

Get Fit for Mental Wellness

Charity number 1190604

Annual Report and Financial Statements for the year ended 31 December 2022



Get Fit for Mental Wellness

Annual Report and Financial Statements for the year ended 31 December 2022

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Get Fit for Mental Wellness

Trustees' report for the year ended 31 December 2022

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.

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Trustees' report (continued) for the year ended 31 December 2022

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 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 dedicated registered charity that remains steadfast in its commitment to reducing the stigma surrounding mental health. Over the course of the year ending in 2022, we have achieved significant milestones and made a lasting impact in the lives of those we serve.

Programmes & Impact

In the pursuit of our aims and objectives, GF4MW has successfully implemented five comprehensive mental wellness programmes, with a sixth currently underway going through to 2023. The programmes are aimed at transforming the perception of mental health, specifically targeting 65 participants in an intensive 8-week course. This programme encompasses individualised therapy, psychoeducation, fitness, nutritional guidance, and overall wellness advice, with consistently outstanding results.

An essential aspect of our progress is the utilisation of therapeutic outcome measures to quantify the efficacy of our initiatives. Prior to 2022, we have collected and analysed 38 outcome measures, showcasing remarkable results:

CORE (Total 40 – general wellness)

Reliable change (change beyond chance or error) is indicated by a clinical score increase of 5 or more. Participants exhibited clinical changes ranging from 9 to 35, with 100% of clients demonstrating reliable improvement.

PHQ-9 (Total 27 - Depression):

A reliable improvement is marked by a reduction of 6 or more points.

Participants showcased clinical changes ranging from 3 to 26, with a notable 93% achieving reliable improvement.

GAD7 (Total 21 - Anxiety):

Reliable improvement involves a decrease of 4 or more points.

All clients (100%) displayed reliable change, with clinical changes ranging from 7 to 21.

Weekly Wellness Services: We have established a robust schedule of weekly activities designed to foster mental wellness within our community:

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Trustees' report (continued) for the year ended 31 December 2022

Weekly Wellness Services:

We have established a robust schedule of weekly activities designed to foster mental wellness within our community:

Sunday Steps Challenge:

The Scammonden Steps Challenge takes place every Sunday, welcoming individuals of all fitness levels.

This initiative offers exercise and a supportive environment for participants.

Monday Yoga:

Our Monday Yoga class at the Hub provides a calming and rejuvenating experience.

Tuesday Drop-In (Cheerful Tuesdays):

Every Tuesday, our Hub is open for individuals to connect, converse and forge meaningful relationships.

Tuesday Sound Bath:

Tuesday evenings feature a soothing sound bath session, promoting relaxation for a nominal donation for those who feel they can pay. The sessions are regularly full.

Wednesday Walk & Talk:

Wednesday evenings present an opportunity for community members to engage in a local walk, fostering conversations and camaraderie and engaging in peer support.

Collectively, these activities attracted an average of 150 participants each week, showcasing the strength and growth of our community.

Training Courses:

One of our significant achievements includes the provision of Suicide Awareness training. Over the past two years, we have offered free training in this area that equips individuals with knowledge about the impact of suicide and effective methods for assisting those grappling with suicidal thoughts. We are expanding our offering going forward into next year.

Conclusion

The year 2022 has been a transformative journey for Get Fit 4 Mental Wellness. Through our multifaceted programmes, therapeutic outcomes, and weekly wellness services; we have successfully made strides in reducing the stigma surrounding mental health and fostering a supportive community. Our commitment to creating a safe space for mental wellness continues to drive us forward, propelling us to greater achievements in the years ahead. We are committed to utilising our financial resources effectively to provide vital services and support to our community. The figures presented in this report reflect our commitment to transparency, accountability and responsible financial stewardship.

Looking Ahead to 2023: As we reflect on the achievements of 2022, we are excited to share our vision for the year ahead. In 2023, Get Fit 4 Mental Wellness is dedicated to expanding our impact even further. To achieve this, we have strategic plans in place:

Recruitment of Consultant Bid Writer: We recognise the importance of securing additional funding to support our initiatives. In 2023, we are actively seeking to recruit a skilled consultant bid writer who will help us secure vital grants and partnerships, enabling us to extend our reach and impact.

Expansion of Trustees: Our organisation's leadership plays a pivotal role in driving our mission forward. In the coming year, we are committed to diversifying our trustee board by welcoming individuals with a diverse range of skills and experiences. This will enhance our ability to make informed decisions and guide our charity to greater success.

Signed on behalf of the Trustees by Sandra Breen 

Date..26.1.23..

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 2022, 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.

Name: A Hoggard

Date: 06/09/2023

Accounts4you

24-26 Kell Lane
Shibden
Halifax
HX3 7AY

Get Fit for Mental Wellness

Receipts and payments account

for the year ended 31 December 2022

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Donations	(1)	22,686		22,686	42,130
Fun Day		-			7,203
Grants		-	13,000	13,000	13,811
Merchandise Sales		1,471		1,471	555
Xmas Raffle		-		-	179
Sound Bath		505		505	125
Other Fundraising		190		190	350
Room Hire		296		296	585
café Income				355	
		-			
Total receipts		<u>25,148</u>	<u>13,000</u>	<u>38,503</u>	<u>64,938</u>
Payments					
Rent		8,988	920	9,908	11,050
Staff Costs		5,904	3,906	9,810	26,965
Marketing		3,189	440	3,629	48
Programme Expenses		1,830	-	1,830	7,672
Electric		1,521	140	1,661	1,259
Internet Costs		665	-	665	186
Manuel Expenses		640	-	640	6,312
Admin Expenses		611	-	611	1,010
Waste		440	-	440	172
Buildings Costs		418	-	418	2,211
Water		410	-	410	-
Running Club Outgoings		380	-	380	-
Merchandise		2,201	-	2,201	1,358
Expenses Café		215	-	215	109
Travel Expenses		196	-	196	75
Bank Charges		135	-	135	242
Wellness Centre Consumables		125	-	125	86
General Expenses		59	-	59	452
Fundraising/Events					1,490
Total payments		<u>27,927</u>	<u>5,406</u>	<u>33,333</u>	<u>60,697</u>
Net receipts / (payments)		<u>(2,779)</u>	<u>7,594</u>	<u>5,170</u>	<u>4,241</u>
Transfers between funds		-	-	-	-
Net movement in funds after transfers		<u>(2,779)</u>	<u>7,594</u>	<u>5,170</u>	<u>4,241</u>
Fund balances brought forward		<u>4,241</u>		<u>4,241</u>	<u>-</u>
Fund balances carried forward	(2)	<u>1,462</u>	<u>7,594</u>	<u>9,411</u>	<u>4,241</u>

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Statement of assets and liabilities

as at 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	418	7,594	8,012	621
Cash in hand	-	-	-	249
Total cash funds	<u>418</u>	<u>7,594</u>	<u>8,012</u>	<u>870</u>
Other monetary assets			£	
Stock			1,700	3,571
			<u>1,700</u>	<u>3,571</u>
Investment assets			£	£
			<u>-</u>	<u>-</u>
Assets retained for the charity's own use			£	£
			<u>-</u>	<u>-</u>
Liabilities			£	£
Independent examination			300	200
			<u>300</u>	<u>200</u>

Approval of the accounts

The financial statements were approved by the board of trustees on

Signed: S. Breen (Trustee)

Name: SANDRA BREEN

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Notes to the accounts

for the year ended 31 December 2022

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.

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Notes to the accounts continued

for the year ended 31 December 2022

1 Grants and donations		2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Donations		22,686		22,686	42,130
CFFC	12 Week Weight Loss Programme	-	5,000	5,000	5,000
CFFC	Wellness for all ages	-	8,000	8,000	5,000
		-	-	-	3,811
		-			
		<u>22,686</u>	<u>13,000</u>	<u>35,686</u>	<u>55,941</u>
				-	-13811

2 Restricted funds		Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
		£	£	£	£	£
CFFC	12 Week Weight Loss Programme		5,000	5,000		-
CFFC	Wellness for all ages	-	8,000	406		7,594
			-	-		-
						-
		<u>-</u>	<u>13,000</u>	<u>5,406</u>	<u>-</u>	<u>7,594</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.