

THE KINGSWAY WELLBEING PROJECT

England & Wales · Charity number 1181121

Details

Status Registered

Legal form CIO

Registered 2018-12-11

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

Contact

Address Kingsway Surgery
37 The Kingsway
Swansea
SA1 5LF

Phone 01792630150

Email info@healthylivinghub.org.uk

Activities

Objects: TO PRESERVE AND PROTECT THE HEALTH OF PATIENTS OF THE KINGSWAY SURGERY AND THE WIDER SWANSEA COMMUNITY BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES, SUPPORT SERVICES AND EQUIPMENT NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES.

Activities: The Healthy Living Hub aims to provide a friendly welcoming space in the heart of the city. The Hub is run by the Kingsway Wellbeing Project which is a charity which was established in December 2018. The charity was set up with the aim to bring low cost health and wellbeing services for people living in Swansea.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- City Of Swansea

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£180	£0	-	-
2024-03-31	£180	£0	-	-
2023-03-31	£438	£11,680	-	-
2022-03-31	£8,676	£10,809	-	-
2021-03-31	£2,462	£2,818	-	-

Trustees

Name	Role	Appointed
Dr Rebecca Jenkinson	Chair	2018-12-15
Anna Tippet		2018-12-15
Hilary Williams		2018-12-15

THE KINGSWAY WELLBEING PROJECT

England & Wales - Charity number 1181121

Accounts

The Kingsway Wellbeing Project Charity (The Healthy Living Hub)

Income and Expenditure for the 12 months to 31 March 2025

	£s	£s	£s
Opening balances			
Cash			0.00
Barclays Bank			
1168.50			
Income for the year			
180.00			
Expenditure for the year			
0.00			
Closing balances			
Cash			0.00
Barclays Bank			
1348.50			

I the undersigned, having examined the statements and vouchers thereof and certify this to be a true and fair view of the income and expenditure statement for the period ending at 31 March 2025.

Richard D Jenkinson BA; FCMA; CGMA

THE KINGSWAY WELLBEING PROJECT

England & Wales - Charity number 1181121

Accounts

The Kingsway Wellbeing Project Charity (The Healthy Living Hub)

Income and Expenditure for the 12 months to 31 March 2024

	£s	£s	£s
Opening balances			
Cash			0.00
Barclays Bank			
1018.50			
Income for the year			
150.00			
Expenditure for the year			
0.00			
Closing balances			
Cash			0.00
Barclays Bank			
1168.50			

I the undersigned, having examined the statements and vouchers thereof and certify this to be a true and fair view of the income and expenditure statement for the period ending at 31 March 2024.

Richard D Jenkinson BA; FCMA; CGMA



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		31	03	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

37 The Kingsway	
Swansea	
Postcode	SA1 5LF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anna Tippett			
2	Rebecca Jenkinson			
3	Hilary Williams			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)

How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

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

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

Section C Objectives and activities

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

To preserve and protect the health of patients of the Kingsway Surgery and the wider Swansea community by providing and assisting in the provision of facilities, support services and equipment not normally provided by statutory authorities

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

Unfortunately the charity have been unable to identify any additional class instructors to deliver the classes at the Healthy Living Hub. Therefore the Charity has very low income during this financial year.

The rental of the space for a community group has continued, however they provided notice that they would no longer rent the space in July 2023

The trustees can confirm that they have had regard to the guidance issued by the charity commission on public benefit

Additional details of objectives and activities (Optional information)

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

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

Summary of the main achievements of the charity during the year

the achievements of the charity continue to be limited due to the ongoing lack of a class instructor. The charity hopes to identify new class instructors in the future or alternative ways to deliver on the charitable aims of the charity. The charity is actively looking for new trustees to develop and expand the charity.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity has a small level of reserves to ensure financial sustainability.

Details of any funds materially in deficit

none

Further financial review details (Optional information)

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

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

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s) A Tippett

Full name(s) Anna Tippett

Position (eg Secretary, Chair, etc) trustee

Date 05.05.24

THE KINGSWAY WELLBEING PROJECT

England & Wales - Charity number 1181121

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2022		31	03	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

37 The Kingsway	
Swansea	
Postcode	SA1 5LF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anna Tippett			
2	Rebecca Jenkinson			
3	Hilary Williams			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)

How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

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

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

Section C Objectives and activities

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

To preserve and protect the health of patients of the Kingsway Surgery and the wider Swansea community by providing and assisting in the provision of facilities, support services and equipment not normally provided by statutory authorities

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

The instructor for the classes at the Healthy Living Hub is no longer available to undertake classes and therefore income from classes has stopped.

The rental of the space for a community group has continued

The Healthy Living Hub is now being used by a local GP Practice (the Kingsway Surgery) and they are now paying the overhead costs for the building and undertake the day to day running of the premises.

The trustees can confirm that they have had regard to the guidance issued by the charity commission on public benefit

Additional details of objectives and activities (Optional information)

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

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

Summary of the main achievements of the charity during the year

the achievements of the charity have decreased significantly this year due to the lack of a class instructor. The charity hopes to identify new class instructors in the future or alternative ways to deliver on the charitable aims of the charity.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has a small level of reserves to ensure financial sustainability.

Details of any funds materially in deficit

none

Further financial review details (Optional information)

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

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

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) A Tippett

Full name(s) Anna Tippett

Position (eg Secretary, Chair, etc) trustee

Date 05.05.23

The Kingsway Wellbeing Project Charity (The Healthy Living Hub)

Income and Expenditure for the 12 months to 31 March 2023

	£s	£s	£s
Opening balances			
Cash			0.00
Barclays Bank			
581.00			
Income for the year			
437.50			
Expenditure for the year			
0.00			
Closing balances			
Cash			0.00
Barclays Bank			
1018.50			

I the undersigned, having examined the statements and vouchers thereof and certify this to be a true and fair view of the income and expenditure statement for the period ending at 31 March 2023.

Richard D Jenkinson BA; FCMA; CGMA

THE KINGSWAY WELLBEING PROJECT

England & Wales - Charity number 1181121

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2022		31	03	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

37 The Kingsway	
Swansea	
Postcode	SA1 5LF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anna Tippett			
2	Rebecca Jenkinson			
3	Hilary Williams			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)

How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

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

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

Section C Objectives and activities

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

To preserve and protect the health of patients of the Kingsway Surgery and the wider Swansea community by providing and assisting in the provision of facilities, support services and equipment not normally provided by statutory authorities

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

The instructor for the classes at the Healthy Living Hub is no longer available to undertake classes and therefore income from classes has stopped.

The rental of the space for a community group has continued

The Healthy Living Hub is now being used by a local GP Practice (the Kingsway Surgery) and they are now paying the overhead costs for the building and undertake the day to day running of the premises.

The trustees can confirm that they have had regard to the guidance issued by the charity commission on public benefit

Additional details of objectives and activities (Optional information)

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

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

Summary of the main achievements of the charity during the year

the achievements of the charity have decreased significantly this year due to the lack of a class instructor. The charity hopes to identify new class instructors in the future or alternative ways to deliver on the charitable aims of the charity.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity has a small level of reserves to ensure financial sustainability.

Details of any funds materially in deficit

none

Further financial review details (Optional information)

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

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

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s) A Tippett

Full name(s) Anna Tippett

Position (eg Secretary, Chair, etc) trustee

Date 05.05.23

The Kingsway Wellbeing Project Charity (The Healthy Living Hub)

Income and Expenditure for the 12 months to 31 March 2022

	£s	£s	£s
Opening balances			
Cash			0.00
Bank			
4586.27			
Income for the year		8675.60	
Expenditure			
Alarm	402.60		
Maintenance	2822.40		
Professional fees		521.25	
Utilities	4048.77		
Rent	1596.40		
Website & internet	396.29		
Insurance	806.83		
Bank charges		98.38	
Sundries	1987.79	<u>12680.87</u>	
Loss for the year			
<u>(4005.27)</u>			
Closing balances			
Cash			0.00
Barclays Bank			
581.00			

I the undersigned, having examined the statements and vouchers thereof and certify this to be a true and fair view of the income and expenditure statement for the period ending at 31 March 2022.

Richard D Jenkinson BA; FCMA; CGMA

THE KINGSWAY WELLBEING PROJECT

England & Wales - Charity number 1181121

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2019		Day 31	Month 03	Year 2021

Section A Reference and administration details

Charity name	Kingsway Wellbeing Project		
Other names charity is known by	Healthy Living Hub		
Registered charity number (if any)	1181121		
Charity's principal address	37 The Kingsway		
	Swansea		
	Postcode	SA1 5LF	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anna Tippett			
2	Rebecca Jenkinson			
3	Hilary Williams			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Foundation Model Constitution
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(eg. trust deed, constitution)	
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

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

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

Section C Objectives and activities

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

To preserve and protect the health of patients of the Kingsway Surgery and the wider Swansea community by providing and assisting in the provision of facilities, support services and equipment not normally provided by statutory authorities

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

The Kingsway Wellbeing project has developed the Healthy Living Hub, which during the reporting year provided the following activities.
 Due to the Covid 19 pandemic the hub was shut for a considerable amount of time during the year. The trustees made the decision to stand down all volunteers due to health and safety. The hub was opened for short periods when social distancing laws allowed us to open safely

A small gym and wellbeing studio area
Website with up to date information about what is offered at the Healthy Living Hub and class details and online booking facilities www.healthylivinghub.org.uk
A range of wellbeing and exercise classes: Tai chi Fit for life classes Small exercise classes

The trustees can confirm that they have had regard to the guidance issued by the charity commission on public benefit

Additional details of objectives and activities (Optional information)

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

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

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

A limited amount of activity took place during the reporting year. However online classes were provided throughout the year and a small number of classes when health and safety/covid-19 regulations allowed.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has a small level of reserves to ensure long-term financial sustainability. As a new charity we are in the process of developing an annual process to assess our income and expenditure and those funds that are freely available for its operating purposes not subject to commitments and planned expenditure. We are in the process of developing a policy

Details of any funds materially in deficit

none

Further financial review details (Optional information)

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

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

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	A Tippett	
Full name(s)	Anna Tippett	
Position (eg Secretary, Chair, etc)	trustee	
Date	24.05.22	

The Kingsway Wellbeing Project Charity (The Healthy Living Hub)

Income and Expenditure for the 12 months to 31 March 2021

	£s	£s
Opening balances		2124.22
Income		<u>2462.05</u>
		4586.27
Expenditure		
Alarm	475.80	
Maintenance	254.69	
Professional fees	310.26	
Utilities	908.12	
Internet	237.60	
Website	114.99	
Insurance	415.01	
Bank charges	102.44	<u>2818.91</u>
Closing balances		
Cash		0.00
Bank		4586.27
less amounts owing to the surgery		<u>(2818.91)</u>
		1767.36

I the undersigned, having examined the statements and vouchers thereof and certify this to be a true and fair view of the income and expenditure statement for the period ending at 31 March 2021.

Richard D Jenkinson BA; FCMA; CGMA