



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
			We plan in due course to offer training and support to all of our local schools who wish to develop mindfulness.
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.	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
	<u>5,534</u>	<u>2,395</u>	<u>7,929</u>
Project Income			
Allotment	97	-	97
Easy Fundraising	77	-	77
Juice	2,081	-	2,081
	<u>2,255</u>	<u>-</u>	<u>2,255</u>

Project Costs

Allotment	(205)	-	(205)
Drop in Costs	(100)		(100)
Group of Six	(112)	-	(112)
Juice	(1,600)	-	(1,600)
	(2,017)	-	(2,017)

Net Profit from Projects

238	-	238
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Total Net Income

5,772	2,395	8,167
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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)
	(1,557)	(2,295)	(3,852)

Net surplus for the period 24 June 2020 to 31 March 21

4,215	100	4,315
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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	11,023	8,411	19,434

Represented by:

	£
Cash at Bank	19,409
Petty Cash	25
	19,434

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:

A handwritten signature in black ink, appearing to be 'Deborah Jones', written in a cursive style.

Deborah Jones
Trustee

A handwritten signature in black ink, appearing to be 'Andrew Chandler', written in a cursive style.

Andrew Chandler
Trustee