

WELLBEING IN THE WEALD

England & Wales · Charity number 1190083

Details

Status Registered

Legal form CIO

Registered 2020-06-24

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

Contact

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Activities

Objects: THE OBJECTS OF THE CIO ARE:1. TO PRESERVE AND PROTECT THE HEALTH OF PEOPLE LIVING IN CRANBROOK AND THE SURROUNDING AREAS BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES, SUPPORT SERVICES AND PRACTICAL ADVICE NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES.2. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING OR ASSISTING IN THE PREVENTION OF PEOPLE LIVING IN CRANBROOK AND THE SURROUNDING AREAS FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER REASSIGNMENT; POOR EDUCATIONAL OR SKILL ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: We provide and assist in the provision of activities and initiatives in Cranbrook and the surrounding areas to promote health and social inclusion, so that people can make connections and benefit

from improved health and wellbeing. Activities include community walks, lunch clubs, choirs, volunteering, training, workshops and other social activities that bring people together on a regular basis.

Classification

- **How:** Makes Grants To Organisations, Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£14,720	£15,309	-	-
2024-03-31	£21,916	£15,336	-	-
2023-03-31	£19,385	£21,546	-	-
2022-03-31	£18,517	£17,386	-	-
2021-03-31	£10,184	£5,869	-	-

Trustees

Name	Role	Appointed
PETER ROBERT FREEMAN SIMPSON	Chair	2022-10-24
Alison Burdick		2025-09-02
Andrew Frank Chandler		2019-08-06
Dineli Charlesworth		2019-04-05
Dr Deborah Joy Jones		2019-06-11
Laura Virginia Myra Wade		2023-04-24
Seamus O'Brien		2023-04-24

WELLBEING IN THE WEALD

England & Wales - Charity number 1190083

Accounts



Annual Report

Covering the period 1 April 2024 to 31 Dec 2024

1. Introduction

Wellbeing in the Weald was established to provide inclusive activities and initiatives in our rural community so that people, including those who may be isolated, can make connections and benefit from improved health and wellbeing. We aim to organise new and promote existing wellbeing activities, including community walks, weekly drop ins, volunteering and other social activities that bring people together on a regular basis.

We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.

(2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society).

This Annual Report covers a period of nine months, as we have changed our financial year to align with the calendar year. Future reports will be on a calendar year basis.

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
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Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-
Deborah Jones	11/06/2019	-
Naomi Rosling	02/07/2019	30/4/2024
Andrew Chandler	06/08/2019	-
Peter Simpson	24/10/2022	-
Laura Wade	24/04/2023	-
Seamus O'Brien	24/04/2023	-

* Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.

In accordance with our Constitution, there must always be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission. During April 2024 – Dec 2024, we were delighted to continue so many of our activities. In the post Covid period our communities continue to experience long-term mental health impacts from the lockdowns, which adversely affect collective wellbeing. In response, we have introduced several new activities specifically aimed at groups identified as being particularly at risk of isolation or exclusion. Over time a number of these activities have become embedded within the community. We are supported by figures such as the Tunbridge Wells Mayor and the High Sheriff of Kent and were fortunate to be one of only five recipients of the High Sheriff Awards in 2025.

WITW remains responsive to local changes—such as the closure of the local secondary school- and continues to research possible new activities which will broaden our reach and impact.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment and Allotment Walks	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery or receiving treatment. Sharing knowledge, teaching and encouraging	Open to everyone	We held 32 regular sessions (10-12.30am) and 7 alternative (different days) sessions, with total 239 attendances (220 regular/ 19 alternatives). Tea/ coffee are provided, and most volunteers stay all morning. Attendance numbers vary between 6 and 14 on any Sunday morning, most are regular attendees. The profile is approximately 59% female and 41% male (a change from last year), with the age profile of more attendees being aged 50+.

	<p>people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.</p>		<p>These figures do not include the watering rota, this a year we operated a rota for 9 weeks using 2 volunteers per day for 6 days – some 96 additional volunteer hours. There are a growing number of younger families/ children involved; ages range from 3 to 80+. Some of the attendees are single, lonely, isolated and are carers for others. We held a celebratory Harvest lunch at Caroline’s, with everyone attending contributing food or drink. This was an innovation, which was greatly appreciated. We continue to provide cake at break time and occasionally ice-cream made from our own raspberries.</p> <p>Volunteers reduced weed growth and laid suppressant material for next spring. Surplus produce went to the Wednesday Drop-In and local sheltered housing. We had good crops of courgettes, squash, onions, and beans, though tomatoes suffered from mildew and parsnips didn’t germinate. We are grateful for support from Samphire Trust this year with some new dahlias and help with moving material from our compost bins. Thanks also to Chris Levett (local fruit farmer) for quantities of netting, large posts for our new fruit cage (to be installed over the winter period), smaller posts for future use and a large bin full of compost. The allotment leadership team of Tony and Sue now also includes Polly and Mick.</p>
Book Club	<p>To improve wellbeing through online (Zoom) social interaction. Benefits are it boosts mood; it’s stimulating and fun, people learn new things and can make friends.</p>	<p>Open to everybody from 18 yrs and older.</p>	<p>Now in its fifth year, the online book group continues to meet on the second Tuesday of each month. At its heart is a core group of six women, aged from their mid-40s to over 90. The evening online format suits both those who are retired and those still working. We take turns choosing the books, and over the years have explored a wide variety of genres. Although our core group is small, more than 25 people receive our monthly email updates.</p>
Crafting Sessions	<p>To support those who have been isolating for months,</p>	<p>Aimed at single people, carers,</p>	<p>There were 142 attendances at the Craft Group which is held alongside the Drop-in. The</p>

	<p>depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.</p>	<p>people who are lonely or depressed and people who are older and/or are living alone.</p>	<p>group has a strong core of five ladies led by Rita our volunteer leader. Rita has ably and patiently taught a number of us to crochet. This has given people a sense of achievement at a time when they may be struggling with their mental health or personal challenges. A couple of our attendees are no longer able to come to the church due to frailty. I believe the group, though small provides friendship and mutual support. Some of the ladies are very isolated and the craft group serves as their only social outlet in a week. Our warm approach means that people feel able to dip in and out, secure in the knowledge they will be welcomed when they feel able to attend.</p> <p>Age range: 40-84. 2 participants are physically disabled and arrive on mobility scooters.</p>
<p>Men's Cookery</p>	<p>To provide opportunities for participants to learn to cook various healthy meals and for them to enjoy cooking.</p>	<p>Men who are recently bereaved, living alone or have little or no cookery skills.</p>	<p>The classes are held in Cranbrook school fortnightly during term time. The school generously provide the facilities and cleaning at no charge. The school catering manager/chef volunteers his time, very often at the end of a very busy workday. There are also 3 volunteers who support the sessions, offering help and guidance when required.</p> <p>In this period there were 10 sessions and 2 cancelled due to catering staff shortages. Overall, there were 76 attendees, so an average of 7.6 per class. During this 9 month 15 men took part in classes, some finishing a year whilst others were new starters. Dishes included salmon en croute, enchiladas, penne Bolognese, Spanish chicken casserole, katsu vegetable curry and mincemeat and apple filo parcels.</p> <p>The profile of the men is 65-80, although there were a couple younger and one older. They come from the Cranbrook and surrounding villages with one travelling from Tunbridge Wells and another from near Tenterden.</p> <p>We are extremely grateful to Keith, who agrees the choice of meal with the men, orders the ingredients, demonstrates the</p>

			<p>recipe and adds interest and suggestions to the activity. Many thanks to Linda Swann who retired from volunteering at the end of the summer term, after nearly 3 years support. Linda Webb has very kindly agreed to continue with Sue Ireland and a third new volunteer Gill Baker started in September.</p>
Pick up the Pieces	<p>WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated, unwell or recuperating from illness.</p>	<p>Open to everybody, with local delivery or collection of jigsaws.</p>	<p>This was ended in 2024 due to lack of demand. Surplus jigsaws were given away at Christmas in the Drop-in and others were passed to local charity shops. A big thanks to Caroline Shattock for organising delivery and storing puzzles for the last 3 years.</p>
Welcome Wednesday Drop-In	<p>To provide a warm and welcoming place where people are known and accepted and where they can experience friendship and occasional extra activities to promote wellbeing.</p>	<p>This is aimed at single people, carers, recently widowed, people with early-stage dementia and people who are older and/or are living alone.</p>	<p>We had 38 sessions over the above period. We had 748 individual attendances who enjoyed conversation and the occasional board game.</p> <p>The trustee, who gives guidance on IT now comes if requested. We also have a Social Navigator who joined us via GP surgeries. She came for the first time in December. She is available monthly to help those in need of her aid and advice.</p> <p>It is a friendly group, many have become good friends, but they are always ready to help new visitors feel welcome. One of our members provides us with a quiz (not too taxing) on an irregular basis but it is always well received and makes a pleasant interlude during the afternoon.</p> <p>We had a Christmas Party attended by more than 50 people with a quiz and music provided by one of our regulars.</p>
Wellbeing Walks	<p>To provide access to regular, low impact physical activity to all local residents in a social and safe environment.</p> <p>Walks are accessible to people with limited mobility or pre-existing</p>	<p>Open to everybody.</p> <p>There is a range of physical fitness/ ability and motivation to join the walks.</p> <p>Multiple groups to tailor the walks</p>	<p>During this year we provided walking groups in Cranbrook and Benenden</p> <p>Cranbrook</p> <ul style="list-style-type: none"> • Number of walks = 39 • Total number of walkers attendance = 893 <p>Benenden</p> <ul style="list-style-type: none"> • Number of walks = 32

	<p>medical conditions / injuries.</p> <p>These sessions are run by the Tunbridge Wells Walking for Health Scheme which is a franchise of The Ramblers.</p>	<p>to the type of attendees we have in each group.</p>	<ul style="list-style-type: none"> Total number of walkers attendance = 310 <p>Our demographic is predominantly female (68F to 15M) between the ages of 50 to 80 (it is estimated that less than 1% are under 50 years of age). There are a range of ability levels and due to the fact, we operate multiple groups, we have been able to offer longer (90 minute) walks as well as shorter (60 minute) ones.</p>
Words for Wellbeing	<p>To enable people to explore their experience using the written word.</p>	<p>Anyone</p>	<p>A regular group of about eight met once a month in Cranbrook Library to discover how words can enrich our daily lives. Through poems, stories and our own writings we looked at the changing seasons, the importance of place, the fun of journaling, and the power of noticing the small things of life. We explored light, and play. And had lots of laughter and sharing along the way. One member found it unlocked a new path forward.: "I have really enjoyed coming to the group and it's given me the desire to pursue writing further. This has been a really positive experience and has totally changed my life around. After being through a very difficult time I now feel so much more positive and confident in going forward and meeting new people. It's all thanks to your group kickstarting it for me.</p>
Yoga	<p>To support mental health and emotional resilience through calming, restorative practices, it also offers an inclusive space for community members to improve health, reduce stress, and connect with others.</p>	<p>A group of 8 people and Alison attend every Saturday 8.30-9.30am.</p>	<p>Running since the 4th of January 2024, these sessions offer a supportive space for improving physical health, reducing stress, and enhancing overall wellbeing. Participants often express their appreciation to WITW, noting benefits such as increased mobility, better sleep, and a greater sense of calm and connection.</p>

<p>Youth Club</p>	<p>The Youth Club idea emerged due to High Weald Academy's closure, leaving Year 7 students without a local school and disconnecting them from their community.</p> <p>Funding cuts led to the closure of KCC's term-time youth club, run by Salus, in February 2024.</p> <p>Parish Council feedback showed parents valued the previous youth club and highlighted the need for a new local option.</p>	<p>It welcomes Years 7–9 from Homewood and Mascall's Schools.</p>	<p>The Youth Club launched on 6th November 2024, meeting Wednesdays from 3–5pm at Church House. Timed to coincide with school bus arrivals.</p> <p>We held 7 sessions before Christmas, starting with one Year 7 boy and growing to 8 young people, including 3 GRT boys not currently in school. The group is mostly boys and is forming strong connections.</p> <p>In January 2025, we moved to the Congregational Church, a more central and spacious venue where we have been able to grow the youth club significantly.</p> <p>Thanks to the significant groundwork carried out by Sue and Debbie, working with the YMCA, and their efforts in launching and continuing to maintain and grow the club.</p>
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We would again like to thank all of our volunteers, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity.

We would also like to thank:

- St Dunstan's Church for allowing us to use Church House and the Parish Church for the Drop-in.
- Cranbrook School and their catering staff for allowing us to use their facilities for the Men's Cookery. Thanks also to the sixth form pupils who have supported the Drop-in.
- The mayor of TW Nancy Warne for choosing us for her charity of the year and attending so many of our events this year.
- High Sheriff of Kent Dr Gill Fargher for attending our 5-year celebratory event.

4. Plans for 2025

4.1 Ongoing activities

As circumstances and funds permit, we hope to continue to repeat many of the above activities and various other prior WITW activities for the community in general such as:

- Fruit picking (see also Fruit pruning, picking and juice under Fundraising)
- Plant Sales Quiz nights (see also under Fundraising)
- Attendance at Community Events/ Fetes (see also under Fundraising)

4.2 New activities

For 2025 we have sought to identify who we are not currently reaching, to specifically target some of our new activities at harder to reach sections of our community. We have identified these target groups by reaching out to a number of people and organisations, such as the community wardens, GP's and social prescribers, who have all given their feedback on where they believe the most socially excluded people are.

Who are our specific target groups for this year?

- Males - teenage/younger men and those aged approximately 40+
- Young parents, including teenagers.
- Those living in our community's more rural or isolated areas.
- Those in local communities not yet served by our offer e.g. Staplehurst.
- Young people who have been left behind as their peers move on to university/work etc
- Young people who lack community after local secondary school closure

Planned new activities focussed on our target groups

Several of our recently started activities are focused on these target groups and we plan to continue with these. Further new activities will be considered as appropriate, as circumstances and funds permit. We will wherever possible seek grant funding to at least partially cover the costs of any new activities during 2025. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

We would very much like to thank the Samphire Trust, Santander, Cranbrook School, Fierce Content, The Brook Trust Fund for Kent via Kent Community Foundation, Waitrose and private donors for the grants and donations received during this period. We did not run any fundraising appeals or campaigns.

We would also like to thank the members of our community who, and other local organisations that, have made donations to support our work during this period.

Fruit pruning, picking and juice.

This annual report includes the continuing sales from the September/ October 2023 harvest, as well as the harvest and start of sales activity of pear and two apple orchards in 2024.

The apple orchard we had previously picked in 2022 was removed, so the only apple juice we were able to sell was 40 bottles from Mr and Mrs Tucker's orchard, which we used at the Christmas Market and sold out at our Nuts in May stall. Fortunately, we were offered access to two apple orchards for the autumn of 2024, and we picked plenty of apples - Worcester's from Goudhurst (144 bottles) and Braeburn from Cranbrook (326 bottles), which we will continue to sell into 2025.

We were pleased with the results of our previous autumn/ winter pear tree pruning; there had been a lovely show of blossom but sadly, the best of the pears was picked a week before we planned to pick, by persons unknown. Consequently, we only managed one bin of pears/ 102 bottles, which sold out before Christmas 2023.

We appreciate the support from the pear orchard owner Mr Lenox-Conyngham, as well as Mr and Mrs Walpole and Mr Levett for access to their apple orchards. Mr Levett has kindly offered to continue to help with the maintenance of the pear orchard in 2025.

We could not do this activity without the support of a great team of fruit picking volunteers, together with the sterling work of Tony, who arranges the juicing, bottling and labels every bottle by hand, as well as supplying the local shops. Many thanks to local retailers including Cranbrook Farm Shop and Nursery, Wilkes Butchers, Benenden Community shop and the Welcome Store in Cranbrook; all who sell our juice.

5.2 How we will continue to raise funds

WITW aims to continue its successful fundraising ventures in 2025 including:

- An evening fundraising event (quiz)
- Raffle's/tombola's
- Fetes
- Open gardens
- Plant Sales/Crafts & dog treats
- Donations received
- Grants received
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Online donations via Paypal Donate, Just Giving, TW Lotto, Easy Fundraising, Give as you Live, Neighbourly
- Online donations via the website
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects.

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the state of affairs of the Charity and for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Board elected to change the financial year to coincide with the calendar year. As a result, the reporting period this document covers are shortened and only covers nine months. Next year's report will cover the whole of 2025.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year. The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Wellbeing in the Weald

Income and Expenditure Account

	9 months to 31 December 2024			12 months to 31 March 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
Donations (see note 4)	9,715	-	9,715	14,410	-	14,410
Charitable activities (see note 5)	1,586	-	1,586	1,213	428	1,641
Other income (see note 6)	3,419	-	3,419	5,865	-	5,865
Total income	14,720	-	14,720	21,488	428	21,916
Costs						
Charitable costs (see note 7)	1,904	-	1,904	2,554	502	3,056
Fundraising costs (see note 8)	2,248	-	2,248	2,147	-	2,147
Support Costs (see note 9)	11,157	-	11,157	10,133	-	10,133
Total costs	15,309	-	15,309	14,834	502	15,336
Net surplus/(deficit) for the period	(589)	-	(589)	6,654	(74)	6,580
Funds brought forward	24,984	-	24,984	18,404	-	18,404
Funds transferred	0	-	-	(74)	74	£0
Funds carried forward	24,395	-	24,395	24,984	-	24,984

Wellbeing in The Weald

Balance Sheet

	As at 31 December 2024			As at 31 March 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	25,051	-	25,051	24,856	-	24,856
Petty Cash	128	-	128	128	-	128
	25,179	-	25,179	24,984	-	24,984
Current Liabilities						
Accruals	784	-	784	-	-	-
	784	-	784	-	-	-
Net current assets	24,395	-	24,395	24,984	-	24,984
Total Assets	24,395	-	24,395	24,984	-	24,984
Represented by:						
General Funds	24,395	-	24,395	24,984	-	24,984

Notes

4. Donations	£	£	£	£	£	£
Easy Fundraising	53	-	53	83	-	83
Grants	5,000	-	5,000	6,500	-	6,500
General Donations	4,662	-	4,662	7,827	-	7,827
	<u>9,715</u>	<u>-</u>	<u>9,715</u>	<u>14,410</u>	<u>-</u>	<u>14,410</u>
5. Charitable activities	£	£	£	£	£	£
Allotment	256	-	256	10	-	10
Crafts	68	-	68	-	-	-
Community kitchen	-	-	-	67	428	495
Drop in	1,202	-	1,202	1,121	-	1,121
Men's Cookery	60	-	60	15	-	15
	<u>1,586</u>	<u>-</u>	<u>1,586</u>	<u>1,213</u>	<u>428</u>	<u>1,641</u>
6. Other income	£	£	£	£	£	£
Fetes / Fairs	1,651	-	1,651	1,888	-	1,888
Jam / Chutney	17	-	17	131	-	131
Juice	1,559	-	1,559	1,631	-	1,631
Quiz Night	60	-	60	2,215	-	2,215
Interest received	132	-	132	-	-	-
	<u>3,419</u>	<u>-</u>	<u>3,419</u>	<u>5,865</u>	<u>-</u>	<u>5,865</u>
7. Charitable costs	£	£	£	£	£	£
Allotment	-	-	-	509	-	509
Crafts	-	-	-	56	-	56
Community kitchen	-	-	-	-	502	502
Drop in Costs	1,312	-	1,312	1,780	-	1,780
Youth Group	282	-	282	-	-	-
Men's Cooking	310	-	310	209	-	209
	<u>1,904</u>	<u>-</u>	<u>1,904</u>	<u>2,554</u>	<u>502</u>	<u>3,056</u>
8. Fundraising costs	£	£	£	£	£	£
Fetes / Fairs	1,065	-	1,065	66	-	66
Juice	1,183	-	1,183	1,156	-	1,156
Quiz night	-	-	-	925	-	925
	<u>2,248</u>	<u>-</u>	<u>2,248</u>	<u>2,147</u>	<u>-</u>	<u>2,147</u>
9. Support costs	£	£	£	£	£	£
Administrators	8,986	-	8,986	8,345	-	8,345
Adverts	276	-	276	406	-	406
Gmail	129	-	129	130	-	130
Insurance	718	-	718	305	-	305
Phone	-	-	-	69	-	69
Printing	104	-	104	211	-	211
Safeguarding	314	-	314	50	-	50
Sundry	580	-	580	129	-	129
Venue hire etc (not project related)	36	-	36	488	-	488
Website Costs	14	-	14	-	-	-
	<u>11,157</u>	<u>-</u>	<u>11,157</u>	<u>10,133</u>	<u>-</u>	<u>10,133</u>

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future.

Approved by the Board of Trustees on 23/06/2025 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer

WELLBEING IN THE WEALD

England & Wales - Charity number 1190083

Accounts



Annual Report

Covering the period 1 April 2023 to 31 March 2024

1. Introduction

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We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.

(2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society)."

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-

Deborah Jones	11/06/2019	-
Naomi Rosling	02/07/2019	30/4/2024
Andrew Chandler	06/08/2019	-
Peter Simpson	24/10/2022	-
Laura Wade	24/04/2023	-
Seamus O'Brien	24/04/2023	-

* Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.

In accordance with our Constitution, there must always be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission.

During 2023-2024, we were delighted to continue so many of our activities as our communities still continue to be affected mentally by the long term effects of the Covid lockdowns adversely affecting the collective wellbeing. We also introduced several new activities to specifically target groups who we had identified as being particularly at risk of isolation or exclusion.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment and Allotment Walks	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery or receiving treatment. Sharing knowledge, teaching and encouraging people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.	Open to everyone	We held 31 regular sessions and 4 alternative (different day) sessions, with total 374 attendances (344 regular/ 30 alternatives). Tea/ coffee are provided. Attendance varies between 3 and 17 on any Sunday morning, most are regular attendees. The profile is approximately 80% female and 20% male, with the age profile of more attendees being aged 50+. However, there are also a growing number of younger families/ children involved; ages range from 3 to 92. Some of the attendees are single, lonely, isolated and are carers for others. During the winter period (December – mid March, varies depending on weather) we introduced walks on 7 occasions, with 3-5 attendees, a similar profile to allotment.

	Purpose	Who is it for	What did we achieve
			Volunteers cleared away the fruit cage which was damaged beyond repair from winter winds. We had a very wet winter/spring, which is a challenging start to the new season. We enjoyed cake and ice cream made in part, from our own produce. Any surplus produce was given to the Wednesday Drop In. The range of fruit, flowers and vegetables changes each year, depending on what volunteers decide to grow. We are very grateful for support from Hands of Hope, who kindly agreed to help with seedling germination in Spring 2024.
Book Club	To improve wellbeing through online (Zoom) social interaction. Benefits are: it boosts mood, it's stimulating and fun, people learn new things and can make friends.	Open to everybody from 18 yrs and older.	The book group has an average of six attendees at remote sessions held each month, so approximately 72 attendances over 12 sessions. Attendees are women, of all ages into their 90's. They agree it provides them with a social occasion to look forward to from the comfort of their own homes. It is a small, respectful group allowing everyone a chance to talk. The attendees all agree how much they enjoy the discussion we have which often expands to other aspects of our lives. The session always runs for an hour - allowing time for some 'free chat' about current films, tv programmes or interesting places we may have visited.
Crafting Sessions	To support those who have been isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Aimed at single people, carers, people who are lonely or depressed and people who are older and/or are living alone.	The craft group runs alongside Drop-in sessions at the Parish Church, so crafters could share the catering facilities and any entertainment provided. Attendees are all women ranging from mid 20's to late 70's. On average there are 7 attendees but on occasion can go up to 9 people attending. Total attendances for the year were 315 on 45 occasions. They come from surrounding villages including Hawkhurst, Biddenden and Frittenden showing that we are not just

	Purpose	Who is it for	What did we achieve
			<p>serving the community of Cranbrook . Ladies work on their own projects but often ask the advice of the others in the group so there is sharing of skills and plenty of chat! Occasionally they work on joint projects e.g. crochet baubles for our Christmas tree.</p>
Dementia Friends	<p>To educate people about dementia and to give them confidence in their interactions with people who are experiencing cognitive impairment due to dementia. This course is delivered by a person trained by the Alzheimer Society.</p>	<p>Anyone</p>	<p>We facilitated the delivery of two Dementia Friends courses delivered by staff of the Care Company.</p> <p>22 participants attended these and feedback was positive.</p>
Men's Cookery	<p>To provide opportunities for participants to learn to cook various healthy meals and for them to enjoy cooking.</p>	<p>Men who are recently bereaved, living alone or have little or no cookery skills.</p>	<p>There were 17 sessions with 121 attendances overall, plus on average 4 volunteer supporters per session. Profile was men 65-80 from Cranbrook, Sissinghurst, Frittenden and Iden Green. We were delighted to welcome our first teenager this year, who is really enjoying the new opportunity. Lesson menus included vegetable curry, lasagne, minestrone soup, pasties, fish and fajitas. Several of the men found the class helpful for getting out and mixing more.</p>
Pick up the Pieces	<p>WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated, unwell or recuperating from illness.</p>	<p>Open to everybody, with local delivery or collection of jigsaws.</p>	<p>We hold Approx 130 x 500 piece puzzles, many of which include 4 separate puzzles. In addition we hold 30+ Wentworth wooden puzzles.</p> <p>The library is continually being added to/renewed. For example, last week we received 20 new puzzles to add to the Library. Any that are surplus/duplicates are donated to a local charity shop.</p>

	Purpose	Who is it for	What did we achieve
			<p>We are reducing the 1,000 piece puzzles, as they are very large and not being borrowed.</p> <p>Over the year, there are a small but steady number of borrowers. The central location of the library in Cranbrook , flexibility of arrangements to visit and return puzzles; all assist in ensuring anyone’s needs can be met.</p> <p>Information about the Jigsaw Library is posted in various shops and locations including GP surgeries.</p>
Welcome Wednesday Drop-In	To provide a warm and welcoming place where people are known and accepted and where they can experience friendship and occasional extra activities to promote wellbeing.	This is aimed at single people, carers, recently widowed, people with early stage dementia and people who are older and/or are living alone.	<p>We had 52 sessions over the year (every Wednesday of the year). There were 1,234 individual attendances. There are great conversations and often attendees enjoy playing games together. Once a month one of our trustees attends to give guidance on IT devices. This is very much valued.</p> <p>New people have said that they feel welcome and have made friends. We have noticed that participants welcome newcomers, not waiting for leaders to do so. We feel that this is a sign that the culture is established.</p> <p>During the year we had a Summer tea party attended by 56 people in the museum garden and we had a Christmas party with music provided by one of our regulars.</p> <p>We also had visits from both the Amelia Centre in TW and our local Cranbrook Museum. We had a visit from staff at the Nationwide Bank who taught us about staying safe online and making our finances secure.</p>
Words for Wellbeing	To enable people to explore their experience using the written word.	Anyone	This slow-open group met monthly from September 2023. They looked at all kinds of topics from childhood memories, to what makes us happy, written about all

	Purpose	Who is it for	What did we achieve
			kinds of things from colours we love to how Spring makes us feel, and enjoyed readings ranging from Wordsworth to Winnie the Pooh. The group enjoyed some lovely chats and shared much pleasure, support and laughter as they explored the ups and downs of life together.
Wellbeing Walks	To provide access to regular, low impact physical activity to all local residents in a social and safe environment. Walks are accessible to people with limited mobility or pre-existing medical conditions / injuries. These sessions are run by the Tunbridge Wells Walking For Health Scheme which is a franchise of The Ramblers.	Open to everybody. There is a range of physical fitness/ ability and motivation to join the walks. Multiple groups to tailor the walks to the type of attendees we have in each group.	During this year we provided three walking groups in Cranbrook almost every week and one group in Benenden per week. An estimated 195 walks with an average weekly attendance of 31 (total across all walking groups). Our demographic is predominantly female (68F to 15M) between the ages of 50 to 80 (it is estimated that less than 1% are under 50 years of age). There are a range of ability levels and due to the fact we operate multiple groups, we have been able to offer longer (90 minute) walks as well as shorter (60 minute) ones.

We would like to thank all of our volunteers, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity.

We would also like to thank:

- St Dunstan’s Church for allowing us to use Church House and the Parish Church for the Drop-in.
- Cranbrook School and their catering staff for allowing us to use their facilities for the Men’s Cookery. Thanks also to the sixth form pupils who have supported the Drop-in.

4. Plans for 2024-2025

4.1 Ongoing activities

As circumstances and funds permit, we hope to continue to repeat many of the above activities

and various other prior WITW activities for the community in general such as:

- Fruit picking (see also Juice under Fundraising)
- Quiz nights (see also under Fundraising)
- Attendance at Community Events/ Fetes (see also under Fundraising)

4.2 New activities

For 2024 - 2025 we have sought to identify who we are not currently reaching, in order to specifically target some of our new activities at harder to reach sections of our community. We have identified these target groups by reaching out to a number of people and organisations, such as the community wardens, GP's and social prescribers, who have all given their feedback on where they believe the most socially excluded people are.

Who are our specific target groups for this year?

- Males - teenage/younger men and those aged approximately 40+
- Young parents, including teenagers.
- Those living in our community's more rural or isolated areas.
- Those in local communities not yet served by our offer e.g. Staplehurst.
- Young people who have been left behind as their peers move on to university/work etc
- Young people who lack community after local secondary school closure

We also intend to facilitate support in our community for those who may be suffering from financial hardship.

Planned new activities focussed on our target groups

Several of our recently started activities are focused at these target groups and we plan to continue with these. Further new activities will be considered as appropriate, as circumstances and funds permit. We will wherever possible seek grant funding to at least partially cover the costs of any new activities during 2024-2025. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

We would very much like to thank the Maidstone & the Weald Community Fund, Philip & Connie Phillips Foundation, Samphire Trust, Brissenden Fund and Biddenden Tractorfest for the grants and donations received during this period. We did not run any fundraising appeals or campaigns.

We would also like to thank the members of our community who, and other local organisations that, have made donations to support our work during this period.

Juice sales

This financial year includes the continuing sales from the September/ October 2022 harvest of sweet and dry apple juice, as well as the harvest of pears in 2023. Sales of apple juice finished in June 2023

and sadly the orchard was removed, so there was no apple harvest in 2023. We were very appreciative of the opportunity to pick apples in Goudhurst and thank the orchard owner for their support. We were given 48 bottles of apple juice from Mr and Mrs Tucker's orchard to add to our sales.

The harvest of pears produced 2 bins, which juiced into 600 bottles, these we are continuing to sell. The owner Mr Lenox-Conyngham invited us to prune the pear trees for cropping in autumn 2024. Under the guidance of local fruit farmer Mr Levett, volunteers pruned 360 trees over the winter period. Subsequently, Mr Levett has offered us access to an apple orchard in Cranbrook for the autumn of 2024.

We could not do this activity without the support of a team of volunteers, local orchard owners and farmers. Together with the sterling work of Tony, who arranges the juicing, bottling and labels all the bottles, as well as supplying local shops. Sadly there were no Farmers Markets in 2023. Many thanks to the local retailers including Cranbrook Farm Shop and Nursery, Wilkes Butchers, Benenden Community shop and the Welcome Store in Cranbrook; all who sell our juice.

5.2 How we will continue to raise funds

WITW aims to continue its successful fundraising ventures in 2024/2025 including:

- An evening fundraising event
- Raffles / tombolas
- Fetes
- Open gardens
- Crafts & dog treats
- Donations received
- Grants received
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Online donations via Paypal Donate, Just Giving, TW Lotto, Easy Fundraising, Give as you Live , Neighbourly
- Online donations via the website
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects.

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the state of affairs of the Charity and for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable

accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year.

The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Wellbeing in the Weald						
Income and Expenditure Account	12 months to 31 March 2024			12 months to 31 March 2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
Donations and Grants (see note 1)	14,410	-	14,410	2,495	-	2,495
Charitable activities (see note 2)	1,213	428	1,641	3,196	6,833	10,029
Other income (see note 3)	5,865	-	5,865	6,861	-	6,861
Total income	21,488	428	21,916	12,552	6,833	19,385
Costs						
Charitable costs (see note 4)	2,554	502	3,056	4,037	3,703	7,740
Fundraising costs (see note 5)	2,147	-	2,147	2,013	-	2,013
Support Costs (see note 6)	10,133	-	10,133	1,715	10,078	11,793
Total costs	14,834	502	15,336	7,765	13,781	21,546
Net surplus/(deficit) for the period	6,654	(74)	6,580	4,787	(6,948)	(2,161)
Funds brought forward	18,404	-	18,404	18,253	2,312	20,565
Funds transferred	(74)	74	-	(4,636)	£4,636	£0
Funds carried forward	24,984	-	24,984	18,404	-	18,404
Wellbeing in The Weald						
Balance Sheet	As at 31 March 2024			As at 31 March 2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	24,856	-	24,856	18,276	-	18,276
Petty Cash	128	-	128	128	-	128
	24,984	-	24,984	18,404	-	18,404
Represented by:						
General Funds	24,984	-	24,984	18,404	-	18,404

Notes						
1. Donations and Grants	£	£	£	£	£	£
Amazon Smile	-	-	-	47	-	47
Easy Fundraising	83	-	83	57	-	57
Grants	6,500	-	6,500	-	-	-
General Donations	7,827	-	7,827	2,391	-	2,391
	14,410	-	14,410	2,495	-	2,495
2. Charitable activities	£	£	£	£	£	£
Allotment	10	-	10	-	100	100
Boxing	-	-	-	-	473	473
Crafts	-	-	-	281	-	281
Community kitchen	67	428	495	-	7,550	7,550
Drop in	1,121	-	1,121	1,205	-	1,205
Men's Cookery	15	-	15	-	135	135
Men's Shed	-	-	-	1,710	-	1,710
Mindfulness in Schools (KCC Members Grant)	-	-	-	-	(1,425)	(1,425)
	1,213	428	1,641	3,196	6,833	10,029
3. Other income	£	£	£	£	£	£
Fetes / Fairs	1,888	-	1,888	1,435	-	1,435
Jam / Chutney	131	-	131	171	-	171
Juice	1,631	-	1,631	1,360	-	1,360
Quiz Night	2,215	-	2,215	2,934	-	2,934
Other income	-	-	-	961	-	961
	5,865	-	5,865	6,861	-	6,861
4. Charitable costs	£	£	£	£	£	£
Allotment	509	-	509	-	182	182
Boxing	-	-	-	-	480	480
Crafts	56	-	56	58	-	58
Community kitchen	-	502	502	-	2,677	2,677
Drop in Costs	1,780	-	1,780	1,496	-	1,496
Men's Cooking	209	-	209	-	364	364
Men's Shed	-	-	-	1,913	-	1,913
Mindfulness in Schools (see note 2)	-	-	-	570	-	570
	2,554	502	3,056	4,037	3,703	7,740
5. Fundraising costs	£	£	£	£	£	£
Fetes / Fairs	66	-	66	130	-	130
Jam / Chutney	-	-	-	60	-	60
Juice	1,156	-	1,156	902	-	902
Quiz night	925	-	925	921	-	921
	2,147	-	2,147	2,013	-	2,013

6. Support costs	£	£	£	£	£	£
Administrators	8,345	-	8,345	6,832	1,510	8,342
Adverts	406	-	406	489	-	489
Gmail	130	-	130	119	-	119
Insurance	305	-	305	287	-	287
Phone	69	-	69	74	-	74
Printing	211	-	211	361	-	361
Safeguarding	50	-	50	462	-	462
Sundry	129	-	129	966	-	966
Training/ Resources	-	-	-	350	-	350
Venue hire etc (not project related)	488	-	488	170	-	170
Website Costs	-	-	-	173	-	173
Support costs reallocated	-	-	-	(8,568)	8,568	-
	10,133	-	10,133	1,715	10,078	11,793

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future.

Approved by the Board of Trustees on 14 October 2024 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer

WELLBEING IN THE WEALD

England & Wales - Charity number 1190083

Accounts



Annual Report

Covering the period 1 April 2022 to 31 March 2023

1. Introduction

Wellbeing in the Weald was established to provide inclusive activities and initiatives in our rural community so that people, including those who may be isolated, can make connections and benefit from improved health and wellbeing. We aim to organise new and promote existing wellbeing activities, including community walks, lunch clubs, choirs, volunteering and other social activities that bring people together on a regular basis.

We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

- “(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.*
- (2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.*

For the purpose of this clause ‘socially excluded’ means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society).”

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-
Deborah Jones	11/06/2019	-
Naomi Rosling	02/07/2019	30/04/2023
Andrew Chandler	06/08/2019	-
Hedley Mayor	10/11/2020	07/07/2022
Peter Simpson	24/10/2022	-

** Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.*

Laura Wade and Seamus O’Brien have also joined as trustees since 24 April 2023.

In accordance with our Constitution, there must always be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission.

During 2022-2023, we were delighted to continue so many of our activities to support our community’s wellbeing, but we were increasingly concerned about the financial and mental health impact of the rising cost of living on members of our community. We decided to extend our previously identified target groups and activities to include offering and facilitating support in our community for those who may be suffering from financial hardship. We started to work with other charities and groups to ensure that people have access to advice and we joined with them in launching a Community Kitchen, offering a hot lunch and after school meal throughout the winter.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment and Allotment Walks	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery or receiving treatment. Sharing knowledge, teaching and encouraging people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.	Open to everyone	<p>We held 35 regular sessions and 3 alternative (different day) sessions, with total 321 attendances (315 regular/ 6 alternative). Tea/ coffee were provided. Attendance varies between 5 and 15 on any Sunday morning, most are regular attendees. The profile is 80% female and 20% male, with age profile most attendee aged 50+. Some of the attendees are single, lonely, isolated and are carers for others.</p> <p>During the winter period (December – February, varies depending on weather) we introduced walks on 4 occasions, with 2-3 attendees, similar profile to allotment. This year we had an exceptionally wet October / November 2022, missing 5 sessions and a cold spring, making for a very late start to the growing season. Unfortunately, Hands of Hope were unable to assist with growing on seedlings due to their lack of glasshouse space, but we hope to re-introduce this next spring.</p> <p>We enjoyed several ice cream flavours including some made from our own raspberries and strawberries. Any</p>

	Purpose	Who is it for	What did we achieve
			surplus produce is given to Horsley Place, Rectory Fields or our Wednesday Drop in.
Book Club	To improve wellbeing through online social interaction. Benefits include: : mood boost, mental stimulation, fun and enjoyable, learning new things and a way of making new friends.	Open to everybody from 18 upwards.	The book group typically has seven or eight attendees at remote sessions held each month, so approximately 88 attendances over 12 sessions. During this period, attendees were all women, of all ages. It has given people something to look forward to – a social occasion from the comfort of their own homes and it a very nice, respectful group so everyone has a chance to talk. Participants are really enjoying the variety of books that are read and discussed, some having never thought about a particular genre before and are pleased to have the chance to explore something new.
Boxing Fitness	To facilitate in our community a programme of fun, non-contact boxing exercise classes, to boost physical and mental health. These sessions are run in conjunction with Olympia Boxing CIC.	Initially aimed at children aged 12 to 18. We subsequently added an additional adult class in response to demand.	We intended to continue running termly boxing courses in blocks of 6 sessions. In the children’s class, attendees were aged between 11-16. In the adult classes, attendees were predominantly female and aged from 18-60. Courses had reserved places for those unable to afford the fees. However, classes were suspended after one term due to low demand for the children’s class (our targeted attendees) and difficulty securing a coach.
Community Kitchen	To provide a warm space and hot food to help the community during the cost of living crisis. The Community Kitchen was provided in collaboration with Age Concern and the Parish Council. The Men’s Shed (Cranbrook) also kindly supported with volunteers.	Open to everybody, one day a week.	From the beginning of January until the end of March the Community Kitchen served approximately 650 hot meals, with hot soup lunches aimed at the elderly and parents with young children and hot after-school meals aimed at families. An average of 28 people attended each week at lunch and 11 children and 7 adults each week at tea.
Craft for Wellbeing Group	To provide a friendly welcoming space for people to socialise whilst enjoying and developing practical skills in	Aimed at people who, for a variety of reasons, may	The group met 53 times during the year with 360 individual attendances. Learning a new skill has been beneficial to the wellbeing of attendees. For a

	Purpose	Who is it for	What did we achieve
	craft. The group is an opportunity to learn a new skill or rediscover an old one. The crafting activities make this a comfortable experience for people who might find the pressure to converse a challenge.	have difficulty feeling comfortable in social groups and/or who are at risk of isolation and loneliness.	couple of the attendees who had not been in paid work, the opportunity to develop skills and confidence has allowed them to make things for sale. Members of the group have also made goods to be sold at local fairs to raise money for the charity.
Day Trip	See Welcome Wednesday Drop-In	See Welcome Wednesday Drop-In	On 10 August 2022, we took a coach of 37 people from the Drop in to visit Dungeness for a Fish and Chip lunch, followed by a briefing from the Estate Manager at Dungeness on the range of visitors using the area. We returned via Tenterden Garden Centre for afternoon tea. Many thanks to Hams Travel who kindly sponsored the day. We were fortunate that it was a sunny day, and everyone enjoyed the trip.
Dementia Friends Training	To educate people about Dementia and give them confidence in their interactions with people who are experiencing cognitive impairment due to Dementia. This course is delivered by a person trained by the Alzheimer's Society.	Anyone; although we did particularly promote the sessions to shop-keepers and business owners locally.	Two sessions were held in April and May. They were attended by 25 people.
Men's Cookery	To provide opportunities for participants to learn to cook various healthy meals and for them to enjoy cooking.	Men who are recently bereaved, living alone or have little or no cookery skills	There were 16 sessions with 106 attendances overall, plus on average 2 volunteer supporters per session. Profile was men 65-80 from Cranbrook, Sissinghurst, Frittenden, Hawkhurst and Tenterden. Lesson menus included leek and chicken pie, Cornish pasties minestrone soup and tortillas. Several of the men found the class helpful for getting out and about and making new friends. It was a challenging period as, sadly Graeme our first school Chef/ manager left in May 2022. Cranbrook School were exceptionally helpful, allowing the catering consultant Rupert to step in for a period until Christmas before Keith, the new Chef /Manager kindly agreed to volunteer his time in January 2023. We have been very grateful to

	Purpose	Who is it for	What did we achieve
			the Charles Lewis Foundation who have supported the classes for 2 years, funding aprons and ingredients. We will now seek to find another sponsor.
Men's Shed	To provide a supportive, self-help, safe environment targeted at men in particular, to promote wellbeing and engagement in active and creative projects and hobbies and interaction with others who may be interested in the same or similar activities.	Initially, men 18yrs and older	<p>During this reporting period, WITW supported the newly launched Men's Shed (Cranbrook) as it established itself as a free social and working hub and rapidly expanded its membership, regularly attracting around 20 attendees. We provided funding for core costs, marketing, materials, insurance and support for setting up the Mens' Shed's first projects, generously hosted at Cranbrook School.</p> <p>The Mens' Shed was very quickly able to raise funds to support its own activities and on 7 November 2022 it started to operate independently of WITW, as Wealden Mens' Shed (Cranbrook), part of the UK Mens' Shed/Kent Shed organisation. WITW provided a grant representing the balance of funds held by us but raised for the Mens' Shed and an additional contribution to support their ongoing operations. We wish them the very best in operating this valuable, new Community initiative long into the future.</p>
Pick up the Pieces	WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated at home.	Open to everyone with local delivery and collection of jigsaws. In particular may help people who are unwell or recuperating from illness or following surgery.	The Library currently supplies jigsaws to half a dozen housebound people on a regular basis. We do believe that more people could benefit and will be promoting it more widely in Autumn 2023.
Welcome Wednesday	To provide a warm welcoming place where people are known and accepted and where they	This is aimed at single people, carers, recently	There were 1194 individual attendances at 53 Sessions held during the year. The Welcome Wednesday

	Purpose	Who is it for	What did we achieve
Drop-In	can experience friendship and occasional extra activities to promote wellbeing.	widowed, people with early-stage dementia and people who are older and/or are living alone.	<p>Drop-in continues through all holiday periods as for many people these times are especially lonely.</p> <p>This year, these sessions included two IT training sessions on keeping yourself and your money safe online, two taster sessions on playing the Ukelele, a trip for 37 people to the seaside (see Day trip) and monthly quizzes.</p> <p>From October to April on most weeks during term-time we were joined by volunteers from Cranbrook School. Sometimes 1 or 2 Year 12 students who helped to serve and 2 or 3 students from Years 7 and 8 who played board games with other attendees.</p>
Wellbeing Walks	<p>To provide access to regular, low impact physical activity to all local residents in a social and safe environment. Walks are accessible to people with limited mobility or pre-existing medical conditions / injuries.</p> <p>These sessions are run by the Tunbridge Wells Walking For Health Scheme, which is a franchise of The Ramblers.</p>	Open to everybody. There is a range of physical fitness/ability and motivation to join the walks. Multiple groups to tailor the walks to the type of attendees we have in each group.	During this year we provided several walking groups in Cranbrook and Benenden each week, with approximately 1,561 attendances over 142 walks . Our demographic is predominantly female between the ages of 50 to 80. There are a range of ability levels and due to the fact we operate multiple groups, we have been able to offer longer (90 minute) walks as well as shorter (60 minute) ones.

In addition to the above, we continued to work with several local schools to try to find a suitable **Mindfulness in Schools** programme that we could support. Unfortunately, our efforts continued to be frustrated and we were unable to use the balance of the grant previously received from Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) by the required date and so had to return the balance of the funds to the Council.

We would like to thank all our volunteers, activity leaders, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity.

We would also like to thank:

- St Dunstan’s Church for allowing us to use Church House and the Parish Church for the Drop-in.
- Cranbrook School for allowing us to use their facilities for the Men’s Shed and Men’s Cookery.

Particular thanks also to their former Head Chef, Graeme, catering consultant Rupert and new Chef / Manager Keith, who volunteered their time to lead the Men's Cookery sessions, and to the pupils from Cranbrook School who have supported the Drop-in.

- Cranbrook Sports Club for allowing us to use their facilities for Boxing Fitness.
- Hams Travel for support with the Dungeness Day out.

4. Plans for 2023-2024

Having reviewed the reach and impact of our existing activities and the associated costs, during 2023 to 2024, we intend to:

- i. Continue with many of our existing projects and provide and assist in the provision of similar activities and initiatives, such as: community walks, volunteering, training, workshops, signposting and other social activities that bring people together on a regular basis and allocate costs and expected revenues from these projects.
- ii. Identify the hard-to-reach sections of the community in Cranbrook and its surrounding villages through reaching out to organisations or individuals, such as social prescribers and community wardens for their input. Our current target groups are:
 - Males - teenage / younger men and those aged approximately 40+
 - Young parents, including teenagers.
 - Those living in our community's more rural or isolated areas.
 - Those in local communities not yet served by our offer e.g. Staplehurst.
 - Young people who have been left behind as their peers move on to university/work etc.
 - Those who may be suffering from financial hardship.
- iii. Initiate new projects, particularly to target the hard-to-reach sections of our community, with the understanding that new opportunities will arise, and these will be considered when they do.
- iv. Better understand the financial effect and reach of known and forecast projects, as well as the running costs of Wellbeing in the Weald.
- v. Recruit new volunteers to support our activities and to extend our reach into additional villages surrounding Cranbrook.
- vi. Raise additional funds specifically to cover our running costs and new initiatives.
- vii. Continue to work to reduce poverty and debt in our area by targeting activities and information that help towards this.

As circumstances and funds permit, we also hope to continue/repeat various other prior WITW activities for the community in general, such as:

Quiz nights (see also under Fundraising)

Fruit picking (see also Juice sales under Fundraising)

Attendance at Community Events/ Fetes (see also under Fundraising)

Suppers

Further new activities will be considered as appropriate, as circumstances and funds permit. We will

wherever possible seek grant funding to at least partially cover the costs of any new activities during 2023-2024. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

During this period, we did not run any specific fundraising appeals or campaigns.

We would like to thank the members of our community and local organisations including Kent Country Agricultural Society, Biddenden Tractorfest, Cramp Institute Club Cranbrook, The Henhurst Trust, Dulwich Prep Cranbrook, Welcome Store in Cranbrook and Benenden Fete, for their donations to support our work during this period and record our ongoing gratitude to the National Lottery Community Fund and the Co-Op Community Fund for grants received previously, which were used to fund many of our operations and activities during 2022/2023. The National Lottery Community Fund grant supported Men's Cookery, Boxing Fitness, Book Club, Lunch Club and Men's Shed as well as several of our core costs. The Co-Op Community Fund grant supported our Welcome Wednesday Drop-In.

We would also like to thank Tunbridge Wells Borough Council and Councillor Seán Holden / Kent County Council for their funding for the Community Kitchen.

Quiz Night

In February 2023 we had a full house for our Quiz Night held in the Vestry Hall in Cranbrook. Great fun was had by all, and we were able to raise over £2,000 from local residents who came along to support us.

We had a fabulous response from local businesses who donated many products, gifts and vouchers for our raffle. We are hugely grateful to all the businesses who donated these for the evening. We had a very enticing range of lovely prizes which helped us to sell lots of raffle tickets.

Thank you to all those who bought tickets and came along on the evening, to the local businesses who supported the event, and all the volunteers who helped to make it a very successful evening.

Juice sales

This financial year includes the continuing sales from the harvest of 2021 and sales from the harvest of apples in the autumn of 2022. Thank you to the owners of apple orchards in Hawkhurst and Goudhurst for the fruits from their orchards, which provided our 2022 crop. And thanks, as ever, to our volunteer pickers.

We again owe Tony a great debt of gratitude for all his work arranging juicing, bottling and labelling and in preparing bottles for sale and selling juice at the local farmers markets, as well as supplying local shops. Thanks also to the local retailers who kindly sell our juice, including Cranbrook Farm shop, Wilkes Butchers and Benenden Community shop and Welcome Store in Cranbrook.

5.2 How we will continue to raise funds

WITW has now resumed successful fundraising ventures which had to be put on hold during Covid, and we aim to continue these in 2023/2024 including:

- A quiz night
- Raffles / tombolas

- Fetes
- Open gardens
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Registering for Gift Aid
- Online donations via Amazon Smile and Easyfundraising
- TW Lotto
- Online donations via the website
- Plant sales
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the financial position of the Charity and for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year.

The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Income and Expenditure Account	12 months to 31 March 2023			12 months to 31 March 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
National Lottery Community Fund Awards for All	-	-	-	10,000	-	10,000
Donations (see note 1)	2,495	-	2,495	844	-	844
Charitable activities (see note 2)	3,196	6,833	10,029	2,718	2,200	4,918
Other income (see note 3)	6,861	-	6,861	2,755	-	2,755
Total income	12,552	6,833	19,385	16,317	2,200	18,517
Costs						
Charitable costs (see note 4)	4,037	3,703	7,740	3,683	1,213	4,896
Fundraising costs (see note 5)	2,013	-	2,013	1,030	-	1,030
Support Costs (see note 6)	1,715	10,078	11,793	1,697	9,763	11,460
Total costs	7,765	13,781	21,546	6,410	10,976	17,386

Net surplus/(deficit) for the period	4,787	(6,948)	(2,161)	9,907	(8,776)	1,131
Funds brought forward	18,253	2,312	20,565	11,593	7,841	19,434
Funds transferred	(4,636)	4,636	-	(3,247)	3,247	-
Funds carried forward	18,404	-	18,404	18,253	2,312	20,565
Wellbeing in the Weald						
Balance Sheet	As at 31 March 2023			As at 31 March 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	18,276	-	18,276	18,125	2,312	20,437
Petty Cash	128	-	128	128	-	128
	18,404	-	18,404	18,253	2,312	20,565
Represented by:						
General Funds	18,404	-	18,404	18,253	2,312	20,565
Notes						
1. Donations	£	£	£	£	£	£
Amazon Smile	47	-	47	55	-	55
Easy Fundraising	57	-	57	94	-	94
General Donations	2,391	-	2,391	695	-	695
	2,495	-	2,495	844	-	844
2. Charitable activities	£	£	£	£	£	£
Allotment		100	100	155	-	155
Boxing		473	473	1,464	500	1,964
Crafts	281	-	281	386	-	386
Community kitchen	-	7,550	7,550	-	-	-
Drop in	1,205	-	1,205	333	-	333
Men's Cookery		135	135	380	1,600	1,980
Men's Shed	1,710	-	1,710	-	-	-
Walking football (grant from KCC)	-	-	-	-	100	100
Mindfulness in Schools (KCC Members Grant)	-	(1,425)	(1,425)	-	-	-
	3,196	6,833	10,029	2,718	2,200	4,918
3. Other income	£	£	£	£	£	£
Fetes / Fairs	1,435	-	1,435	637	-	637
Jam / Chutney	171	-	171	154	-	154
Juice	1,360	-	1,360	1,964	-	1,964
Quiz Night	2,934	-	2,934		-	-
Other income	961	-	961	-	-	-
	6,861	-	6,861	2,755	-	2,755

4. Charitable costs	£	£	£	£	£	£
Allotment	-	182	182	171	-	171
Boxing	-	480	480	1,920	500	2,420
Crafts	58	-	58	308	-	308
Community kitchen	-	2,677	2,677	-	-	-
Drop in Costs	1,496	-	1,496	949	-	949
Men's Cooking	-	364	364	-	213	213
Men's Shed	1,913	-	1,913	333	-	333
Mindfulness in Schools (see also note 2)	570	-	570	-	400	400
Walking Football	-	-	-	2	100	102
	4,037	3,703	7,740	3,683	1,213	4,896
5. Fundraising costs	£	£	£	£	£	£
Fetes / Fairs	130	-	130	30	-	30
Jam / Chutney	60	-	60	113	-	113
Juice	902	-	902	887	-	887
Quiz night	921	-	921	-	-	-
	2,013	-	2,013	1,030	-	1,030
6. Support costs	£	£	£	£	£	£
Administrators	6,832	1,510	8,342	-	£9,573	9,573
Adverts	489	-	489	-	55	55
Gmail	119	-	119	256	-	256
Insurance	287	-	287	287	-	287
Phone	74	-	74	121	-	121
Printing	361	-	361	-	135	135
Safeguarding	462	-	462	230	-	230
Sundry	966	-	966	299	-	299
Training/ Resources	350	-	350	350	-	350
Venue hire etc (not project related)	170	-	170	10	-	10
Website Costs	173	-	173	-	-	-
Zoom subscription	-	-	-	144	-	144
Support costs reallocated	(8,568)	8,568	-	-	-	-
	1,715	10,078	11,793	1,697	9,763	11,460

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future.

Approved by the Board of Trustees on 12 November 2023 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer

WELLBEING IN THE WEALD

England & Wales - Charity number 1190083

Accounts



Annual Report

Covering the period 1 April 2021 to 31 March 2022

1. Introduction

Wellbeing in the Weald was established to provide inclusive activities and initiatives in our rural community so that people, including those who may be isolated, can make connections and benefit from improved health and wellbeing. We aim to organise new and promote existing wellbeing activities, including community walks, lunch clubs, choirs, volunteering and other social activities that bring people together on a regular basis.

We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

- “(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.*
- (2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.*

For the purpose of this clause ‘socially excluded’ means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society).”

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-
Deborah Jones	11/06/2019	-
Anthony Platts	02/07/2019	27/07/2021
Naomi Rosling	02/07/2019	-
Andrew Chandler	06/08/2019	-
Eric Shapland	12/11/2019	21/09/2021
Hedley Mayor	10/11/2020	07/07/2022

** Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.*

Peter Simpson has also joined as a trustee since 24 October 2022. In accordance with our Constitution, there must at all times be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission.

During 2021-2022, we were delighted to finally be able to resume so many of our activities after the prolonged and repeated Covid-19 isolation, lockdowns and quarantine periods of 2020-2021, which had such an extraordinary impact on our collective mental health and wellbeing. We also introduced several new activities to specifically target groups who we had identified as being particularly at risk of isolation or exclusion.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment and Allotment Walks	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery or receiving treatment. Sharing knowledge, teaching and encouraging people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.	Open to everyone	<p>We held 32 regular sessions and 5 alternative (different day) sessions, with total 375 attendances (338 regular/ 37 alternative). Tea/ coffee are provided. Attendance varies between 6 and 15 on any Sunday morning, most are regular attendees. The profile is 80% female and 20% male, with age profile most attendee aged 50+. Some of the attendees are single, lonely, isolated and are carers for others.</p> <p>During the winter period (December – late February, varies depending on weather) we introduced walks on 7 occasions, with 3-5 attendees, similar profile to allotment.</p> <p>Volunteers constructed a new shed for the plot. We enjoyed raspberry ice cream made from our own raspberries. Any surplus produce is given to Horsley Place and Rectory Fields (assisted living).</p>
Book Club	To improve wellbeing through on line (Zoom)social interaction. Benefits are: boosts mood, it's stimulating and fun, people learn new things and can make friends.	Open to everybody from 18yrs and older.	<p>The book group has an average of seven attendees at remote sessions held each month, so approximately 84 attendances over 12 sessions. Attendees are all women, of all ages. It has given people something to look forward to – a social occasion from the comfort of their own homes and it a very nice, respectful group so everyone has a chance to talk. Some attendees have mentioned how the group has</p>

	Purpose	Who is it for	What did we achieve
			encouraged them to broaden their minds, as well as their reading.
Boxing Fitness	To facilitate in our community a programme of fun, non-contact boxing exercise classes, to boost physical and mental health. These sessions are run in conjunction with Olympia Boxing CIC.	Initially aimed at children aged 12 to 18. We subsequently added an additional adult class in response to demand.	Boxing courses started in July 21, as a 10 week trial. Thereafter courses were run termly in block of 6 sessions. In the children's class, attendees were aged between 11-16. In the adult classes, attendees were predominantly female and aged from 18-60. Courses had reserved places for those unable to afford the fees. Total attendances for the year were c450.
Crafting Sessions	To support those who have been isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Aimed at single people, carers, people who are lonely or depressed and people who are older and/or are living alone.	Arrangements for crafting changed with Covid requirements, starting the year in Church House and moving to the Library in August 2021. By the end of the financial year, plans were developing to move the craft group to join the Drop-in in at the Parish Church, so crafters could share the catering facilities provided. Total attendances for the year were 385 on 45 occasions.
Men's Cookery	To provide opportunities for participants to learn to cook various healthy meals and for them to enjoy cooking.	Men who are recently bereaved, living alone or have little or no cookery skills	The first session was held on 6th October 2022, we started with 4 men and gradually increased the group size to 8 attendees. Covid did still restrict attendance/ sessions in November/ December. There were 9 sessions with 52 attendances overall, plus on average 4 volunteer supporters per session. Profile was men 65-80 from Cranbrook, Sissinghurst, Frittenden and Tenterden. Lesson menus included pasta and meatballs, vegetable curry, profiteroles, lasagne, minestrone soup, pasties and tortillas. Several of the men found the class helpful for getting out and about after covid restrictions and/or family bereavement.
Men's Shed	To provide a supportive, self-help, safe environment targeted at men in particular, to promote wellbeing and engagement in active and creative projects and hobbies and interaction with	Initially, men 18yrs and older	During this reporting period the planning, preparation for and promotion of this new activity came to a head with the first meeting of the Men's Shed on 31 March 2022.

	Purpose	Who is it for	What did we achieve
	others who may be interested in the same or similar activities.		We are very excited to see how this activity develops during 2022/2023.
Mindfulness in schools	To equip children with skills to help them manage feelings and difficulties more effectively, thus improving their wellbeing. To help improve the capacity to focus in school, and therefore improve access to education. Teachers learn the technique to help them manage stress and help the children manage their own.	Children and young adults aged between 5 – 19 years old.	For a number of reasons, we were unable to progress this project as hoped. In summer 2021 the Cranbrook Primary School year 6 class (approximately 25 children) received a specially designed four session MiSP course preparing them for managing the transition to secondary school. This was well received by children who had also had to deal with a very disrupted and for some very troubled year due to Covid. Our plans to roll out the Paws B course more widely in three other local schools were frustrated by school changes of plan, the need to ensure appropriate Covid safety measures and the closure of High Weald Academy.
Pick up the Pieces	WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated, unwell or recuperating from illness.	Open to everybody, with local delivery or collection of jigsaws.	We have worked hard this year to build up the collection to ensure we have a range of jigsaws and to promote availability. All jigsaws were donated. Take-up has been limited, with a local home borrowing jigsaws for residents who have learning disabilities and a small number of regular individual borrowers, who were self-isolating for much of the year.
Welcome Wednesday Drop-In	To support those who have been isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	This is aimed at single people, carers, recently widowed, people with early stage dementia and people who are older and/or are living alone.	At the beginning of the year, we were using Church House with only 6 attendees at any one event, to manage Covid risk. Once the weather improved, we based the group meetings on the Ball Field (or in The George when wet) from July until late September. We moved indoors to the rear section of the Parish Church at the end of September until the financial year end. By early in 2022, the numbers attending regularly had grown above 20 and have gradually increased further, as attendees have discovered how to cope with Covid and their health. There were 631 attendances (mostly regulars) at 60 events, with

	Purpose	Who is it for	What did we achieve
			most attendees 65+ and a male/ male ratio of 80:20. Thanks to the team of WITW helpers and latterly Cranbrook School pupils, for baking and helping at the Drop In.
Wellbeing Walks	To provide access to regular, low impact physical activity to all local residents in a social and safe environment. Walks are accessible to people with limited mobility or pre-existing medical conditions / injuries. These sessions are run by the Tunbridge Wells Walking For Health Scheme which is a franchise of The Ramblers.	Open to everybody. There is a range of physical fitness/ability and motivation to join the walks. Multiple groups to tailor the walks to the type of attendees we have in each group.	During this year we provided three walking groups in Cranbrook almost every week and one group in Benenden per week. An estimated 177 walks with an average weekly attendance of 32 (total across all walking groups). Our demographic is predominantly female (68F to 15M) between the ages of 50 to 80 (it is estimated that less than 1% are under 50 years of age). There are a range of ability levels and due to the fact we operate multiple groups, we have been able to offer longer (90 minute) walks as well as shorter (60 minute) ones.

We would like to thank all of our volunteers, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity.

We would also like to thank:

- St Dunstan’s Church for allowing us to use Church House and the Parish Church for the Drop-in.
- Cranbrook School for allowing us to use their facilities for the Men’s Shed and Men’s Cookery. Particular thanks also to their former Head Chef, Graeme, and to the sixth form pupils who have supported the Drop-in.
- Cranbrook Sports Club for allowing us to use their facilities for Boxing Fitness.

4. Plans for 2022-2023

4.1 Ongoing activities

As circumstances and funds permit, we hope to continue / repeat many of the above activities and various other prior WITW activities for the community in general such as:

Fruit picking (see also Juice under Fundraising)

Quiz nights (see also under Fundraising)

Attendance at Community Events/ Fetes (see also under Fundraising)

4.2 New activities

For 2022 - 2023 we have sought to identify who we are not currently reaching, in order to specifically target some of our new activities at harder to reach sections of our community. We have identified these target groups by reaching out to a number of people and organisations, such as the community wardens, GP's and social prescribers, who have all given their feedback on where they believe the most socially excluded people are.

Who are our specific target groups for this year?

- Males - teenage / younger men and those aged approximately 40+
- Young parents, including teenagers.
- Those living in our community's more rural or isolated areas.
- Those in local communities not yet served by our offer e.g. Staplehurst.

We also intend to facilitate support in our community for those who may be suffering from financial hardship.

Planned new activities focussed on our target groups

Several of our recently started activities are focused at these target groups and we plan to continue with these. Further new activities will be considered as appropriate, as circumstances and funds permit. We will wherever possible seek grant funding to at least partially cover the costs of any new activities during 2022-2023. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

We would very much like to thank the National Lottery Community Fund, Kent Sport's Everyday Active, the Charles Lewis Foundation and Kent County Council for the grants received during this period. We did not run any fundraising appeals or campaigns.

We would also like to thank the members of our community who, and local organisations that, have made donations to support our work during this period and record our ongoing gratitude to the Co-op Community Fund and Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) for grants received previously, which continued to be used to fund our operations and activities during 2021/2022.

Juice sales

This financial year includes the continuing sales from the harvest of September/ October 2020 with sales completed on 17th June 2021. It also considers the harvest of apples and pears in the autumn of 2021 until April 2022.

Thanks to Ulli and family in Benenden and the Edwards family in Hawkhurst for the fruits from their orchards, which provided our 2021 crop, and the Tucker family in Sandhurst for their extra juice. Thanks too to Walpole family from Goudhurst for their offer during this period of fruit for the 2022 harvest. And to our volunteer pickers, we simply could not have done it without you!

We owe Tony a great debt of gratitude for all his work arranging juicing, bottling and labelling and in preparing bottles for sale and selling juice at the local farmers markets, as well as supplying local shops. Thanks also to the local retailers who kindly sell our juice, including – Cranbrook Farm shop, Wilkes

Butchers and Benenden Community shop. With Covid outbreaks continuing, many community events at which we normally sell juice were cancelled, so we were grateful for those that were held and for the volunteer help too.

5.2 How we will continue to raise funds

WITW has previously initiated several successful fundraising ventures which had to be put on hold during Covid, but which we now hope to resume during 2022/2023 including:

- A quiz night
- Raffles / tombolas
- Fetes
- Open gardens
- Card making
- Donations received
- Grants received
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Online donations via Amazon Smile and Easyfundraising
- Online donations via the website
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the state of affairs of the Charity and for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year. The costs of the co-ordinator / administrators over this period were funded through a restricted grant for our core operating costs.

The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Wellbeing in the Weald - Income and Expenditure Account	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
National Lottery Community Fund Awards for All	10,000	-	10,000	-	-	-
Co-Op Community Fund	-	-	-	5,304	-	5,304
Donations (see note 4)	844	-	844	237	-	237
Charitable activities (see note 5)	2,718	2,200	4,918	167	2,395	2,562
Other income (see note 6)	2,755	-	2,755	2,081	-	2,081
Total income	16,317	2,200	18,517	7,789	2,395	10,184
Costs						
Charitable costs (see note 7)	3,683	1,213	4,896	(153)	570	417
Fundraising costs (see note 8)	1,030	-	1,030	1,600	-	1,600
Support Costs (see note 9)	1,697	9,763	11,460	1,557	2,295	3,852
Total costs	6,410	10,976	17,386	3,004	2,865	5,869
Net surplus/(deficit) for the period	9,907	(8,776)	1,131	4,785	(470)	4,315
Funds brought forward	11,593	7,841	19,434	6,808	8,311	15,119
Funds transferred	(3,247)	3,247	-	-	-	-
Funds carried forward	18,253	2,312	20,565	11,593	7,841	19,434
Wellbeing in The Weald - Balance Sheet	As at 31 March 2022			As at 31 March 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	18,125	2,312	20,437	11,568	7,841	19,409
Petty Cash	128	-	128	25	-	25
	18,253	2,312	20,565	11,593	7,841	19,434
Represented by:						
General Funds	18,253	2,312	20,565	11,593	7,841	19,434

Notes

1. 24 June 2020 to 31 March 2021 accounts have been restated to more clearly set out general grants and donations, project income, grants and donations and associated costs.

2. By agreement with the grant provider, £570 of unreserved costs previously incurred on Mindfulness in Schools has been set against the grant. This adjusts the Unreserved / Reserved sub-totals for our prior period, but not the overall total.

3. On incorporation and registration of Wellbeing in the Weald as a Charity on 24 June 2020, all of the funds and assets that were previously held by the trustees of Wellbeing in the Weald as an unincorporated association were transferred to the Charity (including all intellectual property, stocks of juice and other physical assets, which were transferred at zero value).

	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
4. Donations						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Amazon Smile	55	-	55	-	-	-
Easy Fundraising	94	-	94	77	-	77
General Donations	695	-	695	160	-	160
	844	-	844	237	-	237
5. Charitable activities						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Allotment	155	-	155	97	-	97
Boxing (including grant from KCC)	1,464	500	1,964	-	-	-
Crafts	386	-	386	-	-	-
Drop in	333	-	333	70	-	70
Men's Cookery (including grant from Charles Lewis Foundation)	380	1,600	1,980	-	-	-
Men's Shed	-	-	-	-	-	-
Walking football (grant from KCC)	-	100	100	-	-	-
Mindfulness in Schools (KCC Members Grant)	-	-	-	-	2,395	2,395
	2,718	2,200	4,918	167	2,395	2,562
6. Other income						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Fetes / Fairs	637	-	637	-	-	-
Jam / Chutney	154	-	154	-	-	-
Juice	1,964	-	1,964	2,081	-	2,081
	2,755	-	2,755	2,081	-	2,081

Notes (continued)	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
7. Charitable costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Allotment	171	-	171	205	-	205
Boxing	1,920	500	2,420	-	-	-
Crafts	308	-	308	-	-	-
Drop in Costs	949	-	949	100	-	100
Men's Cooking	-	213	213	-	-	-
Men's Shed	333	-	333	-	-	-
Mindfulness in Schools (see note 2)	-	400	400	(570)	570	-
Walking Football	2	100	102	-	-	-
Group of Six	-	-	-	112	-	112
	3,683	1,213	4,896	(153)	570	417
8. Fundraising costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Fetes / Fairs	30	-	30	-	-	-
Jam / Chutney	113	-	113	-	-	-
Juice	887	-	887	1,600	-	1,600
	1,030	-	1,030	1,600	-	1,600
9. Support costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Administrators	-	9,573	9,573	-	1,536	1,536
Adverts	-	55	55	-	300	300
Gmail	256	-	256	178	-	178
Insurance	287	-	287	274	-	274
Phone	121	-	121	50	-	50
Printing	-	135	135	-	186	186
Safeguarding	230	-	230	639	-	639
Sundry	299	-	299	387	-	387
Training/ Resources	350	-	350	-	130	130
Venue hire etc (not project related)	10	-	10	-	143	143
Website Costs	-	-	-	29	-	29
Zoom subscription	144	-	144	-	-	-
	1,697	9,763	11,460	1,557	2,295	3,852

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future.

Approved by the Board of Trustees on 14 December 2022 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer

WELLBEING IN THE WEALD

England & Wales - Charity number 1190083

Accounts



Annual Report

Covering the period 24 June 2020 to 31 March 2021¹

1. Introduction

Wellbeing in the Weald was established to provide inclusive activities and initiatives in our rural community so that people, including those who may be isolated, can make connections and benefit from improved health and wellbeing. We aim to organise new and promote existing wellbeing activities, including community walks, lunch clubs, choirs, volunteering and other social activities that bring people together on a regular basis.

We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

- “(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.*
- “(2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.*

For the purpose of this clause ‘socially excluded’ means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society).”

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-
Karen Irving	05/04/2019	30/01/2021
Karin Moncrieff	05/04/2019	20/10/2020
Deborah Jones	11/06/2019	-
Anthony Platts	02/07/2019	27/07/2021

¹ Before our incorporation and registration, we as operated as an unincorporated association, since March 2019. The Charity Commission has made clear that this report should only cover our activities and finances since the date of our incorporation. Reports covering our previous financial periods as an unincorporated association are available on request. Please contact: hello@wellbeingintheweald.co.uk.

Naomi Rosling	02/07/2019	-
Andrew Chandler	06/08/2019	-
Eric Shapland	12/11/2019	21/09/2021
Hedley Mayor	10/11/2020	-

* Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.

In accordance with our Constitution, there must at all times be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission.

During 2020-2021, prolonged and repeated Covid-19 isolation, lockdowns and quarantine periods had an extraordinary impact on our collective mental health and wellbeing, heightening the impact of loneliness and social isolation (both of which are often associated with serious mental and physical health consequences) for many isolated and excluded members of our community. In addition to national lockdowns, Kent was of course at the centre of a huge rise in infections and a local lockdown during winter 2020. Government social distancing requirements and guidance, our own health & safety risk assessments and our trustees and volunteers' individual circumstances severely curtailed our activities throughout 2020 – 2021, but we were able to adapt to provide ongoing support to our local community, albeit on a much reduced scale and focussed more specifically on those in greatest need.

During 2020-21 we also appointed, through open recruitment, two self-employed part time administrators to help coordinate our development, management, delivery of activities and communication, and to help us extend our reach and coordinate what we do and our governance.

We would like to thank all of our volunteers, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity. We are delighted that our collective efforts during this reporting period were recently recognised by our local Parish Council in the 'The KALC Community Awards Scheme', which acknowledges and gives recognition to those that have made a significant contribution to their local community, and by us being nominated as finalists in the Charity category for our Borough Council's 2021 "Love Where We Live Awards", which celebrate the people who make the borough of Tunbridge Wells a great place to live and work. Particular credit must go to several of our current and former committee members / trustees, who have each devoted many hundreds of hours to these activities.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery, or receiving treatment. Sharing knowledge, teaching and encouraging people to try	Open to everyone	During most of 2020-2021 numbers were limited to seven per session, with clear time slots, to ensure social distancing in line with Government guidance. Attendees were of all ages, but approximately three quarters women. Estimated attendances: 308, over 29 sessions.

	Purpose	Who is it for	What did we achieve
	new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.		
Book Club	To improve wellbeing through a creative outlet and social interaction and bring people together remotely during lockdown. Benefits are: boosts mood, it's stimulating and fun, people learn new things and can make friends.	Open to everybody from 18yrs and older.	Sessions were carried out remotely each month from December 2020. Attendees includes two carers and several who were extremely vulnerable and/or isolated (shielding). Approximately 40 attendances over 4 sessions, all women.
Circles of Six	Small socially distanced groups to replace Picnics in the Park (see below) and support to those isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Smaller groups were aimed at single people, carers, recently widowed. A majority of the people are older and living alone.	These in person sessions were limited due to Government social distancing recommendations and requirements and only operated during October - December 2020, when they were paused due to rising local infections (see Tea at 2). Approximately 42 attendances over 7 sessions, mostly women.
Lockdown Toolkit	In the autumn of 2020 we compiled a list of helpful information and ideas on how to overcome the challenges of lockdown, including suggested activities, details of local food and other suppliers who deliver, how to get help and details of how best to help others.	Available to everybody.	The toolkit was widely promoted in and beyond our local community via our website and social media.
Mindfulness in schools	To equip children with skills to help them manage feelings and difficulties more effectively, thus improving their wellbeing. To help improve the capacity to focus in school, and therefore improve access to education. Teachers learn the technique to help them manage stress and help the children manage their own.	Children and young adults aged between 5 – 19 years old.	Following on from our pilot at Cranbrook Primary School, we funded mindfulness training for the member of school staff who had been involved in the pilot and her subsequent completion of the Teach Paws b course. This has enabled her to roll out the mindfulness training to the whole of KS2 in-house, reaching some 270 children. We now plan to offer the same package as that which was offered to Cranbrook Primary in two further schools (one primary and one secondary) in our area during 2021 - 2022.

	Purpose	Who is it for	What did we achieve
Pick up the Pieces	WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated, unwell or recuperating from illness.	Open to everybody, with local delivery or collection of jigsaws.	We plan in due course to offer training and support to all of our local schools who wish to develop mindfulness. This project was only launched in March 2021.
Picnics in the Park	To support to those isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Open to anyone who feels they would benefit from the activity.	These in person sessions only operated during June – October 2020 when Government social distancing recommendations and requirements were eased. Approximately 120 attendances over 15 sessions, mostly women.
Seasonal Gifts	To help people feel included, valued and remembered at an unprecedented time of social isolation, felt hardest by certain members of our community. Gifts were donated. Local primary school children made the cards, and thank you letters and comments from the recipients were fed back.	Those who were in the greatest need; these included single parents families where there was a sick child in the household, or an adult living alone who might be in economic / social / psychological need.	These initiatives during Easter and Christmas 2020 were both during lockdowns, to let some isolated members of the community know they were not forgotten. 50 people reached over two occasions.
Tea at Two	Online groups to replace Circle of Six (see above) during 2021 lockdown and support individuals who were isolating for months, depressed and/or lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Aimed at single people, carers, recently widowed. A majority of the people are older and living alone.	Sessions were carried out remotely with support provided as required to familiarise attendees with online conferencing. We ran three groups each week from early January 2021 until mid-May 2021. Approximately 168 attendances over 30 sessions, mostly women.
Wellbeing Walks	To provide access to regular, low impact physical activity to all local residents in a social and safe environment. Walks are accessible to people with limited mobility or pre-existing medical conditions / injuries.	Open to everybody. There is a range of physical fitness/ability and motivation to join the walks. For this, the	In order to make this possible in accordance with Government guidance, we put in place several new control measures including a booking system, adapted routes for social distancing and dispersed start locations to avoid the centre of town. We also had to recruit

Purpose	Who is it for	What did we achieve
We have joined the Tunbridge Wells Walking For Health Scheme which is a franchise of The Ramblers. We have three routes that we rotate round, two of them explore local woodlands and the other is across more open farmland.	introduction of multiple groups has been useful because we have tailored the walks to the type of attendees we have in each group.	and train a new walk leader to provide for multiple groups. During most of this period (except lockdowns) we were hosting several small walking groups over two separate days, with between 13 and 19 people per day on average and maximum attendances around 120 in October. Our attendees are mostly over 50 years old and predominantly female.

4. Plans for 2021-2022

4.1 Ongoing activities

As circumstances and funds permit, we hope to continue / repeat many of the above activities and various other prior WITW activities for the community in general such as:

Craft for Wellbeing sessions

Dementia Drop in sessions

Wednesday Welcome Drop-in sessions (plus possibly in conjunction with Compass Choir). We hope to be able to include local student volunteers aged 16+

Fruit picking (see also Juice under Fundraising)

Quiz nights (see also under Fundraising)

4.2 New activities

For 2021 - 2022 we have sought to identify who we are not currently reaching, in order to specifically target some of our new activities at harder to reach sections of our community. We have identified these target groups by reaching out to a number of people and organisations, such as the community wardens, GP's and social prescribers, who have all given their feedback on where they believe the most socially excluded people are.

Who are our specific target groups for this year?

- Males - teenage / younger men and those aged approximately 40+
- Young parents, including teenagers.
- Those living in our community's more rural or isolated areas.

From these conversations Wellbeing in the Weald have gone on to make contact with local organisations to ask how they are able to work together to assist and support each other in achieving shared goals. Talks have included members from the Children's Centre, Men's sheds, and individuals who have a specific skill in the areas of need identified.

Planned new activities focussed on our target groups

Having reviewed the likely reach, benefits and initial costs, we plan to trial the following new activities during 2021 – 2022. All activities will be open to all, but will be specifically promoted to the stated target group:

a. Activities targeted at Men

Men's shed / "Wealden" shed

Archery and crafting of longbows and arrows

Garage workshop – cars and bikes

Boxing club (focussed at teenage / younger men)

Men's cookery (focussed at older men)

Walking football (focussed at older men)

b. Activities targeted at young parents

Targeted buggy walks (focussed at Children's centre referrals)

Facilitation of the establishment of a Toddler Group

c. Activities targeted at Rural or isolated

Promotion of **online sessions** and offering **help / support using Zoom**

Possibility of looking into **obtaining equipment** to provide isolated persons

In addition we aim to trial the following new activities for the community in general:

Sunflower celebration

Physical activity day

Outdoor gym

Further new activities will be considered as appropriate, as circumstances and funds permit. We will wherever possible seek grant funding to at least partially cover the costs of any new activities during 2021-2022. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

Before incorporation (and pre-lockdown), WITW had initiated several successful fundraising ventures including:

- A quiz night
- Raffles / tombolas
- Fetes
- Open gardens
- Card making
- Donations received
- Grants received
- Fruit picking parties and Juice Sales

Only some of these could be continued during this reporting period and donations reflect the reduced level of our activities. We would very much like to thank Co-op Community Fund and Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) for the grants received during this period. We did not run any fundraising appeals or campaigns.

We would also like to take this opportunity to record our thanks to Involve Connect Well, Kent Community Foundation, Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) and Persimmon Community Champions for grants received prior to our incorporation on 24 June 2020, some of which continued to be used to fund our operations and activities during this period.

5.2 How we will continue to raise funds

We will continue to raise funds through the above sorts of activity, as circumstances permit. We also plan to raise funds via:

- Online donations via Amazon Smile and Easyfundraising
- Online donations via the website
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the state of affairs of the Charity and for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year.

The costs of the co-ordinator / administrators over this period were funded through a restricted grant for our core operating costs.

The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Wellbeing in the Weald

Profit and Loss Account

For the Period 24 June 2020 to 31 March 2021

	Unrestricted	Restricted	Total
	£	£	£
Grants and Donations			
Co-op Community Fund	5,304	-	5,304
KCC Members Grant (Mindfulness in Schools)	-	2,395	2,395
General Donations	160	-	160
Drop in	70	-	70
	<hr/>	<hr/>	<hr/>
	5,534	2,395	7,929
Project Income			
Allotment	97	-	97
Easy Fundraising	77	-	77
Juice	2,081	-	2,081
	<hr/>	<hr/>	<hr/>
	2,255	-	2,255

Project Costs			
Allotment	(205)	-	(205)
Drop in Costs	(100)		(100)
Group of Six	(112)	-	(112)
Juice	(1,600)	-	(1,600)
	<u>(2,017)</u>	-	<u>(2,017)</u>
Net Profit from Projects	<u>238</u>	-	<u>238</u>
Total Net Income	<u>5,772</u>	<u>2,395</u>	<u>8,167</u>
Costs			
Coordinator/Administrators	-	(1,536)	(1,536)
Insurance	(274)	-	(274)
Gmail	(178)	-	(178)
Printing	-	(186)	(186)
Adverts	-	(300)	(300)
Venue hire etc	-	(143)	(143)
Training/ Resources	-	(130)	(130)
Safeguarding	(639)	-	(639)
Phone	(50)	-	(50)
Website Costs	(29)	-	(29)
Sundry	(387)	-	(387)
	<u>(1,557)</u>	<u>(2,295)</u>	<u>(3,852)</u>
Net surplus for the period 24 June 2020 to 31 March 21	<u>4,215</u>	<u>100</u>	<u>4,315</u>

Wellbeing in The Weald

Balance Sheet

As at 31 March 2021

	Unrestricted	Restricted	Total
	£	£	£
Funds Transferred (see note 1)	6,808	8,311	15,119
Net surplus for the period 24 June 2020 to 31 March 21	4,215	100	4,315
Total Reserves	<u>11,023</u>	<u>8,411</u>	<u>19,434</u>

Represented by:

Cash at Bank	19,409
Petty Cash	25
	<u>19,434</u>

Notes:

1. On incorporation and registration of Wellbeing in the Weald as a Charity on 24 June 2020, all of the funds and assets that were previously held by the trustees of Wellbeing in the Weald as an

unincorporated association were transferred to the Charity (including all intellectual property, stocks of juice and other physical assets, which were transferred at zero value).

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future and recommence at least some of our activities during 2021 -2022 with suitable safeguards and protections and/or adaptations, as the Government's plans for lifting restrictions evolve.

Approved by the Board of Trustees on 19 October 2021 and signed on its behalf by:



Deborah Jones
Trustee



Andrew Chandler
Trustee