



## 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
<b>Allotment and Allotment Walks</b>	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+.

	people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.		<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>
<b>Book Club</b>	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.	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.
<b>Crafting Sessions</b>	To support those who have been isolating for months,	Aimed at single people, carers,	There were 142 attendances at the Craft Group which is held alongside the Drop-in. The

	depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	people who are lonely or depressed and people who are older and/or are living alone.	<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>
<b>Men's Cookery</b>	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.	<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>
<b>Pick up the Pieces</b>	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.	<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>
<b>Welcome Wednesday Drop-In</b>	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 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>
<b>Wellbeing Walks</b>	<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"> <li>• Number of walks = 39</li> <li>• Total number of walkers attendance = 893</li> </ul> <p>Benenden</p> <ul style="list-style-type: none"> <li>• Number of walks = 32</li> </ul>

	<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"> <li>Total number of walkers attendance = 310</li> </ul> <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>
<b>Words for Wellbeing</b>	<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>
<b>Yoga</b>	<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 4<sup>th</sup> 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>

<b>Youth Club</b>	<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 SalesQuiz 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 £
<b>General fundraising, grants and donations</b>						
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
<b>Total income</b>	<b>14,720</b>	<b>-</b>	<b>14,720</b>	<b>21,488</b>	<b>428</b>	<b>21,916</b>
<b>Costs</b>						
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
<b>Total costs</b>	<b>15,309</b>	<b>-</b>	<b>15,309</b>	<b>14,834</b>	<b>502</b>	<b>15,336</b>
<b>Net surplus/(deficit) for the period</b>	<b>(589)</b>	<b>-</b>	<b>(589)</b>	<b>6,654</b>	<b>(74)</b>	<b>6,580</b>
Funds brought forward	24,984	-	24,984	18,404	-	18,404
Funds transferred	0	-	-	(74)	74	£0
<b>Funds carried forward</b>	<b>24,395</b>	<b>-</b>	<b>24,395</b>	<b>24,984</b>	<b>-</b>	<b>24,984</b>

**Wellbeing in The Weald  
Balance Sheet**

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