

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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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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- 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).

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

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.	<p>New contract opportunities continue to be fully assessed to ensure the providers have the clinical capacity and skills to deliver the contract.</p> <p>The group provides support to enable providers to develop and grow.</p> <p>Budgeting for 2023/24 was completed and regular forecasts are prepared to focus on ensuring a central surplus is generated.</p>
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.

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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.

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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

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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.

.....

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.

Living Well UK

For the year ended 31 March 2023

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

Living Well UK

For the year ended 31 March 2023

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

Living Well UK

For the year ended 31 March 2023

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

Living Well UK

For the year ended 31 March 2023

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

For the year ended 31 March 2023

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).

Living Well UK

For the year ended 31 March 2023

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.

For the year ended 31 March 2023

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.

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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>