

LIVING WELL UK

England & Wales · Charity number 1179472

Details

Status Registered

Legal form CIO

Registered 2018-08-08

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

Contact

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Activities

Objects: THE OBJECTS OF THE CIO ARE, THE RELIEF OF SICKNESS AND PRESERVATION OF HEALTH, WITH PARTICULAR EMPHASIS ON MENTAL HEALTH, IN PRINCIPALLY (BUT NOT EXCLUSIVELY) THE MIDLANDS, BY:(A) PROVIDING PSYCHOLOGICAL THERAPIES AND COUNSELLING;(B) PROVIDING EDUCATION FOR ORGANISATIONS AND PROFESSIONALS IN THE MENTAL HEALTH FIELD; AND (C) PROMOTING RESEARCH FOR THE PUBLIC BENEFIT AND TO PUBLISH THE USEFUL RESULTS OF IT.

Activities: The objects of the CIO are, the relief of sickness and preservation of health, with particular emphasis on mental health, in principally (but not exclusively) the Midlands, by:(a) providing psychological therapies and counselling;(b) providing education for organisations and professionals in the mental health field; and (c) promoting research for the public benefit and to publish the useful

Classification

- **How:** Makes Grants To Organisations, Provides Services, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£9,622,004	£9,864,351	£686,566	66
2024-03-31	£8,085,338	£8,105,435	£928,913	53
2023-03-31	£6,308,641	£6,040,195	£188,838	42
2022-03-31	£4,854,749	£4,958,378	£680,564	31
2021-03-31	£4,359,305	£4,468,118	£784,193	21

Trustees

Name	Role	Appointed
Jennifer Jones-Rigby		2024-04-25
LOUISE DIANE MCKIERNAN		2018-08-08
Lovemore kalibe Masiane		2019-11-14

Accounts

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Living Well UK

Report and consolidated financial statements

For the year ended 31 March 2025

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Reference and administrative information

Charity number	1179472
Country of registration	England & Wales
Registered office	Avoca Court 23 Moseley Road Birmingham B12 0HJ
Trustees	R Hadley D Hay L K Masiane L D McKiernan (Chair) J Jones-Rigby (appointed 25 April 2024)
Key management personnel	
Chief Executive Officer	B Howells
Executive Clinical Director	P Kwesiga
Operations Director	L Squire
Finance Director	J De Couter
Bankers	Unity Trust Bank 4 Brindley Place Birmingham B1 2JB
Solicitors	Hempsons Solicitors 100 Wood Street London EC2V 7AN
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor 110 Golden Lane London EC1Y 0TG

Trustees' annual report

The trustees present their report and the audited financial statements for the year ended 31 March 2025. Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with current statutory requirements, the Charity's constitution, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims.

The objects of Living Well UK, the Charitable Incorporated Organisation (CIO), are the relief of sickness and preservation of health, with particular emphasis on mental health, principally (but not exclusively) in the Midlands, by:

Providing psychological therapies and counselling;
Providing education for organisations and professionals in the mental health field;
Promoting research for the public benefit and publishing the useful results of it.

The trustees review the aims, objectives, and activities of the Charity each year. This report sets out what the charitable group has achieved and the outcomes of its work in the reporting period. The group comprises Living Well UK – the CIO – and Living Well Consortium Ltd. (LWC) – the trading subsidiary.

LWC generates income from government contracts in fulfilment of counselling services under the NHS Talking Therapies pathways and incurs costs in relation to the delivery of this commissioned service. The trustees report the success of each key activity and the benefits the organisation has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the Charity's aims, objectives and activities remain focused on its stated purposes.

The trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the achievement of the Charity's stated aims and objectives.

Objectives and Activities for the Public Benefit.

During the year, the Charity worked to achieve its aims through a range of strategies and services, including:

- Collaborative delivery with over 40 VCFSE organisations to provide accessible, culturally competent mental health support.
- Prevention and early intervention initiatives, such as wellbeing cafés, group therapy for children and young people, and school-based health coaching.
- Digital innovation, including the Limbic Access chatbot, enabling 24/7 self-referrals and improving engagement.

For the year ended 31 March 2025

The trustees measure success using clinical outcomes, patient feedback, and operational metrics. For example:

- 24,678 referrals received and 18,564 clients seen under NHS Talking Therapies.
- 88% of respondents reported that services helped them understand and address their difficulties.
- Over 11,000 visitors accessed wellbeing cafés and 1,100 attendees joined online wellbeing sessions.
- 3,449 employment support sessions delivered, helping clients return to or find work.

Significant activities included:

- Delivery of NHS Talking Therapies (CBT, IPT, Couples Counselling).
- Children and Young People Services, including Dialectical Behaviour Therapy (DBT) skills groups and self-harm workshops.
- Employment Support, providing CV building, interview preparation, and transport assistance.
- Community projects, such as Healing Circles and the Green Spaces exhibition promoting mental health through nature.

All activities undertaken during the year were carried out to further the Charity's aims and deliver measurable benefits to the public, particularly those experiencing mental health challenges.

Achievements and performance

The trustees are pleased to report that during 2024/25, Living Well UK and its trading subsidiary, Living Well Consortium (LWC), delivered a wide range of services and initiatives that furthered the Charity's objects of relieving sickness and promoting mental health and wellbeing. This section reviews the significant charitable activities undertaken and assesses achievements against the objectives set for the year, demonstrating measurable impact and public benefit.

Providing psychological therapy sessions, and providing counselling and self-help solutions

NHS Talking Therapies (formerly known as IAPT or Improving Access to Psychological Therapies)

NHS Talking Therapies provision remained the cornerstone of our work, supporting adults and young people across Birmingham and Solihull. Our objective was to improve access to evidence-based psychological therapies and reduce waiting times. During the year, LWC received 24,678 referrals and provided treatment to 17,669 clients, exceeding planned activity levels. Waiting time performance surpassed national targets, with 86% of clients seen within six weeks and 97% within eighteen weeks, compared to national standards of 75% and 95%.

Patient feedback confirmed the quality and impact of services: 88% of respondents reported that the service helped them understand and address their difficulties, and overall satisfaction remained high at 82%. Recovery rates averaged 47%, broadly in line with

For the year ended 31 March 2025

national expectations, despite increasing clinical complexity. These outcomes reflect our commitment to timely, effective care and continuous improvement.

NHS Talking Therapies Highlights

Clients typically received between four and five sessions of treatment, tailored to individual needs. Alongside core therapies such as CBT, IPT and Couples Counselling, we introduced innovative delivery models to enhance engagement. Walking Therapy, launched in response to client feedback, offered sessions in green spaces and proved popular, with over 50 individuals supported during the year. Similarly, our CBT and Personal Training pilot combined psychological therapy with physical activity, addressing both mental and physical wellbeing. Early results indicate improved engagement and positive feedback, and plans are in place to expand this model in 2025/26.

Long-term Conditions (LTC)

Our integrated pathway for people with long-term conditions continued to deliver significant benefits. Nearly 1,550 clients with conditions such as diabetes and COPD accessed Talking Therapies through this service, which remains unique in the West Midlands. Outcomes demonstrate the value of integrating physical and mental health support, reducing hospital admissions and improving quality of life.

Assessment and Triage

To meet the growing demand for services, LWC expanded its in-house assessment and triage capacity during 2024/25. The team now comprises three dedicated Assessment and Triage practitioners, enabling direct referrals to LWC and significantly increasing the proportion of service users assessed internally. This development has streamlined access pathways, ensuring individuals are directed to the most appropriate service quickly and effectively. Enhanced skills within the team mean providers receive richer client information at the outset, allowing treatment to commence promptly and with greater relevance. These improvements have contributed to faster engagement, better continuity of care, and improved outcomes for service users.

Counselling/ Wellbeing and Social prescribing services

11-24 Counselling and Support

As part of the Forward Thinking Birmingham partnership, LWC provided counselling for young people aged 11–24, supporting 2,450 individuals during the year. Services included DBT skills groups and workshops addressing self-harm and low mood, creating safe spaces for young people to build resilience and coping strategies. Feedback from schools and families highlights the positive impact on attendance, confidence and emotional wellbeing.

Step 4

Step 4 continued to support complex young people with higher needs than traditional counselling can provide, working with 222 individuals during the year. This bespoke model remains in high demand and is recognised as best practice in supporting vulnerable young people. Plans are in place to expand provision in 2025/26 to meet growing need.

Living Well UK

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Listening Service

The Listening Service offered up to twelve sessions for individuals for whom Talking Therapies were not clinically appropriate, supporting over 580 people during the year. This service has been instrumental in reducing isolation and providing emotional support for those who might otherwise fall through gaps in provision.

Healing Circles

Healing Circles provided culturally safe spaces for individuals from African and Caribbean backgrounds to discuss the impact of race on mental health. Over 790 people accessed this service during the year, and feedback highlights its role in fostering resilience and community cohesion. The model continues to attract national interest as an example of culturally competent care.

Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field)

Talking Therapies Workforce Development

Building workforce capacity remained a strategic priority. LWC supported 71 trainees during the year, maintaining one of the highest NHS Talking Therapies trainee placements in the West Midlands. Thirty-five graduates in High-Intensity CBT and eighteen Psychological Wellbeing Practitioners completed training and secured roles within Consortium organisations, strengthening the local mental health workforce. Clinical training and mentoring programmes continued to ensure service quality and support professional development, with additional investment in supervision and wellbeing support for trainees.

Promoting research for the public benefit and publishing the useful results

The Charity has continued to be represented by its involvement and work within the Voluntary, Community, Faith, and Social Enterprise (VCFSE) sector. During the year, the Charity worked to ensure the Charity is heard by a larger audience, representing, and leading the third sector, including representation at the National IAPT forum to share our best practice in clinical outcomes.

Other activities

Promotion and Partnership

The Charity maintained partnerships with organisations such as Solihull Moors Football Club, promoting mental health awareness and services to over 1,000 participants across

For the year ended 31 March 2025

Birmingham. These partnerships help to embed mental health support within community settings and reach individuals who might not otherwise engage with traditional services.

Beneficiaries of our services

The primary beneficiaries of the Charity's services are residents and workers in Birmingham and the West Midlands, as well as member organisations of LWC. In the year ended 31 March 2025, over 22,500 patients received services under NHS contracts.

The Charity also maintained a strong focus on supporting Black, Asian and Minority Ethnic communities, assisting nearly 9,800 individuals from these groups. Member organisations benefit from business support, clinical governance and operational assistance, enabling them to deliver high-quality services within a collaborative framework.

Impact and Public Benefit

These achievements have contributed directly to the Charity's aims by improving access to mental health support for adults, children and young people, reducing pressure on NHS services through community-based interventions, enhancing resilience and recovery through education and therapy, and supporting social inclusion and economic independence through employment programmes.

The trustees confirm that all activities undertaken during the year were carried out to further the Charity's aims and deliver measurable benefits to the public, in line with the Charity Commission's guidance on public benefit.

Financial review

The financial performance of the group for the year reflects total income of £9,622k and total costs of £9,864k, resulting in net outgoing resources of £242k for 2024/25. While Living Well UK (LWUK) reported net income of £134k, Living Well Consortium (LWC) reported a net loss of £377k for the same period.

As of 31 March 2025, the LWC accounts included deferred income of £458k, comprising £238k allocated to the Grounded project, £96k for VCFSE and £124k for Step4 Therapy. The balance held for Grounded recognised previously remains part of the restricted reserve, the VCFSE receipt has been recognised as income in the year, while the Step4 Therapy is a contractual obligation invoiced ahead of delivery as per instruction for the financial year 25/26, and remains in deferred income at the year end, the differing treatment of the three income streams in the consolidated group accounts for 2024/25 is in accordance with Charities SORP requirements.

At the beginning of the financial year, the group's unrestricted reserves were £251k, and restricted reserves stood at £678k. By 31 March 2025, total group funds had decreased to £687k, comprising £162k in unrestricted reserves and £525k in restricted reserves.

The group also held £280k in cash as of 31 March 2025.

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Principal sources of funds (including any fundraising)

The group's principal source of funds continues to be derived from the activities of LWC, which remained consistent in 2024/25. Efforts to diversify funding sources are ongoing and are anticipated to play a significant role in achieving the group's objectives. During 2024/25, the group successfully secured grant funding from several providers, further supporting its initiatives.

Reserves policy and going concern

The trustees have adopted a reserves policy designed to maintain a minimum of three months' operating costs in readily available cash reserves to ensure financial stability and continuity of services. Based on current staffing and overhead commitments, this equates to approximately £650k (2024: £600k), which includes salary costs of £543k for three months plus average overheads for the same period.

At 31 March 2025, the group held total funds of £686k (2024: £929k), comprising:

Unrestricted reserves of £162k (2024: £251k)

Restricted reserves of £525k (2024: £678k)

Restricted reserves are subject to donor-imposed conditions and are therefore not available for general purposes. The Charity's own unrestricted reserves were £185k (2024: £251k), this position is below the level set by the reserves policy and requires corrective action.

The trustees acknowledge this deficit and have implemented measures to restore compliance with the policy, principally recruiting the services of a finance director to improving cash flow management and engagement with commissioners to ensure timely payments, and more active management of service providers to control costs.

The trustees will review the reserves policy annually to ensure it remains appropriate for the scale and complexity of operations.

In assessing going concern, the trustees have considered the financial and operational outlook to 31 December 2026. The group's principal income source remains NHS-commissioned contracts, which provide a high level of funding certainty. The business model ensures that, should a significant contract end, the majority of associated direct costs would cease immediately, limiting financial risk. The trustees have also considered potential pressures on working capital, including delayed payments, and note that similar challenges have been successfully managed in prior periods.

Based on these considerations, the trustees are satisfied that the Charity and its subsidiary have adequate resources to continue in operational existence for the foreseeable future and have prepared the financial statements on a going concern basis

Principal risks and uncertainties

Risks are broadly classified into three areas – those related to the NHS landscape, those related to clinical complexity, and those related to members operational, financial and cashflow issues.

ICS formation (NHS landscape):	
NHS commissioning continued to change dramatically during 2023/24 and on into 24/25. The Clinical Commissioning Groups (CCGs) which provided Mental Health services became Integrated Care Bodies (ICBs). This meant that LWC had a completely new set of commissioners/partners moving forward. The ICB delegated authority to Birmingham and Solihull Mental Health Foundation Trust (BSMHFT) to hold the mental health contracts for Birmingham and Solihull (BSOL); old CCG contracts – which now sit with BSMHFT. During 24/25 the FTB service delivered by Bham Women's and Children's Trust was transferred across to BSMHFT, this means that all our major contracts now sit with BSMHFT. LWC had a strong relationship with Bham Women's and Children's	Over the course of 2023/24 and 24/25 the MHPC was formed with BSMHFT at its head leading to further change and instability. Regular discussions continue with commissioners regarding the changes and where LWC fit going forward. The MHPC is now beginning to take shape to oversee the contracts and where LWC sits – this continues to be discussed. With the FTB contracts now moving across to BSMHFT, our complete commissioning now sits with the MHPC. LWC CEO sits on the Executive Steering Group (ESG) that provides oversight of the MHPC and has strong contact with the Finance Clinical Commissioning Group (FCCG) so we are well placed at senior level By continuing to deliver good outcomes for service users and showing good KPIs we will stay in a strong position
Clinical complexity:	
Presenting complexity of people needing services continues to rise, which adds risk and high need into a stretched system. LWC delivers services to a complex, multi-agency mental health system, and the quality of services provided by consortium members needs to reflect this. There is an increased clinical complexity – in that LWC is seeing fewer low "risk" referrals but a large increase in higher complexity for new referrals. This in turn has led to other issues such as staff retention/recruitment issues for CBT HI practitioners. The clinical complexity risks have continued to grow across 24/25, there is a higher percentage of HI cases presenting at assessment, and that continues to create problems, amongst low cases for PWPs to hold and having to grow a expensive HICBT staff team	A substantial and multi-faceted training programme and clinical guidance is provided to member organisations. LWC continues to grow its qualified staff and has the highest number of Trainee practitioners in its history. A Clinical Risk Register remains in place to track high level incidents. Across 24/25 we have grown our central team to ensure we can offer more clinical oversight to providers. LWC have developed a new support package for trainees to ensure that they are settled during the trainee period and prepared for the job once qualified. The team also offers more reassurance to NHSE central teams
Members operational, financial, and general cashflow issues:	

Late/ delayed payments from the NHS have been an ongoing problem across 24/25, and these can be large enough amounts to cause risk to supplier payments	LWC plan to build up reserves across 25/26 to enable us to have some money to cover continued late/ delayed payments. We will also be working alongside providers to ensure through audits, that they are building up reserves
Financial sustainability of individual consortium members may impact on delivery of contracted services.	Thorough annual audits of Consortium members ensuring financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.
Meeting KPIS. Across 24/25, LWC have struggled to meet all KPIs set for Talking Therapies (TT) as they have increased in line with national guidance	LWC have created specific working groups to target KPIS that are especially tough.
Low national NHS uplifts LWC was awarded 3.1% across 23/24 and only 2.15% in 24/25, this has put enormous pressure on budgets	We have been working tirelessly to push the national NHS team to understand the local pressures the low uplifts cause. We have also been working hard to look at other areas of funding that can support innovation and growth

Fundraising

The Charity does not carry out external fundraising campaigns; during the year, costs of raising funds are related to advertising and marketing activity, promotional materials, and costs of attendance at events to promote charitable activities.

The Charity is not registered with the Fundraising Regulator and has received no complaints in relation to any fundraising activities undertaken.

Plans for the future

The group intends to:

- Continue delivering innovative and effective services, pursuing funding from grants and trusts awarding organisations.
- Invite applications from potential members to become part of the Consortium.
- Provide funding to support innovation in the sector.

The group is committed to developing a vision that allows the Charity to take the lead in enabling the system to provide quicker, easier, and simpler treatment at the point of need.

LWC intends to:

- Continue delivering Mental Health services across Birmingham and Solihull; alongside this there is a clear view to grow the delivery in other areas.
- Continue receiving funding for new trainees, with trainees confirmed for 2025/26 the group status as a key player in developing new staff for the Mental Health sector remains.
- Grow the delivery of Talking Therapies through providing more services closer to where people in communities need it.
- Grow Talking Therapies delivery in 2026/27.

Structure, governance and management

The organisation is a Charitable Incorporated Organisation (CIO) registered as a charity on 8 August 2018 in England and Wales. It is referred to within this report as the 'Charity'.

All trustees give their time voluntarily and any expenses or remuneration reclaimed from the Charity are set out in note 6 to the accounts. The total amount reimbursed to Trustees during the year was £nil (2023/24: £nil)

Appointment of trustees

Trustees are appointed by election at the Annual General Meeting (AGM) of the Charity. Member organisations are invited to nominate suitable candidates and submit a CV and nomination form. Where the number of nominations exceeds the number of vacancies, an election is held at the AGM. Trustees are normally appointed for a three-year term to ensure continuity on the Board, with periodic recruitment to maintain a balance of experience and fresh perspectives.

Changes during the year ended 31 March 2025:

New appointment: Jennifer Jones-Rigby was appointed as a trustee on 25 April 2024.

There were no other appointments or resignations during the financial year. Trustees Davy Hay, Lovemore Masiane, and Louise McKiernan continued their terms following re-election at the AGM held on 7 December 2022.

The Board regularly reviews its composition to ensure it has the appropriate skills and experience to govern effectively. Recruitment is undertaken in line with the Charity's diversity and inclusion principles, and all appointments comply with the requirements of the Charity Commission and the Charity's constitution.

Trustee induction and training

The Charity recognises that the trustee role is critical to the successful functioning of the Charity and its trading subsidiary. To achieve this, it has an induction programme for new trustees; the Chair and CEO are expected to ensure that all new trustees are inducted to their role and understand the requirements of a charity trustee (as outlined by the Charity Commission). Additionally, the CEO (through the Office Manager) organises the induction programme for the trustee and ensures that new trustees meet with appropriate staff and existing trustees and cover the items on the new trustee induction list.

Related parties and relationships with other organisations

As noted above, the Charity has a trading subsidiary, LWC which trades as Living Well Consortium Ltd (a company limited by guarantee, registered company number 07412677).

LWC is a membership body and works with and through its members to achieve its objects.

LWC delivers on contracts through services provided by various member bodies, including the provision of their staff to fulfil contracts across NHS Talking Therapies, FTB, LTC.

For the year ended 31 March 2025

A full list of the current Consortium members and their activities can be found on the website at www.livingwellconsortium.com.

Details of all other related party transactions are disclosed in Note 8 of the financial statements.

Remuneration policy for key management personnel

The Charity does not employ any staff, but LWC does.

The pay and remuneration of all LWC key management personnel has been reviewed in consultation with third party legal advisors, and appropriate salary bandings were reset in accordance with national benchmarks for clinical staff in accordance with the NHS Agenda for Change.

Statement of responsibilities of the trustees

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the group's financial activities during the period and of its financial position at the end of the period.

In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditor

Sayer Vincent LLP was re-appointed as the Charity's auditor at the AGM during the year and has expressed its willingness to continue in that capacity.

Living Well UK

For the year ended 31 March 2025

The trustees' annual report has been approved by the trustees on 15th December 2025 and signed on their behalf by

L McKiernan

Trustee

Independent auditor's report to the trustees of Living Well UK

Opinion

We have audited the financial statements of Living Well UK (the 'parent charity') and its subsidiary (the 'group') for the year ended 31 March 2025 which comprise the consolidated statement of financial activities, the group and parent charity balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group and parent charity's affairs as at 31 March 2025 and of the group's incoming resources and application of resources, for the year then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Living Well UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue. Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements.
- Sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group and the parent charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

For the year ended 31 March 2025

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud.
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather

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than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the parent charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the parent charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the parent charity and the parent charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

.....

Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006.

Consolidated Statement of Financial Activities

	Note	Unrestricted £	Restricted £	2024/25 Total £	Unrestricted £	Restricted £	2023/24 Total £
Income from:							
Donations		3,142	-	3,142	1,013	-	1,013
Charitable Activities	2						
Therapy Sessions		2,635,283	-	2,635,283	2,313,915	-	2,313,915
Counselling and Self-help		3,148,547	-	3,148,547	2,426,930	-	2,426,930
Support Services		-	96,000	96,000	-	436,000	436,000
Wellbeing Services		754,843	-	754,843	615,477	-	615,477
Other Income							
Contribution towards training		2,525,357	-	2,525,357	1,987,662	-	1,987,662
Local Outreach programmes		-	277,048	277,048	-	206,736	206,736
Miscellaneous income		181,783	-	181,783	97,605	-	97,605
Total income		9,248,955	373,048	9,622,003	7,442,602	642,736	8,085,338
Expenditure on:							
Raising funds	3	199,127	-	199,127	354,558	-	354,558
Charitable Activities	3						
Therapy Sessions		2,094,276	-	2,094,276	2,011,772	-	2,011,772
Counselling and Self-help		3,204,578	-	3,204,578	2,461,432	-	2,461,432
Support Services		197,015	153,111	350,126	235,232	109,347	334,579
Wellbeing Services		1,181,787	3,524	1,185,311	887,685	49,764	937,449
Social Prescribing		-	-	-	-	-	-
Contribution towards training		2,634,031	-	2,634,031	1,901,481	-	1,901,481
Local Outreach programmes		52,278	44,624	96,902	-	5,000	5,000
Grants payable	4	-	100,000	100,000	-	89,164	89,164
Total expenditure		9,563,092	301,259	9,864,351	7,852,160	253,275	8,105,435
Net (expenditure) / income before transfers		(314,136)	71,789	(242,347)	(409,558)	389,461	(20,097)
Transfers between funds		225,236	(225,236)	-	259,929	(259,929)	-
Net movement in funds		(88,900)	(153,447)	(242,347)	(149,629)	129,532	(20,097)
Reconciliation of funds:							
Total funds brought forward	17	250,592	678,321	928,913	400,221	548,789	949,010
Total funds carried forward		161,692	524,874	686,566	250,592	678,321	928,913

All the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17 to the financial statements.

Living Well UK

For the year ended 31 March 2025

Balance Sheets

	Note	The Group	The charity	The Group	(Restated) The charity
		31 March 2025	31 March 2025	31 March 2024	31 March 2024
		£	£	£	£
Fixed assets:					
Tangible assets	10	271,121	-	224,412	-
Total non-current assets		271,121	-	224,412	-
Current assets:					
Debtors	13	2,911,007	224,156	2,339,443	142,540
Cash at bank and in hand		280,262	199,052	369,869	107,898
		3,191,269	423,208	2,709,312	250,438
Liabilities:					
Creditors: amounts falling due within one year	14	2,775,824	64,008	2,004,811	25,476
Net current assets		415,445	359,200	704,501	224,962
Total net assets	16	686,566	359,200	928,913	224,962
Funds:					
Restricted income funds:					
Grant funded programmes	17	524,873	174,682	678,321	125,805
Unrestricted income funds:					
General funds	18	161,693	184,518	250,592	99,157
Total funds		686,566	359,200	928,913	224,962

The surplus of the Charity for the year ended 2024/25 was £134,238 (2023/24: £36,124)

Approved by the trustees on 15 December 2025 and signed on their behalf by

L D McKiernan
Chair

Consolidated cash flow statement

	2024/25	2024/25	2023/24	2023/24
	£	£	£	£
Cash flows from operating activities				
Net (expenditure) for the reporting period	(242,347)		(20,097)	
Depreciation charges	119,135		45,587	
(Increase) in debtors	(571,564)		(1,040,242)	
Increase in creditors	771,013		1,028,554	
Net cash provided by operating activities		<u>76,237</u>		<u>13,802</u>
Cash flows from investing activities:				
Purchase of fixed assets	(165,844)		(267,956)	
Net cash used in investing activities		<u>(165,844)</u>		<u>(267,956)</u>
Change in cash and cash equivalents in the year		(89,607)		(254,154)
Cash and cash equivalents at the beginning of the year		369,869		624,023
Cash and cash equivalents at the end of the year		<u>280,262</u>		<u>369,869</u>

Notes to the financial statements

1 Accounting policies

a) Statutory information

Living Well UK is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The registered office address is Avoca Court, 23 Moseley Road, Birmingham, B12 0HJ.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The CIO was incorporated on 8 August 2018 and established control over its subsidiary Living Well Consortium on 3 December 2018.

These financial statements consolidate the results of the Charity and its wholly owned subsidiary on a line-by-line basis. Transactions and balances between the Charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the Charity's balance sheet. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The Group has taken advantage of the exemptions allowed under section 408 of the Companies Act 2006 and has not presented its own statement of financial activities in these financial statements.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates.

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

For the year ended 31 March 2025

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

d) Going concern

The financial statements have been prepared on a going concern basis. The trustees have assessed the Charity's ability to continue as a going concern for a period of at least twelve months from the date of approval of these financial statements. This assessment included consideration of the Charity's reserves position, cash flow forecasts, and the continued funding from NHS-commissioned contracts. The trustees are satisfied that the Charity has adequate resources to meet its obligations and continue operations for the foreseeable future. Further details are provided in the Going Concern Statement on page 9.

e) Income

The group's turnover arises from charitable activities and from trading undertaken by its wholly-owned subsidiary. Income is recognised in accordance with the performance obligations specified in contractual arrangements, as follows:

- **Charitable income**
Donations, grants and other voluntary income are recognised when the group has entitlement, receipt is probable, and the amount can be measured reliably.
- **Trading subsidiary income**
The trading subsidiary generates income from patient treatment services under contracts with commissioning bodies. Income from its Talking Therapy is recognised on a two-stage process:
 - Entitlement accrual – when a patient receives their second session of treatment, the subsidiary becomes contractually entitled to income. At this point, revenue is accrued.
 - Invoicing – when a patient completes their treatment, the subsidiary issues an invoice. The earlier accrual is reversed and replaced with invoiced income, ensuring receivables and cash flows are appropriately recorded.
- **Quota limitation**
The trading subsidiary's contracts for Talking Therapies impose an annual quota cap, restricting the total amount invoiceable in any financial year. While entitlement accruals may exceed the quota, invoicing is limited to the contractual maximum. Consequently, consolidated group revenue may include accrued income in excess of the amount invoiceable, reflecting the group's entitlement under the funding terms.
- **Income received in advance of specified services**
Where income is received in advance of the provision of specified services, it is deferred and recognised as a liability until the services are delivered. Revenue is then recognised in the Statement of Financial Activities as the performance obligation is satisfied.

The Trustees consider this policy provides a faithful representation of the Charity group's performance, aligning revenue recognition with service delivery, contractual entitlement, and the timing of grant conditions, while ensuring compliance with invoicing restrictions and deferral of income received in advance.

For the year ended 31 March 2025

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of supporting beneficiaries and undertaken to further the purposes of the group and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area occupied by each activity.

Raising Funds	Activity	2.0%
Therapy Sessions	Activity	21.1%
Counselling & Self-help	Activity	32.3%
Support Services	Activity	3.5%
Wellbeing Services	Activity	12.3%
Training	Activity	26.6%
Local Outreach Programmes	Activity	1.2%
Grants Payable	Activity	1.0%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities.

j) Operating leases

For the year ended 31 March 2025

Rental charges are charged on a straight-line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities.

Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

The depreciation rates in use are as follows:

- Computer equipment 3 years
- Furniture and fixtures 3 years
- Leasehold Property over the term of the lease
- Software Developments 3 years

l) Investment in subsidiaries

Living Well Consortium is a company limited by guarantee and therefore there is no cost of investment.

m) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

p) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement.

Living Well UK

For the year ended 31 March 2025

2 Analysis of Income

	Unrestricted 2024/25 £	Restricted 2024/25 £	Total 2024/25 £	Unrestricted 2023/24 £	Restricted 2023/24 £	Total 2023/24 £
Income from Charitable activities:						
Government contracts:						
Birmingham and Solihull ICB IAPT KPI4, LTC and Covid-19 situational counselling	4,860,317	120,000	4,980,317	3,618,162	120,000	3,738,162
Birmingham Women's and Children's NHS trust	2,635,283	-	2,635,283	2,313,915	-	2,313,915
Birmingham and Solihull Capital Grant		-	-		278,000	278,000
Non-government contracts:						
Grant income	-	157,048	157,048	-	86,736	86,736
VCFSE Income	-	96,000	96,000	-	158,000	158,000
Donations	3,142	-	3,142	1,013	-	1,013
Invoiced income	105,102	-	105,102	94,872	-	94,872
	<u>7,603,844</u>	<u>373,048</u>	<u>7,976,892</u>	<u>6,027,962</u>	<u>642,736</u>	<u>6,670,698</u>
	Unrestricted 2024/25 £	Restricted 2024/25 £	Total 2024/25 £	Unrestricted 2023/24 £	Restricted 2023/24 £	Total 2023/24 £
Other income:						
Government contracts:						
BSOL Funded trainees	1,563,267	-	1,563,267	1,164,612	-	1,164,612
HEE Funded trainees	-	-	-	238,396	-	238,396
Non-government contracts:						
Miscellaneous income	81,844	-	81,844	11,632	-	11,632
	<u>1,645,111</u>	<u>-</u>	<u>1,645,111</u>	<u>1,414,640</u>	<u>-</u>	<u>1,414,640</u>
Total Income	<u>9,248,955</u>	<u>373,048</u>	<u>9,622,003</u>	<u>7,442,602</u>	<u>642,736</u>	<u>8,085,338</u>

Living Well UK

For the year ended 31 March 2025

3 Analysis of expenditure

2024/25 Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self-help	Support Services	Wellbeing Services	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	1,248,982	1,248,982
Payments to partners	-	1,739,006	2,660,959	290,732	984,237	2,187,199	80,464	100,000	-	-	8,042,597
Advertising and marketing	123,546	-	-	-	-	-	-	-	-	-	123,546
Staff expenses	41,240	-	-	-	-	-	-	-	-	-	41,240
Office expenses	-	-	-	-	-	-	-	-	-	352,386	352,386
Audit, accountanc y & consultancy	561	-	-	-	-	-	-	-	27,151	27,888	55,600
	165,347	1,739,006	2,660,959	290,732	984,237	2,187,199	80,464	100,000	27,151	1,629,256	9,864,351
Support costs	33,227	349,446	534,708	58,421	197,778	439,508	16,169	-	-	(1,629,256)	-
Governance costs	554	5,823	8,911	974	3,296	7,324	269	-	(27,151)	-	-
Total	199,127	2,094,276	3,204,578	350,126	1,185,311	2,634,031	96,902	100,000	-	-	9,864,351

Living Well UK

For the year ended 31 March 2025

2023/24 Analysis of expenditure	Raising funds	Charitable Activities:								Support costs	Total
		Therapy Sessions	Counselling and Self- help	Support Services	Wellbeing Services	Training	Local Outreach programmes	Grants payable	Governance costs		
	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	933,431	933,431
Payments to partners	-	1,694,281	2,072,977	290,199	789,162	1,601,397	4,211	89,164	-	-	6,541,391
Advertising and marketing	198,525	-	-	-	343	-	-	-	-	-	198,868
Staff expenses	100,077	-	-	-	-	-	-	-	-	-	100,077
Office expenses	-	-	-	-	-	-	-	-	-	269,259	269,259
Audit, accountancy & consultancy	-	-	-	-	-	-	-	-	49,311	13,098	62,409
	298,602	1,694,281	2,072,977	290,199	789,505	1,601,397	4,211	89,164	49,311	1,215,788	8,105,435
Support costs	53,774	305,115	373,313	52,261	142,178	288,389	758	-	-	(1,215,788)	-
Governance costs	2,182	12,376	15,142	2,119	5,766	11,695	31	-	(49,311)	-	-
Total	354,558	2,011,772	2,461,432	344,579	937,449	1,901,481	5,000	89,164	-	-	8,105,435

4 Grant making activities

	Grants to institutions £	Total 2024/25 £	Grants to institutions £	Total 2023/24 £
Cost				
Listening Service	65,000	65,000	60,000	60,000
Healing Circles	35,000	35,000	29,164	29,164
At the end of the year	100,000	100,000	89,164	89,164
	Total 2024/25		Total 2023/24	
Recipient of grant award	Value	Nature of award	Value	Nature of award
Karis	27,083	Listening Service	25,000	Listening Service
Bethel	37,917	Listening Service	35,000	Listening Service
Pattigift Therapy	35,000	Healing Circles	29,164	Healing Circles
	100,000		89,164	

5 Net expenditure for the reporting period

This is stated after charging/ (crediting):

	2024/25 £	2023/24 £
Depreciation	119,135	45,587
Operating lease rentals:		
Property (Avoca Court)	39,010	39,534
Property (Grounded)	70,130	34,708
Other	1,872	1,872
Auditor's remuneration (excluding VAT):		
Audit (current year)	21,000	20,000
Audit (previous year under provision)	-	26,311
Other services	1,500	3,000

For the year ended 31 March 2025

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2024/25	2023/24
	£	£
Per note 3 (Analysis of expenditure)		
Salaries and wages	1,119,876	855,979
Social security costs	108,220	66,174
Employer's pension contribution	20,886	11,278
	<u>1,248,982</u>	<u>933,431</u>
Salaries and wages included in direct costs		
Salaries and wages	830,483	636,099
Social security costs	78,076	61,239
Employer's pension contribution	15,017	13,100
	<u>923,576</u>	<u>710,438</u>
Total salaries and wages		
Salaries and wages	1,950,359	1,492,078
Social security costs	186,296	127,413
Employer's pension contribution	35,903	24,378
	<u>2,172,558</u>	<u>1,643,869</u>

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £218,596 (2023/24: £163,709)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

No trustees' expenses were reimbursed in either 2025 or 2024.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 66 (2023/24: 53).

8 Related party transactions

Related party transactions are all carried out at arms' length.

Amra Dautovic, (a Director of Living Well Consortium) is also Managing Director of Waythrough (formally Richmond Fellowship), which provided services to LWC during the financial year; the total amount invoiced by Waythrough to LWC during the year totalled £575,153 (2023/24: £260,458). The amount owed by LWC to Waythrough at 31 March 2025 was £282,585 (at 31 March 2024: £35,750). The amount owed by LWUK to Waythrough at 31 March 2025 was £nil (at 31 March 2024: £nil).

Living Well UK

For the year ended 31 March 2025

Davy Hay, (a Trustee of Living Well UK) is a Director of Pattigift Therapy CIC (Pattigift), which provided services to LWC during the financial year; the amount invoiced from Pattigift to LWC during the year totalled £341,994 (2023/24: £284,668). Pattigift Therapy CIC also received contributions paid by LWUK for Healing Circles work; the total amount paid over in 2024/25 was £35,000 (2023/24: £35,000). The amount owed by LWC to Pattigift Therapy CIC at 31 March 2025 was £6,220 (at 31 March 2024: £27,780). The amount owed by LWUK to Pattigift Therapy CIC at 31 March 2025 was £nil (at 31 March 2024: £nil).

Martin Hogg, (a Director (and Chair) of Living Well Consortium) is also CEO of Citizen Coaching, which provided services to LWC during the financial year; the total amount invoiced from Citizen Coaching to LWC during the year totalled £958,475 (2023/24: £1,041,191). The amount owed by LWC to Citizen Coaching at 31 March 2025 was £108,431 (at 31 March 2024: £156,730). The amount owed by LWUK to Citizen Coaching at 31 March 2025 was £nil (at 31 March 2024: £nil).

Lovemore Masiane, (a Trustee of Living Well UK) is Clinical Director at Our Roots, which provided services to LWC during the financial year; the total amount invoiced from Our Roots to LWC during the year totalled £2,895,210 (2023/24: £2,649,333). The amount owed by LWC to Our Roots CIC at 31 March 2025 was £384,000 (at 31 March 2024: £515,788). The amount owed by LWUK to Our Roots at 31 March 2025 was £nil (at 31 March 2024: £nil).

Louise McKiernan, (a Trustee of Living Well UK, and a Director of Living Well Consortium) is CEO of Disability Resource Centre (DRC), which provided services to LWC during the financial year; the amount invoiced from DRC to LWC during the year totalled £7,245 (2023/24: £10,520). The amount owed by LWC to DRC at 31 March 2025 was £nil (at 31 March 2024: £630).

Shahid Zaman (a Director of Living Well Consortium) was also a named director of Cognitive Wellness, which provided services to LWC during the financial year; the amount invoiced from Cognitive Wellness to LWC during the year totalled £1,021,641 (2023/24: £430,617). The amount owed by LWC to Cognitive Wellness at 31 March 2025 was £133,957 (at 31 March 2024: £nil).

Jennifer Jones-Rigby, (a Trustee of Living Well UK) is also associated with Bethel Network; the total amount funded or invoiced from Bethel to LWUK during the year totalled £35,000 (2023/24: funding of £35,000). The amount owed by LWC to Bethel at 31 March 2025 was £nil (at 31 March 2024: £nil). The amount owed by LWUK to Bethel at 31 March 2025 was £nil (at 31 March 2024: £nil).

Ronald Owttrim (a former director of Living Well Consortium) was also a named Director of Health Exchange Limited (HEX), which provided services to LWC during the financial year; the amount invoiced from HEX to LWC during the year totalled £806,269 (2023/24: £548,018). The amount owed by LWC to HEX at 31 March 2025 was £358,731 (at 31 March 2024: £117,029). The amount owed by LWUK to HEX at 31 March 2025 was £nil (at 31 March 2024: £nil).

Aftab Rahman, (former a Trustee of Living Well UK) is also associated with Legacy West Midlands; the total amount funded or invoiced from Legacy to LWUK during the year totalled £nil (2023/24: funding of £nil). The amount owed by LWC to Legacy WM at 31 March 2025 was £nil (at 31 March 2024: £nil). The amount owed by LWUK to Legacy WM at 31 March 2025 was £nil (at 31 March 2024: £nil).

David Cusack, (a former Trustee of Living Well UK) was also employed as CEO of St Paul's Community Development Trust, which provided venue space to LWUK during the financial year. The total amount invoiced from St Paul's to LWUK during the year totalled

Living Well UK

For the year ended 31 March 2025

£nil (2023/24: £nil). The amount owed by LWUK to St Paul's Community Development Trust at 31 March 2025 was £nil (at 31 March 2024: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Corporation Tax

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. LWC distributes available profits to the parent charity under Gift Aid.

10 Tangible Fixed Assets

	Computer equipment	Furniture and Fixtures	Leasehold Improvements	Software Developments	Total
	£	£	£	£	£
Cost					
At the start of the year	37,910	800	206,155	51,990	296,854
Additions in the year	4,297	-	161,547	-	165,844
At the end of the year	42,207	800	367,702	51,990	462,699
Depreciation					
At the start of the year	29,435	800	33,592	8,615	72,443
Charge for the year	4,063	-	104,678	10,398	119,135
At the end of the year	33,497	800	138,270	19,013	191,578
Net book value					
At the start of the year	8,475	-	172,563	43,375	224,412
At the end of the year	8,710	-	229,432	32,977	271,121

All fixed assets are held by the charity's trading subsidiary, LWC.

For the year ended 31 March 2025

11 Subsidiary Undertaking

The Charity has control over the activities of Living Well Consortium Limited (LWC), a company registered in England. The company number is 07412677. The registered office address is 23 Moseley Road, Birmingham, B12 0HJ.

All activities have been consolidated on a line-by-line basis in the statement of financial activities.

Available profits may be distributed under Gift Aid to the parent charity.

The trustees Louise McKiernan, and Lovemore Masiane are also directors of the subsidiary.

A summary of the results of the subsidiary for their full financial year is shown below:

	2024/25	2023/24
	£	£
Turnover	9,524,805	7,757,092
Cost of sales	(7,894,449)	(6,419,931)
Gross surplus	<u>1,630,356</u>	<u>1,337,111</u>
Administrative expenses	(1,788,273)	(1,513,880)
Loss for the reporting period	<u>(157,917)</u>	<u>(176,719)</u>
Retained earnings		
Total retained earnings brought forward	151,424	328,142
Loss for the reporting period	(157,917)	(176,719)
Distribution under Gift Aid to parent charity	-	-
Total retained earnings carried forward	<u>(6,493)</u>	<u>151,424</u>
	2024/25	2023/24
	£	£
The aggregate of the assets, liabilities and reserves was:		
Assets	3,261,036	2,822,826
Liabilities	(3,267,529)	(2,671,402)
Reserves	<u>(6,493)</u>	<u>151,424</u>

For the year ended 31 March 2025

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2024/25 £	2023/24 £
Gross income	614,977	462,493
Result for the year	<u>(134,239)</u>	<u>(36,124)</u>

13 Debtors

	The group 31 March 2025 £	The charity 31 March 2025 £	The group 31 March 2024 £	The charity 31 March 2024 £
Trade debtors	1,889,370	2,302	1,619,273	3,000
Other debtors	35,209	-	43,246	-
Prepayments	986,428	-	676,924	-
Amounts owed from group undertakings	-	221,854	-	139,540
	<u>2,911,007</u>	<u>224,156</u>	<u>2,339,443</u>	<u>142,540</u>

14 Creditors: amounts falling due within one year

	The group 31 March 2025 £	The charity 31 March 2025 £	The group 31 March 2024 £	The charity 31 March 2024 £
Trade creditors	1,673,479	37,341	1,315,486	8,926
Taxation and social security	347,790	-	120,279	-
Accruals	625,326	26,667	569,046	16,550
Other Creditors	5,269	-	-	-
Deferred Income	123,960	-	-	-
	<u>2,775,824</u>	<u>64,008</u>	<u>2,004,811</u>	<u>25,476</u>

15 Deferred income

	The group 31 March 2025 £	The charity 31 March 2025 £	The group 31 March 2024 £	The charity 31 March 2024 £
Balance at the beginning of the year	-	-	-	-
Amount released to income in the year	-	-	-	-
Amount Deferred in the year	123,960	-	-	-
Balance at the end of the year	<u>123,960</u>	<u>-</u>	<u>-</u>	<u>-</u>

Deferred income comprises contract income received in advance.

16 Analysis of group net assets between funds

	General unrestricted £	Restricted funds £	Total funds £
Tangible fixed assets	41,689	229,432	271,121
Net current assets	120,003	295,442	415,445
Net assets at 31 March 2025	<u>161,692</u>	<u>524,874</u>	<u>686,566</u>

	General unrestricted £	Restricted funds £	Total funds £
<i>Tangible fixed assets</i>	<i>224,412</i>	<i>-</i>	<i>224,412</i>
<i>Net current assets</i>	<i>26,180</i>	<i>678,321</i>	<i>704,501</i>
<i>Net assets at 31 March 2024</i>	<u><i>250,592</i></u>	<u><i>678,321</i></u>	<u><i>928,913</i></u>

17 Movements in funds

	At 1 April 2024	Income & gains	Expenditure & losses	Transfers	At 31 March 2025
	£	£	£	£	£
Restricted funds:					
Grant awards	678,321	373,048	(301,259)	(225,236)	524,874
Unrestricted funds:					
General funds	250,592	9,248,956	(9,563,092)	225,236	161,691
Total funds	928,913	9,622,004	(9,864,351)	-	686,566

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted funds:					
Grant awards	548,789	642,736	(253,275)	(259,929)	678,321
Unrestricted funds:					
General funds	400,221	7,442,602	(7,852,160)	259,929	250,592
Total funds	949,010	8,085,338	(8,105,435)	-	928,913

Restricted funds projects: include grant funding received for projects to be delivered during the year and continuing into 2025/26.

	At 1 April 2024	Income & gains	Expenditure & losses	Transfers	At 31 March 2025
	£	£	£	£	£
Healing Circles	30,836	120,000	(100,000)	-	50,836
Cast and Good	-	-	-	-	-
Things Foundation					
Street Games	38,981	-	(1,524)	-	37,457
Wellbeing Coach at Arden Academy	23,920	27,623	-	(16,326)	35,217
Birmingham and Solihull ICB Capital Grant	469,156	-	(69,750)	(161,547)	237,859
VCFSE	83,360	96,000	(83,361)	-	95,999
The LTA Foundation	32,068	-	(2,000)	(21,114)	8,954
FUSE Project	-	8,333	-	-	8,333
Cameron Grant	-	16,000	-	(8,000)	8,000
National Lottery – Reaching Communities	-	105,092	(44,624)	(18,249)	42,219

Living Well UK

For the year ended 31 March 2025

Total funds	678,321	373,048	(301,259)	(225,236)	524,874
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Transfers were made from general to restricted funds for the following funds as staff and other costs had previously been expensed through the general fund rather than through the relevant restricted fund.

	At 1 April 2023 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2024 £
Healing Circles	-	120,000	(89,164)	-	30,836
Cast and Good Things Foundation	2,304	-	-	(2,304)	-
Street Games	40,846	11,444	(13,309)	-	38,981
Kickstart	6,407	-	-	(6,407)	-
Digikicks	4,840	-	-	(4,840)	-
Jubilee fund	4,096	-	(3,318)	(778)	-
Breaking Boundaries	351	-	(5,000)	4,649	-
StandOut project	23,735	-	-	(23,735)	-
Wellbeing Coach at Arden Academy	34,192	34,977	(24,890)	(20,359)	23,920
Birmingham and Solihull ICB Capital Grant	432,019	278,000	(34,708)	(206,155)	469,156
VCFSE	-	158,000	(74,639)	-	83,361
The LTA Foundation	-	40,315	(8,247)	-	32,068
Total funds	548,790	642,737	(253,275)	(259,929)	678,321

Transfers were made from general to restricted funds for the following funds as staff and other costs had previously been expensed through the general fund rather than through the relevant restricted fund:

Cast and Good Things Foundation, Kickstart, Digikicks, Jubilee Fund, StandOut project and Wellbeing Coach at Arden Academy.

A transfer was made in the year between the general fund and the restricted Breaking Boundaries project to cover an overspend in costs on that project.

A transfer was made from the Birmingham and Solihull ICB Capital Grant restricted fund to general funds for the amount expended on assets capitalised under the project in that

National Lottery - Healing Circles

A form of therapeutic intervention supporting individuals from African & Caribbean background to build resilience, collective cohesion, address trauma and develop family support for an individual's mental health and wellbeing.

An alternative group option that acknowledges the importance of coming together in dedicated safe spaces to learn how to deal with the impact of racial issues and its association with ill health experienced both physically and emotionally. . Providing culturally specific strategies and resources to help discuss and heal from historical and current traumas both individually and collectively.

For the year ended 31 March 2025

Originally funded by a National Lottery funding during 2020/1 following funding from reserves in 2021/22/23, now funded by the Birmingham & Solihull Mental Health NHS.

In the last financial year 792 service users were supported.

Street Games

Also known as HAF (Holliday, Activities and Food or Bring it on Brum!), a government-funded program designed to provide children aged 4-16, who are eligible for free school meals, with healthy food, enriching activities, and a safe environment during school holidays. The program aims to address issues of unhealthy holidays, social isolation, and limited opportunities for physical activity and personal development. Birmingham City Council has appointed Street Games (the funder) to coordinate holiday club provision.

Wellbeing Coach at Arden Academy

The Charity received income to provide a health and wellbeing coach at Arden Academy from Solihull Rural in order to support students through delivery of interventions so they can identify strategies to support and manage their own health and wellbeing.

Birmingham and Solihull ICB Capital Grant

The Charity received a one-off contribution towards the cost of the Grounded projects.

VCFSE

The establishment of the Mental Health Provider Collaborative (MHPC) marks an important milestone for Voluntary, Community, Faith, and Social Enterprise (VCFSE) organisations. For the first time, it offers a formal and strategic role in shaping the leadership and delivery of mental health care across Birmingham and Solihull (BSol).

Through membership in the VCFSE Mental Health Collective, organisations have the opportunity to:

Contribute ideas and innovative approaches to improve mental health outcomes across BSol.

Raise concerns about service gaps, inequalities, or challenges in the current system.

Influence strategic conversations and ensure that the voices of the communities they serve are heard at the highest levels of the mental health system.

This collaborative approach recognises the vital role that VCFSE organisations play in delivering culturally competent, community-based mental health support – and aims to embed that expertise within the wider system

The LTA Foundation

In 2023, we were fortunate to receive funding from the LTA Tennis Foundation for our "**Tennis Got Served**" project. This initiative aims to enhance the physical health and mental well-being of children and young people, while fostering confidence, reducing social isolation, and building bridges between individuals from diverse backgrounds living in temporary accommodation.

FUSE Project

This programme is a partnership between Health Innovation West Midlands (HIWM), iSE, and the Living Well Consortium. Fostering innovation and social impact for emerging leaders and social value organisations in the health care sector Overall the Inclusive Health offers a support system, includes: Business Support & Mentorship: Access to expert guidance, workshops, and networking opportunities. Funding Opportunities: Grants and potential partnerships to help you grow your enterprise. Ideation, Incubation, and Acceleration. The purpose is to bridge gaps in health disparities by supporting innovation through social enterprise

Diatomic Project

For the year ended 31 March 2025

The Programme was designed to support organisations operating within the mental health and wellbeing sector, with a particular focus on empowering those led by ethnic minorities, women, and individuals with disabilities. The initiative placed a strong emphasis on driving innovation and economic growth, especially within the East Birmingham area. Wherever possible, the programme aimed to facilitate direct market access for these organisations by creating pathways to market entry, enabling income generation, and promoting both growth and social and technological innovation. A key objective was to reduce reliance on grant funding—often a barrier to sustainable development—particularly within the social economy sector.

National Lottery Reaching Communities

In 2024, we were fortunate to receive funding from The National Lottery Reaching Communities, for our 2-year project which supports children and young people aged 5-18 through provision of community-based mental health and wellbeing support through themed sessions and activities, with a focus on fostering self-esteem, reducing isolation, developing social and emotional skills and improving long-term outcomes such as academic attainment and community engagement in 4 locations across Birmingham.

18 Restatement of Charity Reserves

Restatement of Comparative Figures.

During the year, the Charity identified an error in the classification of reserves between restricted and unrestricted funds in the prior year. This arose due to a transposition error in the allocation of certain fund balances. The total funds reported were unaffected; however, the split between restricted and unrestricted funds was misstated.

In accordance with Charity SORP (FRS 102), the comparative figures have been restated on the balance sheet to correct this error. The impact of the restatement is as follows:

	As Previously Reported	Adjustment	As Restated
	2023/24 £	2023/24 £	2023/24 £
Restricted Funds	246,061	(120,256)	125,805
Unrestricted Funds	(21,099)	120,256	99,157
	<u>224,962</u>	<u>-</u>	<u>224,962</u>

The adjustment has no impact on the total funds of the Charity, its financial position, or its cash flows. The correction relates solely to the presentation of fund balances.

For the year ended 31 March 2025

19 Operating lease commitments payable as a lessee

The groups total future minimum lease payments under non-cancellable operating leases are as follows:

	Other 2024/25 £	Property 2024/25 £	Other 2023/24 £	Property 2023/24 £
Less than one year	624	117,865	624	118,367
Two to five years	1,248	88,516	1,872	150,025
	1,872	206,381	2,496	268,392

Accounts

Charity number: 1179472

Living Well UK

Report and consolidated financial statements
For the year ended 31 March 2024



Living Well UK

For the year ended 31 March 2024

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Reference and administrative information

Charity number	1179472
Country of registration	England & Wales
Registered office	Avoca Court 23 Moseley Road Birmingham B12 0HJ
Trustees	R Hadley D Hay L K Masiane L D McKiernan (Chair) J Jones-Rigby (appointed 25 April 2024)
Key management personnel Chief Executive Officer Executive Clinical Director Operations Director	B Howells P Kwesiga L Squire
Bankers	Unity Trust Bank 4 Brindley Place Birmingham B1 2JB
Solicitors	Hempsons Solicitors 100 Wood Street London EC2V 7AN
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor 110 Golden Lane London EC1Y 0TG

Trustees' annual report

The trustees present their report and the audited financial statements for the year ended 31 March 2024. Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with current statutory requirements, the Charity's constitution, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims.

The objects of Living Well UK, the Charitable Incorporated Organisation (CIO) are the relief of sickness and preservation of health, with particular emphasis on mental health, in principally (but not exclusively) the Midlands, by:

- 1 Providing psychological therapies and Counselling;
- 2 Providing education for organisations and professionals in the mental health field;
- 3 Promoting research for the public benefit and to publish the useful results of it.

The trustees review the aims, objectives, and activities of the Charity each year. This report looks at what the charitable group has achieved and the outcomes of its work in the reporting period. The group comprises Living Well UK – the CIO – and Living Well Consortium Ltd. (LWC) – the trading subsidiary.

LWC generates income from government contracts in fulfilment of counselling services under the NHS Talking Therapies (formerly known as IAPT) pathways and incurs costs in relation to the fulfilment of this commissioned service. The trustees report the success of each key activity and the benefits the organisation has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the Charity's aims, objectives and activities remained focused on its stated purposes. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance

The trustees are proud of the numerous services provided by LWC, and its own activities undertaken during 2023/24.

Providing psychological therapy sessions, and providing counselling and self-help solutions

NHS Talking Therapies (formerly known as IAPT or Improving Access to Psychological Therapies)

NHS Talking Therapies provision is a core service for LWC, which is a leading provider of the service in the West Midlands delivering to Birmingham and Solihull.

NHS Talking Therapies Highlights

During 2023/24, LWC successfully triaged/assessed over 15,500 clients, enabling them to access the correct treatment in a timely and effective way. Of that number, almost 12,750 clients started treatment and were seen for one-to-one treatment through our Talking Therapies provision. Clients received between 4 and 5 sessions of treatment on average. Within NHS Talking Therapies (TT), the Charity is especially pleased with its low waiting times. The national target is for 75% of clients to be seen within six weeks; at LWC for 2023/24 the average was that 93% of clients were seen within six weeks. The second waiting times KPI is for 95% of clients to be seen within 18 weeks. At LWC for 2023/24 the average was that 99% of clients were seen within 18 weeks.

Based on patient feedback surveys, over 90% of clients were extremely satisfied with the service that they received from LWC during 2023/24. There is national expectation for 50% of people being treated by IAPT to Move to Recovery (MTR) by the end of their treatment. Over the 2023/24 year, an average of 53% of LWC clients achieved recovery by the end of their treatment. The TT service operated by LWC also far exceeds the national required target for gap between client's 1st and 2nd sessions.

In the year 23/24 LWC moved to a new and improved data system. Moving from DCRS to IAPTUS has enabled us to be able to improve both data collection and visualisation. Around 35% of our TT delivery is done alongside the Forward Thinking Birmingham (FTB) partnership which is comprised of Statutory, VCFSE (Voluntary, Community, Faith and Social Enterprise) and Independent organisations who work together to collectively provide a dynamic approach to mental health services for children, young people and young adults (CYPYA) living in Birmingham (16-24 year olds). During 2023/24, LWC supported 5,397 CYPYA through this service.

Long-term Conditions (LTC)

Our Long-term Conditions (LTC) service is commissioned to deliver the integrated pathway for people with LTC needing Talking Therapies. Based on the results of pilots from previous years, the conditions that were chosen to pilot the service with were Diabetes, COPD and Medically Unexplained Symptoms (MUS). The service continued to run successfully during 2023/24 with 1,731 clients being treated during the year. LWC remains the only commissioned organisation delivering this in the West Midlands.

Assessment and Triage

We also run an Assessment and Triage To meet the growing demands of people needing the Group's service, LWC has grown its in-house assessment and triage service during 2023/24. Through this growth LWC has the equivalent of twelve dedicated Triage and Assessment workers. This has enabled LWC to allow patients to be referred directly to LWC

For the year ended 31 March 2024

and means that that it can assess a far greater proportion of service users in-house. The growth in size and skill set within that team providing these interventions has enabled LWC to get people into the correct service quicker and more effectively. It also enables providers to start treatment with more information about the client, meaning clients start the current and meaningful treatment quicker leading to better outcomes.

Walking Therapy

We are very proud of our Walking Therapy service, In the prior year LWC responded to client feedback requesting the option to receive Talking Therapies/counselling whilst outdoors or walking. To meet those needs LWC employed three dedicated Walking Therapists. They provide sessions while walking with the service user around green spaces in Birmingham. The service continues to be very well received and often carries a waiting list, with over 250 people using the service across the year.

Cognitive Behavioural Therapy (CBT) and Personal Training

To support an NHS drive to deliver innovation in Mental Health services, LWC created a pilot that provided people with CBT alongside the support of a qualified Personal Trainer. LWC employs one member of staff to deliver this service and are looking to continue growing in next year.

Counselling/ Wellbeing and Social prescribing services

11-24 Counselling and Support

As part of the FTB partnership LWC operates the service that provides counselling for 11-24 year olds across Birmingham and Solihull. LWC provided support for around 185 young people a month throughout the 2023/24 year, across the 12 months. There are plans in place to grow the service throughout 2024/25 to meet the growing demand. The service provides intervention for Young People for whom Talking Therapies may not suit clinically.

Step 4

Step 4 is a bespoke model, created by LWC, that supports complex Young People who have higher needs than Talking Therapies/ Counselling can provide. Through this service LWC worked with a total of 876 people during the 2023/24 year. The model for Step 4 continues to attract wide interest and LWC expect it to continue to grow in 2024/25.

Listening Service

In partnership with the NHS and consortium members LWC created an 'active listening' service for those for whom Talking Therapies or other Mental Health services are not appropriate. The Service trains practitioners to provide up to twelve listening sessions to support. In 2023/24, over 300 people used this service.

Healing Circles

LWUK first introduced Healing Circles in collaboration with Consortium members in 2020/21; Healing Circles are a way to bring those from African and Caribbean backgrounds

For the year ended 31 March 2024

to meet for group discussions and talk about the impact of race on their Mental Health. This service has continued during 2023/24 and nearly 500 people accessed the service during the year.

Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field)

Talking Therapies Workforce Development

Through LWC contracts, the group continues to hold one of the highest IAPT placements in the West Midlands with well over 50 IAPT (TT) trainees placed across the Consortium, endorsed, and funded by Health Education England and BSOL ICB. LWC has gone further to increase IAPT (TT) capacity by self-funding additional trainee posts under the same National IAPT (TT) curriculum.

In addition to trainees, and again through LWC, the group utilises around 95 IAPT qualified therapists that are directly employed by members of the Consortium enabling them to meet 100% of commissioned targets and service demand. LWC remain one of the leading Talking Therapies workforces in England. The Charity is proud that LWC finished the 2023/24 year with 19 Graduates in Cognitive Behavioural Therapy High Intensity and 15 Psychological Wellbeing Practitioners, all securing jobs within Consortium organisations following completion of their university courses.

LWC has continued to invest in clinical training programmes for its members to up-skill their staff and ensure service quality is of the highest standard. We expect 2024/25 to bring a slight reduction in trainee numbers after a bumper 2023/24.

Promoting research for the public benefit and publishing the useful results

The Charity has continued to be represented by its involvement and work within the Voluntary, Community, Faith, and Social Enterprise (VCFSE) sector. During the year, the Charity worked to ensure the Charity is heard by a larger audience, representing, and leading the third sector, including representation at the National IAPT forum to share our best practice in clinical outcomes.

Providing grants to organisations in the mental health field

Other activities

Children and Young Peoples Grant Funded and Charitable Activity

LWUK received funding from StreetGames to run Summer Holiday Activities to support the wellbeing of children and young people. Working in partnership with Consortium members, the Charity delivered nature therapy, sports and creative activities, and one-to-one support for low intensity mental health needs such as anxiety and depression. 500 children and young people were supported through this partnership.

Promotion and Partnership

Running Therapy

In partnership with a specialist running charity, LWUK have continued to provide Running for Wellbeing courses that people struggling with their Mental Health can attend. In 2023/24 over 200 people attended.

Solihull Moors

LWC continued its partnership with Solihull Moors Football Club, which led to them promoting and advertising LWC services to all their Junior and Senior football teams. This saw over 1,000 participants across Birmingham wearing kits supported by LWC.

Beneficiaries of our services

There are two principal beneficiaries of the charitable group's services:

- Residents and people working in Birmingham and the West Midlands; and
- Member organisations of LWC

The primary beneficiaries of the services are those patients who have a GP in the area and who are referred or self-referred to LWC for primary care psychological therapies. In the year ended 31 March 2024, over 25,500 patients received services from LWC or its member organisations under NHS contracts in Birmingham and Solihull.

Member organisations receive business support, clinical governance, and operational support from LWC and trading opportunities through contracts, which are managed by LWC.

LWC maintains a focus on supporting the Black, Asian, and Minority Ethnic (BAME) community and the group is pleased that it was again able to assist over 4,500 individuals from this community with treatment, as well as recommending the service to a friend or family.

LWC operated a Customer Satisfaction survey, with a response rate of 97% during the year, which was consistent with prior year. 95% of respondents recommended our service, had trust in our staff and felt involved during the process.

For the year ended 31 March 2024

Financial review

The financial performance of the group for the year reflects total income of £8,085k and total costs of £8,105k, resulting in net outgoing resources of £20k for 2023/24. While Living Well UK (LWUK) reported net incoming resources of £36k, Living Well Consortium (LWC) reported a net loss of £177k for the same period.

As of 31 March 2024, the LWC accounts included deferred income of £553k, comprising £470k allocated to the Grounded project and £83k for VCFSE. This deferred income has been recognised as income in the consolidated group accounts for 2023/24, in accordance with Charities SORP requirements.

At the beginning of the financial year, the group's unrestricted reserves were £400k, and restricted reserves stood at £549k. By 31 March 2024, total group funds had decreased to £929k, comprising £251k in unrestricted reserves and £678k in restricted reserves.

The group also held £370k in cash as of 31 March 2024.

Principal sources of funds (including any fundraising)

The group's principal source of funds continues to be derived from the activities of LWC, which remained consistent in 2023/24. Efforts to diversify funding sources are ongoing and are anticipated to play a significant role in achieving the group's objectives. During 2023/24, the group successfully secured grant funding from several providers, further supporting its initiatives.

Reserves policy and going concern

The Group's reserves policy is designed to maintain a minimum of three months' operating costs in cash reserves to ensure financial stability as activities expand. Based on committed expenditure for internal salary costs, this amounts to approximately £450k. This figure does not include payments to external providers

While the Charity maintains relatively low operating costs, the group's staffing and overhead commitments necessitate prudent financial management. As of 31 March 2024, the Charity held negative £21k in charitable unrestricted funds (£98k at 31 March 2023), and group unrestricted funds amounted to £251k (£400k at 31 March 2023). The trustees are confident that the group remains in a sustainable financial position.

The trustees intend to review the reserves policy annually to ensure it aligns with the group's growth and the need for cash reserves.

In relation to going concern, the trustees have assessed the financial and operating outlook for the period to 31 March 2026 to identify any material uncertainties that impact on the Charity's ability to continue operating. With regard to LWC, the trustees have considered the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. The LWC business model ensures that should a significant contract end the majority of direct costs relating to that contract would also cease immediately, thereby limiting the financial risk for LWC. The trustees have also considered any pressures on working capital if there are delays in customers paying invoices or processing funding

applications, and the successful management of cash in previous periods when such pressures have occurred. The LWC business model continues to be primarily based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

Principal risks and uncertainties

Risks are broadly classified into three areas – those related to the NHS landscape, those related to clinical complexity, and those related to members operational, financial and cashflow issues.

ICS formation (NHS landscape):	
NHS commissioning continued to change dramatically during 2023/24. The Clinical Commissioning Groups (CCGs) which provided Mental Health services became Integrated Care Bodies (ICBs). This meant that LWC had a completely new set of commissioners/partners moving forward. The ICB delegated authority to Birmingham and Solihull Mental Health Foundation Trust (BSMHFT) to hold the mental health contracts for Birmingham and Solihull (BSOL); old CCG contracts – which now sit with BSMHFT. However next steps with FTB contracts remain unclear.	Over the course of 2023/24 the MHPC was formed with BSMHFT at its head leading to further change and instability. Regular discussions continue with commissioners regarding the changes and where LWC fit going forward. The MHPC is now beginning to take shape to oversee the contracts and where LWC sits – this continues to be discussed. The presence of the CEO in forming structures ensures that LWC/LWUK remain represented. Retaining the quality of services currently delivered at a high level so the data and history of delivery leads to a good reputation will assist. We anticipate a settling down of commissioning across 2024/25
Clinical complexity:	
Presenting complexity of people needing services continues to rise, which adds risk and high need into a stretched system. LWC delivers services to a complex, multi-agency mental health system, and the quality of services provided by consortium members needs to reflect this. There is an increased clinical complexity – in that LWC is seeing fewer low “risk” referrals but a large increase in higher complexity for new referrals. This in turn has led to other issues such as staff retention/ recruitment issues for CBT HI practitioners.	A substantial and multi-faceted training programme and clinical guidance is provided to member organisations. LWC continues to grow its qualified staff and has the highest number of Trainee practitioners in its history. LWC employs individuals to provide clinical oversight and support. A business support programme is offered to all providers and potential providers, to ensure that each business models based on sustainability. A Clinical Risk Register remains in place to track high level incidents. The Trustee Board has identified the need for a Trustee with senior clinical experience and continues to attempt to recruit that role.

Members operational, financial, and general cashflow issues:	
Financial sustainability of individual consortium members may impact on delivery of contracted services.	Thorough annual audits of Consortium members ensuring financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.
Provider members of LWC are unable to attract and retain qualified staff.	A programme of CPD continues to be implemented by the group to enable current employees of providers to retain their qualified practitioner status. Direct recruitment programmes continue to be undertaken by LWC to attract new practitioners for provider members. LWC has provided funding to help providers develop the clinical governance needed to support the recruitment and retention of staff. LWC is part of a regional staff Wellbeing work stream. This is enabling the system to look differently at staff retention. Workforce planning discussions continue with commissioners to ensure that the future workforce meets their planning assumptions. LWC has strengthened its links and partnerships with universities and other training institutions to enable the flow of qualified staff to grow.
Low national NHS uplifts	Through 23/24, the system only received below inflation uplifts on contracts, this has lead to enhanced pressure on budgets and enabling us to continue to meet the staff demand for salaries that compete with the NHS We have been working tirelessly to push the national NHS team to understand the local pressures the low uplifts cause

Fundraising

The Charity does not carry out external fundraising campaigns; during the year, costs of raising funds are related to advertising and marketing activity, promotional materials, and costs of attendance at events to promote charitable activities.

The Charity is not registered with the Fundraising Regulator and has received no complaints in relation to any fundraising activities undertaken.

Plans for the future

The group intends to:

- Continue delivering innovative and effective services, pursuing funding from grants and trusts awarding organisations.
- Invite applications from potential members to become part of the Consortium.
- Provide funding to support innovation in the sector.

The group is committed to developing a vision that allows the Charity to take the lead in enabling the system to provide quicker, easier, and simpler treatment at the point of need.

LWC intends to:

- Continue delivering Mental Health services across Birmingham and Solihull; alongside this there is a clear view to grow the delivery in other areas.
- Continue receiving funding for new trainees, with 19 trainees confirmed for 2024/25 keeping the group status as a key player in developing new staff for the Mental Health sector.
- Grow the delivery of Talking Therapies through providing more services closer to where people in communities need it.
- Grow Talking Therapies delivery by 15% in 2024/25.

Structure, governance and management

The organisation is a Charitable Incorporated Organisation (CIO) registered as a charity on 8 August 2018 in England and Wales. It is referred to within this report as the 'Charity'.

All trustees give their time voluntarily and any expenses or remuneration reclaimed from the Charity are set out in note 6 to the accounts. The total amount reimbursed to Trustees during the year was £nil (2022/23: £nil)

Appointment of trustees

Trustees are appointed by election at the Annual General Meeting (AGM) of the Charity. Member organisations are asked to nominate suitable trustees and to complete a CV and nomination form. An election occurs at any AGM where the number of nominations exceeds the number of trustees retiring (and not seeking re-election).

Trustees are usually appointed on a three-year cycle to ensure that there is continuity on the Board and the aim is to attract new trustees periodically, assuming no Trustees step down from their positions during their terms of service.

There was a new trustee appointed to the Board during the year; J Jones-Rigby, who was appointed on 25 April 2024.

There was one resignation from the Board of Trustees during the year; D Cusack resigned on 25 May 2023.

Trustees D Hay, LK Masiane, and L McKiernan were all re-elected in at the AGM on 7 December 2022.

For the year ended 31 March 2024

Trustee induction and training

The Charity recognises that the trustee role is critical to the successful functioning of the Charity and its trading subsidiary. To achieve this, it has an induction programme for new trustees; the Chair and CEO are expected to ensure that all new trustees are inducted to their role and understand the requirements of a charity trustee (as outlined by the Charity Commission). Additionally, the CEO (through the Office Manager) organises the induction programme for the trustee and ensures that new trustees meet with appropriate staff and existing trustees and cover the items on the new trustee induction list.

Related parties and relationships with other organisations

As noted above, the Charity has a trading subsidiary, LWC which trades as Living Well Consortium Ltd (a company limited by guarantee, registered company number 07412677).

LWC is a membership body and works with and through its members to achieve its objects.

LWC delivers on contracts through services provided by various member bodies, including the provision of their staff to fulfil contracts across NHS Talking Therapies, FTB, LTC.

A full list of the current Consortium members and their activities can be found on the website at www.livingwellconsortium.com.

Details of all other related party transactions are disclosed in Note 8 of the financial statements.

Remuneration policy for key management personnel

The Charity does not employ any staff, but LWC does.

The pay and remuneration of all LWC key management personnel has been reviewed in consultation with third party legal advisors, and appropriate salary bandings were reset in accordance with national benchmarks for clinical staff in accordance with the NHS Agenda for Change.

Statement of responsibilities of the trustees

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the group's financial activities during the period and of its financial position at the end of the period.

In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

Living Well UK

For the year ended 31 March 2024

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditor

Sayer Vincent LLP was re-appointed as the Charity's auditor at the AGM during the year and has expressed its willingness to continue in that capacity.

The trustees' annual report has been approved by the trustees on 31 January 2025 and signed on their behalf by

L McKiernan

Trustee

Independent auditor's report to the trustees of Living Well UK

Opinion

We have audited the financial statements of Living Well UK (the 'parent charity') and its subsidiary (the 'group') for the year ended 31 March 2024 which comprise the consolidated statement of financial activities, the group and parent charity balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group and parent charity's affairs as at 31 March 2024 and of the group's incoming resources and application of resources, for the year then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Living Well UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue. Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements.
- Sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group and the parent charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

For the year ended 31 March 2024

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud.
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather

For the year ended 31 March 2024

than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the parent charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the parent charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the parent charity and the parent charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

.....
31 January 2025
Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006.

Consolidated Statement of Financial Activities

	Note	Unrestricted	Restricted	2023/24 Total	Unrestricted	Restricted	2022/23 Total
		£	£	£	£	£	£
Income from:							
Donations		1,013	-	1,013	135	-	135
Charitable Activities	2						
Therapy Sessions		2,313,915	-	2,313,915	2,055,096	-	2,055,096
Counselling and Self-help		2,426,930	-	2,426,930	2,012,293	-	2,012,293
Support Services		-	436,000	436,000	17,061	458,000	475,062
Wellbeing Services		615,477	-	615,477	680,272	-	680,272
Other Income							
Contribution towards training		1,987,662	-	1,987,662	716,494	-	716,494
Local Outreach programmes		-	206,736	206,736	124,777	110,576	235,354
Miscellaneous income		97,605	-	97,605	133,965	-	133,965
Total income		7,442,602	642,736	8,085,338	5,740,063	568,577	6,308,641
Expenditure on:							
Raising funds	3	354,558	-	354,558	238,072	-	238,072
Charitable Activities	3						
Therapy Sessions		2,011,772	-	2,011,772	1,776,503	-	1,776,503
Counselling and Self-help		2,461,432	-	2,461,432	2,058,436	21,250	2,079,685
Support Services		235,232	109,347	344,579	894,991	61,871	956,861
Wellbeing Services		887,685	49,764	937,449	754,668	6,579	761,247
Social Prescribing		-	-	-	25,782	-	25,782
Contribution towards training		1,901,481	-	1,901,481	2,934	-	2,934
Local Outreach programmes		-	5,000	5,000	11,723	31,952	43,675
Grants payable	4	-	89,164	89,164	155,436	-	155,436
Total expenditure		7,852,160	253,275	8,105,435	5,918,545	121,651	6,040,195
Net (expenditure) / income before transfers		(409,558)	389,461	(20,097)	(178,482)	446,926	268,444
Transfers between funds		259,929	(259,929)	-	(70,054)	70,054	-
Net movement in funds		(149,629)	129,532	(20,097)	(248,536)	516,980	268,444
Reconciliation of funds:							
Total funds brought forward	17	400,221	548,789	949,010	648,757	31,809	680,566
Total funds carried forward		250,592	678,321	928,913	400,221	548,789	949,010

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17 to the financial statements.

Balance Sheets

	Note	The Group 31 March 2024	The charity 31 March 2024	The Group 31 March 2023	The charity 31 March 2023
		£	£	£	£
Fixed assets:					
Tangible assets	10	224,412	-	2,043	-
					-
Total non-current assets		224,412	-	2,043	-
					-
Current assets:					
Debtors	13	2,339,443	142,540	1,299,203	46,863
Cash at bank and in hand		369,869	107,898	624,022	181,612
		2,709,312	250,438	1,923,225	228,475
Liabilities:					
Creditors: amounts falling due within one year	14	2,004,811	25,476	976,258	39,638
Net current assets		704,501	224,962	946,967	188,838
Total net assets	16	928,913	224,962	949,010	188,838
Funds:					
Restricted income funds:					
Grant funded programmes	17	678,321	246,061	548,789	90,790
Unrestricted income funds:					
General funds		250,592	(21,099)	400,221	98,048
Total funds		928,913	224,962	949,010	188,838

Approved by the trustees on 31 January 2025 and signed on their behalf by

L D McKiernan
Chair

Consolidated cash flow statement

	2023/24	2023/24	2022/23	2022/23
	£	£	£	£
Cash flows from operating activities				
Net (expenditure)/income for the reporting period	(20,097)		268,445	
Depreciation charges	45,587		6,418	
(Increase)/decrease in debtors	(1,040,242)		1,373,054	
Increase/(decrease) in creditors	1,028,554		(1,384,249)	
Net cash provided by operating activities		<u>13,802</u>		<u>263,668</u>
Cash flows from investing activities:				
Purchase of fixed assets	(267,956)		-	
Net cash used in investing activities		<u>(267,956)</u>		<u>-</u>
Change in cash and cash equivalents in the year		(254,154)		263,668
Cash and cash equivalents at the beginning of the year		624,023		360,355
Cash and cash equivalents at the end of the year		<u>369,869</u>		<u>624,023</u>

Notes to the financial statements

1 Accounting policies

a) Statutory information

Living Well UK is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The registered office address is Avoca Court, 23 Moseley Road, Birmingham, B12 0HJ.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting Standard and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The CIO was incorporated on 8 August 2018 and established control over its subsidiary Living Well Consortium on 3 December 2018.

These financial statements consolidate the results of the Charity and its wholly owned subsidiary on a line-by-line basis. Transactions and balances between the Charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the Charity's balance sheet. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates.

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

For the year ended 31 March 2024

d) Going concern

The trustees consider that there are no material uncertainties about the charitable group's ability to continue as a going concern. There are reasonably secure income sources into the next reporting year such as new contract opportunities which the Company has been able to take advantage of.

The trustees have assessed the financial and operating outlook to identify any material uncertainties that impact on the charity's ability to continue operating.

In relation to going concern, the trustees have assessed the financial and operating outlook for the period to 31 March 2026 to identify any material uncertainties that impact on the Charity's ability to continue operating. With regard to LWC, the trustees have considered the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. The LWC business model ensures that should a significant contract end the majority of direct costs relating to that contract would also cease immediately, thereby limiting the financial risk for LWC. The trustees have also considered any pressures on working capital if there are delays in customers paying invoices or processing funding applications, and the successful management of cash in previous periods when such pressures have occurred. The LWC business model continues to be primarily based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting year.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

For the year ended 31 March 2024

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of supporting beneficiaries and undertaken to further the purposes of the group and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area occupied by each activity.

Raising Funds	Activity	0.0%
Therapy Sessions	Activity	28.6%
Counselling & Self-help	Activity	30.0%
Support Services	Activity	5.4%
Wellbeing Services	Activity	7.6%
Social Prescribing	Activity	0.0%
Training	Activity	24.6%
Local Outreach Programmes	Activity	2.6%
Grants Payable	Activity	1.2%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities.

j) Operating leases

Rental charges are charged on a straight-line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities.

Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

For the year ended 31 March 2024

The depreciation rates in use are as follows:

- Computer equipment 3 years
- Furniture and fixtures 3 years
- Leasehold Property over the term of the lease
- Software Developments 3 years

l) Investment in subsidiaries

Living Well Consortium is a company limited by guarantee and therefore there is no cost of investment.

m) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

p) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement.

2 Analysis of Income

	Unrestricted 2023/24 £	Restricted 2023/24 £	Total 2023/24 £	Unrestricted 2022/23 £	Restricted 2022/23 £	Total 2022/23 £
Income from Charitable activities:						
Government contracts:						
Birmingham and Solihull ICB IAPT KPI4, LTC and Covid-19 situational counselling	3,618,162	120,000	3,738,162	2,618,784	-	2,618,784
Birmingham Women's and Children's NHS trust	2,313,915	-	2,313,915	2,016,374	-	2,016,374
Birmingham and Solihull Capital Grant		278,000	278,000	-	458,000	458,000
Non-government contracts:						
Grant income	-	86,736	86,736	5,341	101,576	106,918
VCFSE Income	-	158,000	158,000	60,436	-	60,436
Donations	1,013	-	1,013	135	-	135
Invoiced income	94,872	-	94,872	298,994	-	298,994
	6,027,962	642,736	6,670,698	5,000,064	559,577	5,559,641
	Unrestricted 2023/24 £	Restricted 2023/24 £	Total 2023/24 £	Unrestricted 2022/23 £	Restricted 2022/23 £	Total 2022/23 £
Other income:						
Government contracts:						
BSOL Funded trainees	1,164,612	-	1,164,612	214,031	-	214,031
HEE Funded trainees	238,396	-	238,396	502,434	-	502,434
Non-government contracts:						
Miscellaneous income	11,632	-	11,632	23,535	9,000	32,535
	1,414,640	-	1,414,640	739,999	9,000	748,999
Total Income	7,442,602	642,736	8,085,338	5,740,063	568,577	6,308,641

Living Well UK

For the year ended 31 March 2024

3 Analysis of expenditure

2023/24 Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self- help	Support Services	Wellbeing Services	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	933,431	933,431
Payments to partners	-	1,694,281	2,072,977	290,199	789,162	1,601,397	4,211	89,164	-	-	6,541,391
Advertising and marketing	198,525	-	-	-	343	-	-	-	-	-	198,868
Staff expenses	100,077	-	-	-	-	-	-	-	-	-	100,077
Office expenses	-	-	-	-	-	-	-	-	-	269,259	269,259
Audit, accountancy & consultancy	-	-	-	-	-	-	-	-	49,311	13,098	62,409
	298,602	1,694,281	2,072,977	290,199	789,505	1,601,397	4,211	89,164	49,311	1,215,788	8,105,435
Support costs	53,774	305,115	373,313	52,261	142,178	288,389	758	-	-	(1,215,788)	-
Governance costs	2,182	12,376	15,142	2,119	5,766	11,695	31	-	(49,311)	-	-
Total	354,558	2,011,772	2,461,432	344,579	937,449	1,901,481	5,000	89,164	-	-	8,105,435

Living Well UK

For the year ended 31 March 2024

2022/23 Analysis of expenditure	Charitable Activities:											Total
	Raising funds	Therapy Sessions	Counselling and Self- help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	-	819,958	819,958
Payments to partners	-	1,464,218	1,714,106	788,659	626,400	21,250	2,419	35,998	155,436	-	-	4,808,485
Advertising and marketing	127,871	-	-	-	1,030	-	-	-	-	-	-	128,901
Staff expenses	68,351	-	-	-	-	-	-	-	-	-	-	68,351
Office expenses	-	-	-	-	-	-	-	-	-	-	189,886	189,886
Audit, accountancy & consultancy	-	-	-	-	-	-	-	-	-	18,387	6,229	24,617
	196,222	1,464,218	1,714,106	788,659	627,430	21,250	2,419	35,998	155,436	18,387	1,016,073	6,040,197
Support costs	41,106	306,734	359,082	165,214	131,438	4,452	507	7,541	-	-	(1,016,073)	-
Governance costs	744	5,551	6,498	2,990	2,379	81	9	136	-	(18,387)	-	-
Total	238,071	1,776,503	2,079,686	956,862	761,247	25,782	2,934	43,675	155,436	-	-	6,040,197

4 Grant making activities

	Grants to institutions £	Total 2023/24 £	Grants to institutions £	Total 2022/23 £
Cost				
VCFSE grants	-	-	60,436	60,436
Listening Service	60,000	60,000	60,000	60,000
Healing Circles	29,164	29,164	35,000	35,000
At the end of the year	<u>89,164</u>	<u>89,164</u>	<u>155,436</u>	<u>155,436</u>
	Total 2023/24		Total 2022/23	
Recipient of grant award	Value	Nature of award	Value	Nature of award
St Paul's Community Development	-	VCFSE	5,000	VCFSE
Sudden Productions	-	VCFSE	5,000	VCFSE
Aston Villa Foundation	-	VCFSE	9,200	VCFSE
Birmingham DRC	-	VCFSE	6,878	VCFSE
Servol Community Services	-	VCFSE	9,358	VCFSE
SIFA Fireside	-	VCFSE	20,000	VCFSE
Initiative for Social Entrepreneurs CIC	-	VCFSE	5,000	VCFSE
Karis	25,000	Listening Service	25,000	Listening Service
Bethel	35,000	Listening Service	35,000	Listening Service
Pattigift Therapy	29,164	Healing Circles	35,000	Healing Circles
	<u>89,164</u>		<u>155,436</u>	

5 Net expenditure for the reporting period

This is stated after charging/ (crediting):

	2023/24 £	2022/23 £
Depreciation	45,587	6,418
Operating lease rentals:		
Property (Avoca Court)	39,534	35,550
Property (Grounded)	34,708	-
Other	1,872	624
Auditor's remuneration (excluding VAT):		
Audit (current year)	20,000	15,400
Audit (previous year under provision)	26,311	-
Other services	<u>3,000</u>	<u>1,250</u>

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2023/24	2022/23
	£	£
Per note 3 (Analysis of expenditure)		
Salaries and wages	855,979	743,741
Social security costs	66,174	64,782
Employer's pension contribution	11,278	11,435
	<u>933,431</u>	<u>819,958</u>
Salaries and wages included in direct costs		
Salaries and wages	636,099	322,317
Social security costs	61,239	25,802
Employer's pension contribution	13,100	6,714
	<u>710,438</u>	<u>354,833</u>
Total salaries and wages		
Salaries and wages	1,492,078	1,066,058
Social security costs	127,413	90,584
Employer's pension contribution	24,378	18,149
	<u>1,643,869</u>	<u>1,174,791</u>

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £163,709 (2022/23: £192,584)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

No trustees' expenses were reimbursed in either 2024 or 2023.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 53 (2022/23: 42).

8 Related party transactions

Related party transactions are all carried out at arms' length.

Amra Dautovic, (a Director of Living Well Consortium) is also Managing Director of Richmond Fellowship, which provided services to LWC during the financial year; the total amount invoiced by Richmond to LWC during the year totalled £260,458 (2022/23: £282,491). The amount owed by LWC to Richmond Fellowship at 31 March 2024 was £35,750 (at 31 March 2023: £81,250). The amount owed by LWUK to Richmond Fellowship at 31 March 2024 was £nil (at 31 March 2023: £nil).

Living Well UK

For the year ended 31 March 2024

Davy Hay, (a Trustee of Living Well UK) is a Director of Pattigift Therapy CIC (Pattigift), which provided services to LWC during the financial year; the amount invoiced from Pattigift to LWC during the year totalled £284,668 (2022/23: £265,433). Pattigift Therapy CIC also received contributions paid by LWUK for Healing Circles work; the total amount paid over in 2023/24 was £35,000 (2022/23: £35,000). The amount owed by LWC to Pattigift Therapy CIC at 31 March 2023 was £27,780 (at 31 March 2023: £nil). The amount owed by LWUK to Pattigift Therapy CIC at 31 March 2024 was £nil (at 31 March 2023: £nil).

Martin Hogg, (a Director (and Chair) of Living Well Consortium) is also CEO of Citizen Coaching, which provided services to LWC during the financial year; the total amount invoiced from Citizen Coaching to LWC during the year totalled £1,041,191 (2022/23: £836,979). The amount owed by LWC to Citizen Coaching at 31 March 2024 was £156,730 (at 31 March 2023: £nil). The amount owed by LWUK to Citizen Coaching at 31 March 2024 was £nil (at 31 March 2023: £nil).

Lovemore Masiane, (a Director of Living Well Consortium and a Trustee of Living Well UK) is Clinical Director at Our Roots, which provided services to LWC during the financial year; the total amount invoiced from Our Roots to LWC during the year totalled £2,649,333 (2022/23: £1,712,477). The amount owed by LWC to Our Roots CIC at 31 March 2024 was £515,788 (at 31 March 2023: £1,017). Our Roots CIC also did receive contributions paid by LWUK during 2022/23 for Healing Circles work; the total amount covered was £nil in 2023/24 (2022/23: £15,000).

Louise McKiernan, (a Trustee of Living Well UK, and a Director of Living Well Consortium) is CEO of Disability Resource Centre (DRC), which provided services to LWC during the financial year; the amount invoiced from DRC to LWC during the year totalled £10,520 (2022/23: £13,130). The amount owed by LWC to DRC at 31 March 2024 was £630 (at 31 March 2023: £730).

Shahid Zaman (a Director of Living Well Consortium) was also a named director of Cognitive Wellness, which provided services to LWC during the financial year; the amount invoiced from Cognitive Wellness to LWC during the year totalled £430,617 (2022/23: £nil). The amount owed by LWC to Cognitive Wellness at 31 March 2024 was £nil (at 31 March 2023: £nil).

Ronald Owttrim (a former director of Living Well Consortium) was also a named Director of Health Exchange Limited (HEX), which provided services to LWC during the financial year; the amount invoiced from HEX to LWC during the year totalled £548,018 (2022/23: £285,529). The amount owed by LWC to HEX at 31 March 2024 was £117,029 (at 31 March 2023: £27,687). The amount owed by LWUK to HEX at 31 March 2024 was £nil (at 31 March 2023: £nil).

Aftab Rahman, (former a Trustee of Living Well UK) is also associated with Legacy West Midlands; the total amount funded or invoiced from Legacy to LWUK during the year totalled £nil (2022/23: funding of £nil). The amount owed by LWC to Legacy WM at 31 March 2024 was £nil (at 31 March 2023: £nil). The amount owed by LWUK to Legacy WM at 31 March 2024 was £nil (at 31 March 2023: £nil).

David Cusack, (a former Trustee of Living Well UK) was also employed as CEO of St Paul's Community Development Trust, which provided venue space to LWUK during the financial year. The total amount invoiced from St Paul's to LWUK during the year totalled £nil (2022/23: £544). The amount owed by LWUK to St Paul's Community Development Trust at 31 March 2024 was £nil (at 31 March 2023: £nil).

For the year ended 31 March 2024

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Corporation Tax

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. LWC distributes available profits to the parent charity under Gift Aid.

10 Tangible Fixed Assets

	Computer equipment	Furniture and Fixtures	Leasehold Improvements	Software Developments	Total
	£	£	£	£	£
Cost					
At the start of the year	28,099	800	-	-	28,899
Additions in the year	9,811	-	206,155	51,990	267,956
At the end of the year	<u>37,910</u>	<u>800</u>	<u>206,155</u>	<u>51,990</u>	<u>296,855</u>
Depreciation					
At the start of the year	26,056	800	-	-	26,856
Charge for the year	3,380	-	33,592	8,615	45,587
At the end of the year	<u>29,436</u>	<u>800</u>	<u>33,592</u>	<u>8,615</u>	<u>72,443</u>
Net book value					
At the start of the year	2,043	-	-	-	2,043
At the end of the year	<u>8,474</u>	<u>-</u>	<u>172,563</u>	<u>43,375</u>	<u>224,412</u>

All fixed assets are held by the charity's trading subsidiary, LWC.

11 Subsidiary Undertaking

The Charity has control over the activities of Living Well Consortium Limited (LWC), a company registered in England. The company number is 07412677. The registered office address is 23 Moseley Road, Birmingham, B12 0HJ.

All activities have been consolidated on a line-by-line basis in the statement of financial activities.

Available profits may be distributed under Gift Aid to the parent charity.

The trustees Louise McKiernan, and Lovemore Masiane are also directors of the subsidiary.

A summary of the results of the subsidiary for their full financial year is shown below:

	2023/24	2022/23
	£	£
Turnover	7,757,092	5,769,569
Cost of sales	(6,419,931)	(4,651,789)
Gross surplus	1,337,161	1,117,780
Administrative expenses	(1,513,880)	(1,175,497)
Loss for the reporting period	(176,719)	(57,717)
Retained earnings		
Total retained earnings brought forward	328,142	385,860
(Loss)/profit for the reporting period	(176,719)	(57,717)
Distribution under Gift Aid to parent charity	-	-
Total retained earnings carried forward	151,423	328,143
	2023/24	2022/23
	£	£
The aggregate of the assets, liabilities and reserves was:		
Assets	2,822,826	1,738,900
Liabilities	(2,671,403)	(1,410,757)
Reserves	151,423	328,143

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2023/24	2022/23
	£	£
Gross income	462,493	255,489
Result for the year	<u>(36,124)</u>	<u>(179,091)</u>

13 Debtors

	The group 31 March 2024 £	The charity 31 March 2024 £	The group 31 March 2023 £	The charity 31 March 2023 £
Trade debtors	1,619,273	3,000	1,185,089	3,000
Other debtors	43,246	-	23,823	5
Prepayments	676,924	-	90,291	1,741
Amounts owed from group undertakings	-	139,540	-	42,118
	<u>2,339,443</u>	<u>142,540</u>	<u>1,299,203</u>	<u>46,863</u>

14 Creditors: amounts falling due within one year

	The group 31 March 2024 £	The charity 31 March 2024 £	The group 31 March 2023 £	The charity 31 March 2023 £
Trade creditors	1,315,486	8,926	292,947	4,596
Taxation and social security	120,279	-	308,615	-
Accruals	569,046	16,550	457,696	35,042
	<u>2,004,811</u>	<u>25,476</u>	<u>976,258</u>	<u>39,638</u>

15 Deferred income

	The group 31 March 2024 £	The charity 31 March 2024 £	The group 31 March 2023 £	The charity 31 March 2023 £
Balance at the beginning of the year	-	-	1,320,505	14,135
Amount released to income in the year	-	-	(1,320,505)	(14,135)
Balance at the end of the year	-	-	-	-

Deferred income comprises contract income received in advance.

16 Analysis of group net assets between funds

	General unrestricted £	Restricted funds £	Total funds £
Tangible fixed assets	224,412	-	224,412
Net current assets	26,180	678,321	704,501
Net assets at 31 March 2024	250,592	678,321	928,913

	General unrestricted £	Restricted funds £	Total funds £
<i>Tangible fixed assets</i>	<i>2,043</i>	<i>-</i>	<i>2,043</i>
<i>Net current assets</i>	<i>398,178</i>	<i>548,789</i>	<i>946,967</i>
<i>Net assets at 31 March 2023</i>	<i>400,221</i>	<i>548,789</i>	<i>949,010</i>

For the year ended 31 March 2024

17 Movements in funds

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted funds:					
Grant awards	548,789	642,736	(253,275)	(259,929)	678,321
Unrestricted funds:					
General funds	400,221	7,442,602	(7,852,160)	259,929	250,592
Total funds	949,010	8,085,338	(8,105,435)	-	928,913

	At 1 April 2022	Income & gains	Expenditure & losses	Transfers	At 31 March 2023
	£	£	£	£	£
Restricted funds:					
Grant awards	31,809	568,577	(121,650)	70,054	548,789
Unrestricted funds:					
General funds	648,757	5,740,063	(5,918,545)	(70,054)	400,221
Total funds	680,566	6,308,641	(6,040,195)	-	949,010

Restricted funds projects: include grant funding received for projects to be delivered during the year and continuing into 2024/25.

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
Healing Circles	-	120,000	(89,164)	-	30,836
Cast and Good Things Foundation	2,304	-	-	(2,304)	-
Street Games	40,846	11,444	(13,309)	-	38,981
Kickstart	6,407	-	-	(6,407)	-
Digikicks	4,840	-	-	(4,840)	-
Jubilee fund	4,096	-	(3,318)	(778)	-
Breaking Boundaries	351	-	(5,000)	4,649	-
StandOut project	23,735	-	-	(23,735)	-
Wellbeing Coach at Arden Academy	34,191	34,977	(24,890)	(20,359)	23,919
Birmingham and Solihull ICB Capital Grant	432,019	278,000	(34,708)	(206,155)	469,156
VCFSE	-	158,000	(74,639)	-	83,361
The LTA Foundation	-	40,315	(8,247)	-	32,068
Total funds	548,789	642,736	(253,275)	(259,929)	678,321

Living Well UK

For the year ended 31 March 2024

Transfers were made from general to restricted funds for the following funds as staff and other costs had previously been expensed through the general fund rather than through the relevant restricted fund:

Cast and Good Things Foundation, Kickstart, Digikicks, Jubilee Fund, StandOut project and Wellbeing Coach at Arden Academy.

A transfer was made in the year between the general fund and the restricted Breaking Boundaries project to cover an overspend in costs on that project.

A transfer was made from the Birmingham and Solihull ICB Capital Grant restricted fund to general funds for the amount expended on assets capitalised under the project in that year.

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2023 £
BBC Children in Need	17,610	-	(35,890)	18,280	-
Healing Circles	(30,524)	-	(21,250)	51,774	-
Cast and Good Things Foundation	8,627	-	(6,323)	-	2,304
Street Games	14,015	29,926	(3,095)	-	40,846
Kickstart	20,894	9,000	(23,487)	-	6,407
Digikicks	1,187	4,493	(840)	-	4,840
Jubilee fund	-	5,300	(1,204)	-	4,096
Breaking Boundaries	-	1,000	(649)	-	351
StandOut project	-	26,666	(2,931)	-	23,735
Wellbeing Coach at Arden Academy	-	34,192	-	-	34,192
Birmingham and Solihull ICB Capital Grant	-	458,000	(25,981)	-	432,019
Total funds	31,809	568,577	(121,651)	70,054	548,789

Transfers was made in the year ended 31 March 2023 between the general fund and the restricted funds above to cover overspends on costs on those projects.

Birmingham City Council, BBC Children in Need, Childhood Trauma

These grants were originally used to in delivering nature therapy, sports, and creative activities with 1:1 support for low intensity mental health needs, and the work ongoing was funded from reserves into 2023/24 when the project ended.

National Lottery - Healing Circles

A grant was originally awarded during 2020/21, but work has continued to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health. The project was funded from reserves into 2021/22 and 2022/23 but now is funded by the Birmingham & Solihull Mental Health NHS Foundation Trust

CAST and Good Things Foundation

This grant was awarded to tackle inequalities in digital access, by providing equipment, and giving tutorials to help clients access websites for further wellbeing services.

For the year ended 31 March 2024

Street Games

Also known as HAF, is a government-funded program designed to provide children aged 4-16, who are eligible for free school meals, with healthy food, enriching activities, and a safe environment during school holidays.

The program aims to address issues of unhealthy holidays, social isolation, and limited opportunities for physical activity and personal development. Birmingham City Council has appointed [Street Games](#) (the funder) to coordinate holiday club provision.

In the last Financial Year, we have supported 207 children and young people in various locations across the city, offering a range of activities that support children's health, well-being, and educational attainment.

Kickstart

Grants were awarded for individuals on the government backed Kickstart scheme during 2021/22 to 2023/24 – supporting young people aged 18-25 with work placements within Consortium member organisations across the West Midlands for 6 months.

Digikicks

The Charity were engaged to support vulnerable adults with low and no digital skills to gain access to devices and training.

Jubilee Fund

Grants were awarded to cover delivery of sessions of Multi sports activities for young people in the Sandwell area.

Breaking Boundaries

The Charity received a grant to contribute towards costs of running the scheme which aimed to socially mix and connect young people and their families from different communities using regular participation through sport.

StandOut project

The Charity received income contributing to the cost of employing a Volunteer Coordinator, and running the StandOut scheme, engaging volunteers.

Wellbeing Coach at Arden Academy

The Charity received income to provide a health and wellbeing coach at Arden Academy in order to support students through delivery of interventions so they can identify strategies to support and manage their own health and wellbeing.

Birmingham and Solihull ICB Capital Grant

The Charity received a one-off contribution towards the cost of the Grounded projects.

VCFSE

The creation of the MHPC offers Voluntary, Community, Faith, and Social Enterprise (VCFSE) organisations a formal role in the leadership of mental health care management across the region for the first time. Membership of the Collective gives organisations the chance to put forward ideas for improving mental health outcomes across Birmingham and Solihull (BSol), and for raising concerns about gaps or shortcomings in service.

The LTA Foundation

In 2023, we were fortunate to receive funding from the [LTA Tennis Foundation](#) for our "Tennis Got Served" project. This initiative aims to enhance the physical health and mental well-being of children and young people, while fostering confidence, reducing social isolation, and building bridges between individuals from diverse backgrounds living in temporary accommodation.

18 Operating lease commitments payable as a lessee

The groups total future minimum lease payments under non-cancellable operating leases are as follows:

	Other 2023/24 £	Property 2023/24 £	Other 2022/23 £	Property 2022/23 £
Less than one year	624	118,367	624	39,930
Two to five years	1,872	150,025	-	-
	<u>2,496</u>	<u>268,392</u>	<u>624</u>	<u>39,930</u>

19 Capital Commitments

By 31 March 2024, LWC subsidiary company, entered into a capital commitment with a property development company to continue work on the sites related to the Grounded project. The balance for works still to be performed on these sites amounts to £109,544.

Accounts

Charity number: 1179472

Living Well UK

Report and consolidated financial statements

For the year ended 31 March 2023

Living Well UK

For the year ended 31 March 2023

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Living Well UK

For the year ended 31 March 2023

Reference and administrative information

Charity number	1179472
Country of registration	England & Wales
Registered office	Avoca Court 23 Moseley Road Birmingham B12 0HJ
Trustees	D Cusack (appointed 7 December 2022, resigned 25 May 2023) R Hadley D Hay L K Masiane L D McKiernan (Chair) A Rahman (resigned 7 December 2022)
Key management personnel Chief Executive Officer Executive Clinical Director Finance Director	B Howells P Kwesiga S Munday
Bankers	Unity Trust Bank 4 Brindley Place Birmingham B1 2JB
Solicitors	Hempsons Solicitors 100 Wood Street London EC2V 7AN
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor 110 Golden Lane London EC1Y 0TG

For the year ended 31 March 2023

Trustees' annual report

The trustees present their report and the audited financial statements for the year ended 31 March 2023.

Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the Charity's constitution, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

The objects of Living Well UK, the Charitable Incorporated Organisation (CIO) are the relief of sickness and preservation of health, with particular emphasis on mental health, in principally (but not exclusively) the Midlands, by:

- 1 Providing psychological therapies and Counselling;
- 2 Providing education for organisations and professionals in the mental health field;
- 3 Promoting research for the public benefit and to publish the useful results of it.

The trustees review the aims, objectives, and activities of the Charity each year.

This report looks at what the charitable group has achieved and the outcomes of its work in the reporting period.

The group comprises Living Well UK – the CIO – and Living Well Consortium Ltd. (LWC) – the trading subsidiary. LWC generates income from government contracts in fulfilment of counselling services under the NHS Talking Therapies (formerly known as IAPT) pathways and incurs costs in relation to the fulfilment of this commissioned service.

The trustees report the success of each key activity and the benefits the organisation has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the Charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance

The trustees are proud of the numerous services provided by LWC, and its own activities undertaken during 2022/23.

Providing psychological therapy sessions, and providing counselling and self-help solutions

NHS Talking Therapies (formerly known as IAPT or Improving Access to Psychological Therapies)

NHS Talking Therapies provision is a core service for LWC, which is a leading provider of the service in the West Midlands delivering to Birmingham and Solihull.

NHS Talking Therapies Highlights

During 2022/23, LWC successfully triaged/assessed over 13,500 clients, enabling them to access the correct treatment in a timely and effective way.

Of that number, almost 11,000 clients started treatment and were seen for one-to-one treatment through our Talking Therapies provision. Clients received between 4 and 5 sessions of help on average.

Within NHS Talking Therapies (TT), the Charity is especially pleased with its low waiting times. The national target is for 75% of clients to be seen within six weeks; at LWC for 2022/23 the average was for 92% of clients to be seen within six weeks. The second waiting times KPI is for 95% of clients to be seen within 18 weeks. At LWC for 2022/23 the average was for 99% of clients to be seen within 18 weeks.

Based on patient feedback surveys, over 90% of clients were extremely satisfied with the service that they received from LWC during 2022/23.

There is national expectation for 50% of people being treated by IAPT to Move to Recovery (MTR) by the end of their treatment. Over the 2022/23 year, an average of 57% of LWC clients achieved recovery by the end of their treatment.

The TT service operated by LWC also far exceeds the national required target for gap between client's 1st and 2nd sessions.

In the year 22/23 LWC moved to a new and improved data system. Moving from DCRS to IAPTUS has enabled us to be able to improve both data collection and visualisation.

Around 35% of our TT delivery is done alongside the Forward Thinking Birmingham (FTB) partnership which is comprised of Statutory, VCFSE (Voluntary, Community, Faith and Social Enterprise) and Independent organisations who work together to collectively provide a dynamic approach to mental health services for children, young people and young adults (CYPYA) living in Birmingham (16-24 year olds). During 2022/23, LWC supported 4,743 CYPYA through this service.

Long-term Conditions (LTC)

LWC is commissioned to deliver the integrated pathway for people with LTC needing Talking Therapies. Based on the results of pilots from previous years, the conditions that were chosen to pilot the service with were Diabetes, COPD and Medically Unexplained Symptoms (MUS). The service continued to run successfully during 2022/23 with 1,289 clients being treated during the year. LWC remains the only commissioned organisation delivering this in the West Midlands.

Assessment and Triage

To meet the growing demands of people needing the Group's service, LWC has grown its in-house assessment and triage service during 2022/23. Through this growth LWC has the equivalent of twelve dedicated Triage and Assessment workers. This has enabled LWC to allow patients to be referred directly to LWC and means that it can assess a far greater proportion in-house.

The growth in size and skill set within that team providing these interventions has enabled LWC to get people into the correct service quicker and more effectively. It also enables providers to start treatment with more information about the client, meaning clients start the current and meaningful treatment quicker leading to better outcomes.

Walking Therapy

In the prior year LWC responded to client feedback requesting the option to receive Talking Therapies/counselling whilst outdoors or walking. To meet those needs LWC employed three dedicated Walking Therapists. They provide sessions while walking with the service user around green spaces in Birmingham. The service continues to be very well received and often carries a waiting list. In the 2022/23 year, LWC has had nearly 120 people receive a course of treatment while walking. For Talking Therapies, this is the first service of its kind in the UK.

Cognitive Behavioural Therapy (CBT) and Personal Training

To support an NHS drive to deliver innovation in Mental Health services, LWC created a pilot that provided people with CBT the support of a qualified Personal Trainer. LWC employs one member of staff to deliver this service and are looking to expand in 2023/24.

Counselling/ Wellbeing and Social prescribing services**11-24 Counselling and Support**

As part of the FTB partnership LWC operates the service that provides counselling for 11-24 year olds across Birmingham and Solihull. LWC provided support for around 125 young people a month throughout the 2022/23 year, hitting totals well over one thousand across the 12 months. There are plans in place to grow the service throughout 2023/24 to meet the growing demand. The service provides intervention for Young People who Talking Therapies may not suit clinically.

Step 4

Step 4 is a bespoke model, created by LWC, that supports complex Young People who have higher needs than Talking Therapies/ Counselling can provide. Through this service LWC worked with a total of 576 people during the 2022/23 year. The model for Step 4 continues to attract wide interest and LWC expect it to continue to grow in 2023/24.

Listening Service

In partnership with the NHS and consortium members LWC created an 'active listening' service for those for whom Talking Therapies or other Mental Health services are not appropriate. The Service trains practitioners to provide up to twelve listening sessions to

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people who need somewhere to talk. In 2022/23, over three hundred people used this service.

Healing Circles

LWUK first introduced Healing Circles in collaboration with Consortium members in 2020/21; Healing Circles are a way to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their Mental Health. This service has continued during 2022/23 and nearly 350 people accessed the service during the year.

Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field)

Talking Therapies Workforce Development

Through LWC contracts, the group continues to hold one of the highest IAPT placements in the West Midlands with 28 IAPT trainees placed across the Consortium, endorsed, and funded by Health Education England and BSOL ICB. LWC has gone further to increase IAPT capacity by self-funding additional trainee posts under the same National IAPT curriculum.

In addition to trainees, and again through LWC, the group utilises around 65 IAPT qualified therapists that are directly employed by members of the Consortium enabling them to meet 100% of commissioned targets and service demand. LWC remain one of the leading Talking Therapies workforces in England. The Charity is proud that LWC finished the 2022/23 year with nine Graduates in Cognitive Behavioural Therapy High Intensity and ten Psychological Wellbeing Practitioners, all securing jobs within Consortium organisations following completion of their university courses.

LWC has continued to invest in clinical training programmes for its members to up-skill their staff and ensure service quality is of the highest standard. We expect 23/24 to bring an even bigger number of trainees so throughout 22/23 we have been ensuring that both centrally and with providers we have the clinical oversight and supervision capability.

Promoting research for the public benefit and publishing the useful results

The Charity has continued to be represented by its involvement and work within the Voluntary, Community, Faith, and Social Enterprise (VCFSE) sector. During the year, the Charity worked to ensure the Charity is heard by a larger audience, representing, and leading the third sector, including representation at the National IAPT forum to share our best practice in clinical outcomes.

Providing grants to organisations in the mental health field

LIVING WELL UK VCFSE Grant Scheme

During the year, the group received funds to be distributed as grants to organisations within the VCFSE sector. Applicants were invited to apply, and a process was followed for independent shortlisting and decision on awards based on criteria. Grants were classified to be released as follows:

- Three awards for a value of up to £5,000 (Strand One).

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For the year ended 31 March 2023

- Two awards for a value of up to £10,000 (Stand Two).
- One award for a value of up to £20,000 (Strand Three); and
- Additional Social Enterprise investment for £5,000 (FUSE).

LWUK received over 95 applications for the various strands and the innovation and quality shown was very high across the board.

The impact of these grants will be seen throughout 2023/24 as the services funded began to show positive outcomes.

Other activities

Children and Young Peoples Grant Funded and Charitable Activity

LWUK received funding from StreetGames to run Summer Holiday Activities to support the wellbeing of children and young people. Working in partnership with Consortium members, the Charity delivered nature therapy, sports and creative activities, and one-to-one support for low intensity mental health needs such as anxiety and depression. 439 children and young people were supported through this partnership.

Promotion and Partnership

Running Therapy

In partnership with a specialist running charity, LWUK have continued to provide Running for Wellbeing courses that people struggling with their Mental Health can attend. In 2022/23 over two hundred people attended.

Solihull Moors

LWC continued its partnership with Solihull Moors Football Club, which led to them promoting and advertising LWC services to all their Junior and Senior football teams. This saw over one thousand players across Birmingham wearing kits supported by LWC.

Urban Heard

LWC worked with consortium member Urban Heard CIC to support young between the ages of 14 – 25 years to become Youth Leaders helping to ensure the Charity keeps young people at the heart of everything that they do. This work has involved coaching young people to develop their leadership skills, communication, goal setting, and problem-solving as well as creating a Youth Charter.

Beneficiaries of our services

There are two principal beneficiaries of the charitable group's services:

- Residents and people working in Birmingham and the West Midlands; and
- Member organisations of LWC

The primary beneficiaries of the services are those patients who have a GP in the area and who are referred or self-referred to LWC for primary care psychological therapies. In the year ended 31 March 2023, over 22,500 patients received services from LWC or its member organisations under NHS contracts in Birmingham and Solihull.

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Member organisations receive business support, clinical governance, and operational support from LWC and trading opportunities through contracts, which are managed by LWC.

LWC maintains a focus on supporting the Black, Asian, and Minority Ethnic (BAME) community and the group is pleased that it was again able to assist over 4,500 individuals from this community with treatment, as well as recommending the service to a friend or family.

LWC operated a Customer Satisfaction survey, with a response rate of 97% during the year, which was consistent with prior year. 95% of respondents recommended our service, had trust in our staff and felt involved during the process.

Financial review

The financial performance of the group shows income generated of £6,309k, and costs incurred of £6,040k. Whilst LWUK had net outgoing resources of £179k and LWC reported a net loss of £58k in the year, the group's net incoming resources for 2022/23 was £268k. This was primarily due to capital grant funding received by LWC to deliver the Grounded projects. Within the LWC accounts at 31 March 2023 there was deferred income of £432k relating to this project; this amount has been recognised as income within the consolidated group accounts for 2022/23 in line with the Charities SORP requirements.

The unrestricted reserves of the group were £649k at the start of the year, and restricted reserves were £32k at the start of the year. Due to the net incoming resources for the year total funds for the group were £949k at 31 March 2023, comprising unrestricted reserves of £400k and restricted reserves of £549k.

The group had cash of £624k at 31 March 2023.

Principal sources of funds (including any fundraising)

In previous years, the principal source of funds for the group has arisen from the activities of LWC, and this remained the case for 2022/23. As ever it remains the intention to continue to identify other sources of funds for the group which are expected to continue to play a significant role in delivering the objectives of the group. During 2022/23, the group applied and was successful in qualifying for grant funding for several providers.

Reserves policy and going concern

The Charity has a reserves policy to maintain reserves equivalent to at least three months of operating costs in cash reserves as activities continue to expand. The minimum reserves needed have been calculated at approximately £150,000, based on committed operational and overhead expenditure.

The Charity has relatively low levels of operating costs, but as a group there are staffing and overhead commitments; however the trustees believe that the group remains in an acceptable financial position, with charitable unrestricted funds as £98k at 31 March 2023 (£336k at 31 March 2022), and group unrestricted funds of £400k at 31 March 2023 (£649k at 31 March 2022).

For the year ended 31 March 2023

These reserves will continue to be utilised in future financial periods and the trustees review the reserves policy for the Charity on an annual basis, in particular the need for the group to hold cash reserves as activity continues to grow.

In relation to going concern, the trustees have assessed the financial and operating outlook to identify any material uncertainties that impact on the Charity's ability to continue operating. With regard to LWC, the trustees have looked at the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. They have looked at the likelihood of a loss of or delay in receiving funding as significant events may need to be cancelled and have again concluded that most income (in LWC) is commissioned from NHS funded commitments. The trustees have also considered any pressures on working capital if there are delays in paying invoices or processing funding applications. LWC have in turn considered different budget scenarios and the effect of planned income not being received. The LWC business model continues to be primarily based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

Principal risks and uncertainties

Risks are broadly classified into three areas – those related to the NHS landscape, those related to clinical complexity, and those related to members operational, financial and cashflow issues.

Principal risk identified	Steps taken to mitigate
General Election	
The upcoming General Election may lead to some instability and delay in the NHS funding settlement nationally, and may impact the amount each ICS receives.	We have a strong relationship with local ICS commissioning colleagues and will be able to have open conversations with them through and post elections.
ICS formation (NHS landscape):	
NHS commissioning changed dramatically during 2022/23. The Clinical Commissioning Groups (CCGs) which provided Mental Health services became Integrated Care Bodies (ICBs). This meant that LWC had a completely new set of commissioners/partners moving forward.	Regular discussions continue with commissioners regarding the changes and where LWC fit going forward. The Provider collaborative is now beginning to take shape to oversee the contracts and where LWC sits – this continues to be discussed. The presence of the CEO in forming structures ensures that LWC/LWUK remain represented.
The ICB delegated authority to Birmingham and Solihull Mental Health Foundation Trust (BSMHFT) to hold the Mental health contracts for Birmingham and Solihull (BSOL); old CCG contracts – which now sit with BSMHFT. However next steps with FTB contracts remain unclear.	Retaining the quality of services currently delivered at a high level so the data and history of delivery leads to a good reputation will assist.
Clinical complexity:	
Presenting complexity of people needing services continues to rise, which adds risk and high need into a stretched system.	A substantial and multi-faceted training programme and clinical guidance is provided to member organisations.

Principal risk identified	Steps taken to mitigate
LWC delivers services to a complex, multi-agency mental health system, and the quality of services provided by consortium members needs to reflect this. There is an increased clinical complexity – in that LWC is seeing fewer referrals but for higher complexity in any new referrals. This in turn has led to other issues such as staff retention/ recruitment issues for CBT HI practitioners.	LWC continues to grow its qualified staff and has the highest number of Trainee practitioners in its history. LWC employs individuals to provide clinical oversight and support. A business support programme is offered to all providers and potential providers, to ensure that each business models based on sustainability. A Clinical Risk Register remains in place to track high level incidents. The Trustee Board has identified the need for a Trustee with senior clinical experience and continues to attempt to recruit that role.
Members operational, financial, and general cashflow issues:	
Financial sustainability of individual consortium members may impact on delivery of contracted services.	Thorough annual audits of Consortium members ensuring financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.
Provider members of LWC are unable to attract and retain qualified staff.	A programme of CPD continues to be implemented by the group to enable current employees of providers to retain their qualified practitioner status. Direct recruitment programmes continue to be undertaken by LWC to attract new practitioners for provider members. LWC has provided funding to help providers develop the clinical governance needed to support the recruitment and retention of staff. LWC is part of a regional staff Wellbeing work stream. This is enabling the system to look differently at staff retention. Workforce planning discussions continue with commissioners to ensure that the future workforce meets their planning assumptions. LWC has strengthened its links and partnerships with universities and other training institutions to enable the flow of qualified staff to grow.

Principal risk identified	Steps taken to mitigate
	A new traineeship model is still being developed with Forward Thinking Birmingham (FTB), to create a sustainable training and employment pathway for people with lived experience.
New contract opportunities can provide clinical and financial risk.	New contract opportunities continue to be fully assessed to ensure the providers have the clinical capacity and skills to deliver the contract. The group provides support to enable providers to develop and grow. Budgeting for 2023/24 was completed and regular forecasts are prepared to focus on ensuring a central surplus is generated.
Delays in receipts from customers negatively impact cash flow.	LWC holding sufficient cash reserves to enable the business to manage its cash position should amounts be received after the due date; credit control procedures continue to be tightened in relation to chasing persistent debt.
Financial sustainability of individual consortium members may impact on LWC's delivery of contracted services.	Through annual audits of consortium members, financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.

Fundraising

The Charity does not carry out external fundraising campaigns; during the year, costs of raising funds are related to advertising and marketing activity, promotional materials, and costs of attendance at events to promote charitable activities.

The Charity is not registered with the Fundraising Regulator and has received no complaints in relation to any fundraising activities undertaken.

Plans for the future

The group intends to:

- Continue delivering innovative and effective services, pursuing funding from grants and trusts awarding organisations.
- Invite applications from potential members to become part of the Consortium.
- Provide funding to support innovation in the sector.

The group is committed to developing a vision that allows the Charity to take the lead in enabling the system to provide quicker, easier, and simpler treatment at the point of need.

For the year ended 31 March 2023

LWC intends to:

- Continue delivering Mental Health services across Birmingham and Solihull; alongside this there is a clear view to grow the delivery in other areas.
- Continue receiving funding for new trainees, with 32 trainees confirmed for 2023/24 keeping the group status as a key player in developing new staff for the Mental Health sector.
- Grow the delivery of Talking Therapies through providing more services closer to where people in communities need it.
- Grow Talking Therapies delivery by 15% in 2023/24.

Structure, governance and management

The organisation is a Charitable Incorporated Organisation (CIO) registered as a charity on 8 August 2018 in England and Wales. It is referred to within this report as the 'Charity'.

The Charity is constituted under a constitution document, agreed by members at a general meeting dated 29 November 2019 3 December 2018.

All trustees give their time voluntarily and any expenses or remuneration reclaimed from the Charity are set out in note 6 to the accounts. The total amount reimbursed to Trustees during the year was £nil (2021/22: £nil).

Appointment of trustees

Trustees are appointed by election at the Annual General Meeting (AGM) of the Charity. Member organisations are asked to nominate suitable trustees and to complete a CV and nomination form. An election occurs at any AGM where the number of nominations exceeds the number of trustees retiring (and not seeking re-election).

Trustees are usually appointed on a three-year cycle to ensure that there is continuity on the Board and the aim is to attract new trustees periodically, assuming no Trustees step down from their positions during their terms of service.

There was one resignation from the Board of Trustees during the year; A Rahman retired and did not seek re-election at the AGM on 7 December 2022.

There was one new appointment to the Board of Trustees during the year; D Cusack (a former CEO of one of the Consortium Members); he was appointed as a trustee to the Charity Board on 7 December 2022. D Cusack has since resigned on 25 May 2023.

Trustees D Hay, LK Masiane, and L McKiernan were all re-elected in at the AGM on 7 December 2022.

Trustee induction and training

The Charity recognises that the trustee role is critical to the successful functioning of the Charity and its trading subsidiary. To achieve this, it has an induction programme for new trustees; the Chair and CEO are expected to ensure that all new trustees are inducted to their role and understand the requirements of a charity trustee (as outlined by the Charity Commission). Additionally, the CEO (through the Office Manager) organises the induction programme for the trustee and ensures that new trustees meet with appropriate staff and existing trustees and cover the items on the new trustee induction list.

For the year ended 31 March 2023

Related parties and relationships with other organisations

As noted above, the Charity has a trading subsidiary, LWC which trades as Living Well Consortium Ltd (a company limited by guarantee, registered company number 07412677).

LWC is a membership body and works with and through its members to achieve its objects.

LWC delivers on contracts through services provided by various member bodies, including the provision of their staff to fulfil contracts across NHS Talking Therapies, FTB, LTC.

A full list of the current Consortium members and their activities can be found on the website at www.livingwellconsortium.com.

Details of all other related party transactions are disclosed in Note 7 of the financial statements.

Remuneration policy for key management personnel

The Charity does not employ any staff, but LWC does.

The pay and remuneration of all LWC key management personnel has been reviewed in consultation with third party legal advisors, and appropriate salary bandings were reset in accordance with national benchmarks for clinical staff in accordance with the NHS Agenda for Change.

Statement of responsibilities of the trustees

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the group's financial activities during the period and of its financial position at the end of the period.

In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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Auditor

Sayer Vincent LLP was re-appointed as the Charity's auditor at the AGM during the year and has expressed its willingness to continue in that capacity.

The trustees' annual report has been approved by the trustees on 6 June 2024 and signed on their behalf by

L D McKiernan
Chair

Independent auditor's report to the trustees of Living Well UK

Opinion

We have audited the financial statements of Living Well UK (the 'the parent charity') for the year ended 31 March 2023 which comprise the consolidated statement of financial activities, the group and parent charity balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group and parent charity's affairs as at 31 March 2023 and of the group's incoming resources and application of resources, for the year then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Living Well UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit or otherwise appears to

For the year ended 31 March 2023

be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements.
- Sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group and the parent charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud.
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the parent charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the parent charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the parent charity and the parent charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

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28 June 2024
Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006.

Consolidated Statement of Financial Activities

	Not e	Unrestrict ed £	Restrict ed £	2022/23 Total £	Unrestricted £	Restrict ed £	2021/22 Total £
Income from:							
Donations		135	-	135	-	-	-
Charitable Activities	2						
Therapy Sessions		2,055,096	-	2,055,096	1,530,764	-	1,530,764
Counselling and Self-help		2,012,293	-	2,012,293	1,665,928	13,932	1,679,860
Support Services		17,061	458,000	475,062	61,523	53,333	114,856
Wellbeing Services		680,272	-	680,272	320,958	-	320,958
Social Prescribing		-	-	-	-	27,500	27,500
Other Income							
Contribution towards training		716,464	-	716,464	829,829	-	829,829
Local Outreach programmes		124,777	110,576	235,354	22,836	112,035	134,871
Miscellaneous income		133,965	-	133,965	216,111	-	216,111
Total income		5,740,063	568,577	6,308,641	4,647,949	206,800	4,854,749
Expenditure on:							
Raising funds	3	238,072	-	238,072	135,616	-	135,616
Charitable Activities	3						
Therapy Sessions		1,776,503	-	1,776,503	1,397,004	-	1,397,004
Counselling and Self-help		2,058,436	21,250	2,079,685	1,558,488	58,388	1,616,876
Support Services		894,991	61,871	956,861	174,490	35,723	210,213
Wellbeing Services		754,668	6,579	761,247	520,295	-	520,295
Social Prescribing		25,782	-	25,782	84,003	6,652	90,655
Contribution towards training		2,934	-	2,934	889,133	-	889,133
Local Outreach programmes		11,723	31,952	43,675	7,698	90,886	98,584
Grants payable	4	155,436	-	155,436	-	-	-
Total expenditure		5,918,545	121,651	6,040,195	4,766,727	191,649	4,958,376
Net movement in funds before transfers		(178,482)	446,926	268,444	(118,778)	15,151	(103,627)
Transfers between funds		(70,054)	70,054	-	-	-	-
Net movement in funds		(248,536)	516,980	268,444	(118,778)	15,151	(103,627)
Reconciliation of funds:							
Total funds brought forward	17	648,757	31,809	680,566	767,535	16,658	784,193
Total funds carried forward		400,221	548,789	949,010	648,757	31,809	680,566

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17 to the financial statements.

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Balance Sheets

	Note	The Group 2022/23 £	The charity 2022/23 £	The Group 2021/22 £	The charity 2021/22 £
Fixed assets:					
Tangible assets	10	2,043	-	8,461	-
Total non-current assets		2,043	-	8,461	-
Current assets:					
Debtors	13	1,299,203	46,863	2,672,257	112,199
Cash at bank and in hand		624,022	181,612	360,355	336,226
		1,923,225	228,475	3,032,612	448,425
Liabilities:					
Creditors: amounts falling due within one year	14	976,258	39,638	2,360,507	80,494
Net current assets		946,967	188,838	672,105	367,931
Total net assets	16	949,010	188,838	680,566	367,931
Funds:					
Restricted income funds:					
Grant funded programmes	17	548,789	90,790	31,809	31,809
Unrestricted income funds:					
General funds		400,221	98,048	648,757	336,122
Total funds		949,010	188,838	680,566	367,931

Approved by the trustees on 6 June 2024 and signed on their behalf by

L D McKiernan
Chair

Living Well UK

For the year ended 31 March 2023

Consolidated cash flow statement

	2022/23 £	2022/23 £	2021/22 £	2021/22 £
Cash flows from operating activities				
Net income / (expenditure) for the reporting period	268,445		(103,629)	
Depreciation charges	6,418		8,415	
Decrease/(Increase) in debtors	1,373,054		(1,614,395)	
(Decrease)/Increase in creditors	(1,384,249)		1,542,753	
Net cash provided by / (used in) operating activities		263,668		(166,856)
Cash flows from investing activities:				
Proceeds from disposal of fixed assets	-		444	
Purchase of fixed assets	-		(1,933)	
Net cash used in investing activities		-		(1,489)
Change in cash and cash equivalents in the year		263,668		(168,345)
Cash and cash equivalents at the beginning of the year		360,355		528,700
Cash and cash equivalents at the end of the year		624,023		360,355

Notes to the financial statements

1 Accounting policies

a) Statutory information

Living Well UK is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The registered office address is Avoca Court, 23 Moseley Road, Birmingham, B12 0HJ.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The CIO was incorporated on 8 August 2018 and established control over its subsidiary Living Well Consortium on 3 December 2018.

These financial statements consolidate the results of the Charity and its wholly owned subsidiary on a line-by-line basis. Transactions and balances between the Charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the Charity's balance sheet. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates.

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

For the year ended 31 March 2023

d) Going concern

The trustees consider that there are no material uncertainties about the charitable group's ability to continue as a going concern. There are reasonably secure income sources into the next reporting year such as new contract opportunities which the Company has been able to take advantage of.

The trustees have assessed the financial and operating outlook to identify any material uncertainties that impact on the charity's ability to continue operating.

The trustees have looked at the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. They have looked at the likelihood of a loss of or delay in receiving funding as significant events may need to be cancelled and have again concluded that most income (in LWC) is commissioned from NHS funded commitments. The trustees have also considered any pressures on working capital if there are delays in paying invoices or processing funding applications. LWC have in turn considered different budget scenarios and the effect of planned income not being received; the LWC business model is based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting year.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

For the year ended 31 March 2023

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of supporting beneficiaries and undertaken to further the purposes of the group and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area occupied by each activity.

Categories for allocation of cost	Rationale for allocation of cost	Proportion of total cost
Raising Funds	Activity	3.9 %
Therapy Sessions	Activity	29.4%
Counselling & Self-help	Activity	34.4%
Support Services	Activity	15.9%
Wellbeing Services	Activity	12.6%
Social Prescribing	Activity	0.4%
Training	Activity	0.1%
Local Outreach Programmes	Activity	0.7%
Grants Payable	Activity	2.6%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities.

j) Operating leases

Rental charges are charged on a straight-line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities.

Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

The depreciation rates in use are as follows:

Tangible Assets	
Computer equipment	33.33% per annum, straight line (over three years)
Furniture and fixtures	33.33% per annum, straight line (over three years)

l) Investment in subsidiaries

Living Well Consortium is a company limited by guarantee and therefore there is no cost of investment.

m) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

p) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement.

2 Analysis of Income

	Unrestricted 2022/23 £	Restricted 2022/23 £	Total 2022/23 £	Unrestricted 2021/22 £	Restricted 2021/22 £	Total 2021/22 £
Income from Charitable activities:						
Government contracts:						
Birmingham and Solihull ICB IAPT KPI4, LTC and Covid-19 situational counselling	2,618,784	-	2,618,784	2,110,230	-	2,110,230
Birmingham Women's and Childrens NHS trust	2,016,374	-	2,016,374	1,429,858	-	1,429,858
Midlands NHS ST&W Triage and referrals	-	-	-	18,217	-	18,217
Birmingham and Solihull Capital Grant	-	458,000	458,000	-	-	-
Non-government contracts:						
Grant income	5,341	101,576	106,918	-	206,799	206,799
VCFSE Income	60,436	-	60,436	-	-	-
Donations	135	-	135	-	-	-
Invoiced income	298,994	-	298,994	34,776	-	34,776
	5,000,064	559,577	5,559,641	3,593,081	206,799	3,799,880
	Unrestricted 2022/23 £	Restricted 2022/23 £	Total 2022/23 £	Unrestricted 2021/22 £	Restricted 2021/22 £	Total 2021/22 £
Other income:						
Government contracts:						
BSOL Funded trainees	214,031	-	214,031	303,326	-	303,326
HEE Funded trainees	502,434	-	502,434	526,503	-	526,503
Non-government contracts:						
Miscellaneous income	23,535	9,000	32,535	224,860	-	224,860
Profit from disposal of fixed assets	-	-	-	178	-	178
	739,999	9,000	748,999	1,054,867	-	1,054,867
Total Income	5,740,063	568,577	6,308,641	4,647,948	206,799	4,854,477

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3 Analysis of expenditure

2022/23 Analysis of expenditure	Raising funds	Charitable Activities:								Governance costs	Support costs	Total
		Therapy Sessions	Counselling and Self- help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable			
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	-	819,958	819,958
Payments to partners	-	1,464,218	1,714,106	788,659	626,400	21,250	2,419	35,998	155,436	-	-	4,808,485
Advertising and marketing	127,871	-	-	-	1,030	-	-	-	-	-	-	128,901
	68,351	-	-	-	-	-	-	-	-	-	-	68,351
Staff expenses	-	-	-	-	-	-	-	-	-	-	-	-
Office expenses	-	-	-	-	-	-	-	-	-	-	189,886	189,886
Audit, accountancy & consultancy	-	-	-	-	-	-	-	-	-	18,387	6,229	24,617
	196,222	1,464,218	1,714,106	788,659	627,430	21,250	2,419	35,998	155,436	18,387	1,016,073	6,040,197
Support costs	41,106	306,734	359,082	165,214	131,438	4,452	507	7,541	-	-	(1,016,073)	-
Governance costs	744	5,551	6,498	2,990	2,379	81	9	136	-	(18,387)	-	-
Total	238,071	1,776,503	2,079,686	956,862	761,247	25,782	2,934	43,675	155,436	-	-	6,040,197

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2021/22 Analysis of expenditure	Charitable Activities:											Total
	Raising funds	Therapy Sessions	Counselling and Self- help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	-	654,480	654,480
Payments to partners	-	1,156,462	1,338,476	174,018	429,512	75,046	736,039	81,609	-	-	-	3,991,162
Advertising and marketing	95,599	-	-	-	1,197	-	-	-	-	-	-	96,796
Staff expenses	19,718	-	-	-	-	-	-	-	-	-	-	19,718
Office expenses	-	-	-	-	-	-	-	-	-	-	165,601	165,601
Audit, accountancy & consultancy	-	-	-	-	-	-	-	-	-	13,350	17,272	30,622
	115,317	1,156,462	1,338,476	174,018	430,709	75,046	736,039	81,609	-	13,350	837,373	4,958,379
Support costs	23,507	235,746	272,849	35,474	87,800	15,298	150,042	16,636	-	-	(837,373)	-
Governance costs	375	3,758	4,350	566	1,400	244	2,392	265	-	(13,350)	-	-
Total	139,199	1,395,966	1,615,676	210,057	519,909	90,588	888,473	98,510	-	-	-	4,958,379

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4 Grant making activities

Grants were awarded during 2022/23 to organisations in the VCFSE sector.

	Grants to institutions £	Total 2022/23 £	Grants to institutions £	Total 2021/22 £
Cost				
VCFSE grants	60,436	60,436	-	-
Listening Service	60,000	60,000	-	-
Healing Circles	35,000	35,000	-	-
At the end of the year	155,436	155,436	-	-

	Total 2022/23 Value	Nature of award	Total 2021/22 Value	Nature of award
Recipient of grant award				
St Paul's Community Development	5,000	VCFSE	-	n/a
Sudden Productions	5,000	VCFSE	-	n/a
Aston Villa Foundation	9,200	VCFSE	-	n/a
Birmingham DRC	6,878	VCFSE	-	n/a
Servol Community Services	9,358	VCFSE	-	n/a
SIFA Fireside	20,000	VCFSE	-	n/a
Initiative for Social Entrepreneurs CIC	5,000	VCFSE	-	n/a
Karis	25,000	Listening Service	-	n/a
Bethel	35,000	Listening Service	-	n/a
Pattigift Therapy	35,000	Healing Circles	-	n/a
	155,436		-	n/a

5 Net expenditure for the reporting period

This is stated after charging/ (crediting):

	2022/23 £	2021/22 £
Depreciation	6,418	8,415
Operating lease rentals:		
Property	35,550	17,550
Other	624	624
Auditor's remuneration (excluding VAT):		
Audit	15,400	13,350
Other services	1,250	1,250

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6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2022/23	2021/22
	£	£
Salaries and wages	741,095	595,563
Social security costs	65,914	48,717
Employer's pension contribution	12,948	10,200
	819,958	654,480
	2022/23	2021/22
Employees earning more than £60,000 during the year:		
£60,001-£70,000	-	1
£70,001-£80,000	1	-
	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel was £192,584 (2021/22: £172,435)

The charity trustees were neither paid nor received any other benefits from employment with the Charity in the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the Charity (2022: £nil).

No trustees' expenses were reimbursed in either 2023 or 2022.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 42 (2021/22: 31).

The average number of employees Full Time Equivalent (FTE) headcount based on number of staff employed during the year was 40 (2021/22: 25).

8 Related party transactions

Related party transactions are all carried out at arms' length.

Amra Dautovic, (a Director of Living Well Consortium) is Managing Director of MyTime, linked to Richmond Fellowship, which provided services to LWC during the financial year; the total amount invoiced by Richmond to LWC during the year totalled £282,491 (2021/22: £232,606). The amount owed by LWC to Richmond Fellowship at 31 March 2023 was £81,250 (at 31 March 2022: £6,760). The amount owed by LWUK to Richmond Fellowship at 31 March 2023 was £nil (at 31 March 2022: £nil).

Davy Hay, (a Trustee of Living Well UK) is a Director of Pattigift Therapy CIC (Pattigift), which provided services to LWC during the financial year; the amount invoiced from Pattigift to LWC during the year totalled £119,085 (2020/21: £144,630). Pattigift Therapy CIC also received contributions paid by LWUK for Healing Circles work; the total amount paid over in 2022/23 was £35,000 (2021/22: £35,000). The amount owed by LWC to Pattigift Therapy CIC at 31 March 2022 was £nil (at 31 March 2022: £16,831). The amount owed by LWUK to Pattigift Therapy CIC at 31 March 2023 was £nil (at 31 March 2022: £nil).

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Martin Hogg, (a Director (and Chair) of Living Well Consortium) is CEO of Citizen Coaching, which provided services to LWC during the financial year; the total amount invoiced from Citizen Coaching to LWC during the year totalled £836,979 (2021/22: £861,306). The amount owed by LWC to Citizen Coaching at 31 March 2023 was £nil (at 31 March 2022: £69,858). The amount owed by LWUK to Citizen Coaching at 31 March 2023 was £nil (at 31 March 2022: £nil).

Lovemore Masiane, (a Director of Living Well Consortium and a Trustee of Living Well UK) is Clinical Director at Our Roots, which provided services to LWC during the financial year; the total amount invoiced from Our Roots to LWC during the year totalled £1,712,477 (2021/22: £1,575,816). The amount owed by LWC to Our Roots CIC at 31 March 2023 was £1,017 (at 31 March 2022: £130,636). Our Roots CIC also received contributions paid by LWUK during 2022/23 for Healing Circles work; the total amount paid over was £15,000 (2021/22 £15,000). The amount owed by LWUK to Our Roots at 31 March 2023 was £nil (at 31 March 2022: £nil).

Louise McKiernan, (a Trustee of Living Well UK, and a Director of Living Well Consortium) is CEO of Disability Resource Centre (DRC), which provided services to LWC during the financial year; the amount invoiced from DRC to LWC during the year totalled £13,130 (2020/21: £15,110). The amount owed by LWC to DRC at 31 March 2023 was £730 (at 31 March 2022: £nil). The amount owed by LWUK to DRC at 31 March 2023 was £nil (at 31 March 2022: £nil).

Ronald Owttrim (a former director of Living Well Consortium) was also a named Director of Health Exchange Limited (HEX), which provided services to LWC during the financial year; the amount invoiced from HEX to LWC during the year totalled £285,529 (2021/22: £231,103). The amount owed by LWC to HEX at 31 March 2023 was £27,687 (at 31 March 2022: £nil). The amount owed by LWUK to HEX at 31 March 2023 was £nil (at 31 March 2022: £nil).

Aftab Rahman, (former a Trustee of Living Well UK) is also associated with Legacy West Midlands; the total amount funded or invoiced from Legacy to LWUK during the year totalled £nil (2021/22: funding of £nil). The amount owed by LWC to Legacy WM at 31 March 2023 was £nil (at 31 March 2022: £nil). The amount owed by LWUK to Legacy WM at 31 March 2023 was £nil (at 31 March 2022: £nil).

David Cusack, (a former Trustee of Living Well UK) was also employed as CEO of St Paul's Community Development Trust, which provided venue space to LWUK during the financial year. The total amount invoiced from St Paul's to LWUK during the year totalled £544 (2021/22: £810). The amount owed by LWUK to St Paul's Community Development Trust at 31 March 2023 was £nil (at 31 March 2022: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Corporation Tax

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. LWC distributes available profits to the parent charity under Gift Aid.

10 Tangible Fixed Assets

	Computer equipment £	Furniture and Fixtures £	Total £
Cost			
At the start of the year	38,312	4,173	42,485
Disposals in the year	(10,213)	(3,373)	(13,586)
At the end of the year	<u>28,099</u>	<u>800</u>	<u>28,899</u>
Depreciation			
At the start of the year	30,253	3,772	34,024
Charge for the year	6,016	401	6,418
Disposals in the year	(10,213)	(3,373)	(13,586)
At the end of the year	<u>26,056</u>	<u>800</u>	<u>26,856</u>
Net book value			
At the start of the year	8,059	401	8,460
At the end of the year	<u>2,043</u>	<u>-</u>	<u>2,043</u>

All fixed assets are held by the charity's trading subsidiary, LWC.

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11 Subsidiary Undertaking

The Charity has control over the activities of Living Well Consortium Limited (LWC), a company registered in England. The company number is 07412677. The registered office address is 23 Moseley Road, Birmingham, B12 0HJ.

All activities have been consolidated on a line-by-line basis in the statement of financial activities.

Available profits may be distributed under Gift Aid to the parent charity.

The trustees Louise McKiernan, and Lovemore Masiane are also directors of the subsidiary.

A summary of the results of the subsidiary for their full financial year is shown below:

	2022/23	2021/22
	£	£
Turnover	5,769,569	4,600,995
Cost of sales	(4,651,789)	(3,606,432)
Gross surplus	<u>1,117,780</u>	<u>994,563</u>
Administrative expenses	(1,175,497)	(921,509)
(Deficit)/Surplus on ordinary activities before interest and taxation	<u>(57,717)</u>	<u>73,054</u>
Profit on disposal of fixed assets	-	178
Interest receivable and similar income	-	-
(Deficit)/Surplus on ordinary activities before taxation	<u>(57,717)</u>	<u>73,232</u>
Taxation on profit on ordinary activities	-	-
(Loss)/profit for the reporting period	<u>(57,717)</u>	<u>73,232</u>
Retained earnings		
Total retained earnings brought forward	385,860	312,627
(Loss)/profit for the reporting period	(57,717)	73,232
Distribution under Gift Aid to parent charity	-	-
Total retained earnings carried forward	<u>328,143</u>	<u>385,859</u>
	2021/22	2021/22
	£	£
The aggregate of the assets, liabilities and reserves was:		
Assets	1,738,900	2,692,512
Liabilities	(1,410,757)	(2,306,653)
Reserves	<u>328,143</u>	<u>385,859</u>

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12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2022/23 £	2021/22 £
Gross income	255,489	445,026
Result for the year	<u>(179,091)</u>	<u>(160,205)</u>

13 Debtors

	The group 2022/23 £	The charity 2022/23 £	The group 2021/22 £	The charity 2021/22 £
Trade debtors	1,185,089	3,000	2,363,945	11,300
Other debtors	23,823	5	165,362	5
Prepayments	90,291	1,741	142,950	1,025
Amounts owed from group undertakings	-	42,118	-	99,869
	<u>1,299,203</u>	<u>46,863</u>	<u>2,672,257</u>	<u>112,199</u>

14 Creditors: amounts falling due within one year

	The group 2022/23 £	The charity 2022/23 £	The group 2021/22 £	The charity 2021/22 £
Trade creditors	209,947	4,596	292,043	50,478
Taxation and social security	308,615	-	474,077	-
Accruals	457,696	35,042	273,394	15,392
Other creditors	-	-	489	489
Deferred income	-	-	1,320,504	14,135
	<u>976,258</u>	<u>39,638</u>	<u>2,360,507</u>	<u>80,494</u>

15 Deferred income

	The group 2022/23 £	The charity 2022/23 £	The group 2021/22 £	The charity 2021/22 £
Balance at the beginning of the year	1,320,505	14,135	16,456	-
Amount released to income in the year	(1,320,505)	(14,135)	(16,456)	-
Amount deferred in the year	-	-	1,320,505	14,135
Balance at the end of the year	<u>-</u>	<u>-</u>	<u>1,320,505</u>	<u>14,135</u>

Deferred income comprises contract income received in advance.

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16 Analysis of group net assets between funds

	General unrestricted £	Restricted funds £	Total funds £
Tangible fixed assets	2,043	-	2,043
Net current assets	398,178	548,789	946,967
Net assets at 31 March 2023	<u>400,221</u>	<u>548,789</u>	<u>949,010</u>

	General unrestricted £	Restricted funds £	Total funds £
<i>Tangible fixed assets</i>	8,459	-	8,459
<i>Net current assets</i>	640,296	31,809	672,105
<i>Net assets at 31 March 2022</i>	<u>648,755</u>	<u>31,809</u>	<u>680,564</u>

17 Movements in funds

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2023 £
Restricted funds:					
Grant awards	31,809	568,577	(121,650)	70,054	548,789
Unrestricted funds:					
General funds	648,757	5,740,063	(5,918,545)	(70,054)	400,221
Total funds	<u>680,566</u>	<u>6,308,641</u>	<u>(6,040,195)</u>	<u>-</u>	<u>949,010</u>

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
Restricted funds:					
Grant awards	16,658	206,800	(191,649)	-	31,809
Unrestricted funds:					
General funds	767,535	4,647,949	(4,766,729)	-	648,757
Total funds	<u>784,193</u>	<u>4,854,749</u>	<u>(4,958,378)</u>	<u>-</u>	<u>680,564</u>

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Restricted funds projects: include grant funding received for projects to be delivered during the year and continuing into 2023/24.

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2023 £
BBC Children in Need	17,610	-	(35,890)	18,280	-
Healing Circles	(30,524)	-	(21,250)	51,774	-
Cast and GTF	8,627	-	(6,323)	-	2,304
Street Games	14,015	29,926	(3,095)	-	40,846
Kickstart	20,894	9,000	(23,487)	-	6,407
Digikicks	1,187	4,493	(840)	-	4,840
Jubilee fund	-	5,300	(1,204)	-	4,096
Breaking Boundaries	-	1,000	(649)	-	351
StandOut project	-	26,666	(2,931)	-	23,735
Wellbeing Coach at	-	34,192	-	-	34,192
Arden Academy	-	-	-	-	-
Birmingham and	-	458,000	(25,981)	-	432,019
Solihull ICB Capital	-	-	-	-	-
Grant	-	-	-	-	-
Total funds	31,809	568,577	(121,651)	70,054	548,789

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
BBC Children in Need	-	53,333	(35,723)	-	17,610
Healing Circles	13,932	13,932	(58,388)	-	(30,524)
Cast and Good Things	2,727	18,750	(12,850)	-	8,627
Foundation	-	-	-	-	-
Street Games	-	90,491	(76,476)	-	14,015
Kickstart	-	27,500	(6,606)	-	20,894
Digikicks	-	2,794	(1,607)	-	1,187
Total funds	16,659	206,800	(191,650)	-	31,809

Birmingham City Council, BBC Children in Need, Childhood Trauma

These grants were originally used to in delivering nature therapy, sports, and creative activities with 1:1 support for low intensity mental health needs, and the work ongoing has been funded from reserves into 2022/23.

National Lottery - Healing Circles

A grant was originally awarded during 2020/21 but work has continued to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health. The project was funded from reserves into 2021/22 and 2022/23.

CAST and Good Things Foundation

This grant was awarded to tackle inequalities in digital access, by providing equipment, and giving tutorials to help clients access websites for further wellbeing services.

Living Well UK

For the year ended 31 March 2023

Street Games

Grants were awarded to cover costs of running activities as part of the Holiday Activities Fund (HAF) – during the Easter, Summer, and Winter school holidays in 2022/23 – a series of indoor and outdoor activity sessions were run.

Kickstart

Grants were awarded for individuals on the government backed Kickstart scheme during 2021/22 and 2022/23 – supporting young people aged 18-25 with work placements within Consortium member organisations across the West Midlands for 6 months.

Digikicks

The Charity were engaged to support vulnerable adults with low and no digital skills to gain access to devices and training.

Jubilee Fund

Grants were awarded to cover delivery of sessions of Multi sports activities for young people in the Sandwell area.

Breaking Boundaries

The Charity received a grant to contribute towards costs of running the scheme which aimed to socially mix and connect young people and their families from different communities using regular participation through sport.

StandOut project

The Charity received income contributing to the cost of employing a Volunteer Coordinator, and running the StandOut scheme, engaging volunteers.

Wellbeing Coach at Arden Academy

The Charity received income to provide a health and wellbeing coach at Arden Academy in order to support students through delivery of interventions so they can identify strategies to support and manage their own health and wellbeing.

Birmingham and Solihull ICB Capital Grant

The Charity received a one off contribution towards the cost of the Grounded projects.

18 Operating lease commitments payable as a lessee

The groups total future minimum lease payments under non-cancellable operating leases is as follows:

	Other 2022/23 £	Property 2022/23 £	Other 2021/22 £	Property 2021/22 £
Less than one year	624	39,930	624	35,550
Two to five years	-	-	2,028	-
	<u>624</u>	<u>39,930</u>	<u>2,652</u>	<u>35,550</u>

Accounts

Charity number: 1179472
Company number: CE014817

Living Well UK

Report and consolidated financial statements

For the year ended 31 March 2022

Reference and administrative information

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Living Well UK

For the year ended 31 March 2022

Reference and administrative information

Charity number	1179472
Country of registration	England & Wales
Registered office	Avoca Court 23 Moseley Road Birmingham B12 0HJ
Trustees	R Hadley (appointed 17 June 2021) D Hay L K Masiane L D McKiernan (Chair) A Rahman
Key management personnel	
Chief Executive Officer Executive Clinical Director Finance Director	B Howells P Kwesiga S Munday
Bankers	Unity Trust Bank 4 Brindley Place Birmingham B1 2JB
Solicitors	Hempsons Solicitors 100 Wood Street London EC2V 7AN
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor Invicta House 108-114 Golden Lane London EC1Y 0TL

Living Well UK

For the year ended 31 March 2022

Trustees' annual report

The trustees present their report and the audited financial statements for the year ended 31 March 2022.

Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the Charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

The objects of Living Well UK, the Charitable Incorporated Organisation (CIO) are the relief of sickness and preservation of health, with particular emphasis on mental health, in principally (but not exclusively) the Midlands, by:

- 1 Providing psychological therapy sessions, and providing counselling and self-help solutions;
- 2 Providing support services, wellbeing services, and social prescribing;
- 3 Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field);
- 4 Promoting research for the public benefit and to publish the useful results;
- 5 Providing grants to organisations in the mental health field.

The trustees review the aims, objectives and activities of the Charity each year.

This report looks at what the charitable group has achieved and the outcomes of its work in the reporting period.

The group comprises Living Well UK – the CIO, and Living Well Consortium Ltd. (LWC) – the trading subsidiary. LWC generates income from government contracts in fulfilment of counselling services under the IAPT pathways, and incurs costs in relation to the fulfilment of this commissioned service.

The trustees report the success of each key activity and the benefits the organisation has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the Charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance

The trustees are proud of the various services provided by LWC, and its own activities undertaken during 2021/22.

For the year ended 31 March 2022

Trustees' annual report

Providing psychological therapy sessions, and providing counselling and self-help solutions

IAPT (IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES)

IAPT provision is a core service for LWC, which is a leading provider of the service in the West Midlands delivering to Birmingham and Solihull.

IAPT HIGHLIGHTS

During 2021/22, LWC successfully triaged/assessed over 14,000 clients, enabling them to access the correct treatment in a timely and effective way.

Of that number, over 11,500 clients started treatment and were seen for one-to-one treatment through our IAPT provision. Clients received between 4 and 5 sessions of help on average.

Within IAPT, we are especially pleased with our low waiting times. The national target is for 75% of clients to be seen within six weeks; at LWC we average 94% of clients being seen within six weeks.

The second waiting times KPI is for 95% of clients to be seen within 18 weeks. At LWC we average 98% of clients seen within 18 weeks.

Based on patient feedback surveys, over 90% of clients were extremely satisfied with the service that they received from LWC during 2021/22.

There is national expectation for 50% of people being treated by IAPT to recover by the end of their treatment. Over the past year, an average of 52% of LWC clients have achieved recovery by the end of their treatment.

A large portion of our IAPT delivery is done alongside the Forward Thinking Birmingham (FTB) partnership which is comprised of statutory, VCSE (Voluntary, Community and Social Enterprise) and independent organisations who work together to collectively provide a dynamic approach to mental health services for children, young people and young adults (CYPYA) living in Birmingham (16-24 year olds). During 2021/22, LWC supported 4,906 CYPYA through this service.

ASSESSMENT AND TRIAGE

To meet the growing demands of people needing our service we have grown our in-house assessment and triage service during 21/22. Through this growth we have nine dedicated Triage and Assessment workers. This has enabled us to allow patients to be referred directly to us and means that we can assess a far greater proportion in-house.

Having a skilled team providing these interventions has enabled us to get people into the correct service quicker and more effectively. It also enables providers to start treatment with more information the client, therefore leading to better outcomes.

IAPT AND LONG-TERM CONDITIONS (LTC)

LWC are commissioned to deliver IAPT as an integrated pathway with LTC management. Based on the results of the pilots, the conditions that were chosen to pilot the service with were Diabetes, COPD and Medically Unexplained Symptoms (MUS). The service continues to run successfully with 504 clients being treated during 2021/22. We remain the only commissioned organisation delivering this in the West Midlands.

Living Well UK

For the year ended 31 March 2022

Trustees' annual report

WALKING THERAPY

In 2021/22 LWC responded to client feedback requesting the option to receive IAPT/counselling whilst outdoors or walking. To meet those needs we employed three dedicated Walking Therapists. They provide sessions while walking with the person needing help around green spaces in Birmingham. The service has been very well received and often carries a waiting list. Since commencing the service mid-year, we have had nearly 90 people receive a course of treatment while walking. For IAPT this is the first service of its kind in the UK.

COGNITIVE BEHAVIOURAL THERAPY (CBT) AND PERSONAL TRAINING

To support an NHS drive to deliver innovation in Mental Health services we have created a pilot that provides people with CBT alongside the support of a qualified Personal Trainer. We currently employ one person in this service and are looking to expand in 2022/23.

11-16 COUNSELLING AND SUPPORT

As part of the FTB partnership we were asked to run a pilot that helped them with a growing waiting list of 11- 16 year olds who need counselling. We provided support for nearly 100 young people a month towards the end of the financial year (Jan to April) and the pilot has now been extended for further 12 months.

STEP 4

Step 4 is a bespoke model, created by LWC that supports complex Young People who have higher needs than IAPT can provide. Through this service we worked with nearly 450 people across 12 months. The model for Step 4 attracts wide interest and we expect it to continue to grow.

LISTENING SERVICE

In partnership with the NHS and consortium members we created an 'active listening' service for those for whom IAPT or other Mental Health services are not appropriate. The Service trains practitioner to provide up to 12 listening sessions to people who need somewhere to talk. In 2021/22, 564 people used this service.

HEALING CIRCLES

The Group introduced African Healing Circles (now referred to as 'Healing Circles') in collaboration with Consortium members in 2020/21. Healing Circles are a way to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health. This service has grown in 2021/22 and nearly 350 people have accessed the service.

COVID SITUATIONAL COUNSELLING

Throughout 2021/22, 489 people were seen for counselling as part of the COVID counselling service including 184 key workers. Mobilising the support of all Consortium members enabled referrals from the general public to be in treatment within two weeks, while key workers waited just 48 hours.

Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field)

IAPT WORKFORCE DEVELOPMENT

Through LWC contracts, the group holds one of the highest IAPT placements in the West Midlands with 28 IAPT trainees placed across the Consortium, endorsed and funded by Health Education England. LWC has gone further to increase IAPT capacity by self-funding additional trainee posts under the same National IAPT curriculum.

Living Well UK

For the year ended 31 March 2022

Trustees' annual report

In addition to trainees, and again through LWC, the group utilises around 65 IAPT qualified therapists that are directly employed by members of the Consortium enabling them to meet 100% of commissioned targets and service demand. LWC are one of the leading IAPT workforces in England. The Charity is proud that LWC finished 2021/22 with nine IAPT Graduates in Cognitive Behavioural Therapy High Intensity and ten Psychological Wellbeing Practitioners, all securing jobs within Consortium organisations following their university courses.

LWC has invested in clinical training programmes for its members to up-skill their staff and ensure service quality is of the highest standard throughout the course of the COVID-19 pandemic.

Providing grants to organisations in the mental health field

LIVING WELL UK GRANT SCHEME

In the previous financial year, under two investment strands, the group awarded grants for venue improvement and innovation with applications ranging from £500 up to £5,000. In 2020/21, the impact of the grants was realised, with 10% of consortium members receiving venue funding to improve their premises and 15% of consortium members receiving innovation funding to develop and try new ideas.

The impact of these grants continued to be seen through 2021/22 as the services funded began to show positive outcomes.

CHILDREN AND YOUNG PEOPLE'S GRANT FUNDED ACTIVITY

The group was also successful in securing funding from Birmingham City Council, Heart of England Community Foundation and BBC Children in Need to improve the wellbeing of children and young people. Working in partnership with Consortium members, the Charity delivered nature therapy, sports and creative activities, and one-to-one support for low intensity mental health needs such as anxiety and depression. 439 children and young people were supported through this partnership.

PROMOTION AND PARTNERSHIP

RUNNING THERAPY

In partnership with a specialist running charity, we have created a Running for Wellbeing course that people struggling with their Mental Health can attend. In 2021/22 over 200 people attended.

SOLIHULL MOORS

We entered a partnership with Solihull Moors Football Club, which led to them promoting and advertising our services to all their Junior and Senior football teams. This saw over 1000 players across Birmingham wearing kits supported by LWUK.

MOBILE VILLAGE

Alongside charity The Village we funded the creation of a Mobile Garden that can enable people at outreach events to have a place to come and chat about their Mental Health in a green environment.

Living Well UK

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Trustees' annual report

Beneficiaries of our services

There are two principal beneficiaries of the charitable group's services:

- Residents and people working in Birmingham and the West Midlands; and
- Member organisations of LWC

The primary beneficiaries of the services are those patients who have a GP in the area and who are referred or self-referred to LWC for primary care psychological therapies. In the year ended 31 March 2022, over 22,500 patients received services from LWC or its member organisations under NHS contracts in Birmingham and Solihull.

Member organisations receive business support, clinical governance and operational support from LWC and trading opportunities through contracts, which are managed by LWC.

LWC maintains a focus on supporting the Black, Asian and Minority Ethnic (BAME) community and the group is pleased that it was able to assist over 4,500 individuals from this community with treatment, as well as recommending the service to a friend or family.

LWC operated a Customer Satisfaction survey, with a response rate of 97% during the year, which was consistent with prior year. 95% of respondents recommended our service, had trust in our staff and felt involved during the process.

Financial review

The financial performance of the group shows income generated of £4,855k, and costs incurred of £4,958k. The unrestricted reserves of the group were £768k at the start of the year, and restricted reserves were £17k at the start of the year. LWUK had net outgoing resources of £160k, and LWC reported a net profit of £73k, thus resulting in net outgoing resources for the group of £104k, and total funds for the group of £681k at 31 March 2022. The unrestricted reserves of the group were £649k at the end of the year, and restricted reserves were £32k at the end of the year. This was broadly in line with expectations, against one scenario which forecast net group outgoing resources of £88k. There was no significant financial impact arising from the COVID-19 Coronavirus pandemic during the financial year.

The group had cash of £360k at 31 March 2022.

Principal sources of funds (including any fundraising)

In previous years, the principal source of funds for the group has arisen from the activities of LWC, and this remained the case for 2021/22. As noted in this report it remains the intention to continue to identify other sources of funds for the group which are expected to continue to play an important role in delivering the objectives of the group. During 2021/22, the group applied and was successful in qualifying for grant funding from several providers, with contributions as stated above.

Reserves policy and going concern

The Charity has a reserves policy to maintain reserves equivalent to at least three months of operating costs in cash reserves as activities continue to expand. The minimum reserves needed have been calculated at approximately £150,000, based on committed operational and overhead expenditure.

Owing to the Charity having relatively low levels of operating costs, but LWC with staffing and overhead commitments, the trustees believe that the group is in a good financial

For the year ended 31 March 2022

Trustees' annual report

position, with charitable unrestricted funds totalling £336k at 31 March 2022 (£455k at 31 March 2021), and group unrestricted funds of £649k at 31 March 2022 (£768k at 31 March 2021).

These reserves will continue to be utilised in future financial periods and the trustees review the reserves policy for the Charity on an annual basis, in particular the need for the group to hold cash reserves as activity continues to grow.

LWC also has an aim to hold its own cash reserves to cover three months of operating costs and to ensure that it has sufficient cash to manage any delays in receiving payments from customers.

In relation to going concern, the trustees have assessed the financial and operating outlook to identify any material uncertainties that impact on the charity's ability to continue operating. Looking at LWC, the trustees have looked at the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. They have looked at the likelihood of a loss of or delay in receiving funding as significant events may need to be cancelled, and have again concluded that most income (in LWC) is commissioned from NHS funded commitments. The trustees have also considered any pressures on working capital if there are delays in paying invoices or processing funding applications. LWC have in turn considered different budget scenarios and the effect of planned income not being received; the LWC business model is based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

Principal risks and uncertainties

Principal risk identified	Steps taken to mitigate
NHS commissioning is changing dramatically moving into 2022/23. The Clinical Commissioning Groups (CCG) which provide Mental Health funding are disbanding and becoming Integrated Bodies (ICB). This could mean that LWC will have a completely new set of commissioners/partners moving forward	Regular discussions continue with existing NHS commissioners regarding the changes and where LWC fit going forward. Key relationships are being built with leaders in the newly formed ICB The contracting business model of LWC enables the business to reduce direct costs to offset the loss of income. The quality of services we currently deliver is high so our data and history of delivery leads to a good reputation
LWC delivers services to a complex, multi-agency mental health system, and the quality of services provided by consortium members needs to reflect this. Presenting complexity of people needing services continues to rise adding risk and high need into a stretched system.	A substantial and multi-faceted training programme and clinical guidance is provided to member organisations. LWC continues to grow its qualified staff and has the highest number of Trainee practitioners in its history. LWC employs individuals to provide clinical oversight and support.

Trustees' annual report

Principal risk identified	Steps taken to mitigate
	A business support programme is offered to all providers and potential providers, to ensure that each business models based on sustainability. A Risk Register is in place to track high level incidents. The Trustee Board has identified the need for a Trustee with senior clinical experience and is attempting to recruit that role.
Provider members of LWC are unable to attract and retain qualified staff.	A programme of CPD continues to be implemented by the group to enable current employees of providers to retain their qualified practitioner status. Direct recruitment programmes continue to be undertaken by LWC to attract new practitioners for provider members. LWC has provided funding to help providers develop the clinical governance needed to support the recruitment and retention of staff. LWC is part of a regional staff Wellbeing work stream. This is enabling the system to look differently at staff retention. Workforce planning discussions continue with commissioners to ensure that the future workforce meets their planning assumptions. LWC has strengthened its links and partnerships with universities and other training institutions to enable the flow of qualified staff to grow. A new traineeship model is still being developed with Forward Thinking Birmingham (FTB), to create a sustainable training and employment pathway for people with lived experience.
New contract opportunities can provide clinical and financial risk.	New contract opportunities continue to be fully assessed to ensure the providers have the clinical capacity and skills to deliver the contract.

Trustees' annual report

Principal risk identified	Steps taken to mitigate
	The group provides support to enable providers to develop and grow New contract opportunities are modelled to ensure they are financially viable for the group and the delivery partners.
Delays in receipts from customers negatively impact cash flow.	LWC holding sufficient cash reserves to enable the business to manage its cash position should amounts be received after the due date; credit control procedures continue to be tightened in relation to chasing persistent debt.
The COVID-19 pandemic continues to impact the operation of the group, including its ability to deliver services to key beneficiaries; similarly, it may impact the financial sustainability of member organisations and providers. Financial sustainability of individual consortium members may impact on LWC's delivery of contracted services.	LWUK and LWC remain set up to be fully operational for remote workers. Home working arrangements for all staff are reviewed and co-ordinated by the management team. Website based support continues, including Live Chat to enable access to services for beneficiaries. Through annual audits of consortium members, financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.

Fundraising

The charity does not carry out external fundraising campaigns; during the year, costs of raising funds are related to advertising and marketing activity, promotional materials, and costs of attendance at events to promote charitable activities.

Plans for the future

The group intends to:

- Continue delivering innovative and effective services through generated funding from grants and trusts awarding organisations.
- Invite applications from potential members to become part of the Consortium.
- Provide funding to support innovation in the sector.

The group is committed to developing a vision that will allow us to take the lead in enabling the system to provide quicker, easier and simpler treatment at the point of need.

LWC intends to:

- Continue delivering Mental Health services across Birmingham and Solihull; alongside this there is a clear view to grow our delivery in other areas.
- Continue receiving funding for IAPT trainees, with 32 trainees confirmed for 2022/23 keeping us a key player in developing new staff for the Mental Health sector.
- Grow its IAPT delivery through providing more services closer to where people in communities need it.
- Grow its IAPT delivery by 15% in 2022/23

Living Well UK

For the year ended 31 March 2022

Trustees' annual report

Structure, governance and management

The organisation is a Charitable Incorporated Organisation (CIO) registered as a charity on 8 August 2018 in England and Wales. It is referred to within this report as 'the Charity'.

The Charity is constituted under a constitution document, agreed by members at a general meeting dated 3 December 2018.

All trustees give their time voluntarily and any expenses or remuneration reclaimed from the Charity are set out in note 6 to the accounts. The total amount reimbursed to Trustees during the year was £nil (2020/21: £nil).

Appointment of trustees

Trustees are appointed by election at the Annual General Meeting (AGM) of the Charity. Member organisations are asked to nominate suitable trustees and to complete a simple CV and nomination form. An election will occur at any AGM where the number of nominations exceeds the number of trustees retiring (and not seeking re-election).

Trustees retire on a 3-year cycle to ensure that there are continuing trustees on the Board and the aim is to attract two new trustees annually.

There was one new appointment to the Board of Trustees during the year; Richard Hadley (a former director of LWC) was appointed as a trustee to the Charity Board on 17 June 2021.

Trustee induction and training

The Charity recognises that the trustee role is critical to the successful functioning of the Charity and its trading subsidiary. To achieve this, it has an induction programme for new trustees; the Chair and Executive Assistant ensure that all new trustees are inducted to their role and understand the requirements of a charity trustee (as outlined by the Charity Commission). Additionally, the Executive Assistant manages the induction programme for the trustee and ensures that new trustees meet with appropriate staff and existing trustees and cover the items on the new trustee induction list.

Related parties and relationships with other organisations

As noted above, the Charity has a trading subsidiary, LWC which trades as Living Well Consortium (a company limited by guarantee, registered company number 07412677).

LWC is a membership body and works with and through its members to achieve its objects.

LWC delivers on contracts through services provided by various member bodies, including the provision of their staff to fulfil contracts across IAPT, FTB, LTC, Covid Situational Counselling, and, during part of 2021/22, Worcester Triage referrals and a Shropshire. Telford & Wrekin treatment and triage service.

A full list of the members and their activities can be found on the website at www.livingwellconsortium.com.

Remuneration policy for key management personnel

The Charity does not employ any staff, but LWC does. The pay and remuneration of all LWC key management personnel has been reviewed in consultation with third party legal advisors (Work Nest), and appropriate salary bandings were reset in accordance with national benchmarks.

For the year ended 31 March 2022

Trustees' annual report

Statement of responsibilities of the trustees

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the group's financial activities during the period and of its financial position at the end of the period.

In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditor

Sayer Vincent LLP was re-appointed as the Charity's auditor during the year and has expressed its willingness to continue in that capacity.

The trustees' annual report has been approved by the trustees on 31 January 2023 and signed on their behalf by

L McKiernan

Trustee

Independent auditor's report to the trustees of Living Well UK

Opinion

We have audited the financial statements of Living Well UK (the 'parent charity') and its subsidiary (the 'group') for the year ended 31 March 2022 which comprise the consolidated and parent charitable company statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group and parent charity's affairs as at 31 March 2022 and of the group's incoming resources and application of resources, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Living Well UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial

Independent auditor's report to the trustees of Living Well UK

statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements
- Sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group and the parent charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Independent auditor's report to the trustees of Living Well UK

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

For the year ended 31 March 2022

Independent auditor's report to the trustees of Living Well UK

Use of our report

This report is made solely to the parent charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the parent charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the parent charity and the parent charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed

31 January 2023

Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006.

For the year ended 31 March 2022

Consolidated Statement of Financial Activities

	Note	Unrestricted	Restricted	2021/22 Total	Unrestricted	Restricted	2020/21 Total
		£	£	£	£	£	£
Income from:							
Donations		-	-	-	30	-	30
Charitable activities	2						
Therapy Sessions		1,530,764	-	1,530,764	1,346,204	24,600	1,370,804
Counselling and Self-help		1,665,928	13,932	1,679,860	1,447,395	41,267	1,488,662
Support Services		61,523	53,333	114,856	649,925	109,910	759,835
Wellbeing Services		320,958	-	320,958	190,431	3,650	194,081
Social Prescribing		-	27,500	27,500	40,000	-	40,000
Other Income							
Contribution towards training		829,829	-	829,829	397,127	-	397,127
Local Outreach programmes		22,836	112,035	134,871	-	-	-
Miscellaneous income		216,111	-	216,111	11,600	-	11,600
Total income		4,647,949	206,800	4,854,749	4,082,711	179,427	4,262,138
Expenditure on:							
Raising funds	3	139,198	-	139,198	135,526	-	135,526
Charitable activities	3						
Therapy Sessions		1,395,966	-	1,395,966	1,386,263	43,928	1,430,191
Counselling and Self-help		1,557,288	58,388	1,615,676	1,054,966	51,291	1,106,257
Support Services		174,334	35,723	210,057	954,350	8,677	963,027
Wellbeing Services		519,909	-	519,909	177,010	20,051	197,061
Social Prescribing		83,936	6,652	90,588	10,972	36,939	47,911
Contribution towards training		888,473	-	888,473	454,223	-	454,223
Local Outreach programmes		7,625	90,886	98,511	9,531	1,883	11,414
Grants payable	4	-	-	-	25,341	-	25,341
Tax payable by subsidiaries	9	-	-	-	-	-	-
Total expenditure		4,766,729	191,649	4,958,378	4,208,182	162,769	4,370,951
Net movement in funds		(118,780)	15,151	(103,629)	(125,471)	16,658	(108,813)
Reconciliation of funds:							
Total funds brought forward	17	767,535	16,658	784,193	893,006	-	893,006
Total funds carried forward		648,755	31,809	680,564	767,535	16,658	784,193

Living Well UK

For the year ended 31 March 2022

Balance Sheets

	Note	The Group 2021/22	The charity 2021/22	The Group 2020/21	The charity 2020/21
Fixed assets:					
Tangible assets	10	8,459	-	15,385	-
Total non current assets		8,459	-	15,385	-
Current assets:					
Debtors	13	2,672,257	112,199	1,057,862	147,835
Cash at bank and in hand		360,355	336,226	528,700	340,554
		3,032,612	448,425	1,586,562	488,389
Liabilities:					
Creditors: amounts falling due within one year	14	2,360,507	80,494	817,754	16,826
Net current assets		672,105	367,931	768,808	471,562
Total net assets	16	680,564	367,931	784,193	471,562
Funds:					
Restricted income funds:					
Grant funded programmes	17	31,809	31,809	16,658	16,658
Unrestricted income funds:					
General funds		648,755	336,122	767,535	454,904
Total funds		680,564	367,931	784,193	471,562

Approved by the trustees on 31 January 2023 and signed on their behalf by

L McKiernan
Chair

Living Well UK

For the year ended 31 March 2022

Statement of cash flows

	2021/22	2021/22	2020/21	2020/21
	£	£	£	£
Cash flows from operating activities				
Net expenditure for the reporting period	(103,629)		(125,472)	
Depreciation charges	8,415		8,898	
(Increase)/decrease in debtors	(1,614,395)		(143,153)	
Increase/(decrease) in creditors	1,542,753		221,383	
Net cash used in operating activities		(166,856)		(38,345)
Cash flows from investing activities:				
Proceeds from disposal of fixed assets	444		475	
Purchase of fixed assets	(1,933)		(6,972)	
Net cash used in investing activities		(1,489)		(6,497)
Change in cash and cash equivalents in the year		(168,345)		(44,842)
Cash and cash equivalents at the beginning of the year		528,700		573,542
Cash and cash equivalents at the end of the year		360,355		528,700

Notes to the financial statements

1 Accounting policies

a) Statutory information

Living Well UK is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The registered office address is Avoca Court, 23 Moseley Road, Birmingham, B12 0HJ.

b) Basis of preparation

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The CIO was incorporated on 8 August 2018 and established control over its subsidiary Living Well Consortium) on 3 December 2018.

These financial statements consolidate the results of the Charity and its wholly owned subsidiary on a line-by-line basis. Transactions and balances between the Charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the Charity's balance sheet. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates.

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

None of the group's key sources of income have been negatively impacted since the COVID-19 Coronavirus outbreak, and the trustees believe there are reasonably secure income sources within the next reporting year.

For the year ended 31 March 2022

Notes to the financial statements

The trustees have assessed the financial and operating outlook to identify any material uncertainties that impact on the charity's ability to continue operating.

The trustees have looked at the overall financial sustainability due to the risk of a global economic downturn, which would be less impactful to LWC as there is a high level of NHS funded commitments. They have looked at the likelihood of a loss of or delay in receiving funding as significant events may need to be cancelled, and have again concluded that most income (in LWC) is commissioned from NHS funded commitments. The trustees have also considered any pressures on working capital if there are delays in paying invoices or processing funding applications. LWC have in turn considered different budget scenarios and the effect of planned income not being received; the LWC business model is based around commissioned activity, so most operational costs are related to operational income, and so reduction in income would be matched by a corresponding reduction in expenditure.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting year.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of supporting beneficiaries and undertaken to further the purposes of the group and their associated support costs

For the year ended 31 March 2022

Notes to the financial statements

- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

Categories for allocation of cost	Proportion of total cost
Raising Funds	2.8%
Therapy Sessions	28.2%
Counselling & Self-help	32.6%
Support Services	4.2%
Wellbeing Services	10.5%
Social Prescribing	1.8%
Training	17.9%
Local Outreach Programmes	2.0%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities.

j) Operating leases

Rental charges are charged on a straight-line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities.

Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

The depreciation rates in use are as follows:

Computer equipment	33.33% per annum, straight line (over three years)
Furniture and fixtures	33.33% per annum, straight line (over three years)

l) Investment in subsidiaries

Investment in subsidiaries is stated at cost.

Notes to the financial statements

m) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

p) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement.

For the year ended 31 March 2022

Notes to the financial statements

2 Income from charitable activities

	Unrestricted 2021/22	Restricted 2021/22	Total 2021/22	Unrestricted 2020/21	Restricted 2020/21	Total 2020/21
Income from all activities:						
	£	£	£	£	£	£
Therapy Sessions	1,530,764	-	1,530,764	1,346,204	24,600	1,370,804
Counselling and Self-help	1,665,928	13,932	1,679,860	1,447,395	41,267	1,488,662
Support Services	61,523	53,333	114,856	649,925	109,910	759,835
Wellbeing Services	320,958	-	320,958	190,431	3,650	194,081
Social Prescribing	-	27,500	27,500	40,000	-	40,000
Contribution towards training	829,829	-	829,829	397,127	-	397,127
Local outreach services	22,836	112,035	134,871	-	-	-
Miscellaneous income	216,111	-	216,111	11,600	-	11,600
Donations and legacies	-	-	-	30	-	30
	4,647,949	206,800	4,854,749	4,082,712	179,427	4,262,139
	Unrestricted 2021/22	Restricted 2021/22	Total 2021/22	Unrestricted 2020/21	Restricted 2020/21	Total 2020/21
Government contracts:	£	£	£	£	£	£
Birmingham and Solihull CCG IAPT KPI4, LTC and Covid-19 situational counselling	2,110,230	-	2,110,230	1,637,825	-	1,637,825
Birmingham Womens and Childrens NHS trust	1,429,858	-	1,429,858	1,346,204	-	1,346,204
Hereford & Worcester Triage	-	-	-	452,332	-	452,332
Midlands NHS ST&W Triage and referrals	18,217	-	18,217	197,593	-	197,593
Non-government contracts:						
Grant income	-	206,799	206,799	-	179,427	179,427
MIND FTB Funding	-	-	-	40,000	-	40,000
Donations and legacy	-	-	-	30	-	30
Invoiced income	34,776	-	34,776			
	3,593,081	206,799	3,799,880	3,673,984	179,427	3,853,411
	Unrestricted 2021/22	Restricted 2021/22	Total 2021/22	Unrestricted 2020/21	Restricted 2020/21	Total 2020/21
Other income:	£	£	£	£	£	£
Government contracts:						
Birmingham and Solihull Funded trainees	303,326	-	303,326	140,565	-	140,565
Health Education England Funded trainees	526,503	-	526,503	256,562	-	256,562
Non-government contracts:						
Kickstart, Respite care, Wellbeing and platform referrals	224,860	-	224,860	11,356	-	11,356
Profit from disposal of fixed assets	178	-	178	244	-	244
	1,054,867	-	1,054,867	408,727	-	408,727

Living Well UK

For the year ended 31 March 2022

Notes to the financial statements

3 Analysis of expenditure

2021/22	Charitable activities											
Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self-help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 6)	-	-	-	-	-	-	-	-	-	-	654,480	654,480
Payments to partners	-	1,156,462	1,338,476	174,018	429,512	75,046	736,039	81,609	-	-	-	3,991,162
Advertising and marketing	95,599	-	-	-	1,197	-	-	-	-	-	-	96,796
Staff expenses	19,718	-	-	-	-	-	-	-	-	-	-	19,718
Office expenses	-	-	-	-	-	-	-	-	-	-	165,601	165,601
Audit, accountancy and consultancy support	-	-	-	-	-	-	-	-	-	13,350	17,272	30,622
	115,317	1,156,462	1,338,476	174,018	430,709	75,046	736,039	81,609	-	13,350	837,353	4,958,379
Support costs	23,507	235,746	272,849	35,474	87,800	15,298	150,042	16,636	-	-	(837,353)	-
Governance costs	375	3,758	4,350	566	1,400	244	2,392	265	-	(13,350)	-	-
Total expenditure 2021/22	139,199	1,395,966	1,615,676	210,057	519,909	90,588	888,473	98,510	-	-	-	4,958,379

2020/21	Charitable activities											
Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self-help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 5)	-	55,523	15,033	51,443	-	-	-	-	-	-	421,072	543,071
Payments to partners	-	1,172,524	934,865	775,469	168,841	41,139	390,023	9,800	25,341	-	-	3,518,002
Advertising and marketing	51,795	-	-	-	368	-	-	-	-	-	-	52,163
Staff expenses	64,576	-	-	-	-	-	-	-	-	-	-	64,576
Office expenses	-	-	-	-	-	-	-	-	-	-	177,058	177,058
Audit, accountancy and consultancy support	-	-	-	-	-	-	-	-	-	12,700	3,383	16,083
	116,371	1,228,047	949,898	826,912	169,209	41,139	390,023	9,800	25,341	12,700	601,513	4,370,953
Support costs	18,759	197,965	153,126	133,301	27,277	6,632	62,873	1,580	-	-	(601,513)	-
Governance costs	396	4,180	3,233	2,814	576	140	1,327	33	-	(12,700)	-	-
Total expenditure 2020/21	135,526	1,430,192	1,106,257	963,027	197,062	47,911	454,223	11,413	25,341	-	-	4,370,953

Living Well UK

For the year ended 31 March 2022

Notes to the financial statements

4 Grant making activities

There were no grants awarded during 2021/22

Grant making activities	Grants to institutions	Total 2021/22	Grants to institutions	Total 2020/21
	£	£	£	£
Cost				
Innovations grants	-	-	-	-
Venues grants	-	-	-	-
Pilot scheme grants	-	-	-	-
Technology grants	-	-	30,840	30,840
Reclaim of grants made in prior year	-	-	(5,499)	(5,499)
At the end of the year	-	-	25,341	25,341
Grants awarded as follows:				
	Total 2021/22		Total 2020/21	
Recipient of grant award	Value		Value	
Better Pathways	-		2,500	
Birmingham MIND	-		2,500	
Change Birmingham Brief Therapy	-		2,500	
Disability Resource Centre	-		2,500	
icap	-		2,500	
Legacy WM	-		2,500	
Murray Hall Community Trust	-		2,500	
Spring to Life	-		2,500	
St Martin Centre for Health and Healing	-		2,500	
WAITS (Women Acting In Todays Socie	-		840	
Women's Consortium	-		2,500	
Bethel Health and Healing Network	-		2,500	
Our Roots	-		2,500	
	-		30,840	

The round of grants paid during 2020/21 were to support member organisations in the purchase of IT equipment to enable them to work remotely.

For the year ended 31 March 2022

Notes to the financial statements

5 Net expenditure for the reporting period

		2021/22	2020/21
		£	£
This is stated after charging/ (crediting):			
Depreciation		8,415	8,898
Operating lease rentals:			
Property		17,550	17,550
Other		624	624
Auditor's remuneration (excluding VAT):			
Audit		13,350	11,700
Other services		1,250	875

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2021/22	2020/21
	£	£
Salaries and wages	595,563	493,381
Social security costs	48,717	39,012
Employer's pension contribution	10,200	10,678
	654,480	543,071

Employees earning more than £60,000 during the year <i>(2020/21: none)</i>		
£60,001-£70,000	1	-
	1	-

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel was £172,435 (2020/21: £136,663)

The total amount paid to key management personnel under a consultancy agreement was £nil (2020/21: £nil)

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 31 (2020/21: 21).

The average number of employees Full Time Equivalent (FTE) head count based on number of staff employed during the year was 25 (2020/21: 19).

For the year ended 31 March 2022

Notes to the financial statements

8 Related party transactions

Related party transactions are all carried out at arms' length.

Amra Dautovic, (a Director of LWC) is also Managing Director of MyTime, linked to Richmond Fellowship, which provided services to LWC during the financial year; the total amount invoiced by Richmond Fellowship to LWC during the year totalled £232,606 (2020/21: £321,483). The amount owed by LWC to Richmond Fellowship at 31 March 2022 was £6,760 (at 31 March 2021: £129,487). The amount owed by LWUK to Richmond Fellowship at 31 March 2022 was £nil (at 31 March 2021: £nil).

Davy Hay, (a Trustee of Living Well UK) is a Director of Pattigift Therapy CIC (Pattigift), which provided services to LWC during the financial year; the amount invoiced from Pattigift Therapy CIC to LWC during the year totalled £119,085 (2020/21: £144,630). Pattigift Therapy CIC also received contributions paid by LWUK during 2021/22 for Healing Circles work; the total amount paid over was £35,000. The amount owed by LWC to Pattigift Therapy CIC at 31 March 2022 was £16,831 (at 31 March 2021: £7,589). The amount owed by LWUK to Pattigift Therapy CIC at 31 March 2021 was £nil (at 31 March 2020: £nil).

Martin Hogg, (a Director (and Chair) of Living Well Consortium) is also CEO of Citizen Coaching, which provided services to LWC during the financial year; the total amount invoiced from Citizen Coaching to LWC during the year totalled £861,306 (2020/21: £724,745). The amount owed by LWC to Citizen Coaching at 31 March 2022 was £69,858 (at 31 March 2021: £81,555). The amount owed by LWUK to Citizen Coaching at 31 March 2021 was £nil (at 31 March 2020: £nil).

Lovemore Masiane, (a Director of Living Well Consortium and a Trustee of Living Well UK) is associated with Our Roots CIC, which provided services to LWC during the financial year; the total amount invoiced from Our Roots CIC to LWC during the year totalled £1,575,816 (2020/21: £1,703,562). The amount owed by LWC to Our Roots CIC at 31 March 2022 was £130,636 (at 31 March 2020: £186,726). Our Roots CIC also received contributions paid by LWUK during 2021/22 for Healing Circles work; the total amount paid over was £15,000. The amount owed by LWUK to Our Roots at 31 March 2022 was £nil (at 31 March 2021: £nil).

Louise McKiernan, (a Trustee of Living Well UK, and a Director of Living Well Consortium) is CEO of Disability Resource Centre (DRC), which provided services to LWC during the financial year; the amount invoiced from DRC to LWC during the year totalled £15,110 (2020/21: £12,530). The amount owed by LWC to DRC at 31 March 2022 was £nil (at 31 March 2021: £nil). The amount owed by LWUK to DRC at 31 March 2022 was £nil (at 31 March 2021: £nil).

Ronald Owttrim, (a former director of Living Well Consortium), was also a named director of Health Exchange Limited (HEX), which provided services to LWC during the financial year; the amount invoiced from HEX to LWC during the year totalled £231,103 (2020/21: £402,767). The amount owed by LWC to HEX at 31 March 2022 was £nil (at 31 March 2021: £nil). The amount owed by LWUK to HEX at 31 March 2022 was £nil (at 31 March 2021: £nil). Aftab Rahman, (a Trustee of Living Well UK) is also associated with Legacy West Midlands; the total amount funded or invoiced from Legacy to LWUK during the year totalled £nil (2020/21: funding of £nil). The amount owed by LWC to Legacy WM at 31 March 2022 was £nil (at 31 March 2021: £nil). The amount owed by LWUK to Legacy WM at 31 March 2022 was £nil (at 31 March 2021: £nil).

For the year ended 31 March 2022

Notes to the financial statements

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties

9 Corporation Tax

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. LWC distributes available profits to the parent charity under Gift Aid.

10 Tangible Fixed Assets

	Computer equipment	Furniture and Fixtures	Total
	£	£	£
Cost			
At the start of the year	36,922	4,173	41,095
Additions in the year	1,933	-	1,933
Disposals in the year	(543)	-	(543)
At the end of the year	38,312	4,173	42,485
Depreciation			
At the start of the year	22,954	2,756	25,710
Charge for the year	7,399	1,016	8,415
Disposals in the year	(99)	-	(99)
At the end of the year	30,254	3,772	34,026
Net book value			
At the start of the year	13,968	1,417	15,385
At the end of the year	8,058	401	8,459

All fixed assets are held by the charity's trading subsidiary, LWC.

For the year ended 31 March 2022

Notes to the financial statements**11 Subsidiary Undertaking**

The Charity has control over the activities of Living Well Consortium Limited, a company registered in England. The company number is 07412677. The registered office address is 23 Moseley Road, Birmingham, B12 0HJ.

All activities have been consolidated on a line-by-line basis in the statement of financial activities.

Available profits may be distributed under Gift Aid to the parent charity.

The trustees Louise McKiernan, and Lovemore Masiane are also directors of the subsidiary, and the trustee Richard Hadley was also a director of the subsidiary before being appointed to the Charity Board in June 2021.

A summary of the results of the subsidiary for their full financial year is shown below:

	2021/22	2020/21
	£	£
Turnover	4,600,995	4,102,676
Cost of sales	(3,606,432)	(3,374,654)
Gross surplus	994,563	728,023
Administrative expenses	(921,509)	(827,400)
Surplus/(Deficit) on ordinary activities before interest and taxation	73,054	(99,377)
Profit on disposal of fixed assets	178	244
Interest receivable and similar income	-	-
Surplus/(Deficit) on ordinary activities before taxation	73,232	(99,133)
Taxation on profit on ordinary activities	-	-
Profit/(Loss) for the reporting period	73,232	(99,133)
Retained earnings		
Total retained earnings brought forward	312,627	411,760
Profit/(Loss) for the reporting period	73,232	(99,133)
Distribution under Gift Aid to parent charity	-	-
Total retained earnings carried forward	385,859	312,627

Notes to the financial statements

	2021/22	2020/21
	£	£
The aggregate of the assets, liabilities and reserves was:		
Assets	2,692,512	1,232,351
Liabilities	(2,306,653)	(919,724)
Reserves	385,859	312,627

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2021/22	2020/21
	£	£
Gross income	445,026	256,385
Result for the year	(160,205)	(26,340)

13 Debtors

	The group	The charity	The group	The charity
	2021/22	2021/22	2020/21	2020/21
	£	£	£	£
Trade debtors	2,363,945	11,300	860,529	-
Other debtors	165,362	5	59,653	29,010
Prepayments	142,950	1,025	137,680	32
Amounts owed from group undertakings	-	99,869	-	118,793
	2,672,257	112,199	1,057,862	147,835

14 Creditors: amounts falling due within one year

	The group	The charity	The group	The charity
	2021/22	2021/22	2020/21	2020/21
	£	£	£	£
Trade creditors	292,043	50,478	589,152	12,169
Taxation and social security	474,077	-	54,220	-
Accruals	273,394	15,392	156,937	3,669
Other creditors	489	489	989	989
Amounts owed to group undertakings	-	-	-	-
Deferred income	1,320,504	14,135	16,456	-
	2,360,507	80,494	817,754	16,826

For the year ended 31 March 2022

Notes to the financial statements

15 Deferred income

	The group	The charity	The group	The charity
	2021/22	2021/22	2020/21	2020/21
	£	£	£	£
Balance at the beginning of the year	16,456	-	8,646	-
Amount released to income in the year	(16,456)	-	(8,646)	-
Amount deferred in the year	1,320,505	14,135	16,456	-
Balance at the end of the year	1,320,505	14,135	16,456	-

Deferred income comprises contract income received in advance.

16 Analysis of group net assets between funds

	General unrestricted	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	8,459	-	8,459
Net current assets	640,296	31,809	672,105
Net assets at 31 March 2022	648,755	31,809	680,564
	General unrestricted	Restricted funds	Total funds
	£	£	£
<i>Tangible fixed assets</i>	<i>15,385</i>	<i>-</i>	<i>15,385</i>
<i>Net current assets</i>	<i>752,150</i>	<i>16,658</i>	<i>768,808</i>
<i>Net assets at 31 March 2021</i>	<i>767,535</i>	<i>16,658</i>	<i>784,193</i>

Living Well UK

For the year ended 31 March 2022

Notes to the financial statements

17 Movements in funds

	At 1 April 2021	Income & gains	Expenditure & losses	At 31 March 2022
	£	£	£	£
Restricted funds:				
Grant awards	16,658	206,800	(191,649)	31,809
Unrestricted funds:				
General funds	767,535	4,647,949	(4,766,729)	648,755
Total funds	784,193	4,854,749	(4,958,378)	680,564
	At 1 April 2020	Income & gains	Expenditure & losses	At 31 March 2021
	£	£	£	£
Restricted funds:				
Grant awards	-	179,427	(162,769)	16,658
Unrestricted funds:				
General funds	893,006	4,082,711	(4,208,182)	767,535
Total funds	893,006	4,262,138	(4,370,951)	784,193

Restricted funds include grant funding received for projects to be delivered during the year and continuing into 2022/23.

	At 1 April 2021	Income & gains	Expenditure & losses	Transfers	At 31 March 2022
	£	£	£	£	£
BBC Children in Need	-	53,333	(35,723)	-	17,610
National Lottery - Healing Circles	13,932	13,932	(58,388)	-	(30,524)
CAST and Good Things Foundation	2,727	18,750	(12,850)	-	8,627
BVSC and Street Games	-	90,491	(76,476)	-	14,015
Kickstart	-	27,500	(6,606)	-	20,894
Digikicks	-	2,794	(1,607)	-	1,187
Total funds	16,659	206,800	(191,650)	-	31,809

Birmingham City Council, BBC Children in Need, Childhood Trauma

These grants were used to help engage with Heart of England on a Young Person's provision for 11–24-year-olds. The grants were used to in delivering nature therapy, sports and creative activities with 1:1 support for low intensity mental health needs.

National Lottery - Healing Circles

A grant was awarded during 2020/21 and work continued to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health. The project was funded from reserves into 2021/22.

CAST and Good Things Foundation

This grant was used towards tackling inequalities in digital access, by providing equipment, and giving tutorials to help clients access websites for further wellbeing

Living Well UK

For the year ended 31 March 2022

Notes to the financial statements

services; a grant was used to help those without internet access or their own digital devices to complete the 2021 Online Census.

BVSC and Street Games

A grant was awarded to cover costs of running activities as part of the Holiday Activities Fund (HAF) – during the summer and winter school holidays in 2021 – a series of outdoor physical activity sessions were run each week.

Kickstart

Grants were awarded for placement of individuals on the government backed Kickstart scheme – supporting young people aged 18-25 with work placements within Consortium member organisations across the West Midlands for 6 months.

Digikicks

The Charity were engaged to support vulnerable adults with low and no digital skills to gain access to devices and training.

18 Operating lease commitments payable as a lessee

	Other	Property	Other	Property
	2021/22	2021/22	2020/21	2020/21
	£	£	£	£
The groups total future minimum lease payments under non-cancellable operating leases is as follows:				
Less than one year	624	35,550	624	17,550
Two to five years	2,028	-	2,652	-
	2,652	35,550	3,276	17,550

Accounts

Charity number: 1179472
Company number: CE014817

Living Well UK

Report and consolidated financial statements For the year ended 31 March 2021

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Living Well UK

For the year ended 31 March 2021

Reference and administrative information

Charity number	1179472
Country of registration	England & Wales
Registered office	Avoca Court 23 Moseley Road Birmingham B12 0HJ
Trustees	R Hadley (appointed 14 June 2021) D Hay L K Masiane L D McKiernan (Chair) A Rahman
Key management personnel	
Chief Executive Officer	B Howells
Chief Operating Officer	P Kwesiga
Finance Director	S Munday
Bankers	Unity Trust Bank 4 Brindley Place Birmingham B1 2JB
Solicitors	Hempsons Solicitors 100 Wood Street London EC2V 7AN
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor Invicta House 108-114 Golden Lane London EC1Y 0TL

Trustees' annual report

The trustees present their report and the audited financial statements for the year ended 31 March 2021.

Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the Charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

The objects of Living Well UK, the Charitable Incorporated Organisation (CIO) are the relief of sickness and preservation of health, with particular emphasis on mental health, in principally (but not exclusively) the Midlands, by:

- 1 Providing psychological therapy sessions, and providing counselling and self-help solutions;
- 2 Providing support services and wellbeing services, and social prescribing;
- 3 Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field);
- 4 Promoting research for the public benefit and to publish the useful results;
- 5 Providing grants to organisations in the mental health field.

The trustees review the aims, objectives and activities of the Charity each year.

This report looks at what the charitable group has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the organisation has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the Charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance

The trustees are proud of the various services provided by Living Well Consortium (LWC), and its own activities undertaken during 2020/21.

Providing psychological therapy sessions, and providing counselling and self-help solutions

IAPT (IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES)

IAPT provision is a core service for LWC, and it is a leading provider of this service in the West Midlands delivering services in Birmingham, Solihull, Sandwell, Worcestershire, and Shropshire.

IAPT HIGHLIGHTS

During 2020/21, over 10,000 clients were seen for 1 to 1 treatment through the IAPT provision. In addition to this, LWC successfully triaged/assessed over 12,000 clients, enabling them to access the treatment they needed.

For the year ended 31 March 2021

Trustees' annual report

Based on patient feedback surveys, over 90% of clients were extremely satisfied with the service that they received from LWC during 2020/21.

Waiting times national target is 75% of clients to be seen within six weeks; the LWC average is 94% of clients seen within six weeks.

Waiting times national target is 95% of clients to be seen within 18 weeks; the LWC average is 99% of clients seen within 18 weeks.

Moving to recovery target is 50% nationally; LWC have achieved an average of 52%.

Birmingham and Solihull and Sandwell and West Birmingham IAPT Service

This is one of the LWC core contracts; this high-volume service triaged 9,970 people and provided IAPT treatment to 4,301 people during 2020/21

Forward Thinking Birmingham (FTB)

Forward Thinking Birmingham (FTB) partnership comprised of statutory, VCS and independent sector organisations to collectively provide a dynamic approach to mental health services for children, young people and young adults (CYPYA) living within Birmingham. During 2020/21, LWC supported 4,906 CYPYA through this service.

Providing support services and wellbeing services, and social prescribing

IAPT and Long-Term Conditions (LTC)

LWC were commissioned to pilot delivering IAPT as an integrated pathway with LTC management based on the success of other pilots which have taken place in England. Based on the results of the pilots, the conditions that were chosen to pilot the service with were Diabetes, COPD and Medically Unexplained Symptoms (MUS). The pilot continues to be successful with 457 clients using the pathway during 2020/21.

Contributing towards training and qualifications of practitioners and therapists (providing education for organisations and professionals in the mental health field)

IAPT Workforce Development

Through LWC contracts, the Charity holds one of the highest IAPT placements in the West Midlands with 21 IAPT trainees placed across the Consortium, endorsed and funded by Health Education England. LWC has gone further to increase IAPT capacity by self-funding additional trainee posts under the same National IAPT curriculum.

In addition to trainees, and again through LWC, the Charity utilises around 65 IAPT qualified therapists that are directly employed by members of Consortium organisations enabling it to meet 100% of commissioned targets and service demand. LWC are one of the leading IAPT workforces in England. The Charity are proud that LWC finished the 2020/21 financial year with 8 IAPT Graduates in Cognitive Behavioural Therapy High Intensity and 8 Psychological Wellbeing Practitioners, all securing jobs within Consortium organisations following their university courses.

LWC has invested in clinical training programmes for its members to up-skill their staff and ensure service quality is of the highest standard throughout the course of the COVID-19 pandemic.

Trustees' annual report

Providing grants to organisations in the mental health field**LIVING WELL UK GRANT SCHEME**

In the previous financial year, under two investment strands, the Charity awarded grants for venue improvement and innovation with applications ranging from £500 up to £5,000. In 2020/21, the impact of the grants was realised, with 10% of consortium members receiving venue funding to improve their premises and 15% of consortium members receiving innovation funding to develop and try new ideas.

During the financial year 2020/21, the Charity awarded over £30,000 worth of grants to its members and organisations under a technology grant programme. These grants to consortium members aimed to improve their IT and supported over 40% of members with IT funding during COVID-19. This enabled providers to invest in their IT infrastructure, particularly important during COVID-19 as services were moved to online delivery models.

New Services in 2020/21**SHROPSHIRE, TELFORD AND WREKIN IAPT SERVICE**

During 2020/21, LWC were commissioned by the Midlands Partnership NHS Foundation Trust to deliver remote assessment for people living in Shropshire and remote treatment services for people living in Telford and Wrekin. Since June 2020 the service was very successful providing assessments for 2,437 people in Shropshire and providing treatment services to 289 people in Telford and Wrekin. All treatments were provided within the 18-week target.

COVID SUPPORT SERVICES

Like many organisations across the globe, LWC normal service was completely disrupted overnight with the introduction of COVID-19 social restrictions. Accustomed to running face-to-face support services and in-person therapies, the 'stay at home' advice meant that LWC operations, both internal and external, transitioned to an online platform, with remote working and virtual service delivery. At the same time, the demand for mental health support services increased significantly, amidst anxiety around health, low-mood and anxiety, and intense isolation. Swift decisions around technical and operational adaptations were made to ensure clients' treatment plans were maintained to the same quality, whilst ensuring they, and the staff, were safe. This resulted in the concept of the COVID-19 Situational Counselling Service. With additional training to specialise in COVID-19 and Long-COVID support, therapists were able to support and place clients on the right path to recovery. Through this service 539 people were seen for counselling including 124 key workers. Mobilising the support of all Consortium members enabled referrals from the general public to be in treatment within two weeks, while key workers waited just 48 hours.

IT'S OKAY CAMPAIGN

Responding to the unprecedented COVID-19 crisis and the resulting increased pressure on NHS services, the Third Sector rallied to find mental health solutions that could deliver outstanding support and timely interventions for those in need. Pooling the knowledge and capacity of Birmingham and Solihull (CCG), LWC, and Birmingham MIND, the partnership piloted a one-stop mental health helpline, the first of its kind nationally to bring together NHS and Third Sector resources. Consisting of a 24-hour phoneline, an instant messenger function, and an email service, this provision ensured the client journey was significantly simplified, despite the added pressure of running all support remotely. For the first time, clients could self-refer with a call, be instantly assessed and helped by trained therapists, and given a bespoke follow-on treatment plan. In creating a one-stop mental health helpline, the partners established a streamlined way for people to access rapid mental health support, regardless of case severity. Designed to be suitable for mild

Trustees' annual report

worries and befriending services, through to triage-support and crisis intervention: the 24/7 one-stop mental health helpline offered a solution for those struggling, while reducing pressure on under-resourced GPs and A&E departments. As the aim of the collaborative campaign was to broaden awareness of the provision in Birmingham and Solihull, the key indicator of results was any increase in the volume of calls to the helpline, number of emails sent, and number of Live Chats started. In the first full week that the multi-channel campaign was live, unique calls passed 400 for the first time since its launch in March, with 418 calls; and by the third week, calls to the helpline were over 500, with 525 calls being made in total. The total call numbers increased from 1,466 in December 2020 to 2,074 in January 2021. A great spread of regional coverage was achieved, resulting in 10 pieces of coverage in the month, including online news sites and on-air radio interviews. The campaign saw a total media reach of 290,000 across titles with a combined monthly circulation of over 9 million. Overall, the campaign received very positive feedback (both internally and externally), raised awareness, and most importantly drove calls and action. Since January 2021, weekly call numbers have consistently stayed over 400.

NATIONAL LOTTERY COMMUNITY FUND REACHING COMMUNITIES PROJECT

With COVID-19 bringing about national social restrictions, the Charity wanted to ensure clients had access to wellbeing support during uncertain times. Being in lockdown meant people could not operate the same activities as previously, such as socialising with others and going to the gym to improve physical health. The Charity looked at how it could reach clients whilst at home. This led to the introduction of LWC Online Therapy Room. Funded by the National Lottery Community Fund's Reaching Communities Programme, the Charity was able to deliver weekly online wellbeing sessions, such as Yoga, Pilates, Fitness & Exercise and Mindfulness and since launching, the service has reached over 3,000 clients. A Live Chat feature was introduced on the website. Funded by Tesco Bags of Help COVID-19 Community Fund, the Charity has been able to interact with clients by enabling them to make enquiries with the administrative team via the website. During 2020/21, 25,617 such Live Chats took place with clients.

THE GOOD THINGS FOUNDATION FUNDING

The growing transition to online platforms brought about by COVID-19 starkly highlighted the digital divide with many clients facing digital exclusion. After securing funding from Good Things Foundation, The Charity worked alongside Consortium members to provide 10 digital devices to clients who did not have access to internet ready devices and lacked digital skills. Clients were given tutorials on using the device and how to use the internet to access further wellbeing information and advice including the NHS.UK, Birmingham City Council services, Living Well UK, and Police websites. After realising the importance of digital inclusion, the Charity was also successful in receiving funding to support Census 2021 delivery also through Good Things Foundation. As the 2021 Census was online, the Charity's support service offered those without internet access, digital devices, or knowledge, the opportunity to attend onsite sessions to complete the Census with guidance and assistance from trained staff. Over the 9-week delivery period, the Charity was able to support over 150 people.

CHILDREN AND YOUNG PEOPLE'S GRANT FUNDED ACTIVITY

The Charity was also successful in securing funding from Birmingham City Council, Heart of England Community Foundation and BBC Children in Need to improve the wellbeing of children and young people. Working in partnership with Consortium members, the Charity was able to deliver nature therapy, sports and creative activities, and one-to-one support for low intensity mental health needs such as anxiety and depression. The number of children and young people supported through this partnership is 572.

Trustees' annual report

NATIONAL LOTTERY COMMUNITY FUND'S REACHING COMMUNITIES PROJECT - AFRICAN HEALING CIRCLES

The Charity introduced African Healing Circles, in collaboration with Consortium members. African Healing Circles are a way to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health. Funded by the National Lottery Community Fund Reaching Communities Programme, this alternative form of therapy has been delivered to over 612 individuals. The Charity is looking to continue to pilot new ways of providing mental health support to people who need it.

Beneficiaries of our services

There are two principal beneficiaries of the charitable group's services:

- Residents and people working in Birmingham and the West Midlands; and
- Member organisations of LWC

The primary beneficiaries of the services are those patients who have a GP in the area and who are referred or self-refer to LWC for primary care psychological therapies. In the year ended 31 March 2021, over 21,000 patients received services from LWC or its member organisations under contracts with NHS organisations in Birmingham, Sandwell and Worcestershire.

Member organisations receive business support, clinical governance and operational support from LWC and trading opportunities through contracts, which are managed by LWC.

LWC maintains a focus on supporting the Black, Asian and Minority Ethnic (BAME) community and the Charity is pleased that it was able to assist over 2,500 individuals from this community with treatment, as well as recommending the service to a friend or family.

LWC operated a Customer Satisfaction survey, with a response rate of 97% during the year, which was consistent with prior year. 95% of respondents recommended our service, had trust in our staff and felt involved during the process.

Financial review

The financial performance of the group shows income generated of £4,262,138, and costs incurred of £4,370,952. The unrestricted reserves of the group were £893,006 at the start of the year, and restricted reserves were £nil at the start of the year. LWUK had net outgoing resources of £26,340, and LWC reported a net loss of £99,133, thus resulting in net outgoing resources for the group of £108,813, and total funds for the group of £784,193 at 31 March 2021. The unrestricted reserves of the group were £767,535 at the end of the year, and restricted reserves were £16,658 at the end of the year. This was broadly in line with expectations, against one scenario which budgeted net outgoing resources of £121,424. There was no significant financial impact arising from the COVID-19 Coronavirus pandemic during the financial year.

The group had cash of £528,700 at 31 March 2021.

Principal sources of funds (including any fundraising)

In previous years, the principal source of funds for the Charity has arisen from the activities of LWC, and this remained the case for 2020/21. As noted in this report it remains the intention to continue to identify other sources of funds for the Charity which are expected to play an important role in delivering the objectives of the Charity. During 2020/21, the

Trustees' annual report

Charity applied and was successful in qualifying for grant funding from several providers, with contributions as stated above.

Reserves policy and going concern

The Charity has a reserves policy to maintain reserves equivalent to at least three months of operating costs in cash reserves as activities continue to expand. The minimum reserves needed have been calculated at approximately £150,000, based on committed operational and overhead expenditure. Owing to the Charity having relatively low levels of operating costs, but LWC with staffing and overhead commitments, the trustees believe that the group is in a good financial position, with charitable unrestricted funds totalling £454,904 at 31 March 2021 (£481,243 at 31 March 2020).

These reserves will continue to be utilised in future financial periods and the trustees will review the reserves policy for the Charity on an annual basis, in particular the need for the Charity to hold cash reserves as activity continues to grow.

LWC also has an aim to hold its own cash reserves to cover three months of operating costs and to ensure that it has sufficient cash to manage any delays in receiving payments from customers.

The group had unrestricted reserves totalling £767,534 at 31 March 2021 (£893,006 at 31 March 2020), and restricted reserves totalling £16,658 at 31 March 2021 (£nil at 31 March 2020).

Principal risks and uncertainties

Principal risk identified	Steps taken to mitigate
The contracting arrangements with the NHS commissioners are typically annual renewable contracts, which could therefore not be renewed and result in the income reducing significantly. Changes to the structure within Commissioners could lead to changes to income received.	Regular discussions continue with NHS commissioners regarding the quality of services provided and to identify potential changes to the services. Discussions remain ongoing with the two key contractors, to move to multi-year contracting to enable effective workforce planning. The contracting business model of LWC enables the business to reduce direct costs to offset the loss of income.
LWC delivers services to a complex, multi-agency mental health system, and the quality of services provided by consortium members needs to reflect this.	Detailed analysis continues with commissioners, to review the level of clinical risk and the effectiveness of risk management with providers (either a desk review or a real case), leading to a clinical audit of provider organisations (to be repeated in 2021). A substantial and multi-faceted training programme and clinical guidance is provided to member organisations.

Trustees' annual report

Principal risk identified	Steps taken to mitigate
	LWC employs individuals to provide clinical oversight and support. A business support programme is offered to all providers and potential providers, to ensure that each business models on the basis of sustainability. A Risk Register is in place to track high level incidents. The Trustee Board has identified the need for a Trustee with senior clinical experience and is attempting to recruit that role.
Provider members of LWC are unable to attract and retain qualified staff.	A programme of CPD continues to be implemented by the Charity to enable current employees of providers to retain their qualified practitioner status. Direct recruitment programmes continue to be undertaken by LWC to attract new practitioners for provider members. LWC has provided funding to help providers develop the clinical governance needed to support the recruitment and retention of staff. Workforce planning discussions continue with commissioners to ensure that the future workforce meets their planning assumptions. Business modelling continues to be undertaken on each contract to ensure that the contract is financially sustainable at an individual practitioner level. A new traineeship model is still being developed with Forward Thinking Birmingham (FTB), to create a sustainable training and employment pathway for people with lived experience.
New contract opportunities can provide clinical and financial risk.	New contract opportunities continue to be fully assessed to ensure that the providers have the clinical capacity and skills to deliver the contract.

Trustees' annual report

Principal risk identified	Steps taken to mitigate
	The Charity provides support to enable providers to develop and grow New contract opportunities are modelled to ensure they are financially viable for the Charity and the delivery partners.
Delays in receipts from customers negatively impact cash flow.	LWC holding sufficient cash reserves to enable the business to manage its cash position should amounts be received after the due date; credit control procedures continue to be tightened in relation to chasing persistent debt.
The COVID-19 Coronavirus pandemic continues to impact the operation of the group, including its ability to deliver services to key beneficiaries; similarly it may impact the financial sustainability of member organisations and providers. Financial sustainability of individual consortium members may impact on LWC's delivery of contracted services.	LWUK and LWC remain set up to be fully operational for remote workers. Home working arrangements for all staff are reviewed and co-ordinated by the management team. Website based support continues, including LiveChat to enable services to continue to reach beneficiaries. Through annual audits of consortium members, financial sustainability is covered, including the requirement for their own reserves to be at acceptable levels.

Fundraising

The Charity does not currently carry out any fundraising activities.

Plans for the future

The Charity intends to continue delivering innovative and effective services through winning funding from organisations that provide grants and trusts funding.

The Charity intends to continue to invite applications from potential members to become part of the Consortium.

The Charity intends to continue to provide funding to support innovation in the sector.

LWC intends to continue to deliver Mental Health services across Birmingham and Solihull; alongside this there is a clear view to grow our delivery in other areas.

LWC continues to receive funding for IAPT trainees, with 16 trainees confirmed for 2021/22 so enabling it to stay a key player in developing new staff for the Mental Health sector.

LWC intends to grow its IAPT delivery through providing more services closer to where people in communities need it.

Structure, governance and management

The organisation is a Charitable Incorporated Organisation (CIO) registered as a charity on 8 August 2018 in England and Wales. It is referred to within this report as 'the Charity'.

The Charity is constituted under a constitution document, agreed by members at a general meeting dated 3 December 2018.

Trustees' annual report

All trustees give their time voluntarily and any expenses or remuneration reclaimed from the Charity are set out in note 6 to the accounts. The total amount reimbursed to Trustees during the year was £nil (2019/20: £nil).

Appointment of trustees

Trustees are appointed by election at the Annual General Meeting (AGM) of the Charity. Member organisations are asked to nominate suitable trustees and to complete a simple CV and nomination form. An election will occur at any AGM where the number of nominations exceeds the number of trustees retiring (and not seeking re-election).

Trustees retire on a 3-year cycle to ensure that there are continuing trustees on the Board and the aim is to attract two new trustees annually.

There were no new appointments to the Board of Trustees during the year. However, since the year-end, Richard Hadley (a former director of LWC) has been appointed as a trustee to the Charity Board.

Trustee induction and training

The Charity recognises that the trustee role is critical to the successful functioning of the Charity and its trading subsidiary. To achieve this, it has an induction programme for new trustees; the Chair and Executive Assistant ensure that all new trustees are inducted to their role and understand the requirements of a charity trustee (as outlined by the Charity Commission). Additionally, the Executive Assistant manages the induction programme for the trustee and ensures that new trustees meet with appropriate staff and existing trustees and cover the items on the new trustee induction list.

Related parties and relationships with other organisations

As noted above, the Charity has a trading subsidiary, LWC which trades as Living Well Consortium (a company limited by guarantee, registered company number 07412677).

LWC is a membership body and works with and through its members to achieve its objects.

LWC delivers on contracts through services provided by various member bodies, including the provision of their staff to fulfil contracts across IAPT, FTB, LTC, and, during 2020/21, Worcester Triage referrals and a Shropshire, Telford & Wrekin treatment and triage service.

A full list of the members and their activities can be found on the website at www.livingwellconsortium.com.

Remuneration policy for key management personnel

The Charity does not employ any staff, but LWC does. The pay and remuneration of all LWC key management personnel has been reviewed in consultation with third party legal advisors (Ellis Whittam), and appropriate salary bandings were reset in accordance with national benchmarks.

Trustees' annual report

Statement of responsibilities of the trustees

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the Charity's financial activities during the period and of its financial position at the end of the period.

In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditor

Sayer Vincent LLP was re-appointed as the Charity's auditor during the year and has expressed its willingness to continue in that capacity.

The trustees' annual report has been approved by the trustees on 31 January 2022 and signed on their behalf by

L McKiernan

Trustee

Living Well UK

For the year ended 31 March 2021

Independent auditor's report to the trustees of Living Well UK

Opinion

We have audited the financial statements of Living Well UK (the 'the parent charity') for the year ended 31 March 2021 which comprise the consolidated statement of financial activities, the group and parent charity balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group and parent charity's affairs as at 31 March 2021 and of the group's incoming resources and application of resources, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Living Well UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to

Independent auditor's report to the trustees of Living Well UK

be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements
- Sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group and the parent charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material

Independent auditor's report to the trustees of Living Well UK

misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Living Well UK

For the year ended 31 March 2021

Independent auditor's report to the trustees of Living Well UK

Use of our report

This report is made solely to the parent charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the parent charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the parent charity and the parent charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

31 January 2021

Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

For the year ended 31 March 2021

Consolidated Statement of Financial Activities (incorporating an income and expenditure account)

	Note	Unrestricted	Restricted	2020/21	Unrestricted	Restricted	2019/20
				Total	Total	Total	Total
		£	£	£	£	£	£
Income from:							
Donations and legacies		30	-	30	-	-	-
Charitable activities	2						
Therapy Sessions		1,346,204	24,600	1,370,804	1,812,000	-	1,812,000
Counselling and Self-help		1,447,395	41,267	1,488,662	867,620	-	867,620
Support Services		649,925	109,910	759,835	477,577	-	477,577
Wellbeing Services		190,431	3,650	194,081	73,473	-	73,473
Social Prescribing		40,000	-	40,000	-	-	-
Other Income							
Contribution towards training		397,126	-	397,126	149,775	-	149,775
Miscellaneous income		11,600	-	11,600	24,662	-	24,662
Net assets acquired from subsidiary		-	-	-	-	-	-
Total income		4,082,711	179,427	4,262,138	3,405,107	-	3,405,107
Expenditure on:							
Raising funds	3	135,526	-	135,526	110,215	-	110,215
Charitable activities	3						
Therapy Sessions		1,386,263	43,928	1,430,191	1,710,552	-	1,710,552
Counselling and Self-help		1,054,966	51,291	1,106,257	934,543	-	934,543
Support Services		954,350	8,677	963,027	508,163	-	508,163
Wellbeing Services		177,010	20,051	197,061	92,252	-	92,252
Social Prescribing		10,972	36,939	47,911	-	-	-
Contribution towards training		454,223	-	454,223	75,144	-	75,144
Local Outreach programmes		9,531	1,883	11,414	14,184	-	14,184
Grants payable	4	25,341	-	25,341	29,085	-	29,085
Tax payable by subsidiaries	9	-	-	-	-	-	-
Total expenditure		4,208,182	162,769	4,370,951	3,474,138	-	3,474,139
Net movement in funds		(125,471)	16,658	(108,813)	(69,031)	-	(69,031)
Reconciliation of funds:							
Total funds brought forward	17	893,006	-	893,006	962,037	-	962,037
Total funds carried forward		767,535	16,658	784,193	893,006	-	893,006

Living Well UK

For the year ended 31 March 2021

Balance Sheets

	Note	The Group 2020/21	The charity 2020/21	The Group 2019/20	The charity 2019/20
Fixed assets:					
Tangible assets	10	15,385	-	17,787	-
Total non current assets		15,385	-	17,787	-
Current assets:					
Debtors	13	1,057,862	147,835	914,709	-
Cash at bank and in hand		528,700	340,554	573,542	507,533
		1,586,562	488,389	1,488,251	507,533
Liabilities:					
Creditors: amounts falling due within one year	14	817,754	16,827	613,032	26,290
Net current assets		768,808	471,562	875,219	481,243
Total net assets	16	784,193	471,562	893,006	481,243
Funds:					
Restricted income funds:					
Grant funded programmes	17	16,658	16,658	-	-
Unrestricted income funds:					
General funds		767,535	454,904	893,006	481,243
Total funds		784,193	471,562	893,006	481,243

Approved by the trustees on 31 January 2022 and signed on their behalf by

L D McKiernan
Chair

Living Well UK

For the year ended 31 March 2021

Consolidated statement of cash flows

	2020/21	2020/21	2019/20	2019/20
	£	£	£	£
Cash flows from operating activities				
Net expenditure for the reporting period	(125,472)		(69,031)	
Depreciation charges	8,898		5,697	
(Increase)/decrease in debtors	(143,153)		(400,422)	
Increase/(decrease) in creditors	221,383		194,623	
Net cash used in operating activities		(38,344)		(269,133)
Cash flows from investing activities:				
Proceeds from disposal of fixed assets	475		-	
Purchase of fixed assets	(6,972)		(12,986)	
Net cash used in investing activities		(6,497)		(12,986)
Change in cash and cash equivalents in the year		(44,841)		(282,119)
Cash and cash equivalents at the beginning of the year		573,542		855,661
Cash and cash equivalents at the end of the year		528,700		573,542

Notes to the financial statements

1 Accounting policies

a) Statutory information

Living Well UK is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The registered office address is Avoca Court, 23 Moseley Road, Birmingham, B12 0HJ.

b) Basis of preparation

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The CIO was incorporated on 8 August 2018 and established control over its subsidiary Living Well Consortium) on 3 December 2018.

These financial statements consolidate the results of the Charity and its wholly owned subsidiary on a line-by-line basis. Transactions and balances between the Charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the Charity's balance sheet.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

None of the group's key sources of income have been negatively impacted during the COVID-19 Coronavirus outbreak, and the trustees believe there are reasonably secure income sources within the next reporting year.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting year.

For the year ended 31 March 2021

Notes to the financial statements

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

g) Fund accounting

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of supporting beneficiaries and undertaken to further the purposes of the group and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

Categories for allocation of cost	Proportion of total cost
• Raising funds	3.1%
• Therapy Sessions	32.7%
• Counselling & Self-help	25.3%
• Support Services	22.0%
• Wellbeing Services	4.5%
• Social Prescribing	1.1%
• Training	10.4%
• Local Outreach programmes	0.3%
• Grants payable	0.6%

For the year ended 31 March 2021

Notes to the financial statements

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities.

j) Operating leases

Rental charges are charged on a straight-line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer equipment 33.33% per annum, straight line (over three years)
- Furniture and fixtures 33.33% per annum, straight line (over three years)

l) Investment in subsidiaries

Investment in subsidiaries is at stated at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

p) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement.

Notes to the financial statements

2 Income from charitable activities

	Unrestricted 2020/21	Restricted 2020/21	Total 2020/21	Unrestricted 2019/20
Income from all activities:				Total
	£	£	£	£
Therapy Sessions	1,346,204	24,600	1,370,804	1,812,000
Counselling and Self-help	1,447,395	41,267	1,488,662	867,620
Support Services	649,925	109,910	759,835	477,577
Wellbeing Services	190,431	3,650	194,081	73,473
Social Prescribing	40,000	-	40,000	-
Contribution towards training	397,127	-	397,127	149,774
Miscellaneous income	11,600	-	11,600	-
Donations and legacies	30	-	30	-
	4,082,712	179,427	4,262,139	3,380,445

Note 2				
Income from Charitable activities:				
	Unrestricted	Restricted	Total 2020/21	Unrestricted 2019/20
				Total
	£	£	£	£
Government contracts:				
Birmingham and Solihull CCG IAPT KPI4, LTC and Covid-19 situational counselling	1,637,825	-	1,637,825	941,093
Birmingham Womens and Childrens NHS trust FTB	1,346,204	-	1,346,204	1,812,000
Hereford & Worcester Triage	452,332	-	452,332	477,577
Midlands NHS ST&W Triage and referrals	197,593	-	197,593	-
Non-government contracts:				
Grant income	-	179,427	179,427	-
MIND FTB Funding	40,000	-	40,000	-
Donations and legacy	30	-	30	-
	3,673,984	179,427	3,853,411	3,230,670

	Unrestricted	Restricted	Total 2020/21	Unrestricted 2019/20
Other income:				Total
	£	£	£	£
Government contracts:				
Birmingham and Solihull Funded trainees	140,565	-	140,565	0
Health Education England Funded trainees	256,562	-	256,562	149,775
Non-government contracts:				
Miscellaneous income	11,356	-	11,356	24,000
Profit from disposal of fixed assets	244	-	244	-
Investment income	-	-	-	662
	408,727	-	408,727	174,437

For the year ended 31 March 2021

Notes to the financial statements

3 Analysis of expenditure

2020/21		Charitable activities										
Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self-help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 5)	-	55,523	15,033	51,443	-	-	-	-	-	-	421,072	543,071
Payments to partners	-	1,172,524	934,865	775,469	168,841	41,139	390,023	9,800	25,341	-	-	3,518,002
Advertising and marketing	51,795	-	-	-	368	-	-	-	-	-	-	52,163
Staff expenses	64,576	-	-	-	-	-	-	-	-	-	-	64,576
Office expenses	-	-	-	-	-	-	-	-	-	-	177,058	177,058
Audit, accountancy and consultancy support	-	-	-	-	-	-	-	-	-	12,700	3,383	16,083
	116,371	1,228,047	949,898	826,912	169,209	41,139	390,023	9,800	25,341	12,700	601,514	4,370,951
Support costs	18,759	197,965	153,127	133,301	27,277	6,632	62,873	1,580	-	-	(601,514)	-
Governance costs	396	4,179	3,233	2,815	576	140	1,327	34	-	(12,700)	-	-
Total expenditure 2020/21	135,526	1,430,191	1,106,258	963,028	197,062	47,911	454,223	11,414	25,341	-	-	4,370,951

2019/20		Charitable activities										
Analysis of expenditure	Raising funds	Therapy Sessions	Counselling and Self-help	Support Services	Wellbeing Services	Social Prescribing	Training	Local Outreach programmes	Grants payable	Governance costs	Support costs	Total
	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 5)	-	-	-	-	-	-	-	-	-	-	363,926	363,926
Payments to partners	-	1,398,461	768,863	418,073	73,934	-	61,822	11,670	29,085	-	-	2,761,908
Advertising and marketing	20,887	-	-	-	1,964	-	-	-	-	-	-	22,851
Staff expenses	69,789	-	-	-	-	-	-	-	-	-	-	69,789
Office expenses	-	-	-	-	-	-	-	-	-	-	161,307	161,307
Audit, accountancy and consultancy support	-	-	-	-	-	-	-	-	-	94,358	-	94,358
	90,676	1,398,461	768,863	418,073	75,898	-	61,822	11,670	29,085	94,358	525,233	3,474,138
Support costs	16,564	264,562	140,448	76,370	13,864	-	11,293	2,132	-	-	(525,233)	-
Governance costs	2,976	47,529	25,232	13,720	2,491	-	2,029	383	-	(94,358)	-	-
Total expenditure 2019/20	110,215	1,710,552	934,543	508,163	92,252	-	75,144	14,184	29,085	-	-	3,474,138

Notes to the financial statements

4 Grant making activities

During the year, the charity made grant award offers to consortium members.

	Grants to institutions	Total 2020/21	Total 2019/20
	£	£	£
Cost			
Innovations grants	-	-	22,700
Venues grants	-	-	1,500
Pilot scheme grants	-	-	4,885
Technology grants	30,840	30,840	-
Reclaim of grants made in prior year	(5,499)	(5,499)	-
At the end of the year	<u>25,341</u>	<u>25,341</u>	<u>29,085</u>

Technology grants (each in the sum of £2,500 paid as bank transfer) were awarded to Better Pathways, Birmingham MIND, Change Birmingham Brief Therapy, Disability Resource Centre, icap, Legacy WM CIC, Murray Hall Community Trust, Spring to Life, St Martin Centre for Health and Healing, and Women's Consortium.

Technology grants (in the sum of £2,500 in the form of IT equipment purchased) were awarded to Bethel Health and Healing Network, and Our Roots.

A technology grant (in the sum of £840 paid as bank transfer) was awarded to WAITS (Women Acting in Today's Society).

In the prior year, Innovations grants were awarded to Karis Neighbour Scheme £391; Legacy WM CIC £4,400; Newman University £4,910; Pattigift £4,999; Sifa Fire Side £5,000, and Spring to Life £3,000. Venues grants were awarded to Citizen Coaching £500; Pattigift £500, and Sport 4 Life UK £500. A pilot grant was awarded to Change Brief Therapy of £4,885. The grants awarded to Pattigift in 2019/20 were subsequently reclaimed during 2020/21.

Notes to the financial statements**5 Net expenditure for the reporting period**

	2020/21	2019/20
	£	£
This is stated after charging:		
Depreciation	8,898	5,697
Operating lease rentals:		
Property	17,550	17,550
Other	624	-
Auditor's remuneration (excluding VAT):		
Audit	11,700	11,500
Other services	875	875
	<u> </u>	<u> </u>

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2020/21	2019/20
	£	£
Salaries and wages	493,381	332,917
Social security costs	39,012	25,383
Employer's pension contribution	10,678	5,626
	<u>543,071</u>	<u>363,926</u>

No employee earned more than £60,000 during the year (2019/20: none).

No trustees earned any remuneration during the year (2019/20: none). Trustees were reimbursed a total of £nil during the year (2019/20: £nil).

The total value of employee benefits (including pension contributions and employer's national insurance) of the key management personnel was £136,663 (2019/20: £63,882).

The total amount paid to key management personnel under a consultancy agreement was £nil (2019/20: £18,600).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 21 (2019/20: 15).

Notes to the financial statements

8 Related party transactions

Related party transactions are all carried out at arms' length.

Graham Beaumont was a Director of Living Well Consortium Limited during the previous financial year and is also a Director of Initiative for Social Entrepreneurs (ISE) CIC. Living Well Consortium Limited's office lease is with ISE CIC; the rent charged for 2020/21 was £17,550 (2019/20 financial year: £17,550). The amount owed by Living Well Consortium Limited to ISE CIC at 31 March 2021 was £5,265 (at 31 March 2020: £10,722). Graham Beaumont is also a director and secretary of Knowledge Plus Consultancy Limited which provided executive support to Living Well Consortium Limited during the current financial year; the amount charged by that Company for the 2020/21 financial year was £600 (2019/20: £25,800). The amount owed by Living Well Consortium Limited to Knowledge Plus Consultancy Limited at 31 March 2021 was £nil (at 31 March 2020: £1,264). The amounts owed by Living Well UK to ISE CIC and Knowledge Plus Consultancy at 31 March 2021 were £nil (at 31 March 2020: £nil).

Amra Dautovic, a Director of Living Well Consortium Limited, is also Managing Director of MyTime, linked to Richmond Fellowship, a Company which provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £321,483 (2019/20: £198,239). The amount owed by Living Well Consortium Limited to Richmond Fellowship at 31 March 2021 was £129,487 (at 31 March 2020: £64,680). The amount owed by Living Well UK to Richmond Fellowship at 31 March 2021 was £nil (at 31 March 2020: £nil).

Richard Hadley, a former Director of Living Well Consortium Limited during the year and now a Trustee of Living Well UK, is an independent consultant. No consultancy support was provided during 2020/21, so the amount charged for this during 2020/21 was £nil (2019/20: £2,200). The amount owed by Living Well Consortium Limited to Richard Hadley at 31 March 2021 was £nil (at 31 March 2020: £nil). The amount owed by Living Well UK to Richard Hadley at 31 March 2021 was £nil (at 31 March 2020: £nil).

Davy Hay, a Trustee of Living Well UK, is Managing Director of Pattigift Therapy CIC, a Company which provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £144,630 (2019/20: £271,325). Pattigift Therapy CIC were also in receipt of grant awarded by the Charity during 2019/20, the amount offered was £5,499. The amount owed by Living Well UK to Pattigift Therapy CIC at 31 March 2021 was £nil (at 31 March 2020: £nil).

Martin Hogg, a Director (and Chair) of Living Well Consortium Limited, is CEO of Citizen Coaching, a Company which provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £724,745 (2019/20: £337,674). The amount owed by Living Well Consortium Limited to Citizen Coaching at 31 March 2021 was £81,555 (at 31 March 2020: £47,916). The amount owed by Living Well UK to Citizen Coaching at 31 March 2021 was £nil (at 31 March 2020: £nil).

Lovemore Masiane, a Director of Living Well Consortium Limited and a Trustee of Living Well UK, is employed by Our Roots CIC, a Company which provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £1,703,562 (2019/20: £1,276,764). The amount owed by Living Well Consortium Limited to Our Roots CIC at 31 March 2021 was £197,781 (at 31 March 2020: £nil).

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£186,726). Our Roots CIC were also in receipt of grant awarded by the Charity during 2020/21, the amount offered was £2,500. The amount owed by Living Well UK to Our Roots at 31 March 2021 was £nil (at 31 March 2020: £nil).

Louise McKiernan, a Director of Living Well Consortium Limited and a Trustee of Living Well UK, is CEO of Disability Resource Centre (DRC), a Company which provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £12,530 (2019/20: £7,050). The amount owed by Living Well Consortium Limited to DRC at 31 March 2021 was £nil (at 31 March 2020: £nil). DRC were also in receipt of grant awarded by the Charity during 2020/21, the amount offered was £2,500. The amount owed by Living Well UK to DRC at 31 March 2021 was £nil (at 31 March 2020: £nil).

Ronald Patrick Owttrim, a Director of Living Well Consortium Limited is also a Director of Health Exchange Limited (HEX). HEX provided services to fulfil various contracts during the financial year; the amount charged by that Company for these services during 2020/21 was £402,767 (2019/20: £544,869). The amount owed by Living Well Consortium Limited to Health Exchange Limited at 31 March 2021 was £72,985 (at 31 March 2020: £64,647). The amount owed by Living Well UK to Health Exchange Limited at 31 March 2021 was £nil (at 31 March 2020: £nil).

Aftab Rahman, a Trustee of Living Well UK, is also a founder of Legacy WM. Legacy WM were in receipt of grants awarded by the Charity during 2020/21, the amount offered was £2,500 (2019/20: £4,400). The amount owed by Living Well UK to Legacy WM at 31 March 2021 was £nil (at 31 March 2020: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Corporation Tax

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. LWC may distribute available profits to the parent charity under Gift Aid.

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Notes to the financial statements

10 Tangible Fixed Assets

	Computer equipment	Furniture and Fixtures	Total
	£	£	£
Cost			
At the start of the year	29,950	5,387	35,337
Additions in the year	6,972	-	6,972
Disposals in the year	-	(1,214)	(1,214)
At the end of the year	<u>36,922</u>	<u>4,173</u>	<u>41,095</u>
Depreciation			
At the start of the year	15,807	1,743	17,550
Charge for the year	7,147	1,751	8,898
Disposals in the year	-	(738)	(738)
At the end of the year	<u>22,954</u>	<u>2,756</u>	<u>25,710</u>
Net book value			
At the start of the year	14,143	3,644	17,787
At the end of the year	<u>13,968</u>	<u>1,417</u>	<u>15,385</u>

All fixed assets are held by the charity's trading subsidiary, LWC. All of the above assets are used for charitable purposes.

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11 Subsidiary Undertaking

The Charity has control over the activities of Living Well Consortium Limited, a company registered in England. The company number is 07412677. The registered office address is 23 Moseley Road, Birmingham, B12 0HJ.

All activities have been consolidated on a line-by-line basis in the statement of financial activities.

Available profits may be distributed under Gift Aid to the parent charity.

The trustees Louise McKiernan, and Lovemore Masiane are also directors of the subsidiary, and the trustee Richard Hadley was also a director of the subsidiary before resigning in June 2021.

A summary of the results of the subsidiary for their full financial year is shown below:

	2020/21	2019/20
	£	£
Turnover	4,102,676	3,404,445
Cost of sales	(3,374,654)	(2,722,927)
Gross surplus	728,022	681,518
Administrative expenses	(827,400)	(707,539)
Surplus/(Deficit) on ordinary activities before interest and taxation	(99,377)	(26,022)
Profit on disposal of fixed assets	244	-
Interest receivable and similar income	-	662
Surplus/(Deficit) on ordinary activities before taxation	(99,133)	(25,359)
Taxation on profit on ordinary activities	-	-
(Loss)/ Profit for the reporting period	(99,133)	(25,359)
Retained earnings		
Total retained earnings brought forward	411,761	614,997
(Loss)/ Profit for the reporting period	(99,133)	(25,359)
Distribution under Gift Aid to parent charity	-	(177,877)
Total retained earnings carried forward	312,628	411,761
The aggregate of the assets, liabilities and reserves was:		
Assets	1,232,351	998,504
Liabilities	(919,724)	(586,743)
Reserves	312,628	411,761

In the current year, the Board of LWC have agreed to donate the value of recharges from LWC to the parent charity based on an agreed proportion of salaries, legal expenses, rent, marketing, IT and HR support costs; the value of this donation was £97,167 (in 2019/20 there was an equivalent donation of recharges from LWC to the parent charity totalling £49,846).

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12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2020/21	2019/20
	£	£
Gross income	179,427	227,723
Result for the year	<u>(26,340)</u>	<u>84,360</u>

13 Debtors

	The group 2020/21	The charity 2020/21	The group 2019/20	The charity 2019/20
	£	£	£	£
Trade debtors	860,530	-	899,035	-
Other debtors	59,652	29,010	1,374	-
Prepayments	137,680	32	14,300	-
Amounts owed from subsidiary	-	118,793	-	-
	<u>1,057,862</u>	<u>147,835</u>	<u>914,709</u>	<u>-</u>

14 Creditors: amounts falling due within one year

	The group 2020/21	The charity 2020/21	The group 2019/20	The charity 2019/20
	£	£	£	£
Trade creditors	589,152	12,169	464,700	851
Taxation and social security	54,220	-	53,344	-
Accruals	156,937	3,669	63,157	2,254
Other creditors	989	989	23,185	23,185
Deferred income	16,456	-	8,646	-
	<u>817,754</u>	<u>16,827</u>	<u>613,032</u>	<u>26,290</u>

Notes to the financial statements

15 Deferred income

	The group 2020/21 £	The charity 2020/21 £	The group 2019/20 £	The charity 2019/20 £
Balance at the beginning of the year	8,646	-	15,738	-
Amount released to income in the year	(8,646)	-	(15,738)	-
Amount deferred in the year	16,456	-	8,646	-
Balance at the end of the year	<u>16,456</u>	<u>-</u>	<u>8,646</u>	<u>-</u>

Deferred income includes income for trainee funded positions running to June 2021, and funded activities in 2021/22.

16 Analysis of group net assets between funds

	General unrestricted £	Restricted funds £	Total funds £
Tangible fixed assets	15,385	-	15,385
Net current assets	752,150	16,658	768,808
Net assets at 31 March 2021	<u>767,535</u>	<u>16,658</u>	<u>784,193</u>

	General unrestricted £	Restricted funds £	Total funds £
<i>Tangible fixed assets</i>	<i>17,787</i>	<i>-</i>	<i>17,787</i>
<i>Net current assets</i>	<i>875,219</i>	<i>-</i>	<i>875,219</i>
<i>Net assets at 31 March 2020</i>	<u><i>893,006</i></u>	<u><i>-</i></u>	<u><i>893,006</i></u>

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17 Movements in funds

	At 1 April 2020	Income & gains	Expenditure & losses	At 31 March 2021
	£	£	£	£
Restricted funds:				
Grant funds	-	179,427	(162,769)	16,658
Unrestricted funds:				
General funds	893,006	4,082,711	(4,208,182)	767,535
Total funds	<u>893,006</u>	<u>4,262,138</u>	<u>(4,370,951)</u>	<u>784,193</u>
	At 1 April 2019	Income & gains	Expenditure & losses	At 31 March 2020
	£	£	£	£
Unrestricted funds:				
General funds	962,037	3,405,107	(3,474,138)	893,006
Total funds	<u>962,037</u>	<u>3,405,107</u>	<u>(3,474,138)</u>	<u>893,006</u>

Restricted funds include grant funding received for projects to be delivered during the year and continuing into 2021/22.

	At 1 April 2020	Income & gains	Expenditure & losses	At 31 March 2021
	£	£	£	£
Restricted funds:				
National Lottery - Reaching Communities	-	36,000	(36,000)	-
Tesco Bags of Help	-	500	(500)	-
Birmingham City Council	-	10,000	(10,000)	-
BBC Children in Need	-	26,667	(26,667)	-
Childhood Trauma	-	16,617	(16,617)	-
National Lottery - African Healing Circles	-	69,068	(55,137)	13,931
Good Things Foundation	-	19,666	(16,939)	2,727
Barclays Grants	-	300	(300)	-
CAST Census	-	609	(609)	-
Total funds	<u>-</u>	<u>179,427</u>	<u>(162,769)</u>	<u>16,658</u>

National Lottery - Reaching Communities

This grant was used to help ensure clients were able to access wellbeing support during Covid restrictions, by introducing an online therapy room and providing regular online wellbeing sessions; during 2020/21, over 3,000 clients benefitted from this.

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Tesco Bags of Help

This grant was used to help introduce a LiveChat feature on the website, enabling clients to make enquiries and get in touch with the charity online; during 2020/21, over 25,000 LiveChat interactions took place.

Birmingham City Council, BBC Children in Need, Childhood Trauma

These grants were used to help engage with Heart of England on a Young Person's provision for 11–24-year-olds. The grants were used to in delivering nature therapy, sports and creative activities with 1:1 support for low intensity mental health needs.

National Lottery – African Healing Circles

This grant was designed to bring those from African and Caribbean backgrounds to meet for group discussions and talk about the impact of race on their mental health.

Good Things Foundation

This grant was used towards tackling inequalities in digital access, by providing equipment, and giving tutorials to help clients access websites for further wellbeing services.

Barclays Grants

This grant was also used to help the charity reach those without internet access, digital devices, or the knowledge on how to access wellbeing services online.

CAST Census

This grant was used to help those without internet access or their own digital devices to complete the 2021 Online Census.

18 Operating lease commitments payable as a lessee

The groups total future minimum lease payments under non-cancellable operating leases are as follows:

	Other	Property	Property
	2020/21	2020/21	2019/20
	£	£	£
The groups total future minimum lease payments under non-cancellable operating leases is as follows:			
Less than one year	624	17,550	23,948
Two to five years	2,652	-	-
	3,276	17,550	23,948

All operating leases are held by the charity's trading subsidiary Living Well Consortium.