

# ACTION FOR WELLBEING

England & Wales - Charity number 1179365

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2018-07-27

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

## Contact

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**Address** 5A Far Close Drive  
Arnside  
Lancashire  
LA5 0BG

**Phone** 07568704638

**Email** [hello@actionforwellbeing.uk](mailto:hello@actionforwellbeing.uk)

**Website** [www.actionforwellbeing.uk](http://www.actionforwellbeing.uk)

## Activities

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**Objects:** THE PURPOSE OF ACTION FOR WELLBEING:THE ADVANCEMENT OF HEALTH OR THE SAVING OF LIVES.THE FOLLOWING OBJECTS ARE FOR THE PUBLIC BENEFIT OF THOSE RESIDING IN SOUTH CUMBRIA AND NORTHLANCASHIRE:1. TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF THOSE WITH SUICIDAL IDEATIONS, THOSE WHOSELF-HARM WITH A VIEW TO ENDING THEIR OWN LIVES, THOSE PEOPLE BEREAVED BY SUICIDE AND THOSE CARING FORPEOPLE WITH SUICIDAL IDEATIONS THROUGH SUCH SUPPORT AS DEEMED APPROPRIATE; AND2. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN AREAS RELATING TO THE PRESERVATION OF MENTAL HEALTH,WELLBEING AND RECOVERY BY THE PROVISION OF ADVICE, WORKSHOPS, SUPPORT GROUPS AND NEWSLETTERS - INPARTICULAR IN RELATION TO SUICIDE PREVENTION.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSESWHICH ARE NOT CHARITABLE IN ACCORDANCE WITH THE CHARITIES ACT 2011.

**Activities:** Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to suicide attempters and to those affected by suicide.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- **Area of benefit:** IN SOUTH CUMBRIA AND NORTH LANCASHIRE
- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,761	£1,205	-	-
2024-03-31	£2,041	£1,006	-	-
2023-03-31	£11,884	£6,220	-	-
2022-03-31	£16,304	£9,231	-	-
2021-03-31	£7,944	£15,477	-	-

## Trustees

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Name	Role	Appointed
FREDRIKA MAY	Chair	2022-03-07
Alice Halford		2018-12-09
Kate Sykes		2020-11-06

**ACTION FOR WELLBEING**

England & Wales - Charity number 1179365

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# Accounts

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Trustees' Annual Report for the period:							
From	Period start date			To	Period end date		
	01	04	2024		31	03	2025

## Section A Reference and administration details

<b>Charity name</b>	Action for Wellbeing	
<b>Other names charity is known by</b>	N/A	
<b>Registered charity number (if any)</b>	1179365	
<b>Charity's principal address</b>	5a Far Close Drive	
	Arnside	
	<b>Postcode</b>	LA5 0BG

### Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Fredrika May	Chair	Appointed – 07/03/2022 – present day	
Alice Halford	Vice Chair	Appointed - 07/03/2022 – present day	
Kate Sykes		Appointed – 06/11/2020 – present day	

Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
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Registered charity 1179365

(eg. trust deed, constitution)	
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Asked to attend meetings and then elected

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

1. To preserve and protect the physical and mental health of those with suicidal ideations, those who self-harm with a view to ending their own lives, those people bereaved by suicide and those caring for people with suicidal ideations through such support as deemed appropriate; and
2. To advance the education of the general public in areas relating to the preservation of mental health, wellbeing and recovery by the provision of advice, workshops, support groups and newsletters - in particular in relation to suicide prevention.



Registered charity 1179365

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to those considering suicide, and to those bereaved by suicide.

- We believe that one suicide is one too many.
- We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.
- We provide direct, individualised support to those experiencing suicidal thoughts and feelings, to those bereaved by suicide, and those otherwise impacted by suicide in any way.
- We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.

**Public Benefit:**

- The trustees and Volunteer Manager have ensured that all staff and volunteers are recruited and trained in Safeguarding, Mental Health Awareness Training, Applied Suicide Intervention Skills Training and any other training and supervision deemed necessary.
- Prior to appointment, all staff and volunteers undertake an enhanced DBS check. Staff and volunteers undertake professional supervision on a regular basis.
- The services of Action for Wellbeing are advertised locally through social media, at GP surgeries, other charities in the area and through word of mouth.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



**Summary of the main achievements of the charity during the year**

## **Section D – Achievements and Performance**

- We have continued to support individuals experiencing suicidal ideations who reside in South Cumbria and North Lancashire.
- We offer face to face support. Volunteers and clients meet at the client's homes, go on walks, meet at cafes or offer support via telephone or via text messaging.
- We have raised £25,000 towards our Respite House. This money has been raised through a variety of ways: music events, coffee mornings, sponsored skydiving and marathon runs.

**Section E Financial review**

<b>Brief statement of the charity's policy on reserves</b>	We aim to have 6 months running costs of reserves.
<b>Details of any funds materially in deficit</b>	N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>F May</i>	
<b>Full name(s)</b>	Fredrika May	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	01/06/2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

**Action for Wellbeing**

No (if any)

**CC16a**

**Receipts and payments accounts**

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants and large donations	1,761	-	-	1,761	1,590
Small donations	-	-	-	-	163
JustGiving	-	-	-	-	288
Community Fundraising	-	-	-	-	-
DBS Fees	-	-	-	-	-
Cash donations	-	-	-	-	-
Misc	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,761</b>	<b>-</b>	<b>-</b>	<b>1,761</b>	<b>2,041</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,761</b>	<b>-</b>	<b>-</b>	<b>1,761</b>	<b>2,041</b>
<b>A3 Payments</b>					
JustGiving Fees	198	-	-	-	216
Community Fundraising	460	-	-	-	100
DBS Fees	-	-	-	-	30
Wages & Expenses	-	-	-	-	-
Training	-	-	-	-	-
Insurance	96	-	-	-	276
Administration	451	-	-	-	384
Misc	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,205</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,006</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,205</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,006</b>
<b>Net of receipts/(payments)</b>	<b>556</b>	<b>-</b>	<b>-</b>	<b>1,035</b>	<b>1,035</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>556</b>	<b>-</b>	<b>-</b>	<b>1,035</b>	<b>1,035</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>25,443</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>F May</i>	Fredrika May	30/08/2025	

**ACTION FOR WELLBEING**

England & Wales - Charity number 1179365

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# Accounts

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Trustees' Annual Report for the period:									
From		Period start date			To		Period end date		
		01	04	2023			31	03	2024

## Section A Reference and administration details

<b>Charity name</b>	Action for Wellbeing		
<b>Other names charity is known by</b>	N/A		
<b>Registered charity number (if any)</b>	1179365		
<b>Charity's principal address</b>	5a Far Close Drive		
	Arnside		
<b>Postcode</b>	LA5 0BG		

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alice Halford	Vice Chair	Appointed - 09/12/2018 – present day. Retired as Chair – 07/03/2022	
2	Kate Sykes		Appointed – 06/11/2020 – present day	
3	Fredrika May	Chair	Appointed – 07/03/2022 – present day	
4	Angela Jeffery		Appointed – 03/11/2021 – 31/03/2024	

### Name of chief executive or names of senior staff members (Optional information)

Fredrika Buchanan – Chair

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document



Registered charity 1179365

(eg. trust deed, constitution)

How the charity is constituted  
(eg. trust, association, company)

Trustee selection methods  
(eg. appointed by, elected by)

	Charitable Incorporated Organisation
	Asked to attend meetings and then elected

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

1. To preserve and protect the physical and mental health of those with suicidal ideations, those who self-harm with a view to ending their own lives, those people bereaved by suicide and those caring for people with suicidal ideations through such support as deemed appropriate; and
2. To advance the education of the general public in areas relating to the preservation of mental health, wellbeing and recovery by the provision of advice, workshops, support groups and newsletters - in particular in relation to suicide prevention.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance**

Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to those considering suicide, and to those bereaved by suicide.

- We believe that one suicide is one too many.
- We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.

issued by the Charity Commission on public benefit)

- We provide direct, individualised support to those experiencing suicidal thoughts and feelings, to those bereaved by suicide, and those otherwise impacted by suicide in any way.
- We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.

**Public Benefit:**

- The trustees and Volunteer Manager have ensured that all staff and volunteers are recruited and trained in Safeguarding, Mental Health Awareness Training, Applied Suicide Intervention Skills Training and any other training and supervision deemed necessary.
- Prior to appointment, all staff and volunteers undertake an enhanced DBS check. Staff and volunteers undertake professional supervision on a regular basis.
- Beneficiaries are referred to Action for Wellbeing in a variety of ways: self-referral, from local Community Mental Health Assessment and Recovery Teams, from GPs, other third sector organisations and from family and friends.
- The services of Action for Wellbeing are advertised locally through social media, at GP surgeries, other charities in the area and through word of mouth.

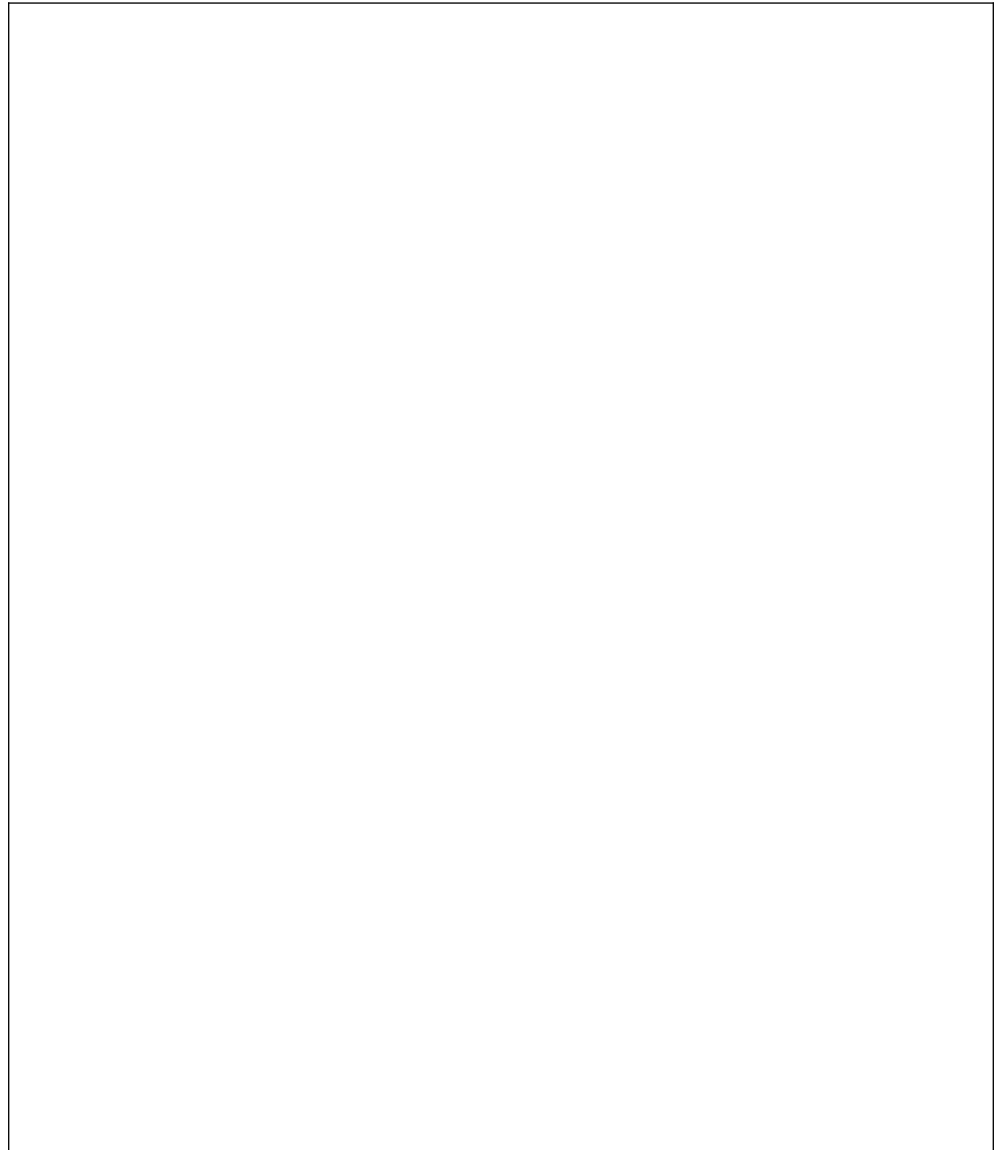
**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by



volunteers.



**Summary of the main  
achievements of the charity  
during the year**

## **Section D – Achievements and Performance**

- We have continue to support individuals experiencing suicidal ideations who reside in South Cumbria and North Lancashire.
- We offer face to face support. Volunteers and clients meet at the client's homes, go on walks, meet at cafes or offer support via telephone or via text messaging.
- We have raised £25,000 towards our Respite House. This money has been raised through a variety of ways: music events, coffee mornings, sponsored skydiving and marathon runs.

**Section E Financial review**

**Brief statement of the charity's policy on reserves**

We aim to have 6 months running costs of reserves.

**Details of any funds materially in deficit**

N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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**Section F Other optional information**

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**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	F May	
<b>Full name(s)</b>	Fredrika May	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	12/08/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

**Action for Wellbeing**

No (if any)

**CC16a**

**Receipts and payments accounts**

<b>For the period from</b>	Period start date 4/1/2023	<b>To</b>	Period end date 3/31/2024
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants and large donations	1,590	-	-	1,590	700
Small donations	163	-	-	163	30
JustGiving	288	-	-	288	2,134
Community Fundraising	-	-	-	-	3,422
DBS Fees	-	-	-	-	20
Cash donations	-	-	-	-	3,073
Misc	-	-	-	-	2,505
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,041</b>	<b>-</b>	<b>-</b>	<b>2,041</b>	<b>11,884</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,041</b>	<b>-</b>	<b>-</b>	<b>2,041</b>	<b>11,884</b>
<b>A3 Payments</b>					
JustGiving Fees	216	-	-	216	216
Community Fundraising	100	-	-	100	2,466
DBS Fees	30	-	-	30	20
Wages & Expenses	-	-	-	-	-
Training	-	-	-	-	96
Insurance	276	-	-	276	276
Administration	384	-	-	384	646
Misc	-	-	-	-	2,500
	-	-	-	-	-
<b>Sub total</b>	<b>1,006</b>	<b>-</b>	<b>-</b>	<b>1,006</b>	<b>6,220</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,006</b>	<b>-</b>	<b>-</b>	<b>1,006</b>	<b>6,220</b>
<b>Net of receipts/(payments)</b>	<b>1,035</b>	<b>-</b>	<b>-</b>	<b>1,035</b>	<b>5,664</b>
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	<b>1,035</b>	<b>-</b>	<b>-</b>	<b>1,035</b>	<b>5,664</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>24,887</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

**ACTION FOR WELLBEING**

England & Wales - Charity number 1179365

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# Accounts

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Registered charity 1179365

Trustees' Annual Report for the period:							
From	Period start date			To	Period end date		
	01	04	2022		31	03	2023

## Section A Reference and administration details

Charity name	Action for Wellbeing		
Other names charity is known by	N/A		
Registered charity number (if any)	1179365		
Charity's principal address	5a Far Close Drive		
	Arnside		
	Postcode	LA5 0BG	

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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3	Fredrika May	Chair	Appointed – 07/03/2022 – present day	
4	Angela Jeffery		Appointed – 03/11/2021 – present day	

### Name of chief executive or names of senior staff members (Optional information)

Fredrika Buchanan – Chair
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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document	Constitution
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**Registered charity 1179365**

(eg. trust deed, constitution)	
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Asked to attend meetings and then elected

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

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- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
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2. To advance the education of the general public in areas relating to the preservation of mental health, wellbeing and recovery by the provision of advice, workshops, support groups and newsletters - in particular in relation to suicide prevention.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance**

Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to those considering suicide, and to those bereaved by suicide.

- We believe that one suicide is one too many.
- We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.



Registered charity 1179365

issued by the Charity  
Commission on public  
benefit)

- We provide direct, individualised support to those experiencing suicidal thoughts and feelings, to those bereaved by suicide, and those otherwise impacted by suicide in any way.
- We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.

**Public Benefit:**

- The trustees and Volunteer Manager have ensured that all staff and volunteers are recruited and trained in Safeguarding, Mental Health Awareness Training, Applied Suicide Intervention Skills Training and any other training and supervision deemed necessary.
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**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by

[www.actionforwellbeing.uk](http://www.actionforwellbeing.uk)

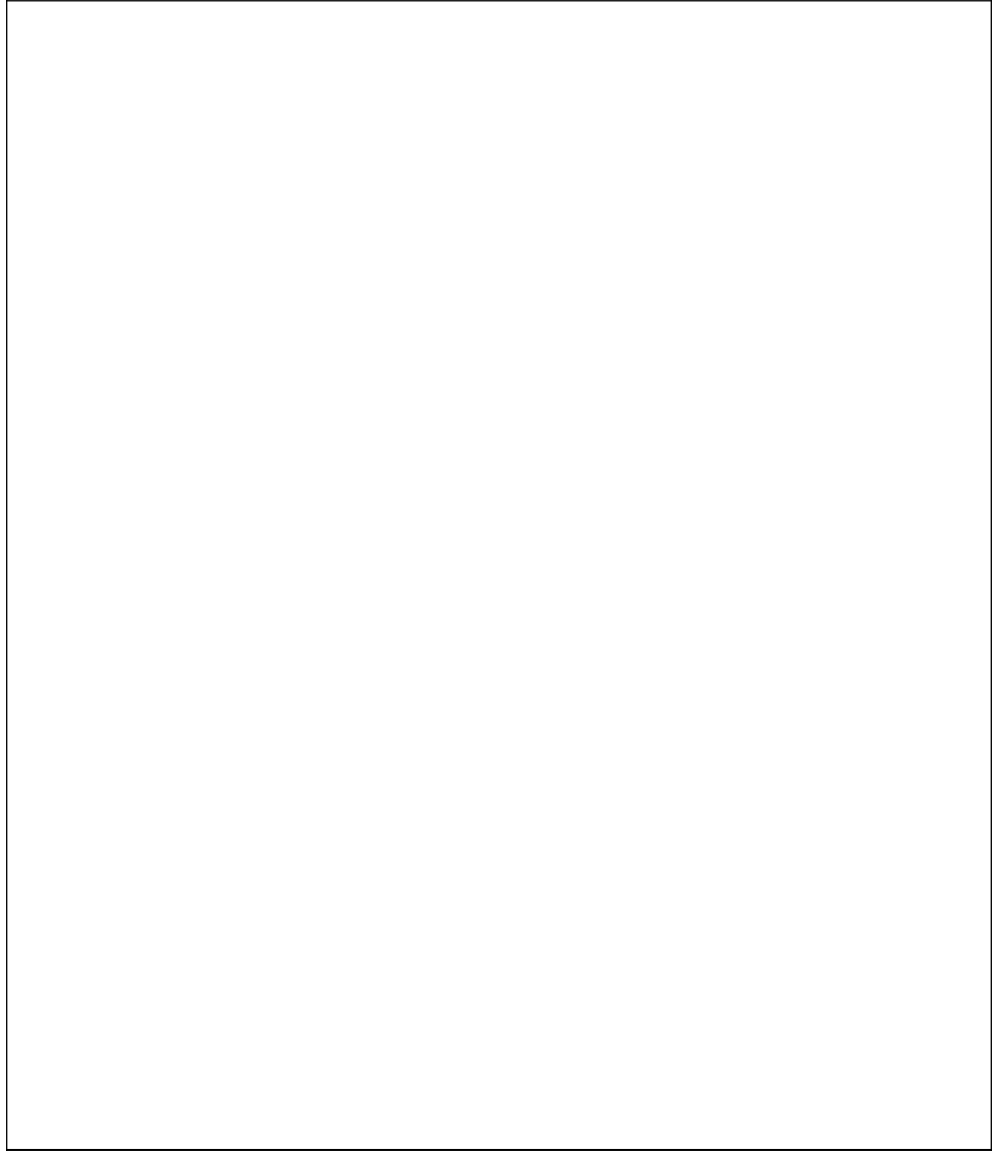
One suicide is one too many



# Action for Wellbeing

Registered charity 1179365

volunteers.





Registered charity 1179365

Summary of the main achievements of the charity during the year

## Section D – Achievements and Performance

- We have continue to support individuals experiencing suicidal ideations who reside in South Cumbria and North Lancashire.
- We offer face to face support. Volunteers and clients meet at the client's homes, go on walks, meet at cafes or offer support via telephone or via text messaging.
- We have raised £25,000 towards our Respite House. This money has been raised through a variety of ways: music events, coffee mornings, sponsored skydiving and marathon runs.



Registered charity 1179365

## Section E Financial review

**Brief statement of the charity's policy on reserves**

We aim to have 6 months running costs of reserves.

**Details of any funds materially in deficit**

N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	F May	
<b>Full name(s)</b>	Fredrika May	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	12/08/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

**Action for Wellbeing**

No (if any)

**CC16a**

**Receipts and payments accounts**

<b>For the period from</b>	Period start date 4/1/2022	<b>To</b>	Period end date 3/31/2023
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants and large donations	700	-	-	700	-
Small donations	30	-	-	30	680
JustGiving	2,134	-	-	2,134	3,689
Community Fundraising	3,422	-	-	3,422	9,753
DBS Fees	20	-	-	20	100
Cash donations	3,073	-	-	3,073	-
Misc	2,505	-	-	2,505	2,082
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>11,884</b>	<b>-</b>	<b>-</b>	<b>11,884</b>	<b>16,304</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>11,884</b>	<b>-</b>	<b>-</b>	<b>11,884</b>	<b>16,304</b>
<b>A3 Payments</b>					
JustGiving Fees	216	-	-	216	216
Community Fundraising	2,466	-	-	2,466	676
DBS Fees	20	-	-	20	90
Wages & Expenses	-	-	-	-	3,887
Training	96	-	-	96	173
Insurance	276	-	-	276	276
Administration	646	-	-	646	639
Misc	2,500	-	-	2,500	3,274
	-	-	-	-	-
<b>Sub total</b>	<b>6,220</b>	<b>-</b>	<b>-</b>	<b>6,220</b>	<b>9,231</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>6,220</b>	<b>-</b>	<b>-</b>	<b>6,220</b>	<b>9,231</b>
<b>Net of receipts/(payments)</b>	<b>5,664</b>	<b>-</b>	<b>-</b>	<b>5,664</b>	<b>7,073</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>5,664</b>	<b>-</b>	<b>-</b>	<b>5,664</b>	<b>7,073</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>23,850</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

**ACTION FOR WELLBEING**

England & Wales - Charity number 1179365

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# Accounts

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<b>Trustees' Annual Report for the period:</b>						
		Period start date			Period end date	
<b>From</b>	01	04	2021	<b>To</b>	31	03 2022

**Section A Reference and administration details**

<b>Charity name</b>	Action for Wellbeing
<b>Other names charity is known by</b>	N/A
<b>Registered charity number (if any)</b>	1179365
<b>Charity's principal address</b>	5a Far Close Drive
	Arnside
	<b>Postcode</b> LA5 0BG

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alice Halford	Chair	Appointed - 09/12/2018 - present day. Retired as Chair - 07/03/2022	
2	Susan Parry		Appointed - 21/08/2019 - Retired 13/12/2021	
3	Kate Sykes		Appointed - 06/11/2020 - present day	
4	Pat Gardner		Appointed - 21/08/2019 - Retired - 03/11/2020	
5	Fredrika Buchanan	Chair	Appointed - 07/03/2022 - present day	
6	Angela Jeffery		Appointed - 03/11/2021 - present day	
7				
8				



Registered charity 1179365

**Name of chief executive or names of senior staff members (Optional information)**

Fredrika Buchanan - Director/Chair

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Asked to attend meetings and then elected

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

**Section C Objectives and activities**



Registered charity 1179365

## Summary of the objects of the charity set out in its governing document

## Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1. To preserve and protect the physical and mental health of those with suicidal ideations, those who self-harm with a view to ending their own lives, those people bereaved by suicide and those caring for people with suicidal ideations through such support as deemed appropriate; and
2. To advance the education of the general public in areas relating to the preservation of mental health, wellbeing and recovery by the provision of advice, workshops, support groups and newsletters - in particular in relation to suicide prevention.

Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to those considering suicide, and to those bereaved by suicide.

- We believe that one suicide is one too many.
- We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.
- We provide direct, individualised support to those experiencing suicidal thoughts and feelings, to those bereaved by suicide, and those otherwise impacted by suicide in any way.
- We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.

### Public Benefit:

- The trustees and Volunteer Manager have ensured that all staff and volunteers are recruited and trained in Safeguarding, Mental Health Awareness Training, Applied Suicide Intervention Skills Training and any other training and supervision deemed necessary.
- Prior to appointment, all staff and volunteers undertake an enhanced DBS check. Staff and volunteers undertake professional supervision on a regular basis.
- Beneficiaries are referred to Action for Wellbeing in a variety of ways: self-referral, from local Community Mental Health Assessment and Recovery Teams, from GPs, other third sector organisations and from family and friends.
- The services of Action for Wellbeing are advertised locally through social media, at GP surgeries, other charities in the area and through word of mouth.



**Registered charity 1179365**

**Additional details of objectives and activities (Optional information)**



# Action for Wellbeing

Registered charity 1179365

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Registered charity 1179365

**Summary of the main achievements of the charity during the year**

## **Section D - Achievements and Performance**

- We have continued to support individuals experiencing suicidal ideations.
- We are now in a position to offer face to face support. Volunteers and clients meet at the clients homes, go on walks, meet at cafes or offer support via telephone or via text messaging.
- We have raised £18,000 towards our Respite House. This money has been raised through a variety of ways: coffee mornings, hill walks and marathon runs.



Registered charity 1179365

## Section E Financial review

**Brief statement of the charity's policy on reserves**

We aim to have 6 months running costs of reserves.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>		
<b>Full name(s)</b>	Fredrika Buchanan	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	22/09/2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

For the period from	Period start date 4/1/2021	To	Period end date 3/31/2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Grants and large donations	-	-	-	-
Small donations	680	-	-	680
JustGiving	3,689	-	-	3,689
Community Fundraising	9,753	-	-	9,753
DBS Fees	100	-	-	100
Cash donations	-	-	-	-
Misc	2,082	-	-	2,082
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	16,304	-	-	16,304
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	16,304	-	-	16,304
<b>A3 Payments</b>				
JustGiving Fees	216	-	-	216
Community Fundraising	676	-	-	676
DBS Fees	90	-	-	90
Wages & Expenses	3,887	-	-	3,887
Training	173	-	-	173
Insurance	276	-	-	276
Administration	639	-	-	639
Misc	3,274	-	-	3,274
	-	-	-	-
<b>Sub total</b>	9,231	-	-	9,231
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	9,231	-	-	9,231
<b>Net of receipts/(payments)</b>	7,073	-	-	7,073
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
<b>Cash funds this year end</b>	7,073	-	-	7,073

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		-	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>18,889</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name

**CC16a**

**Last year**

**to the nearest £**

<b>4,000</b>
<b>1,861</b>
<b>1,758</b>
<b>12</b>
<b>180</b>
<b>145</b>
-
-
<b>7,956</b>

-
-
-

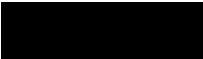
<b>7,956</b>
--------------

<b>216</b>
<b>43</b>
<b>200</b>
<b>13,624</b>
<b>101</b>
<b>276</b>
<b>1,005</b>
-
-
<b>15,465</b>

-
-
-

<b>15,465</b>
---------------

<b>- 7,509</b>
-
-
<b>- 7,509</b>



**Endowment funds**

to nearest £

-
-
-
-

OK

**Endowment funds**

to nearest £

-
-
-
-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

-
-
-
-
-
-
-
-
-

**When due (optional)**


**Date of approval**


**ACTION FOR WELLBEING**

England & Wales - Charity number 1179365

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# Accounts

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Trustees' Annual Report for the period:							
From	Period start date			To	Period end date		
		01	04		2020		31

**Section A Reference and administration details**

**Charity name** Action for Wellbeing

**Other names charity is known by** N/A

**Registered charity number (if any)** 1179365

**Charity's principal address** 5a Far Close Drive  
Arnside  
  
Postcode LA5 0BG

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alice Halford	Chair	Appointed - 09/12/2018 – present day	
2	Susan Parry		Appointed - 21/08/2019 – present day	
3	Kate Sykes		Appointed – 06/11/2020 – present day	
4	Pat Gardner		Appointed - 21/08/2019 – Retired – 03/11/2020	
5				
6				
7				
8				

**Name of chief executive or names of senior staff members (Optional information)**

Fredrika Buchanan - Director

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Asked to attend meetings and then elected

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

1. To preserve and protect the physical and mental health of those with suicidal ideations, those who self-harm with a view to ending their own lives, those people bereaved by suicide and those caring for people with suicidal ideations through such support as deemed appropriate; and
2. To advance the education of the general public in areas relating to the preservation of mental health, wellbeing and recovery by the provision of advice, workshops, support groups and newsletters - in particular in relation to suicide prevention.



Registered charity 1179365

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Action for Wellbeing exists to reduce the number of suicides in South Cumbria and North Lancashire and to provide support to those considering suicide, and to those bereaved by suicide.

- We believe that one suicide is one too many.
- We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.
- We provide direct, individualised support to those experiencing suicidal thoughts and feelings, to those bereaved by suicide, and those otherwise impacted by suicide in any way.
- We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.

**Public Benefit:**

- The trustees and Volunteer Manager have ensured that all staff and volunteers are recruited and trained in Safeguarding, Mental Health Awareness Training, Applied Suicide Intervention Skills Training and any other training and supervision deemed necessary.
- Prior to appointment, all staff and volunteers undertake an enhanced DBS check. Staff and volunteers undertake professional supervision on a regular basis.
- Beneficiaries are referred to Action for Wellbeing in a variety of ways: self-referral, from local Community Mental Health Assessment and Recovery Teams, from GPs, other third sector organisations and from family and friends.
- The services of Action for Wellbeing are advertised locally through social media, at GP surgeries, other charities in the area and through word of mouth.
- Due to Covid 19, support has been provided via the telephone. Occasionally, client and volunteers have met outside for a socially distanced dog walk.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main  
achievements of the charity  
during the year**

## **Section D – Achievements and Performance**

In January 2020, our pilot project, Action for Engagement, commenced, for which we received £10,000 from The National Lottery, Reaching Communities Fund.

As a result, we have supported a total of 12 clients directly in 2020. 50% of those partnerships have been operational for over 6 months.

Our clients were referred from a variety of sources:

Local GP

Community Mental Health Team

Social Prescriber

Other Third Sector Organisations

All of our clients appreciated the support from our wonderful team of volunteers

A formal client and volunteer participation review and evaluation of Action for Engagement will be conducted in January 2021.

From September – December 2020, we recruited a Volunteer Manager, Helen Mason. She has been instrumental in ensuring that we have a fully trained team of volunteers ready to work with clients during 2021.

**Section E Financial review**

<b>Brief statement of the charity's policy on reserves</b>	We aim to have 6 months running costs of reserves.
<b>Details of any funds materially in deficit</b>	N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Alice Halford	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	

**Date**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Action for Wellbeing

1179365

## Receipts and payments accounts

CC16a

For the period from	01/04/2020	To	31/03/2021
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants and large donations	-	4,000	-	4,000	20,000
Small donations	1,861	-	-	1,861	-
JustGiving	1,758	-	-	1,758	110
Community Fundraising	12	-	-	12	6,418
DBS Fees	180	-	-	180	21
Cash donations	145	-	-	145	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,956</b>	<b>4,000</b>	<b>-</b>	<b>7,956</b>	<b>26,549</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,956</b>	<b>4,000</b>	<b>-</b>	<b>7,956</b>	<b>26,549</b>
<b>A3 Payments</b>					
JustGiving Fees	216	-	-	216	272
Community Fundraising	43	-	-	43	890
DBS Fees	200	-	-	200	154
Wages & Expenses	13,624	-	-	13,624	5,189
Training	101	-	-	101	287
Insurance	276	-	-	276	262
Administration	1,005	-	-	1,005	352
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>15,465</b>	<b>-</b>	<b>-</b>	<b>15,465</b>	<b>7,406</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>15,465</b>	<b>-</b>	<b>-</b>	<b>15,465</b>	<b>7,406</b>
<b>Net of receipts/(payments)</b>	<b>- 11,509</b>	<b>4,000</b>	<b>-</b>	<b>- 7,509</b>	<b>19,143</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>- 11,509</b>	<b>4,000</b>	<b>-</b>	<b>- 7,509</b>	<b>19,143</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank	-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>8,965</b>	<b>2,000</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Alice Halford		