



## **Annual Report and Accounts for the year ending 31<sup>st</sup> August 2023**

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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**Renew wellbeing  
Trustees Report - Charity Information  
For the year ended 31<sup>st</sup> 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 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 (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)

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Independent Examiner David Ellis

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

## Statement of Assets and Liabilities

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

	<b>Aug 23</b>	<b>Aug 22</b>
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:

	<b>Aug 23</b>	<b>Aug 22</b>
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.