

# RenewWellbeing

## **Annual Report and Accounts for the year ending 31<sup>st</sup> August 2021**

Charity number: Charity Commission, England and Wales 1173963  
Scottish Charity Regulator SC049975  
Website: [www.renewwellbeing.org.uk](http://www.renewwellbeing.org.uk)

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For the year ended 31<sup>st</sup> August 2021**

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**Renew wellbeing  
Trustees Report – Charity Information  
For the year ended 31<sup>st</sup> 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  
  
ruth@renewwellbeing.org.uk

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

Website [renewwellbeing.org.uk](http://renewwellbeing.org.uk)

Independent Examiner David Ellis

**Renew wellbeing  
Trustees Report  
For the year ended 31<sup>st</sup> 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
<b>Cash funds last year end</b>		<b>78,659.24</b>	<b>1,036.37</b>		<b>79,695.61</b>	<b>34,515.74</b>
<b>Receipts</b>						
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
<b>Total receipts</b>					<b>68,236.63</b>	<b>103,851.06</b>
<b>Payments</b>						
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
<b>Total payments</b>					<b>(78,249.52 )</b>	<b>(58,671.19 )</b>
<b>Net Receipts / (payments)</b>		<b>(9,076.52 )</b>	<b>(1,036.37 )</b>	<b>100.00</b>	<b>(10,012.89 )</b>	<b>45,179.87</b>
Closing bank balances		69,582.72	0.00	100.00	69,682.72	79,695.61
<b>Cash funds this year end</b>		<b>69,582.72</b>	<b>0.00</b>	<b>100.00</b>	<b>69,682.72</b>	<b>79,695.61</b>

## 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
<b>Total assets less liabilities</b>	<b>71,654.44</b>	<b>0.00</b>	<b>100.00</b>	<b>71,754.44</b>	<b>80,299.61</b>



## 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.