

Get Fit for Mental Wellness

Charity number 1190604

Annual Report and Financial Statements for the year ended 31 December 2023



Get Fit for Mental Wellness

Annual Report and Financial Statements for the year ended 31 December 2023

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Get Fit for Mental Wellness

Trustees' report for the year ended 31 December 2023

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	Resigned 7th November 2023
Dr Andre Brittain-Dissont	Trustee	
Jenni Platt	Trustee	Appointed 3rd March 2023
Owen Keith Hall	Trustee	Appointed 3rd March 2023
Craig Cornick	Trustee	Appointed 7th November 2023
Alistair James Eastwood	Trustee	Appointed 7th November 2023

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 2023

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 dedicated registered charity that remains steadfast in its commitment to reducing the stigma surrounding mental health. Over the course of the year ending 2023, we have achieved significant milestones and made a lasting impact in the lives of those we serve.

Programmes & Impact

At the beginning of 2023, we successfully secured funding of £69,733.00 from the Calderdale Cares Partnership in conjunction with Calderdale Council. This funding covered some of our core activities and also allowed us to develop new initiatives. The idea behind the project was to provide some sort of mental health support for every age group.

We developed a project with a local play gym whereby parents or carers who were struggling with mental health difficulties, or feeling isolated, could bring their babies and toddlers up to 4 years old to the play gym, enjoy an hour's free session, connect with other like-minded people and take part in a guided group discussion with a member of our team. We were then able to signpost people to our various other services, and to other organisations where appropriate. These sessions were well attended and enjoyed.

The second element of the project offered mini-medical mental health first aid training for young people aged 9 – 15. This training is a first step in developing mental health awareness at a young age, not just for the individual, but for those around them too.

The funding also covered four of our 8-Week Mental Wellness programmes, three of which have now been completed successfully, with one more paid for through this funding to take place in March 2024. (This took our total programmes delivered in 2023 to four).

We also launched a free, instant access counselling service for anybody in need of talking therapy due to mental health difficulties. Currently this service is only available to over 18s, but we have identified a significant demand for this service to be available to young people too. We pay a fully qualified counsellor to supervise the service, and then counsellors who are in their fourth and final year of their qualifications volunteer to run the counselling sessions. This has been an incredibly successful and important step forward for us. Demand is high and results are consistently outstanding. The service is very much needed and we are planning to continue with it beyond the life of the grant.

In March 2023, we were granted £7,800.00 to build two new therapy rooms within our existing centre to allow counselling to take place on site.

Get Fit for Mental Wellness

Trustees' report (continued) for the year ended 31 December 2023

The final element of this project was yoga and pilates for over 65s who may be lonely, isolated or suffering with poor mental health, particularly surrounding bereavement. The idea was to enjoy a gentle session of exercise, then to take part in a chat with other like-minded people. We identified a lack of bereavement support for those who have lost someone close to them outside of a hospice setting and so these groups were centred around loss, grief and living alone. They are very well attended and we are going to continue with this project beyond the life of the grant.

In the pursuit of our aims and objectives, GF4MW successfully implemented five comprehensive 8-Week Mental Wellness Programmes. The programmes are aimed at transforming the perception of mental health, specifically targeting 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. In 2023, we have continued to collect and analyse 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 96% achieving reliable improvement. This is up 3% from 2022 which demonstrates the evolution of the programme over time to achieve even better results.

GAD7 (Total 21 - Anxiety):

Reliable improvement involves a decrease of 4 or more points. For the second year running, all clients (100%) displayed reliable change, with clinical changes ranging from 7 to 21.

Weekly Wellness Services:

We have continued with our robust schedule of weekly activities designed to foster mental wellness within our community. The centre is now open 7 days per week with regular activities taking place, all designed to boost positivity and mental wellbeing. Our centre is also open for drop in sessions each day, whereby people in crisis can attend and speak with one of our mentors.

We have provided some new additions to our timetable in 2023 as follows:

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:

Our Monday Yoga class provides a calming and rejuvenating experience.

Over 65s pilates and yoga also takes place on a Monday. We hire out a local church for this activity to ensure it's fully accessible for those who may have mobility issues.

Tuesday:

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.

Get Fit for Mental Wellness

Trustees' report (continued) for the year ended 31 December 2023

Wellness Wednesday:

We now offer Tai-Chi on Wednesdays which is a gentle exercise and form of 'moving meditation', with proven benefits to physical and mental health.

Wednesdays also see a guided meditation session, followed by pilates.

Friday:

We offer a free Boxercise session followed by a medicine drum journey, allowing participants to connect with their inner selves through the sound of drums.

Collectively, these activities attracted an average of 150 participants each week throughout 2023, showcasing the strength and growth of our community.

Saturday:

Our centre is open for peer support as well as a Narcotics Anonymous meeting in the evening. We are not affiliated with that fellowship in any way, but they utilise our space for a very well attended local meeting for those struggling with drug addiction.

Training Courses: Our one-day courses have expanded to cover not just suicide prevention, but also intervention, as well as coping with loss and grief and dealing with anxiety. We were granted funding from the Community Foundation for Calderdale in September 2023 to allow us to deliver some of these workshops out in the community and we have partnered up with Project Colt in Elland to deliver these workshops in early 2024.

Head of Income Generation: We recruited our head of income generation on a freelance basis at the end of 2022, Beth Lambert. Beth has overseen an income increase of 204% during the course of the financial year working just one day per week for the charity. In 2024, Beth will increase to two days per week with a view to increasing revenue, diversifying our income streams further and continuing to develop important partnerships.

New Trustees: November 2023 also saw us welcome two new Trustees, James Eastwood and Craig Cornick, both bringing with them considerable expertise and exciting plans for the development and growth of the charity.

Volunteers: It would be remiss of us not to acknowledge the invaluable contributions of our dedicated volunteers. Their selfless dedication, unwavering commitment and boundless enthusiasm continue to provide the cornerstone to our achievements. Our volunteers serve as the backbone of our organisation, generously giving their time, skills and passion to help us achieve our mission. Whether leading group sessions, organising events, providing support, or lending a helping hand behind the scenes; their efforts have created a positive and nurturing environment that has touched countless lives. With deep gratitude, we extend our heartfelt thanks to each and every volunteer who has played a part in shaping the success of Get Fit 4 Mental Wellness. Your compassion and commitment inspire us and motivate us to continue to make meaningful impact in the lives of those we serve.

Get Fit for Mental Wellness

Trustees' report (continued) for the year ended 31 December 2023

Looking to 2024: 2024 is set to be an incredibly exciting year with the expansion of the charity into Manchester City Centre with a brand new wellness centre offering all of our existing services, as well as some exciting new ones too.

We are also very excited to announce our rebrand in early 2024, where 'Get Fit 4 Mental Wellness' will become 'Athletic Minds Foundation'. The new name and brand is a representation of our growth, expansion and our vision to eventually provide our services across the UK. We have also been mindful of the feedback we have received over the years that having 'Get Fit' in our title can be misleading and potentially off-putting and whilst encouraging physical exercise to improve mental wellness is still an important part of what we do, it is certainly not our main focus and we wanted a more inclusive name that better represents our core values.

Conclusion: 2023 has been another transformative year for Get Fit 4 Mental Wellness. Through our holistic programmes, therapeutic outcomes and weekly wellness services; we continue to successfully make 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 and to reach a whole new community of people in need with our expansion into Manchester. The figures presented in this report reflect our commitment to transparency, accountability and responsible financial stewardship.

We are excited about the opportunities that lie ahead and are grateful for the continued support of our donors, volunteers, staff and community partners. Together, we can make a lasting impact on mental wellness and continue to transform lives in the year to come.

Signed on behalf of the Trustees by Dr Andre Brittain-Dissont

Date:5/3/2024

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 2023, which are set out on pages 9 to 12.

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: 6/3/2024

Accounts4you

24-26 Kell Lane
Shibden
Halifax
HX3 7AY

Get Fit for Mental Wellness

Receipts and payments account

for the year ended 31 December 2023

	Notes	2023	2023	2023	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Donations	(1)	15,397		15,397	22,686
Grants		-	95,837	95,837	13,000
Merchandise Sales		213		213	1,471
Xmas Raffle		2,861		2,861	-
Sound Bath		-		-	505
Other Fundraising		1,000		1,000	545
Room Hire		1,017		1,017	296
External course delivery		700		700	
Misc		5		5	
		-			
Total receipts		21,193	95,837	117,030	38,503
Payments					
Programme Wages		4,560	32,264	36,824	1,830
Admin Wages		-	13,028	13,028	13,439
Rent		2,760	8,278	11,038	9,908
Volunteer Expenses		3,378	4,020	7,398	1,251
Wellness Centre Maintenance		-	7,296	7,296	125
Therapist Wages		-	3,502	3,502	
Electric		-	3,014	3,014	1,661
Merchandise		-	2,079	2,079	2,201
Community Classes		-	1,899	1,899	
Buildings Insurance		-	1,736	1,736	418
Marketing		-	1,640	1,640	
General Expenses		-	970	970	274
Running Club Outgoings		-	880	880	380
Travel Expenses		-	800	800	196
Internet Costs		-	532	532	665
Waste		-	455	455	440
Event Expenses		-	309	309	
Water		-	269	269	410
Business Insurance		-	163	163	
Furniture & Appliances		160	-	160	
Bank Charges		72	-	72	135
Total payments		10,930	83,134	94,064	33,333
Net receipts / (payments)		10,263	12,703	22,966	5,170
Transfers between funds		-	-	-	-
Net movement in funds after transfers		10,263	12,703	22,966	5,170
Fund balances brought forward		1,818	7,594	9,412	4,242
Fund balances carried forward	(2)	12,081	20,297	32,378	9,412

Get Fit for Mental Wellness

Statement of assets and liabilities

as at 2023

	2023	2023	2023	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	10,971	20,297	31,268	8,012
Paypal	1,410	-	1,410	
Cash in hand	-	-	-	
Total cash funds	<u>12,381</u>	<u>20,297</u>	<u>32,678</u>	<u>8,012</u>
Other monetary assets			£	
Stock			-	1,700
			<u>-</u>	<u>1,700</u>
Investment assets			£	£
			<u>-</u>	<u>-</u>
Assets retained for the charity's own use			£	£
			<u>-</u>	<u>-</u>
Liabilities			£	£
Independent examination			300	300
			<u>300</u>	<u>300</u>

Approval of the accounts

The financial statements were approved by the board of trustees on 4th March 2024

Signed: Dr Andre Brittain-Dissont (Chair of Trustees)

Get Fit for Mental Wellness

Notes to the accounts

for the year ended 31 December 2023

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 2023

1 Grants and donations	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Donations	4,468		4,468	22,686
The Big Give Trust	9,929		9,929	
Groundwork UK	1,000		1,000	
CFFC	-	4,026	4,026	
CFFC	-	5,000	5,000	5,000
CFFC	-	10,000	10,000	8,000
Calderdale MBC	-	69,733	69,733	
Morrisons	-	7,078	7,078	
	<u>15,397</u>	<u>95,837</u>	<u>111,234</u>	<u>35,686</u>
			-	-
The Big Give Trust	Kind to Mind campaign			
Groundwork UK	Tesco blue token scheme			
CFFC	Cost of Living Fund			
CFFC	Local Care Direct Mental Health Workshops			
CFFC	VCS Fund - Core Costs			
Calderdale MBC	Cares Partnership - Health & Wellbeing activities			
Morrisons	New Therapy Rooms			

2 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
CFFC Wellness for all ages	7,594		7,594		-
CFFC Cost of Living Fund		4,026	2,526		1,500
CFFC Local Care Direct		5,000	4,353		647
CFFC VCS Fund		10,000	10,000		-
Calderdale MBC		69,733	51,583		18,150
Morrisons New Therapy Rooms		7,078	7,078		-
					-
	<u>7,594</u>	<u>95,837</u>	<u>83,134</u>	<u>-</u>	<u>20,297</u>

3 Related party transactions

Trustee expenses

No trustee received any expenses during this year

Trustee remuneration and benefits

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