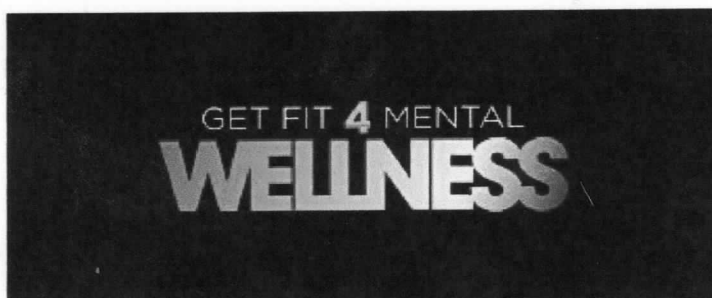


Get Fit for Mental Wellness

Charity number 1190604

Annual Report and Financial Statements for the year ended 31 December 2021



**Annual Report and Financial Statements
for the year ended 31 December 2021**

Contents	Page
Trustees' report	2 to 4
Examiner's report	5
Receipts and payments account	6
Statement of assets and liabilities	7
Notes to the accounts	8

Get Fit for Mental Wellness

Trustees' report for the year ended 31 December 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Sandra Breen	Chair	Appointed July 21
Dr Andre Brittain-Dissont	Trustee	Appointed July 21
Stephen Oleksewycz	Trustee	July 20 - Nov 21
Lindsay Oleksewycz	Trustee	July 20 - Nov 21
Rachel Purr	Trustee	July 20 - Nov 21

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1190604, on 28 July 2020

Principal address

Unit 16e Victoria Road
Soweby Bridge Business Park Gate 2
Soweby Bridge
HX6 3AE

Bankers

Cashplus Bank
PO Box 71064
SE1 P4ZE

Independent examiner

Alan Hoggard

Structure, governance and management

The charity is governed by a constitution adopted on 28 July 2020

The charity is a Charitable Incorporated Organisation (CIO) formed on 28 July 2020

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Get Fit for Mental Wellness

Trustees' report (continued) for the year ended 31 December 2021

Objectives and activities

The charity's objects

To promote and protect the physical and mental health and wellbeing of the public by the provision of a programme of education and support

The charity's main activities

We are a charity committed to changing lives. We are actively changing the stigma around mental health. We currently run free weekly free sessions (Wednesday drop-in hub & various Sunday groups inc. Scammonden Steps) where anyone can attend either in person or online and improve their mental well being. The Sunday groups are located in and around the UK. We also run regular online drop-ins.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular (eg the advancement of education).

Achievements and performance

Get Fit 4 Mental Wellness (GF4MW) is a registered charity committed to changing the stigma around mental health. We have delivered 7 programmes and are currently running our 8th.

By the end of 2021 we had run 5 programmes aimed at changing the sigma around mental health. Supporting 65people on the 8-week programme where participants accessed one to one therapy, psycho-education, fitness, nutritional and wellness advice.

Since the second programme we have used therapeutic outcome measures to collate the impact of the programme. We have collated 38 outcome measures prior to 2022:

OUTCOMES

CORE (Total 40 – general wellness)

Reliable change (Change that exceeds what might be expected by chance alone or measurement error) for the CORE outcome measure is 5 or more in the clinical score.

The lowest clinical change of the 8 week programme participants is 9 and the highest clinical change is 35. 100% of clients have a reliable change.

PHQ-9 (Total 27 - Depression)

The lowest clinical change of the 8 week programme participants is 3 and the highest clinical change is 26. A reliable improvement is a decrease of 6 or more points. 93% had reliable change

GAD7 (Total 21- Anxiety)

The lowest clinical change of the 8 week programme participants is is 7 and the highest clinical change is 21.A reliable improvement is a decrease of 4 or more points. 100% clients have reliable change.

On a weekly basis we run several groups to aid people's own mental wellness.

Get Fit for Mental Wellness

Trustees' report (continued) for the year ended 31 December 2021

Sunday Steps Challenge

Each Sunday we offer the Scammonden steps challenge. People of all fitness levels attend. It's an opportunity to spend time with supportive people while getting some quality exercise.

Monday Yoga

Every Monday we offer a Yoga class at the Hub.

Tuesdays Drop-In (Cheerful Tuesdays)

Every Tuesday the hub is open between 10am and 7pm. The drop-in day gives people the opportunity to meet like-minded people, have a brew and a chat and be part of the Get Fit Family.

Tuesdays Sound Bath

Tuesday evenings we offer a sound bath for a donation of £5

Wednesdays – Walk & Talk

On Wednesday evenings we meet at the hub for a local walk. Everyone is welcome to come along either by themselves or with friends or family. It is an opportunity to spend time with supportive people and talk while exercising. We then return to the hub for a brew and chat.

On average we have 150 people coming through the doors for the above services.

Training Courses

For the last two years in September, we have run a Suicide Awareness training free to anyone interested in learning more about the impact of suicide and how we can help others who are experiencing suicidal thoughts.

Signed on behalf of the Trustees by Sandra Breem 

Date: 8/9/22

Get Fit for Mental Wellness

Independent examiner's report to the trustees of Get Fit for Mental Wellness Charitable Incorporated Organisation ('the CIO')

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 December 2021, which are set out on pages 6 to .

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

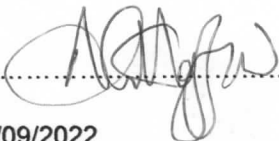
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: A Hoggard

Date: 08/09/2022

Accounts4you
24-26 Kell Lane
Shibden
Halifax
HX3 7AY

Get Fit for Mental Wellness
Receipts and payments account
for the year ended 31 December 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Receipts					
Donations	(1)	42,130		42,130	
Fun Day		7,203		7,203	
Grants		-	13,811	13,811	
Merchandise Sales		555		555	
Xmas Raffle		179		179	
Sound Bath		125		125	
Other Fundraising		350		350	
Room Hire		585		585	
		-			
Total receipts		51,127	13,811	64,938	-
Payments					
8 Week Programme Staff Costs		11,542	11,883	23,425	
Programme Expenses		6,172	1,500	7,672	
Training Costs		6,312	-	6,312	
Staff Costs		3,540	-	3,540	
Rent		11,850	210	12,060	
Furniture & Appliances		1,432	-	1,432	
Admin Expenses		1,010	-	1,010	
Fun Day 2021		443	-	443	
Unknown - to move		252	-	252	
Wellness Centre Maintenance		779	-	779	
Internet Costs		186	-	186	
Wellness Centre Consumables		86	-	86	
Refreshments Wellness Centre		109	-	109	
Waste		172	-	172	
Marketing		48	-	48	
Merchandise		1,358	-	1,358	
Travel Expenses		75	-	75	
Event Expenses		1,047	-	1,047	
Electric		249	-	249	
Independaant Examination		200	-	200	
Bank Charges		242	-	242	
		-			
Total payments		47,104	13,593	60,697	-
Net receipts / (payments)		4,023	218	4,241	-
Transfers between funds		-	-	-	-
Net movement in funds after transfers		4,023	218	4,241	-
Fund balances brought forward		-	-	-	-
Fund balances carried forward	(2)	4,023	218	4,241	-

Get Fit for Mental Wellness
Statement of assets and liabilities
as at 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	403	218	621	
Cash in hand	249	-	249	
Total cash funds	<u>652</u>	<u>218</u>	<u>870</u>	<u>-</u>

Other monetary assets

Stock

£

3,571

3,571

Investment assets

£

-

Assets retained for the charity's own use

£

-

Liabilities

£

Independent examination

200

-

Approval of the accounts

The financial statements were approved by the board of trustees on8/9/22.....

Signed: S. Breen (Trustee)

Name: SANDRA BREEN

Get Fit for Mental Wellness

Notes to the accounts

for the year ended 31 December 2021

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Endowment funds represent those assets which must be held permanently by the charity, principally investments. Income arising on the endowment funds can be used in accordance with the objects of the charity and is included as unrestricted income unless restrictions have been imposed by the donor. Any capital gains or losses arising on the investments form part of the fund. Investment management charges and legal advice relating to the fund are charged against the fund.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Get Fit for Mental Wellness

Notes to the accounts continued

for the year ended 31 December 2021

1 Grants and donations	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Donations	42,130		42,130	
Community Foundation for Calderdale	-	5,000	5,000	
CFFC - Local Care Direct	-	5,000	5,000	
CALDERDALE MBC	-	3,811	3,811	
	<u>42,130</u>	<u>13,811</u>	<u>55,941</u>	<u>-</u>

2 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Community Foundation for Calderdale		5,000	5,000		-
CFFC - Local Care Direct		5,000	4,782		218
CALDERDALE MBC		3,811	3,811		-
	<u>-</u>	<u>13,811</u>	<u>13,593</u>	<u>-</u>	<u>218</u>

3 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.