

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

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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.

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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):	
<p>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.</p> <p>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.</p>	<p>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</p>
Clinical complexity:	
<p>Presenting complexity of people needing services continues to rise, which adds risk and high need into a stretched system.</p> <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 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.</p>	<p>A substantial and multi-faceted training programme and clinical guidance is provided to member organisations.</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:	
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.	<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>
Low national NHS uplifts	<p>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</p> <p>We have been working tirelessly to push the national NHS team to understand the local pressures the low uplifts cause</p>

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.

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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

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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

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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.

.....
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

For the year ended 31 March 2024

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 applicable in the UK and Republic of Ireland (FRS 102) 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	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
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	<u>1,337,161</u>	<u>1,117,780</u>
Administrative expenses	(1,513,880)	(1,175,497)
Loss for the reporting period	<u>(176,719)</u>	<u>(57,717)</u>
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	<u>151,423</u>	<u>328,143</u>
	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	<u>151,423</u>	<u>328,143</u>

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>

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
VCFS	-	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.