

RenewWellbeing

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

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

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For the year ended 31st August 2024

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

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 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
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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 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	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.