



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)
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 – present day	

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	Constitution
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(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.



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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

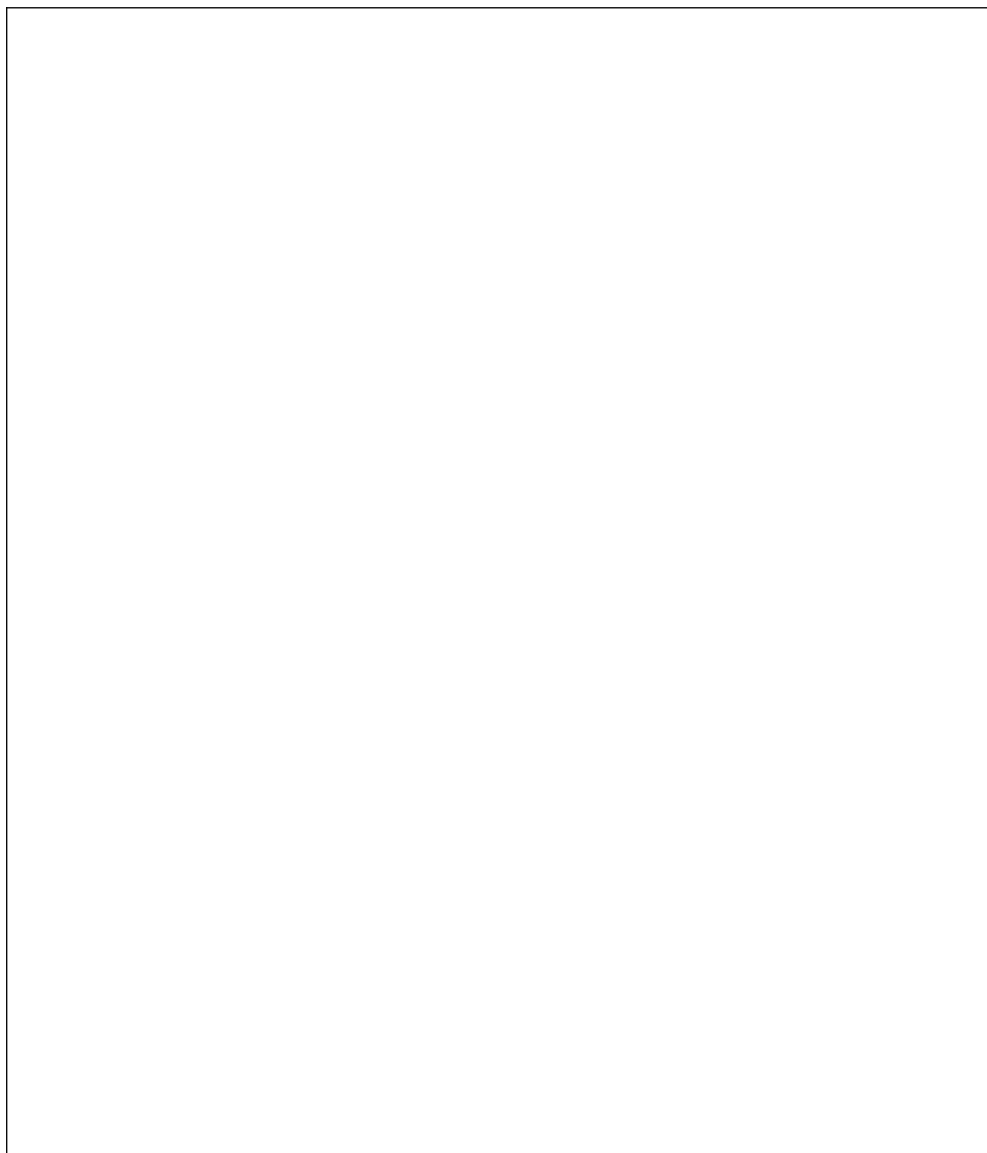
www.actionforwellbeing.uk

One suicide is one too many



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volunteers.





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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.



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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

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Action for Wellbeing

No (if any)

CC16a

Receipts and payments accounts

For the period from	Period start date 4/1/2022	To	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 £
A1 Receipts					
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
	-	-	-	-	-
Sub total (Gross income for AR)	11,884	-	-	11,884	16,304
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,884	-	-	11,884	16,304
A3 Payments					
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
	-	-	-	-	-
Sub total	6,220	-	-	6,220	9,231
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,220	-	-	6,220	9,231
Net of receipts/(payments)	5,664	-	-	5,664	7,073
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	5,664	-	-	5,664	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 £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	23,850	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	