



Annual Report

Covering the period 1 April 2023 to 31 March 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)."

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	<p>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+.</p> <p>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.</p> <p>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.</p>

	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
			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.
Dementia Friends	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.	Anyone	We facilitated the delivery of two Dementia Friends courses delivered by staff of the Care Company. 22 participants attended these and feedback was positive.
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 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.
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 hold Approx 130 x 500 piece puzzles, many of which include 4 separate puzzles. In addition we hold 30+ Wentworth wooden puzzles. 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.

	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	<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>	<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 to the type of attendees we have in each group.</p>	<p>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).</p> <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>

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