

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

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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 (*to June 2022*)

Trustee Sarah Phillips

Trustee Gareth Davidson (*from July 2022*)

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)

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Bankers National Westminster Bank
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Website renewwellbeing.org.uk

Independent Examiner David Ellis

**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
Opening bank balances		69,582.72	0.00	100.00	69,682.72	79,695.61
Cash funds last year end		69,582.72	0.00		69,682.72	79,695.61
Receipts						
Grant - Baptist Union Newington Fund		20,000.00			20,000.00	0.00
Grant - Allen Lane Foundation		3,500.00			3,500.00	3,500.00
WEBA /SWBA/ Benefact Trust		7,500.00	23,731.00		31,231.00	0.00
From church projects		24,612.74			24,612.74	10,996.67
Individuals - Gift aided		18,318.00			18,318.00	20,777.87
Tax reclaimed		4,648.86			4,648.86	3,771.94
Individuals - Not Gift Aided		10,217.26			10,217.26	6,091.35
Book sales		1,783.86			1,783.86	5,603.15
Other receipts	(2)	7,793.00			7,793.00	17,495.65
Total receipts					122,104.72	68,236.63
Payments						
Salaries and National Insurance		(56,861.09)	(7,731.04)		(64,592.13)	(61,205.01)
Pension contributions		(1,390.10)	(231.91)		(1,622.01)	(1,400.82)
Travel		(3,930.87)	(145.32)		(4,076.19)	(390.39)
Training days		(202.00)			(202.00)	(430.00)
Retreats		(1,000.93)			(1,000.93)	(316.00)
Publicity		(477.00)			(477.00)	(70.34)
Office costs		(2,125.55)			(2,125.55)	(3,029.37)
Stationery		(433.44)			(433.44)	(134.32)
Support for projects				(100.00)	(100.00)	(7,207.00)
Book costs		(2,037.65)			(2,037.65)	(3,803.76)
Other payments	(3)	(1,144.25)			(1,144.25)	(262.51)
Transfer between funds					0.00	0.00
Total payments					(77,811.15)	(78,249.52)
Net Receipts / (payments)		28,770.84	15,622.73	(100.00)	44,293.57	(10,012.89)
Closing bank balances		98,353.56	15,622.73	0.00	113,976.29	69,682.72
Cash funds this year end		98,353.56	15,622.73	0.00	113,976.29	69,682.72

Statement of Assets and Liabilities

Bank balances (above)	98,353.56	15,622.73	0.00	113,976.29	69,682.72
Tax to be reclaimed	1,811.25			1,811.25	2,071.72
Total assets less liabilities	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.