-compliance with laws and regulations related to laws and regulations that directly affect the financial statements including financial reporting legislation (including related companies legislation), distributable profits legislation, pension legislation and UK tax legislation. In addition, the charitable company is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines and litigation. We considered the extent to which non compliance with laws and regulations might have a material effect on the financial statements and we have assessed the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items.

We also evaluated managements' incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks related to posting inappropriate journal entries to manipulate financial results, management bias in accounting estimates, as well as improper revenue recognition which includes fraudulent posting of journal entries to revenue.



## **Independent auditor's report to the trustees of Ways to Wellness Foundation (continued)**

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Audit procedures performed by the engagement team included:

- Inquiry of management and those charged with governance regarding actual and potential litigation or claims as well as whether they have knowledge of any actual, suspected or alleged fraud;
- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Reviewing meeting minutes to identify reported frauds and any potential non-compliance with laws and regulations;
- Identifying journal entries based on risk criteria and testing the identified entries to supporting documentation, in particular journal entries with unusual account combinations; and
- Challenging assumptions and judgments made by management in their significant accounting estimates and evaluating whether there was any evidence of bias by the directors that represented a risk of material misstatement due to fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

**Anne Hallowell BSc DChA FCA (Senior Statutory Auditor)**  
**for and on behalf of UNW LLP, Statutory Auditor**  
Chartered Accountants  
Newcastle upon Tyne

21 October 2025

# Ways to Wellness Foundation

(A company limited by guarantee)

## Consolidated Statement of financial activities (incorporating income and expenditure account)

Year ended 31 March 2025

	Note	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>				
Donations and legacies	4	91,733	91,733	30,129
Charitable activities	5	1,320,016	1,320,016	1,517,913
Investments	6	142,790	142,790	186,738
<b>Total income</b>		<b>1,554,539</b>	<b>1,554,539</b>	<b>1,734,780</b>
<b>Expenditure on:</b>				
Raising funds		2,492	2,492	2,351
Charitable activities	7	1,223,353	1,223,353	1,123,400
<b>Total expenditure</b>		<b>1,225,845</b>	<b>1,225,845</b>	<b>1,125,751</b>
<b>Net movement in funds</b>		<b>328,694</b>	<b>328,694</b>	<b>609,029</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward		3,244,389	3,244,389	2,635,360
Net movement in funds		328,694	328,694	609,029
<b>Total funds carried forward</b>		<b>3,573,083</b>	<b>3,573,083</b>	<b>3,244,389</b>

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

The notes on pages 17 to 30 form part of these financial statements.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Consolidated balance sheet At 31 March 2025

		2025 £	2024 (as restated) £
Tangible assets	10	17,224	19,843
		<u>17,224</u>	<u>19,843</u>
<b>Current assets</b>			
Debtors	12	483,298	164,816
Investments	13	2,598,214	1,504,716
Cash at bank and in hand		1,147,981	1,792,121
		<u>4,229,493</u>	<u>3,461,653</u>
Creditors: amounts falling due within one year	14	(673,634)	(237,107)
<b>Net current assets</b>		<u>3,555,859</u>	<u>3,224,546</u>
<b>Total assets less current liabilities</b>		<u>3,573,083</u>	<u>3,244,389</u>
<b>Total net assets</b>		<u>3,573,083</u>	<u>3,244,389</u>
<b>Charity funds</b>			
Unrestricted funds	15	3,573,083	3,244,389
<b>Total funds</b>		<u>3,573,083</u>	<u>3,244,389</u>

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the trustees on 21 October 2025 and signed on their behalf by:

Guy Pilkington



The notes on pages 17 to 30 form part of these financial statements.



# Ways to Wellness Foundation

(A company limited by guarantee)

## Balance sheet At 31 March 2025

	Note	2025 £	2024 (as restated) £
<b>Fixed assets</b>			
Tangible assets	10	17,224	19,843
Investments	11	1	1
		<u>17,225</u>	<u>19,844</u>
<b>Current assets</b>			
Debtors	12	50,342	167,778
Investments	13	2,598,214	1,504,716
Cash at bank and in hand		1,001,903	1,354,907
		<u>3,650,459</u>	<u>3,027,401</u>
Creditors: amounts falling due within one year	14	(144,294)	(151,962)
<b>Net current assets</b>		<u>3,506,165</u>	<u>2,875,439</u>
<b>Total net assets</b>		<u><u>3,523,390</u></u>	<u><u>2,895,283</u></u>
<b>Charity funds</b>			
Unrestricted funds	15	3,523,390	2,895,283
<b>Total funds</b>		<u><u>3,523,390</u></u>	<u><u>2,895,283</u></u>

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the trustees on 21 October 2025 and signed on their behalf by:



**Guy Pilkington**

Company registered number: 09183805

The notes on pages 17 to 30 form part of these financial statements.

## Ways to Wellness Foundation

(A company limited by guarantee)

### Consolidated statement of cash flows Year ended 31 March 2025

	Note	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Net cash provided by operating activities	16	<b>449,358</b>	552,030
Purchase of tangible fixed assets		-	(1,643)
<b>Change in cash and cash equivalents in the year</b>		<b>449,358</b>	<b>550,387</b>
Cash and cash equivalents at the beginning of the year		<b>3,296,837</b>	2,746,450
<b>Cash and cash equivalents at the end of the year</b>	17	<b>3,746,195</b>	<b>3,296,837</b>

The notes on pages 17 to 30 form part of these financial statements

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 1. General information

The company is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

### 2. Prior year restatement

The comparative figures, within the statement of financial position, have been restated to increase current investments and reduce cash and cash equivalents by £1,504,716. This restatement is to correctly show cash deposit accounts with terms over 90 days as current asset investments. This restatement has no effect on either the reported result or net assets for the prior year.

### 3. Accounting policies

#### 3.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Ways to Wellness Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The consolidated statement of financial activities (SOFA) and consolidated balance sheet consolidate the financial statements of the charity and its subsidiary undertaking. The results of the subsidiary are consolidated on a line by line basis.

The charitable company has taken advantage of the exemption contained within section 408 of the Companies Act 2006 not to present its own income and expenditure account.

The total profit for the year dealt with in the accounts of the charitable company was £628,107 (2024: £864,737).

The financial statements are presented in pounds sterling which is the functional currency of the company and are rounded to the nearest £1.

#### 3.2 Going concern

The group meets its working capital requirements through its operating cash flows. The trustees have considered the group wide assessment of financial forecasts which show that the group expects to retain sufficient financial resources to continue meeting its liabilities as they fall due for a least 12 months following approval of these financial statements.

After making enquiries, the trustees have a reasonable expectation that the group has adequate resources to continue in operational existence for the foreseeable future. Consequently, they consider that the preparation of these financial statements on a going concern basis remains appropriate.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 3. Accounting policies (continued)

#### 3.3 Income

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grant income is recognised in full on receipt, or when receipt is certain, with the exception of programme related grant income which is recognised in the period in which the related activity takes place, with appropriate amounts accrued or deferred.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

#### 3.4 Expenditure

Expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Royalty payments and management fees in respect of the loan are recognised within direct costs.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity, including those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements. They are apportioned against the activities of the charity in line with the estimated usage of those costs.

Expenditure on raising funds includes all expenditure incurred by the group to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the group's objectives, as well as any associated support costs.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements

Year ended 31 March 2025

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### 3. Accounting policies (continued)

#### 3.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes the original purchase price plus any further costs directly attributable to bringing the asset to its working condition for its intended use.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost, less their estimated residual value, over their estimated useful lives as follows:

Long-term leasehold improvements	-	10% straight line basis
Office equipment	-	10% straight line basis
Computer equipment for Link Worker	-	Depreciated over the remaining life of the contract

Asset residual values and useful lives are reviewed at the end of each reporting period, and adjusted if appropriate. The effect of any change is accounted for prospectively.

#### 3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the group; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

#### 3.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the consolidated statement of financial activities.

Investments in subsidiaries are valued at cost less provision for impairment.

#### 3.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

#### 3.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 3. Accounting policies (continued)

#### 3.10 Financial instruments

The group only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade, intercompany and other accounts receivable and payable, cash and bank balances and loans from related parties.

All such instruments are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, in which case the transaction is measured at the present value of the future receipts discounted at a market rate of interest. All financial instruments are subsequently carried at amortised cost using the effective interest method.

#### 3.11 Deferred taxation

The taxation expense for the year comprises current and deferred tax and is recognised in the profit and loss account except to the extent that it relates to items recognised in other comprehensive income, or directly in equity, in which case the tax expense is also recognised in other comprehensive income or directly in equity.

Current tax is the amount of income tax payable in respect of the taxable profit for the current or past reporting periods. It is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax represents the future tax consequences of transactions and events recognised in the financial statements of current and previous periods. It is recognised in respect of all timing differences, with certain exceptions. Timing differences arise from the inclusion of transactions and events in the financial statements in periods different from those in which they are assessed for tax.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date that are expected to apply to the reversal of timing differences.

#### 3.12 Pensions

The group operates a defined contribution pension scheme and the pension charge represents the amounts payable by the group to the fund in respect of the year.

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 3. Accounting policies (continued)

#### 3.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

### 4. Income from donations and legacies

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Total funds 2024 £</b>
Donations and grants	91,733	91,733	30,129

### 5. Income from charitable activities

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Total funds 2024 £</b>
Contracted service delivery	1,320,016	1,320,016	1,517,913

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

### 6. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Negative goodwill on acquisition	-	-	78,515
Short term deposit interest	142,790	142,790	108,223
<b>Total 2025</b>	<b>142,790</b>	<b>142,790</b>	<b>186,738</b>

### 7. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £
Provision of services	703,590	519,763	1,223,353

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Provision of services	666,598	456,802	1,123,400



# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 7. Analysis of expenditure by activities (continued)

#### Analysis of support costs

	Activities 2025 £	Total funds 2025 £	Total funds 2024 £
Wages and salaries (note 9)	337,291	<b>337,291</b>	313,740
IT costs	23,659	<b>23,659</b>	16,971
Legal and professional fees	15,220	<b>15,220</b>	15,971
Other support costs	143,593	<b>143,593</b>	110,120
	<u>519,763</u>	<u><b>519,763</b></u>	<u>456,802</u>

### 8. Auditor's remuneration

	2025 £	2024 £
Fees payable to the group's auditor for the audit of the consolidated annual accounts	<u><b>13,000</b></u>	<u>11,500</u>

## Ways to Wellness Foundation

(A company limited by guarantee)

### Notes to the financial statements Year ended 31 March 2025

#### 9. Staff costs

	<b>Group 2025 £</b>	<b>Group 2024 £</b>	<b>Charity 2025 £</b>	<b>Charity 2024 £</b>
Wages and salaries	<b>597,096</b>	421,337	<b>399,428</b>	285,056
Social security costs	<b>46,877</b>	35,867	<b>31,613</b>	27,613
Contribution to defined contribution pension schemes	<b>26,622</b>	20,685	<b>18,093</b>	14,638
	<b>670,595</b>	<b>477,889</b>	<b>449,134</b>	<b>327,307</b>

All staff within the group are employed under the parent entity, with costs for staff utilised by the subsidiary company recharged. The charity only figures above represent the staff costs which are not recharged to the subsidiary.

The average number of persons employed by the charity during the year was as follows:

<b>Group 2025 No.</b>	<b>Group 2024 No.</b>	<b>Charity 2025 No.</b>	<b>Charity 2024 No.</b>
<b>18</b>	15	<b>18</b>	15

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	<b>Group 2025 No.</b>	<b>Group 2024 No.</b>
In the band £80,001 - £90,000	<b>1</b>	1

The key management personnel of the charity comprise the Chief Executive Officer, Head of Finance, Head of Development, Head of Digital Systems, Head of Implementation and Head of Communications and Marketing. The employee benefits total £287,087 (2024: £167,931).

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

### 10. Tangible fixed assets

#### Group and Charity

	Long-term leasehold improvements £	Office equipment £	Computer equipment £	Total £
<b>Cost</b>				
At 1 April 2024	8,183	15,703	4,752	28,638
Disposals	-	-	(4,752)	(4,752)
At 31 March 2025	8,183	15,703	-	23,886
<b>Depreciation</b>				
At 1 April 2024	1,500	2,543	4,752	8,795
Charge for the year	828	1,791	-	2,619
On disposals	-	-	(4,752)	(4,752)
At 31 March 2025	2,328	4,334	-	6,662
<b>Net book value</b>				
At 31 March 2025	5,855	11,369	-	17,224
At 31 March 2024	6,683	13,160	-	19,843

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

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### 11. Investments

	Shares in group undertaking £
<b>Charity</b>	
<b>Cost or valuation</b>	
At 1 April 2024	1
At 31 March 2025	<u>1</u>

#### Principal subsidiaries

The following was a subsidiary undertaking of the charity:

Name	Company number	Country of incorporation	Class of shares	Holding
Ways to Wellness Limited	08798423	England	Ordinary	100%

The financial results of the subsidiary for the year were:

Name	Income £	Expenditure £	Profit/(Loss) for the year £	Net assets £
Ways to Wellness Limited	1,216,762	(615,719)	601,042	50,149

## Ways to Wellness Foundation

(A company limited by guarantee)

### Notes to the financial statements Year ended 31 March 2025

#### 12. Debtors

	<b>Group 2025 £</b>	<b>Group 2024 £</b>	<b>Charity 2025 £</b>	<b>Charity 2024 £</b>
Trade debtors	<b>439,179</b>	114,731	<b>198</b>	114,731
Amounts owed by group undertakings	-	-	<b>9,787</b>	9,375
Other debtors	<b>3,115</b>	3,505	<b>3,115</b>	3,505
Prepayments and accrued income	<b>41,004</b>	46,580	<b>37,242</b>	40,167
	<b>483,298</b>	164,816	<b>50,342</b>	167,778

#### 13. Current asset investments

	<b>Group 2025 £</b>	<b>Group 2024 (as restated) £</b>	<b>Charity 2025 £</b>	<b>Charity 2024 (as restated) £</b>
Short term investments	<b>2,598,214</b>	1,504,716	<b>2,598,214</b>	1,504,716

#### 14. Creditors: amounts falling due within one year

	<b>Group 2025 £</b>	<b>Group 2024 £</b>	<b>Charity 2025 £</b>	<b>Charity 2024 £</b>
Trade creditors	<b>29,059</b>	31,638	<b>1,100</b>	6,897
Amounts owed to group undertakings	-	-	<b>7,696</b>	9,073
Other taxation and social security	<b>142,955</b>	67,869	<b>11,744</b>	9,481
Accruals and deferred income	<b>501,620</b>	137,600	<b>123,754</b>	126,511
	<b>673,634</b>	237,107	<b>144,294</b>	151,962

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements Year ended 31 March 2025

### 15. Statement of funds

#### Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>				
<b>Designated funds</b>				
Designated Funds	1,300,000	-	-	1,300,000
<b>General funds</b>				
General funds	1,944,389	1,554,539	(1,225,845)	2,273,083
<b>Total Unrestricted funds</b>	<b>3,244,389</b>	<b>1,554,539</b>	<b>(1,225,845)</b>	<b>3,573,083</b>

Designated funds relate to projects for secondary prevention and are expected to be used over the coming 24 months.

#### Statement of funds - prior year

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>				
<b>Designated funds</b>				
Designated Funds	1,300,000	-	-	1,300,000
<b>General funds</b>				
General Funds	1,335,360	1,734,780	(1,125,751)	1,944,389
<b>Total Unrestricted funds</b>	<b>2,635,360</b>	<b>1,734,780</b>	<b>(1,125,751)</b>	<b>3,244,389</b>

# Ways to Wellness Foundation

(A company limited by guarantee)

## Notes to the financial statements

Year ended 31 March 2025

### 16. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2025 £	Group 2024 £
Net income for the year (as per Statement of Financial Activities)	328,694	609,029
<b>Adjustments for:</b>		
Depreciation charges	2,619	2,351
Amortisation charges	-	(78,515)
Decrease/(increase) in debtors	(318,482)	245,245
Increase/(decrease) in creditors and other provisions	436,527	(226,080)
<b>Net cash provided by operating activities</b>	<b>449,358</b>	<b>552,030</b>

### 17. Analysis of cash and cash equivalents

	Group 2025 £	Group 2024 £
Cash in hand	3,746,195	3,296,837
<b>Total cash and cash equivalents</b>	<b>3,746,195</b>	<b>3,296,837</b>

### 18. Analysis of changes in net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	1,792,121	(644,140)	1,147,981

### 19. Pension commitments

The group operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the group in an independently administered fund. The pension cost charged represents contributions payable by the group to the fund and amounted to £26,622 (2024: £20,685).

As at 31 March 2024 there were no contributions payable to the scheme (2024: £nil).

## Ways to Wellness Foundation

(A company limited by guarantee)

### Notes to the financial statements

Year ended 31 March 2025

#### 20. Operating lease commitments

At 31 March 2025 the group and the charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	<b>Group 2025 £</b>	<b>Group 2024 £</b>	<b>Charity 2025 £</b>	<b>Charity 2024 £</b>
Not later than 1 year	<b>21,693</b>	28,924	<b>21,693</b>	28,924
Later than 1 year and not later than 5 years	<b>127,987</b>	116,418	<b>127,987</b>	116,418
Later than 5 years	<b>72,068</b>	105,330	<b>72,068</b>	105,330
	<b>221,748</b>	250,672	<b>221,748</b>	250,672

#### 21. Related party transactions

The charitable company has received donations of £900,000 (2024: £904,881) from its subsidiary undertaking, Ways to Wellness Limited, in the year. No amounts remain outstanding in respect of these donations at the balance sheet date.

The charitable company recharged costs of £493,970 (2024: £453,046) to Ways to Wellness Limited. There was £9,787 (2024: £9,375) outstanding as at the balance sheet date, included in the charity only debtors balance.

Ways to Wellness Limited recharged costs of £23,745 (2024: £25,155) to the charitable company. There was £7,696 (2024: £9,073) outstanding as at the balance sheet date, included in the charity only creditor balance.

The key management personnel of the charitable company comprise the Chief Executive Officer, Head of Finance, Head of Development, Head of Digital Systems, Head of Implementation and Head of Communications and Marketing. The total employee benefits for key management personnel are disclosed in note 9.

#### 22. Post balance sheet events

On 19 July 2025, the contract with the ICB ceased and as a result the subsidiary company ceased to trade. Remaining profits generated will be gift aided up to the parent charity in due course.