

RENEW WELLBEING

England & Wales · Charity number 1173963

Details

Status Registered

Legal form CIO

Registered 2017-07-26

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

Contact

Address 66 Bisham Drive
West Bridgford
Nottingham
NG2 6LT

Phone 07811297462

Email ruth@renewwellbeing.org.uk

Website <http://renewwellbeing.org.uk/>

Activities

Objects: IN PURSUANCE OF CHRISTIAN PRINCIPLES THE OBJECT OF THE CIO IS, FOR THE PUBLIC BENEFIT, THE PROMOTION, PROTECTION AND PRESERVATION OF GOOD MENTAL HEALTH IN THE UNITED KINGDOM AND THE WORLD THROUGH THE PROVISION OF GUIDANCE, COUNSELLING, SIGNPOSTING AND SUCH OTHER SUPPORT WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF THOSE PERSONS EXPERIENCING MENTAL HEALTH CONDITIONS (AND THEIR DEPENDANTS).THE CHARITY SUPPORTS COMMUNITY GROUPS TO OPEN UP THEIR HABITS OF WELLBEING TO AS MANY AS POSSIBLE IN NON CLINICAL SETTINGS BY EDUCATING, TRAINING AND SUPPORTING.

Activities: The charity enables churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Classification

- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Australia
- France
- Isle Of Man
- New Zealand
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£124,187	£134,629	-	-
2024-08-31	£114,338	£135,780	-	-
2023-08-31	£115,860	£122,136	-	-
2022-08-31	£122,105	£77,811	-	-
2021-08-31	£68,237	£78,250	-	-

Trustees

Name	Role	Appointed
Sharon Bell	Chair	2019-07-07
Gareth Davidson		2022-07-10
Michael Paterson		2018-07-15
SALLY ANN GRIFFITHS		2017-05-31
Sarah Louise Phillips		2021-02-24

RENEW WELLBEING

England & Wales - Charity number 1173963

Accounts

RenewWellbeing

Annual Report and Accounts for the year ending 31st August 2025

Charity number: Charity Commission, England and Wales 1173963
Scottish Charity Regulator SC049975
Website: www.renewwellbeing.org.uk

**Contents of the Annual Reports and Accounts
For the year ended 31st August 2025**

Charity Information	3
Structure and Governance	4
Summary of Objectives	4
Summary of the Main Activities	4
Summary of the Main Achievements	5
Financial Review	6
Independent Examiners report	7
Receipts and Payment Accounts	8
Notes to the accounts	9

Renew Wellbeing
Trustees Report – Charity Information
For the year ended 31st August 2025

Director	Ruth Rice (full time employed)
Chair of Trustees	Sharon Bell
Trustee	Sally Griffiths
Trustee	Sarah Phillips
Trustee	Gareth Davidson
Trustee and treasurer	Michael Paterson
Part-time Administrator	Amanda Halloway (30 hrs per week)

Area Co-ordinators part time paid:

16 hours a week - Fiona Firestone, Sarah Fegredo and Margaret Blakey

8 hours a week - Mary Byrne, Shirley Whymark and Jonathan Turner

South Wales and Wales Co-ordinator - Naomi Dickerson (part time 24 hours a week). Naomi is part funded by South Wales Baptist association through a secondment agreement. From April 2025, Naomi was on adoption leave and Lisa Isaac has replaced her for one day a week as adoption leave cover until Naomi's return.

Youth Children and Family Renew scoping project - Sarah Fegredo (part time 8 hours a week)

Registered Office	66 Bisham Drive West Bridgford Nottingham NG2 6LT ruth@renewwellbeing.org.uk
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Bankers	National Westminster Bank 52 Rectory Rd West Bridgford Nottingham NG2 6FF
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Website	renewwellbeing.org.uk
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Independent Examiner	David Ellis
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**Renew Wellbeing
Trustees Report
For the year ended 31st August 2025**

Structure and Governance

Renew Wellbeing is registered with the Charity Commission, charity number 1173963 and from February 2020 with the Scottish Charity Regulator, charity number SC049975.

The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). New trustees are selected and appointed by existing trustees.

The original Trustees were appointed in line with policy in the constitution. The trustees meet quarterly and all meetings are minuted. The trustees have attended Renew spaces and had training and experience in what the charity does. They have read and understood the duties and responsibilities of a charity trustee.

The Chair of trustees supervises the Director who is paid full time. The Director is responsible for the general running of the charity, visiting, training and supporting churches wanting to set up Renew spaces. The administrator is paid part time and works alongside the Director.

The charity has employed seven part time Area Co-ordinators. Each Area Co-ordinator is building a team of volunteer local links and hubs. These links provide ongoing support and reviews to Renew spaces in their area. They are accountable to the Area Co-ordinator. Each Renew centre is run by hosts who are either volunteers attached to the local church or employees of the local church.

All the training to set up a Renew centre is delivered via online platforms with in person visits where possible. The Area coordinators for North, South East, South West, East, West of England, Scotland and Wales oversee all centres in their wide geographical area. The Director oversees the work of the whole charity, all training and the work of local links in Northern Ireland and Isle of Man and develops new partnerships, funding possibilities and work.

Summary of Objectives

Renew Wellbeing exists to raise awareness of mental and emotional health issues and train, support and encourage the church as it engages with its community in such issues. Renew Wellbeing wants to see an end to isolation and better mental health for all by training and supporting churches to open small quiet shared spaces where it's OK not to be OK.

Summary of the main Activities

The charity works for the public benefit by enabling churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is not benefitting churches, it is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Summary of the Main Achievements

- 300 centres open. More in training
- To date, we have trained around 2,600 hosts and are reaching at least 3,500 regulars weekly with free spaces to belong and attend to wellbeing
- Renew teams can join daily zooms led by Ruth Rice to pray, connect and be encouraged
- Networks are growing in local areas
- The online training has proved popular with steady attendance monthly at Tuesday evening host training webinar.
- Monthly online training also available
- In person visits by all team are increasing.
- We have spoken at online and in person conferences about the Church and mental health to more than 1,000 concerned Christians and Church leaders
- We have written articles for Christian publications and spoken on radio and podcasts
- The Area coordinators are overseeing the centres in their area and gathering volunteer local links or champions to help keep centres well resourced.
- We have launched a new website and a sign-up system that is more secure to help renew spaces with prayerfulness, presence and partnership. A new and refreshed branding is also helping to raise the profile of the charity.
- Renew for Families aimed at primary aged children and their parents and Renew Youth for 11-18's is also now in a refreshed form and more widely available with official launch in the Autumn. This will then no longer need to be a paid oversight role as all churches will be able to access training and serve all ages with their Renew Wellbeing spaces.
- The Books "Slow down, Show up and Pray", "The A-Z of wellbeing" and "Renewable wellbeing" continue to be useful resources for interested churches and conferences and are still selling quite well. The A-Z of Wellbeing for children was launched in May 25
- Weekly zoom chats for hosts nationally and regionally have been well attended. Regional networks are growing with regional retreats being held in every region this year. Retreats are now monthly and available online too.
- February: AGM Celebration, June: Annual gathering. November: Retreat in person for team, online for RW family. All well attended
- Work continues with a ten pilot Dioceses funded by the Church of England Disability fund

Financial Review

The year to 31 August 2025 is the eighth year of activity for Renew Wellbeing CIO and the accounts for the year are set out in pages 8 to 9 of the Annual Report.

In the year, the charity has received funds of £124,187. This is mainly grants and donations from a combination of sources: partner organisations, church projects and interested individuals. This was an increase of more than £10,000 compared to the previous year and was mainly from individual donors, for which we are both grateful and humbled. Where applicable, tax has been recovered from donations made under the Gift Aid scheme.

Payments made over the same period were £134,629. The largest portion (82%) of this was the cost to employ ten staff members. Overall costs have stayed relatively flat year on year. The cost of rebuilding our website and rebranding (£5,712) was met by reductions in other areas (computer equipment and slight reduction in overall staff hours).

As a result of the above, the charity had an operating deficit of £(10,442) compared to a deficit of, £(21,442) in the previous year. This has required the use of reserves built up in previous years. Given staff and role changes that happened in September 2025 (ie in the new year) it is expected that the level of deficit will fall in the next financial year. The ultimate aim will be to move to a more sustainable financial model, that does not create significant deficits / surpluses in the longer term

Funds held by Renew Wellbeing CIO

The bulk of the money received is for the general use of the charity, to be used at the discretion of the Trustees to further the aims of the charity. However, some donations were received that were given to support specific items of expenditure and these are recorded as restricted funds in the accounts. There were two restricted funds in the accounts to August '25:

- Staff costs. The paid hours for the South Wales and Wales Area Co-ordinator were partly funded by the South Wales Baptist Association through a secondment agreement.
- Money has been received by the charity centrally to be passed on to support specific Renew centres. The money has been transferred to the relevant Renew centre and there is no longer a balance on this fund.

Reserves Policy

The trustees do not seek to hold unnecessary funds that are in excess of the charity's financial needs. In order to provide sufficient funds for working capital and to ensure the ability of the charity to continue operation in the event of funding being restricted, the Trustees consider that a general fund equivalent to six months operating expenditure is appropriate. This would be approximately £60,000 (based on the Budget for the 2025/26 financial year). The current balance

on the general fund of £75,816 is in excess of the target value so broadly in line with the policy.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RENEW WELLBEING

I report on the report and accounts of the charity for the year ended 31 August 2025.

Responsibilities of the Trustees and the Examiner

As the charity's Trustees, you are responsible for the preparation of the accounts. You consider that: an audit is not required for the year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed; the charity is preparing accounts on a receipts and payments basis; and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charities Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you, as the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the following requirements have not been met:
 - to keep accounting records in accordance with section 130 of the 2011 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



David M Ellis
32 Riverside, Southwell, Nottinghamshire

Date: 20 November 2025

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Receipts and Payments Accounts for the year ended 31 August 2025

	Notes	General fund	Restricted funds		Aug 25	Aug 24
			For staffing costs	For specific renew spaces	Total	Total
Opening cash balances		86,435.90	(177.65)	0.00	86,258.25	107,700.40
Cash funds last year end		86,435.90	(177.65)		86,258.25	107,700.40
Receipts						
Archbishops Council-CoE Disability fund		10,000.00			10,000.00	10,000.00
CBA / SWBA		3,300.00	6,158.04		9,458.04	21,113.80
From church projects		23,965.48			23,965.48	21,668.37
Individuals - Gift aided		23,262.15			23,262.15	22,061.84
Tax reclaimed		5,852.76			5,852.76	5,250.11
Individuals - Not Gift Aided		34,975.79			34,975.79	15,808.32
Book/Blanket sales		4,536.11			4,536.11	4,636.73
Local Retreat days		1,224.00			1,224.00	2,520.00
Bank Interest		2,650.93			2,650.93	1,734.40
Other receipts	(2)	8,165.50		96.00	8,261.50	9,544.06
Total receipts					124,186.76	114,337.63
Payments						
Salaries and National Insurance		(101,477.71)	(5,851.92)		(107,329.63)	(109,871.40)
Pension contributions		(2,252.52)	(293.04)		(2,545.56)	(2,565.00)
Travel		(3,624.72)	0.00		(3,624.72)	(4,713.60)
Staff training/coaching		(3,312.00)			(3,312.00)	(1,898.41)
Local Retreat days		(1,862.97)			(1,862.97)	(3,418.47)
Publicity		(805.64)			(805.64)	(2,310.00)
Website re brand / rebuild		(5,712.00)			(5,712.00)	0.00
Office & Stationery costs		(2,967.49)	0.00		(2,967.49)	(5,074.04)
Book/Blanket costs		(4,205.76)			(4,205.76)	(3,932.93)
Bank charges		(393.75)			(393.75)	(198.31)
Other payments	(3)	(1,773.18)			(1,773.18)	(1,697.62)
Support for projects				(96.00)	(96.00)	(100.00)
Transfer between funds		(164.57)	164.57		0.00	0.00
Total payments					(134,628.70)	(135,779.78)
Net Receipts / (payments)		(10,619.59)	177.65	0.00	(10,441.94)	(21,442.15)
Closing bank balances		75,816.31	(0.00)	0.00	75,816.31	86,258.25
Cash funds this year end		75,816.31	(0.00)	0.00	75,816.31	86,258.25

Statement of Assets and Liabilities

Bank balance	16,430.98	0.00	16,430.98	4,523.85
Cash on deposit	59,385.33		59,385.33	81,734.40
Tax to be reclaimed	2,142.62		2,142.62	2,161.91
Retreat Deposit	250.00		250.00	0.00
Bank charges	(22.05)		(22.05)	(22.40)
Staff expenses	(837.26)		(837.26)	(387.74)
Total assets less liabilities	77,349.62	0.00	0.00	88,010.02

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Notes to the accounts

- 1 The accounts have been prepared on a 'receipts and payments' basis. This means the accounts show the cash flowing through the charity's bank accounts in the year and does not take account of whether these cashflows relate to a different accounting period. A statement of assets and liabilities is also provided to give a broader picture of the financial status of the charity, this includes non-cash items (eg assets held, amounts due to/from the charity)
- 2 'Other' receipts are made up donations from various organisations. Some donations are to cover expenses incurred by Renew Wellbeing staff attending and leading meetings. Other donations are to support the general activities of the charity. Significant amounts (over £500), received during the year were as follows:

	Aug 25	Aug 24
Big Give - Matched funding donations	4,000.00	-
Attleborough Baptist Church	1,200.00	1,200.00
Benefact trust - towards website redesign	1,000.00	-
London Diocese - Lent appeal	-	2,500.00
Reimbursement of travel expenses	325.50	1,038.63
ST Lukes West Bridgford	1,250.00	2,000.00
Speaker Gift - Book Blest	-	500.00
Wollaton PCC	-	500.00

- 3 The value of 'Other' payments is made up as follows:

	Aug 25	Aug 24
Hospitality for visitors and team	475.35	649.73
Attendance at Conferences	915.19	775.00
Gifts for staff/Local Links	167.24	133.22
Books (research/training)	215.40	139.67
	<u>1,773.18</u>	<u>1,697.62</u>

- 4 **Transactions involving trustees**

Trustees of the Charity do not receive any payment for acting as a trustee.

RENEW WELLBEING

England & Wales - Charity number 1173963

Accounts

RenewWellbeing

Annual Report and Accounts for the year ending 31st August 2024

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**Renew Wellbeing
Trustees Report – Charity Information
For the year ended 31st August 2024**

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Chair of Trustees	Sharon Bell
Trustee	Sally Griffiths
Trustee	Sarah Phillips
Trustee	Gareth Davidson
Trustee and treasurer	Michael Paterson
Part-time Administrator	Amanda Halloway (30 hrs per week)

Area Co-ordinators part time paid:

16 hours a week - Fiona Firestone, Sarah Fegredo and Margaret Blakey

8 hours a week - Mary Byrne, Shirley Whymark and Jonathan Turner

South Wales and Wales Co-ordinator - Naomi Dickerson (part time 24 hours a week). Naomi is part funded by South Wales Baptist association through secondment agreement.

Youth Children and Family Renew scoping project - Sarah Fegredo (part time 8 hours a week)

Registered Office	66 Bisham Drive West Bridgford Nottingham NG2 6LT
	ruth@renewwellbeing.org.uk

Bankers	National Westminster Bank 52 Rectory Rd West Bridgford Nottingham NG2 6FF
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Website	renewwellbeing.org.uk
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Independent Examiner	David Ellis
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**Renew Wellbeing
Trustees Report
For the year ended 31st August 2024**

Structure and Governance

Renew Wellbeing is registered with the Charity Commission, charity number 1173963 and from February 2020 with the Scottish Charity Regulator, charity number SC049975.

The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). New trustees are selected and appointed by existing trustees.

The original Trustees were appointed in line with policy in the constitution. The trustees meet quarterly and all meetings are minuted. The trustees have attended Renew spaces and had training and experience in what the charity does. They have read and understood the duties and responsibilities of a charity trustee.

The Chair of trustees supervises the Director who is paid full time. The Director is responsible for the general running of the charity, visiting, training and supporting churches wanting to set up Renew spaces. The administrator is paid part time and works alongside the Director.

The charity has employed seven part time Area Co-ordinators. Each Area Co-ordinator is building a team of volunteer local links and hubs. These links provide ongoing support and reviews to Renew spaces in their area. They are accountable to the Area Co-ordinator. Each Renew centre is run by hosts who are either volunteers attached to the local church or employees of the local church.

All the training to set up a Renew centre is delivered via online platforms with in person visits where possible. The Area coordinators for North, South East, South West, East, West of England, Scotland and Wales oversee all centres in their wide geographical area. The Director oversees the work of the whole charity, all training and the work of local links in Northern Ireland and Isle of Man and develops new partnerships, funding possibilities and work.

Summary of Objectives

Renew Wellbeing exists to raise awareness of mental and emotional health issues and train, support and encourage the church as it engages with its community in such issues. Renew Wellbeing wants to see an end to isolation and better mental health for all by training and supporting churches to open small quiet shared spaces where it's OK not to be OK.

Summary of the main Activities

The charity works for the public benefit by enabling churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is not benefitting churches, it is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Summary of the Main Achievements

- 280 centres open. Many more in training
- To date, we have trained around 2,300 hosts and are reaching at least 3000 regulars weekly with free spaces to belong and attend to wellbeing
- Renew teams can join daily zooms led by Ruth Rice to pray, connect and be encouraged
- Networks are growing in local areas
- The online training has proved popular with attendance monthly at our Monday introduction to Renew webinar and churches then doing online training themselves
- Monthly online training also available
- In person visits by all team are increasing.
- We have spoken at online and in person conferences about the Church and mental health to more than 1,000 concerned Christians and Church leaders
- We have written articles for Christian publications and spoken on radio and podcasts
- The Area coordinators are overseeing the centres in their area and gathering volunteer local links or champions to help keep centres well resourced. Each has seen growth in number of centres plus greater networking for encouragement and support.
- We have developed resources for the website to help renew spaces with prayerfulness, presence and partnership. New promo videos and retreat resources are now available
- Children youth and families pilot programmes are running in around 14 projects. Sarah has updated training and is overseeing all programmes
- The Book “Slow down, Show up and Pray” continues to prove popular and we have used it in a variety of ways to train churches as it contains the manual. The “A-Z of wellbeing” has also been selling well. Ruth has written a new book about the values of wellbeing spaces to be launching Nov 2024 as a further resource and the A-Z of wellbeing for children launching May 25
- Weekly zoom chats for hosts nationally and regionally have been well attended. Regional networks are growing with regional retreats being held in every region this year. Retreats are now monthly and available online too.
- February: AGM Celebration, June: Annual gathering/ Big picnic with 300 RW picnic rugs sold. November: Retreat in person for team, online for RW family. All well attended
- Work has begun with a ten pilot Dioceses funded by the Church of England Disability fund

Financial Review

The year to 31 August 2024 is the seventh year of activity for Renew Wellbeing CIO and the accounts for the year are set out in pages 8 to 9 of the Annual Report.

In the year, the charity has received funds of £114,338. This is mainly grants and donations from a combination of sources: partner organisations, church projects and interested individuals. Where applicable, tax has been recovered from donations made under the Gift Aid scheme.

Payments made over the same period were £135,780. The largest portion (83%) of this was the cost to employ nine staff members. Other areas of cost have stayed relatively flat year on year except for the purchase of picnic blankets (re-sold to interested parties) and the one-off costs of changing email provider and buying a replacement computer.

As a result of the above, the charity had an operating deficit of £(21,442) compared to a deficit of, £(6,276) in the previous year. This has required the use of reserves held over from previous years and this situation is expected to continue for at least the next financial year. Whilst reserves can currently cover this excess of expenditure over income, it is not a situation that can continue indefinitely.

Funds held by Renew Wellbeing CIO

The bulk of the money received is for the general use of the charity, to be used at the discretion of the Trustees to further the aims of the charity. However, some donations were received that were given to support specific items of expenditure and these are recorded as restricted funds in the accounts. There were two restricted funds in the accounts to August '24:

- Staff costs. The paid hours for the South Wales and Wales Area Co-ordinator were partly funded by the South Wales Baptist Association through a secondment agreement.
- Money has been received by the charity centrally to be passed on to support specific Renew centres. The money has been transferred to the relevant Renew centre and there is no longer a balance on this fund.

Reserves Policy

The trustees do not seek to hold unnecessary funds that are in excess of the charity's financial needs. In order to provide sufficient funds for working capital and to ensure the ability of the charity to continue operation in the event of funding being restricted, the Trustees consider that a general fund equivalent to six months operating expenditure is appropriate. This would be approximately £68,000 (based on the Budget for the 2024/25 financial year). The current balance on the general fund of £86,258 is in excess of the target value. The Budget for 2024/25 is set with a deficit of approximately £(16,000) which will decrease the value of the general fund by the end

of the next financial year to the level set in the policy.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RENEW WELLBEING

I report on the report and accounts of the charity for the year ended 31 August 2024.

Responsibilities of the Trustees and the Examiner

As the charity's Trustees, you are responsible for the preparation of the accounts. You consider that: an audit is not required for the year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed; the charity is preparing accounts on a receipts and payments basis; and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charities Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you, as the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the following requirements have not been met:
 - to keep accounting records in accordance with section 130 of the 2011 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



David M Ellis
32 Riverside, Southwell, Nottinghamshire

Date: 3 December 2024

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Receipts and Payments Accounts for the year ended 31 August 2024

	Notes	General fund	Restricted funds		Aug 24	Aug 23
			For staffing costs	For specific renew spaces	Total	Total
Opening cash balances		106,694.81	1,005.59	0.00	107,700.40	113,976.29
Cash funds last year end		106,694.81	1,005.59		107,700.40	113,976.29
Receipts						
Grant - Baptist Union Newington Fund		0.00			0.00	20,000.00
Archbishops Council-CoE Disability fund		10,000.00			10,000.00	0.00
EBA /SWBA/ CBA		8,400.00	12,713.80		21,113.80	19,665.36
From church projects		21,668.37			21,668.37	25,180.22
Individuals - Gift aided		22,061.84			22,061.84	17,374.03
Tax reclaimed		5,250.11			5,250.11	4,470.19
Individuals - Not Gift Aided		15,808.32			15,808.32	13,761.32
Book/Blanket sales		4,636.73			4,636.73	518.00
Local Retreat days		2,520.00			2,520.00	2,585.00
Bank Interest		1,734.40			1,734.40	0.00
Other receipts	(2)	9,444.06		100.00	9,544.06	12,305.93
Total receipts					114,337.63	115,860.05
Payments						
Salaries and National Insurance		(95,658.00)	(14,213.40)		(109,871.40)	(101,609.25)
Pension contributions		(2,138.64)	(426.36)		(2,565.00)	(2,424.72)
Travel		(4,319.20)	(394.40)		(4,713.60)	(5,116.81)
Staff training/coaching		(1,898.41)			(1,898.41)	(1,807.63)
Local Retreat days		(3,418.47)			(3,418.47)	(3,620.49)
Publicity		(2,310.00)			(2,310.00)	(1,500.81)
Office & Stationery costs		(4,930.16)	(143.88)		(5,074.04)	(2,915.51)
Book/Blanket costs		(3,932.93)			(3,932.93)	(1,100.00)
Bank charges		(198.31)			(198.31)	0.00
Other payments	(3)	(1,697.62)			(1,697.62)	(1,940.72)
Support for projects				(100.00)	(100.00)	(100.00)
Transfer between funds		(1,281.00)	1,281.00		0.00	0.00
Total payments					(135,779.78)	(122,135.94)
Net Receipts / (payments)		(20,258.91)	(1,183.24)	0.00	(21,442.15)	(6,275.89)
Closing bank balances		86,435.90	(177.65)	0.00	86,258.25	107,700.40
Cash funds this year end		86,435.90	(177.65)	0.00	86,258.25	107,700.40

Statement of Assets and Liabilities

Bank balance	4,523.85		0.00	4,523.85	57,700.40
Cash on deposit	81,734.40			81,734.40	50,000.00
Tax to be reclaimed	2,161.91			2,161.91	1,895.66
Deposit for staff retreat Sep '23				0.00	900.00
Bank charges	(22.40)			(22.40)	0.00
Staff expenses	(387.74)			(387.74)	(296.35)
Total assets less liabilities	88,010.02	0.00	0.00	88,010.02	110,199.71

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Notes to the accounts

- 1** The accounts have been prepared on a 'receipts and payments' basis. This means the accounts show the cash flowing through the charity's bank accounts in the year and does not take account of whether these cashflows relate to a different accounting period. A statement of assets and liabilities is also provided to give a broader picture of the financial status of the charity, this includes non-cash items (eg assets held, amounts due to/from the charity)
- 2** 'Other' receipts are made up donations from various organisations. Some donations are to cover expenses incurred by Renew Wellbeing staff attending and leading meetings. Other donations are to support the general activities of the charity. Significant amounts (over £500), received during the year were as follows:

	Aug 24	Aug 23
Attleborough Baptist Church	1,200.00	1,200.00
London Diocese - Lent appeal	2,500.00	6,573.01
Reimbursement of travel expenses	1,038.63	1,820.99
ST Lukes West Bridgford	2,000.00	-
Speaker Gift - Book Blest	500.00	-
Wollaton PCC	500.00	500.00
Woodland Group - Wellbeing review	-	850.00

- 3** The value of 'Other' payments is made up as follows:

	Aug 24	Aug 23
Hospitality for visitors and team	649.73	268.40
Attendance at Conferences	775.00	1,416.60
Gifts for staff/Local Links	133.22	72.68
Books (research/training)	139.67	183.04
	<u>1,697.62</u>	<u>1,940.72</u>

4 Transactions involving trustees

Trustees of the Charity do not receive any payment for acting as a trustee.

RENEW WELLBEING

England & Wales - Charity number 1173963

Accounts

RenewWellbeing

Annual Report and Accounts for the year ending 31st August 2023

Charity number: Charity Commission, England and Wales 1173963
Scottish Charity Regulator SC049975
Website: www.renewwellbeing.org.uk

Contents of the Annual Reports and Accounts For the year ended 31st August 2023

Charity Information	3	
Structure and Governance	4	
Summary of Objectives	4	
Summary of the Main Activities	4	
Summary of the Main Achievements		5
Financial Review	6	
Independent Examiners report	7	
Receipts and Payment Accounts	8	
Notes to the accounts	9	

**Renew wellbeing
Trustees Report - Charity Information
For the year ended 31st August 2023**

Director Ruth Rice (full time employed)

Chair of Trustees Sharon Bell

Trustee Sally Griffiths

Trustee Sarah Phillips

Trustee Gareth Davidson

Trustee and treasurer Michael Paterson

Part-time Administrator Amanda Holloway (30 hrs per week)

Area Co-ordinators part time paid:

16 hours a week - Fiona Firestone, Sarah Fegredo and Margaret Blakey

8 hours a week - Mary Byrne, Shirley Whymark and Jonathan Turner (from April 23)

South Wales and Wales Co-ordinator - Naomi Dickerson (part time 24 hours a week). Naomi is part funded by South Wales Baptist association through secondment agreement.

Youth Children and Family Renew scoping project - Sarah Fegredo (part time 8 hours a week)

Registered Office 66 Bisham Drive
West Bridgford
Nottingham
NG2 6LT

ruth@renewwellbeing.org.uk

Bankers National Westminster Bank
52 Rectory Rd
West Bridgford
Nottingham
NG2 6FF

Website renewwellbeing.org.uk

Independent Examiner David Ellis

**Renew wellbeing
Trustees Report
For the year ended 31st August 2023**

Structure and Governance

Renew Wellbeing is registered with the Charity Commission, charity number 1173963 and from February 2020 with the Scottish Charity Regulator, charity number SC049975.

The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). New trustees are selected and appointed by existing trustees.

The original Trustees were appointed in line with policy in the constitution. The trustees meet quarterly and all meetings are minuted. The trustees have attended Renew spaces and had training and experience in what the charity does. They have read and understood the duties and responsibilities of a charity trustee.

The Chair of trustees supervises the Director who is paid full time. The Director is responsible for the general running of the charity, visiting, training and supporting churches wanting to set up Renew spaces. The administrator is paid part time and works alongside the Director.

The charity has employed seven part time Area Co-ordinators. Each Area Co-ordinator is building a team of volunteer local links and hubs. These links provide ongoing support and reviews to Renew spaces in their area. They are accountable to the Area Co-ordinator. Each Renew centre is run by hosts who are either volunteers attached to the local church or employees of the local church.

All the training to set up a Renew centre is delivered via online platforms with in person visits where possible. The Area coordinators for North, South East, South West, East, West of England, Scotland and Wales oversee all centres in their wide geographical area. The Director oversees the work of the whole charity, all training and the work of local links in Northern Ireland and Isle of Man and develops new partnerships, funding possibilities and work.

Summary of Objectives

Renew Wellbeing exists to raise awareness of mental and emotional health issues and train, support and encourage the church as it engages with its community in such issues. Renew Wellbeing wants to see an end to isolation and better mental health for all by training and supporting churches to open small quiet shared spaces where it's OK not to be OK.

Summary of the main Activities

The charity works for the public benefit by enabling churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is not benefitting churches, it is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Summary of the Main Achievements

- 250 centres open. 70 more in training
- To date, we have trained around 2,000 hosts and are reaching at least 2,500 regulars weekly with free spaces to belong and attend to wellbeing
- Renew teams can join daily zooms led by Ruth Rice to pray, connect and be encouraged
- Networks are growing in local areas
- The online training has proved popular with attendance monthly at our Monday introduction to Renew webinar and churches then doing online training themselves
- Monthly online training also available
- Some in person visits are increasing. Visits by coordinators and Director more strategic now
- We have spoken at online and in person conferences (Fresh Streams, Spring Harvest, Diocese of London event, Counties conference) about the Church and mental health to more than 1,000 concerned Christians and Church leaders
- We have written articles for Christian publications and spoken on radio and podcasts
- The Area coordinators are overseeing the centres in their area and gathering volunteer local links or champions to help keep centres well resourced. Each has seen growth in number of centres plus greater networking for encouragement and support. Hours have been increased for staff to cope with growth.
- The administrator role has increased from 20 to 30 hours a week
We are so grateful for all the work Mandy does to keep us organised
- We have developed resources for the website to help renew spaces with prayerfulness, presence and partnership. New training videos and publicity cards have been made available this year thanks to Naomi
- Children youth and families pilot programmes are running in around 14 projects. Sarah is developing new training and overseeing all pilot programmes
- The Book “Slow down, Show up and Pray” continues to prove popular and we have used it in a variety of ways to train churches as it contains the manual. The “A-Z of wellbeing” has also been selling well. Ruth has written a new book about the values of wellbeing spaces to be published in late 2024 as a further resource
- Weekly zoom chats for hosts nationally and regionally have been well attended. Regional networks are growing with regional retreats being held in every region this year

- February: AGM Celebration, June: Annual gathering, November: Retreat in person for team, online for RW family. All well attended
- The first facilitator has been appointed by a Baptist association at their expense with RW oversight. This is being trialed as a good way to work with denomination groups. We also have several agreements with different associations in place as more denominational groups show an interest in adopting the RW principles
- Work has begun with a couple of pilot Diocese in partnership with the Church of England mental health group

Financial Review

The year to 31 August 2023 is the sixth year of activity for Renew Wellbeing CIO and the accounts for the year are set out in pages 8 to 9 of the Annual Report.

In the year, the charity has received grants and donations of £115,860 from a combination of sources, largely partner organisations, church projects and interested individuals. Where applicable, tax has been recovered from donations made under the Gift Aid scheme.

Payments made over the same period were £122,136. The largest portion (85%) of this was the cost to employ nine staff members (was 7 in the previous year). During the year, one additional Area Co-ordinator was employed to cover Scotland and a second Area Co-ordinator employed to cover the South (which has now been split into South East and South West). Other areas of cost have increased year on year as Local retreats have started and attendance at conferences has re-commenced.

As a result of the above, the charity had an operating deficit of £(6,276) compared to a surplus of, £44,294 in the previous year. The previous year surplus included £14,400 that had been received to help fund the increase in the hours for the Administrator and the Area Co-ordinators. This has been spent in full and hence the Restricted Fund for staff costs has decreased.

Funds held by Renew Wellbeing CIO

The bulk of the money received is for the general use of the charity, to be used at the discretion of the Trustees to further the aims of the charity. However, some donations were received that were given to support specific items of expenditure and these are recorded as restricted funds in the accounts. There were two restricted funds in the accounts to August '23:

- Staff costs. The paid hours for the Administrator and the Area Coordinators were increased from September 2022. Some funding has been received specifically to support this increase.
- Money has been received by the charity centrally to be passed on to support specific Renew centres. The money has been transferred to the relevant Renew centre and there is no longer anything in this fund.

Reserves Policy

The trustees do not seek to hold unnecessary funds that are in excess of the charity's financial needs. In order to provide sufficient funds for working capital and to ensure the ability of the charity to continue operation in the event of funding being restricted, the Trustees consider that a general fund equivalent to six months operating expenditure is appropriate. This would be approximately £65,000 (based on the Budget for the 2023/24 financial year). The current balance on the general fund of £107,700 is in excess of the target value. The Budget for 2023/24 is set with a deficit of approximately £(24,000) which will decrease the value of the general fund by the end of the next financial year. Given this and also taking into account the current economic climate it is felt that no action should be taken to further manage the level of

reserves.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RENEW WELLBEING

I report on the report and accounts of the charity for the year ended 31 August 2023.

Responsibilities of the Trustees and the Examiner

As the charity's Trustees, you are responsible for the preparation of the accounts. You consider that: an audit is not required for the year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed; the charity is preparing accounts on a receipts and payments basis; and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charities Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you, as the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the following requirements have not been met:
 - to keep accounting records in accordance with section 130 of the 2011 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



David M Ellis
32 Riverside, Southwell, Nottinghamshire

Date: 29 November 2023

Renew Wellbeing CO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Receipts and Payments Accounts for the year ended 31 August 2023

	Notes	General fund	Restricted funds		Aug 23	Aug 22
			For staffing costs	For specific renew spaces	Total	Total
Opening cash balances		98,353.56	15,622.73	0.00	113,976.29	69,682.72
Cash funds last year end		98,353.56	15,622.73		113,976.29	69,682.72
Receipts						
Grant - Baptist Union Newington Fund		20,000.00			20,000.00	20,000.00
Grant - Allen Lane Foundation					0.00	3,500.00
EBA/SWBA/ Benefact Trust/WEBA		5,000.00	14,665.36		19,665.36	31,231.00
From church projects		25,180.22			25,180.22	24,600.74
Individuals - Gift aided		17,374.03			17,374.03	18,380.00
Tax reclaimed		4,470.19			4,470.19	4,648.86
Individuals - Not Gift Aided		13,761.32			13,761.32	10,167.26
Book sales		518.00			518.00	1,783.86
Local Retreat days		2,585.00			2,585.00	0.00
Other receipts	(2)	12,205.93		100.00	12,305.93	7,793.00
Total receipts					115,860.05	122,104.72
Payments						
Salaries and National Insurance		(73,684.53)	(27,924.72)		(101,609.25)	(64,592.13)
Pension contributions		(2,019.00)	(405.72)		(2,424.72)	(1,622.01)
Travel		(4,164.75)	(952.06)		(5,116.81)	(4,076.19)
Staff training/coaching		(1,807.63)			(1,807.63)	(1,202.93)
Local Retreat days		(3,620.49)			(3,620.49)	0.00
Publicity		(1,500.81)			(1,500.81)	(477.00)
Office & Stationery costs		(2,915.51)			(2,915.51)	(2,558.99)
Book costs		(1,100.00)			(1,100.00)	(2,037.65)
Other payments	(3)	(1,940.72)			(1,940.72)	(1,144.25)
Support for projects				(100.00)	(100.00)	(100.00)
Transfer between funds					0.00	0.00
Total payments					(122,135.94)	(77,811.15)
Net Receipts/ (payments)		8,341.25	(14,617.14)	0.00	(6,275.89)	44,293.57
Closing bank balances		106,694.81	1,005.59	0.00	107,700.40	113,976.29
Cash funds this year end		106,694.81	1,005.59	0.00	107,700.40	113,976.29

Statement of Assets and Liabilities

Bank balance	56,694.81	1,005.59	0.00	57,700.40	113,976.29
Cash on deposit	50,000.00			50,000.00	0.00
Tax to be reclaimed	1,895.66			1,895.66	1,826.75
Deposit for staff retreat Sep '23	900.00			900.00	0.00
Staff expenses	(296.35)			(296.35)	0.00
Total assets less liabilities	109,194.12	1,005.59	0.00	110,199.71	115,803.04

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Notes to the accounts

- 1 The accounts have been prepared on a 'receipts and payments' basis. This means the accounts show the cash flowing through the charity's bank account in the year and does not take account of whether these cashflows relate to a different accounting period. A statement of assets and liabilities is also provided to give a broader picture of the financial status of the charity, this includes non-cash items (eg assets held, amounts due to/from the charity)

- 2 'Other' receipts are made up donations from various organisations. Some donations are to cover expenses incurred by Renew Wellbeing staff attending and leading meetings. Other donations are to support the general activities of the charity.

Significant amounts (over £500), received during the year were as follows:

	Aug 23	Aug 22
Attleborough Baptist Church	1,200.00	1,200.00
London Diocese - Lent appeal	6,573.01	
Reimbursement of travel expenses	1,820.99	796.55
St Lukes church West Bridgford		1,800.00
Wollaton PCC	500.00	500.00
Woodland Group - Wellbeing review	850.00	
'Your Neighbour' Mental Health appeal (for new Renew spaces)		2,500.00

- 3 The value of 'Other' payments is made up as follows:

	Aug 23	Aug 22
Hospitality for visitors and team	268.40	85.09
Attendance at Conferences	1,416.60	
Gifts for staff/Local Links	72.68	60.45
Books (research/training)	183.04	116.97
	<u>1,940.72</u>	<u>262.51</u>

4 Transactions involving trustees

Trustees of the Charity do not receive any payment for acting as a trustee.

RENEW WELLBEING

England & Wales - Charity number 1173963

Accounts

RenewWellbeing

Annual Report and Accounts for the year ending 31st August 2022

Charity number: Charity Commission, England and Wales 1173963
Scottish Charity Regulator SC049975
Website: www.renewwellbeing.org.uk

Contents of the Annual Reports and Accounts
For the year ended 31st August 2022

Charity Information	3
Structure and Governance	4
Summary of Objectives	4
Summary of the Main Activities	4
Summary of the Main Achievements	5
Financial Review	6
Independent Examiners report	7
Receipts and Payment Accounts	8
Notes to the accounts	9

**Renew wellbeing
Trustees Report – Charity Information
For the year ended 31st August 2022**

Director	Ruth Rice (full time employed)
Chair of Trustees	Sharon Bell
Trustee	Sally Griffiths
Trustee	Carl Cottam (<i>to June 2022</i>)
Trustee	Sarah Phillips
Trustee	Gareth Davidson (<i>from July 2022</i>)
Trustee and treasurer	Michael Paterson
Part-time Administrator	Amanda Halloway (20 hrs per week)

Area Co-ordinators part time paid: Ben Horton (stepped down from role in Dec 2021), Fiona Firestone, Sarah Fegredo, Margaret Blakey (8 hours a week each)

Naomi Dickerson: South Wales Co-ordinator (Prior to March 2022, seconded free to the charity. From March 2022 employee of the charity, with funding provided by South Wales Baptist Association).

Youth Children and Family Renew scoping project: Sarah Fegredo (paid part time 8 hours a week)

Registered Office	66 Bisham Drive West Bridgford Nottingham NG2 6LT ruth@renewwellbeing.org.uk
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Bankers	National Westminster Bank 52 Rectory Rd West Bridgford Nottingham NG2 6FF
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Website	renewwellbeing.org.uk
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Independent Examiner	David Ellis
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Renew wellbeing
Trustees Report
For the year ended 31st August 2022

Structure and Governance

Renew Wellbeing is registered with the Charity Commission, charity number 1173963 and from February 2020 with the Scottish Charity Regulator, charity number SC049975.

The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). New trustees are selected and appointed by existing trustees.

The original Trustees were appointed in line with policy in the constitution. The trustees meet quarterly and all meetings are minuted. The trustees have attended Renew spaces and had training and experience in what the charity does. They have read and understood the duties and responsibilities of a charity trustee.

The Chair of trustees supervises the Director who is paid full time. The Director is responsible for the general running of the charity, visiting, training and supporting churches wanting to set up Renew spaces. The administrator is paid part time and works alongside the Director.

The charity has employed five part time Area Co-ordinators. Each Area Co-ordinator is building a team of volunteer local links. These links provide ongoing support and reviews to Renew spaces in their area. They are accountable to the Area Co-ordinator. Each Renew centre is run by hosts who are either volunteers attached to the local church or employees of the local church.

All the training to set up a Renew centre is delivered via online platforms with in person visits where possible. The Area coordinators for North, South, East, West of England and Wales oversee all centres in their wide geographical area. The Director oversees the work in Northern Ireland, Isle of Man and Scotland and following the departure of the Area Co-ordinator for South has also been covering that area on a temporary basis.

Summary of Objectives

Renew Wellbeing exists to raise awareness of mental and emotional health issues and train, support and encourage the church as it engages with its community in such issues. Renew Wellbeing wants to see an end to isolation and better mental health for all by training and supporting churches to open small quiet shared spaces where it's OK not to be OK.

Summary of the main Activities

The charity works for the public benefit by enabling churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is not benefitting churches, it is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Summary of the Main Achievements

- 200 centres open. 100 more in training
- To date, we have trained around 1,800 hosts and are reaching at least 2,000 regulars weekly with free spaces to belong and attend to wellbeing
- Renew teams can join daily zooms led by Ruth Rice to pray, connect and be encouraged
- Networks are growing in local areas
- The online training has proved popular with attendance fortnightly at our Monday introduction to Renew webinar and churches then doing online training themselves
- Monthly online training also available
- Some in person visits have resumed. Great to speak at and visit churches again but with less frequency due to increased work load. Visits by coordinators and Director more strategic now
- We have spoken at online and in person conferences (Fresh Streams, Spring Harvest, Diocese of London event, Counties conference)about the Church and mental health to more than 1,000 concerned Christians and Church leaders
- The Area coordinators are overseeing the centres in their area and gathering volunteer local links or champions to help keep centres well resourced. Each has seen growth in number of centres plus greater networking for encouragement and support. Agreement has been made by trustees to increase hours for all and to appoint coordinators for the South East and South West from September 2022
- The administrator role will increase from 20 to 30 hours a week from September 2022. We are so grateful for all the work Mandy does to keep us organised
- We have developed resources for the website to help renew spaces with prayerfulness, presence and partnership. New training videos have been made available this year thanks to Naomi
- Children youth and families pilot programmes are running in around 10 projects. Sarah is developing new training and overseeing all pilot programmes
- The Book “Slow down, Show up and Pray” continues to prove popular and we have used it in a variety of ways to train churches as it contains the manual. The “A-Z of wellbeing” has also been selling well since its launch in the New Year and is depending the conversation around wellbeing
- Weekly zoom chats for hosts nationally and regionally have been well attended. We will continue to offer this as centres reopen. Regional networks are growing
- February: AGM Celebration, June: Annual gathering, November: Retreat in person for team, online for RW family. All well attended

Financial Review

The year to 31 August 2022 is the fifth year of activity for Renew Wellbeing CIO and the accounts for the year are set out in pages 8 to 9 of the Annual Report.

In the year, the charity has received grants and donations of £122,105 from a combination of sources, largely partner organisations, church projects and interested individuals. Where applicable, tax has been recovered from donations made under the Gift Aid scheme.

Payments made over the same period were £77,811. The largest portion (85%) of this was the cost to employ seven staff members (was 6 in the previous year). During the year, one additional Area Co-ordinator was employed directly by the charity. Previously she had been seconded to work with the charity, hence the increase in staff numbers. Other areas of cost have increased year on year as COVID restrictions were relaxed (eg Travel)

As a result of the above, the charity had an operating surplus of £44,294 compared to a deficit of £(10,013) in the previous year. Within this surplus was £14,400 that has been received to help fund next year's activity (specifically to help fund the increase in the hours for the Administrator and the Area Co-ordinators) and hence has been shown within a Restricted Fund for staff costs.

Funds held by Renew Wellbeing CIO

The bulk of the money received is for the general use of the charity, to be used at the discretion of the Trustees to further the aims of the charity. However, some donations were received that were given to support specific items of expenditure and these are recorded as restricted funds in the accounts. There were two restricted funds in the accounts to August '22:

- Staff costs. As noted in the Summary of Main Achievements (page 5), the paid hours for the Administrator and the Area Co-ordinators were increased from September 2022. Some funding has been received specifically to support this increase.
- Money received by the charity centrally to be passed on to support specific Renew centres. At the end of August 2021, a balance of £100 remained on this fund. The money has now been transferred to the relevant Renew centre and there is no longer anything in this fund.

Reserves Policy

The trustees do not seek to hold unnecessary funds that are in excess of the charity's financial needs. In order to provide sufficient funds for working capital and to ensure the ability of the charity to continue operation in the event of funding being restricted, the Trustees consider that a general fund equivalent to six months operating expenditure is appropriate. This would be approximately £62,000 (based on the Budget for the 2022/23 financial year). The current balance on the general fund of £98,354 is in excess of the target value. The Budget for 2022/23 is set with a deficit of approximately £(10,000) which will decrease the value of the general fund by the end of the next financial year. Given this and also taking into account the current economic climate it is felt that no action should be taken to further manage the level of reserves.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RENEW WELLBEING

I report on the report and accounts of the charity for the year ended 31 August 2022.

Responsibilities of the Trustees and the Examiner

As the charity's Trustees, you are responsible for the preparation of the accounts. You consider that: an audit is not required for the year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed; the charity is preparing accounts on a receipts and payments basis; and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charities Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you, as the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the following requirements have not been met:
 - to keep accounting records in accordance with section 130 of the 2011 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



David M Ellis
32 Riverside, Southwell, Nottinghamshire

Date: 24 January 2023

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Receipts and Payments Accounts for the year ended 31 August 2022

Notes	General fund	Restricted funds		Aug 22	Aug 21
		For staffing costs	For specific renew spaces	Total	Total
	69,582.72	0.00	100.00	69,682.72	79,695.61
	69,582.72	0.00		69,682.72	79,695.61
Receipts					
	20,000.00			20,000.00	0.00
	3,500.00			3,500.00	3,500.00
	7,500.00	23,731.00		31,231.00	0.00
	24,612.74			24,612.74	10,996.67
	18,318.00			18,318.00	20,777.87
	4,648.86			4,648.86	3,771.94
	10,217.26			10,217.26	6,091.35
	1,783.86			1,783.86	5,603.15
(2)	7,793.00			7,793.00	17,495.65
				122,104.72	68,236.63
Payments					
	(56,861.09)	(7,731.04)		(64,592.13)	(61,205.01)
	(1,390.10)	(231.91)		(1,622.01)	(1,400.82)
	(3,930.87)	(145.32)		(4,076.19)	(390.39)
	(202.00)			(202.00)	(430.00)
	(1,000.93)			(1,000.93)	(316.00)
	(477.00)			(477.00)	(70.34)
	(2,125.55)			(2,125.55)	(3,029.37)
	(433.44)			(433.44)	(134.32)
			(100.00)	(100.00)	(7,207.00)
	(2,037.65)			(2,037.65)	(3,803.76)
(3)	(1,144.25)			(1,144.25)	(262.51)
				0.00	0.00
				(77,811.15)	(78,249.52)
	28,770.84	15,622.73	(100.00)	44,293.57	(10,012.89)
	98,353.56	15,622.73	0.00	113,976.29	69,682.72
	98,353.56	15,622.73	0.00	113,976.29	69,682.72
Statement of Assets and Liabilities					
	98,353.56	15,622.73	0.00	113,976.29	69,682.72
	1,811.25			1,811.25	2,071.72
	100,164.81	15,622.73	0.00	115,787.54	71,754.44

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Notes to the accounts

1 The accounts have been prepared on a 'receipts and payments' basis. This means the accounts show the cash flowing through the charity's bank account in the year and does not take account of whether these cashflows relate to a different accounting period

2 'Other' receipts are made up donations from various organisations. Some donations are to cover expenses incurred by Renew Wellbeing staff attending and leading meetings Other donations are to support the general activities of the charity.

Significant amounts (over £500), received during the year were as follows:

	Aug 22	Aug 21
Attleborough Baptist Church	1,200.00	1,200.00
Baptist Union Great Britain for Children & Young Families		2,000.00
Bruderhof community gift - Canterbury Baptist Church (Renew 11)		1,000.00
Charities Trust		500.00
Legacy - late Clive Page		2,000.00
Refund from Lee Abbey - cancelled retreat		625.00
Reimbursement of travel expenses	796.55	
St Lukes church West Bridgford	1,800.00	
Wollaton PCC	500.00	500.00
'Your Neighbour' Mental Health appeal (for new Renew spaces)	2,500.00	5,907.00

3 'Other' payments is made up of:

	Aug 22	Aug 21
Hospitality for visitors and team	603.86	85.09
Attendance at Conferences	382.48	
Gifts for staff/Local Links	70.00	60.45
Books (research/training)	87.91	116.97
	<u>1,144.25</u>	<u>262.51</u>

4 **Transactions involving trustees**

Trustees of the Charity do not receive any payment for acting as a trustee.

RENEW WELLBEING

England & Wales - Charity number 1173963

Accounts

RenewWellbeing

Annual Report and Accounts for the year ending 31st August 2021

Charity number: Charity Commission, England and Wales 1173963
Scottish Charity Regulator SC049975
Website: www.renewwellbeing.org.uk

Contents of the Annual Reports and Accounts
For the year ended 31st August 2021

Charity Information	3
Structure and Governance	4
Summary of Objectives	4
Summary of the Main Activities	4
Summary of the Main Achievements	5
Financial Review	6
Independent Examiners report	7
Receipts and Payment Accounts	8
Notes to the accounts	9

**Renew wellbeing
Trustees Report – Charity Information
For the year ended 31st August 2021**

Director	Ruth Rice (full time employed)
Chair of Trustees	Sharon Bell
Trustee	Sally Griffiths
Trustee	Carl Cottam
Trustee and treasurer	Michael Paterson
Part-time Administrator	Amanda Halloway (20 hrs per week)

Area Co-ordinators part time paid: Ben Horton, Fiona Firestone, Sarah Fegredo, Margaret Blakey (8 hours a week each)

S. Wales coordinator (seconded paid position as regional coordinator paid by South Wales Baptist Association)

Youth Children and Family Renew scoping project: Sarah Fegredo (paid part time 1 day a week)

Registered Office	66 Bisham Drive West Bridgford Nottingham NG2 6LT
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ruth@renewwellbeing.org.uk

Bankers	National Westminster Bank 52 Rectory Rd West Bridgford Nottingham NG2 6FF
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Website	renewwellbeing.org.uk
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Independent Examiner	David Ellis
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**Renew wellbeing
Trustees Report
For the year ended 31st August 2021**

Structure and Governance

Renew Wellbeing is registered with the Charity Commission, charity number 1173963 and from February 2020 with the Scottish Charity Regulator, charity number SC049975.

The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). New trustees are selected and appointed by existing trustees.

The original Trustees were appointed in line with policy in the constitution. They subsequently appointed Michael Paterson as Treasurer by a vote of all trustees. The trustees meet quarterly and all meetings are minuted. The trustees have attended Renew spaces and had training and experience in what the charity does. They have read and understood the duties and responsibilities of a charity trustee.

The Chair of trustees supervises the Director who is paid full time. The Director is responsible for the general running of the charity, visiting, training and supporting churches wanting to set up Renew spaces. The administrator is paid part time and works alongside the Director.

The charity has employed four part time area coordinators and oversees one part time coordinator paid for by the S Wales Baptist association. Each area coordinator is building a team of volunteer local links. These links provide ongoing support and reviews to Renew spaces in their area. They are accountable to the area coordinator. Each Renew centre is run by hosts who are either volunteers attached to the local church or employees of the local church.

All the training to set up a Renew centre is delivered via online platforms with in person visits where possible. The Area coordinators for North, South, East, West of England oversee all centres in their wide geographical area. Wales is coordinated by a seconded Minister who is part of the Baptist Association team. The Director oversees the work in Northern Ireland, Isle of Man and Scotland at present.

Summary of Objectives

Renew Wellbeing exists to raise awareness of mental and emotional health issues and train, support and encourage the church as it engages with its community in such issues. Renew Wellbeing wants to see an end to isolation and better mental health for all by training and supporting churches to open small quiet shared spaces where it's OK not to be OK.

Summary of the main Activities

The charity works for the public benefit by enabling churches to set up spaces that are overtly inclusive of the whole community and most particularly of the needs of the most isolated, most anxious and most vulnerable people in their community. This is not benefitting churches, it is encouraging churches to serve and benefit society by sustaining simple quiet shared community spaces in partnership with existing mental health services.

Summary of the Main Achievements

This has been another unusual year with COVID 19 changing plans drastically.

- Again, this year has been a changeable one due to COVID 19 restrictions. The decision to make all training available on line and to launch the book “Slow down, Show up and Pray” written by the Director with the story of Renew Wellbeing and instructions on how to set up a safe space has resulted in a much wider reach and increased interest in the charity’s work.
People can now attend an introduction to the charity on line and then are given access to the code to do the next three sessions of online training before having a meeting with one of our coordinators to sign the agreement and join the charity
- Building on the 50 centres open prior to the first lockdown and working with the 50 plus churches interested in opening a space we ended this difficult year with over 100 centres ready to open their doors or already open and another 40 plus churches in training
- We have spoken at several conferences and many online events (more than 1,000 concerned Christians and Church leaders) about the Church and mental health
- We have strengthened team by obtaining funding to pay the area coordinators a day a week each. They sign up new centres, oversee existing centres and encourage local links
- The 3 sessions of training have been made and put on the website for any church wanting to set up a renew space. Ruth has brought out her first book “Slow down, Show up and Pray “with the story and manual of what a Renew space is. This has sold widely and gone to reprint already. It is a useful tool for growth in areas more difficult to reach eg N. Scotland and has been used to train in “Book group style “online webinars
- We have developed resources for the website to help Renew spaces with prayerfulness, presence and partnership and have made all the meditation cards (150) available for churches to purchase (voluntary donation) on the website
- Although many Renew spaces have not been present in person they have continued on online platforms or outdoors. There has been amazing creativity to help people have a place to connect. Many centres have managed to open safely at points when allowed to do so during the year, depending on Government restrictions. We have seen more than 1000 vulnerable people find a place to belong, to thrive and to be known by name not label. Many of these are still receiving support from our teams as we find ways to reach out safely
- We now have around 600 hosts offering many hours per week across 100 plus cafes or online/ outdoor spaces. Many spaces are just beginning to open in person as we enter a new year with less COVID restrictions and more vaccination
- Ruth has written a second book “The A-Z of wellbeing” to help centres and individuals deepen their understanding and praxis of wellbeing. This will be launched Feb 2022
- Sarah Fegredo employed a day a week to investigate the possibility of Youth Children and Family Renew spaces has written and delivered training to set up such spaces and has a growing number of pilot projects that she will oversee in this next year of trial CYF Renew spaces

Financial Review

The year to 31 August 2021 is the fourth year of activity for Renew Wellbeing CIO and the accounts for the year are set out in pages 8 to 9 of the Annual Report.

In the year, the charity has received grants and donations of £68,237 from a combination of sources, largely partner organisations, church projects and interested individuals. Where applicable, tax has been recovered from donations made under the Gift Aid scheme. This is significantly lower than the previous year (£103,851) but, as noted in last year's accounts this included money received in advance, to fund activities for the year to August 2021.

The costs and proceeds from the initial launch of Ruth's book "Slow down, Show up and Pray" are included in the accounts. This generated a nett profit for the charity of £1,799.

Payments made over the same period were £78,250. The largest portion of these payments was to employ six staff members (was 3 in the previous year). As noted in the review of activities above, COVID 19 restrictions required a change in approach to visiting sites and providing training and this has resulted in lower levels of expenditure.

As a result of the above, and in particular because funding for the year to August 2021 was received in advance in the previous year, the charity had an operating deficit of £(10,013) compared to a surplus of £45,180 in the previous year.

Funds held by Renew Wellbeing CIO

The bulk of the money received is for the general use of the charity, to be used at the discretion of the Trustees to further the aims of the charity. However, some donations were received that were given to support specific items of expenditure and these are recorded as restricted funds in the accounts. There were two restricted funds in the accounts to August '21:

- money received for research into how the principles of Renew Wellbeing can be applied in the context of Children and Young Families. This activity is being led by Sarah Fegredo
- money received by the charity centrally to be passed on to support specific Renew centres. This money has been passed on to the relevant centres, but because the cheque for one centre has not been cashed by 31 August, there is a remaining balance of £100 on the fund

Reserves Policy

The trustees do not seek to hold unnecessary funds that are in excess of the charity's financial needs. In order to provide sufficient funds for working capital and to ensure the ability of the charity to continue operation in the event of funding being restricted, the Trustees consider that a general fund equivalent to six months operating expenditure is appropriate. This would be approximately £45,000. The current balance on the general fund of £69,583 is in excess of the target value. Given the rapid growth in the number of Renew Centres, there may be a need to expand the number of Area Co-ordinators in the next year or so, which would require additional funding so no action is currently planned to manage the level of reserves.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RENEW WELLBEING

I report on the report and accounts of the charity for the year ended 31 August 2021.

Responsibilities of the Trustees and the Examiner

As the charity's Trustees, you are responsible for the preparation of the accounts. You consider that: an audit is not required for the year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed; the charity is preparing accounts on a receipts and payments basis; and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charities Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you, as the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the following requirements have not been met:
 - to keep accounting records in accordance with section 130 of the 2011 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



David M Ellis
32 Riverside, Southwell, Nottinghamshire

Date: 11 December 2021

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Receipts and Payments Accounts for the year ended 31 August 2021

	Notes	General fund	Restricted funds		Aug 21	Aug 20
			Children & Young Families	For specific renew spaces	Total	Total
Opening bank balances		78,659.24	1,036.37	0.00	79,695.61	34,515.74
Cash funds last year end		78,659.24	1,036.37		79,695.61	34,515.74
Receipts						
Grant - Baptist Union Newington Fund					0.00	60,000.00
Grant - Allen Lane Foundation		3,500.00			3,500.00	0.00
WEBA					0.00	2,500.00
From church projects		10,996.67			10,996.67	6,950.23
Individuals - Gift aided		20,777.87			20,777.87	13,981.00
Individuals - Not Gift Aided		6,091.35			6,091.35	5,876.42
Tax reclaimed		3,771.94			3,771.94	3,447.08
Book sales		5,603.15			5,603.15	0.00
Other receipts	(2)	7,732.66	2,455.99	7,307.00	17,495.65	11,096.33
Total receipts					68,236.63	103,851.06
Payments						
Salaries and National Insurance		(56,948.49)	(4,256.52)		(61,205.01)	(42,002.83)
Pension contributions		(1,400.82)			(1,400.82)	(1,054.03)
Travel		(390.39)			(390.39)	(5,935.21)
Training days		(430.00)			(430.00)	(634.05)
Retreats		(316.00)			(316.00)	(3,957.46)
Publicity		(70.34)			(70.34)	(2,505.40)
Office costs		(3,029.37)			(3,029.37)	(1,653.65)
Stationery		(134.32)			(134.32)	(224.44)
Support for new projects				(7,207.00)	(7,207.00)	0.00
Book costs		(3,803.76)			(3,803.76)	0.00
Other payments	(3)	(262.51)			(262.51)	(704.12)
Transfer between funds		(764.16)	764.16		0.00	0.00
Total payments					(78,249.52)	(58,671.19)
Net Receipts / (payments)		(9,076.52)	(1,036.37)	100.00	(10,012.89)	45,179.87
Closing bank balances		69,582.72	0.00	100.00	69,682.72	79,695.61
Cash funds this year end		69,582.72	0.00	100.00	69,682.72	79,695.61

Statement of Assets and Liabilities

Bank balances (above)	69,582.72	0.00	100.00	69,682.72	79,695.61
Tax to be reclaimed	2,071.72			2,071.72	604.00
Total assets less liabilities	71,654.44	0.00	100.00	71,754.44	80,299.61

Renew Wellbeing CIO.

Registered Charity number England & Wales:1173963, Scotland:SC049975

Notes to the accounts

1 The accounts have been prepared on a 'receipts and payments' basis. This means the accounts show the cash flowing through the charity's bank account in the year and does not take account of whether these cashflows relate to a different accounting period

2 'Other' receipts are made up donations from various organisations. Some donations are to cover expenses incurred by Renew Wellbeing staff attending and leading meetings Other donations are to support the general activities of the charity.

Significant amounts (over £500), received during the year were as follows:

	Aug 21	Aug 20
Fresh Streams		1,000.00
Attleborough Baptist Church	1,200.00	1,200.00
Reimbursement of travel expenses		1,587.45
Donations for leaflets/training materials		578.75
Chichester Baptist church		4,098.38
Wollaton PCC	500.00	500.00
Legacy - late Clive Page	2,000.00	
Charities Trust	500.00	
Baptist Union Great Britain for Children & Young Families	2,000.00	
Other donations for Children & Young Families		1,036.37
'Your Neighbour' Mental Health appeal (for new Renew spaces)	5,907.00	
Bruderhof community gift - Canterbury Baptist Church (Renew 11)	1,000.00	

3 'Other' payments is made up of:

	Aug 21	Aug 20
Hospitality for visitors and team	85.09	572.25
Trademark application		
Team meeting materials		
Credit card costs		
Attendance at Conferences		
Gifts for staff/Local Links	60.45	108.93
Books (research/training)	116.97	22.94
	<u>262.51</u>	<u>704.12</u>

4 Transactions involving trustees

Trustees of the Charity do not receive any payment for acting as a trustee.