

THE WELLBEING CO

Charity Incorporated Organisation (CIO)

Financial Statements

For the period ended

31st March 2022

Registered Charity Number: 1191921

THE WELLBEING CO

Year Ended 31st March 2022

Principal address:

8, Houndsfield Road
Edmonton, London
N9 7RA

Trustees:

Nichola Lauder - Chair
Trevor Knight – Treasurer and Vice Chair
Michelle Francis – Company Secretary

Governing document

The organisation is operated under the rules of its constitution.

Bankers:

Santander

THE WELLBEING CO

Year Ended 31st March 2022

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THE WELLBEING CO

Year ending 31st March 2022

Annual Report

The committee are please to present the financial report for the period ended 31st March 2022, the first accounting period of the Charitable Incorporated Organisation.

Structure, Governance and management

The Wellbeing Co is a charitable Incorporated Organisation (CIO), registered with the Charity Commission and governed by its constitution, dated 21st October 2020.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The affairs of the charity are managed on a day-to-day basis by the trustees, who may exercise all the powers of the CIO.

The trustees of served during the year are shown on page 2 of this report.

Appointment of Trustees

In accordance with the terms of the constitution, there must be at least three charity trustees. If the number falls below the minimum, the remaining trustees can act only to call a meeting of the trustees or appoint a new trustee.

The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Each new trustee is given a copy of the constitution and the latest trustees' annual report and accounts, on or before appointment.

Charitable objects

THE OBJECTS OF THE CIO ARE: THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES, SUPPORT SERVICES AND PRACTICAL ADVICE.

Activities and achievements for the year

As things slowly return to some form of “normality” following the Covid-19 Pandemic, The Wellbeing Co. slowly gather momentum as we rise up deliver a hybrid service to the increased mental health and life challenges faced by the Enfield residence. Thanks to the faithful volunteers, community members, peers, community partners and input from the Board of Trustees we have managed to deliver several new and innovative interventions throughout this time.

We have developed a sustainable Foodbank, the Bread of Life Pantry in conjunction with the Seventh Day Adventist Church and the Charity ADRA, where we served more than 80 plus participants a week and over 40 meals per month for those in most deprived parts of the Borough.

After delivering our much-loved Women's Group, we were able to offer monthly sessions in person albeit in a different part of the building. We had a Gardening Group Reunion consisting of participants from the Women's Group, the Mixed Anxiety and Depression and members of the Original Pocket Park Group. Many hours were spent clearing month's weeds, pruning, and planting.

We delivered educational Vaccine Workshops and Information and Advice Sessions for the Community and in particular our participants.

There is still a huge demand for 1:1 Talking Therapy for clients with common mental health.

In October in collaboration with the Enfield Food Alliance Grassroots Food Hub were granted £1000 by Enfield Council to deliver a Black History Month Event for the African and Caribbean Communities. Forty Hall kindly donated a space for us to put on the event where 8 Grassroots Foodbank Organisations, Musicians, Spoken Word Artists and Black Businesses were able to share various dishes from around the African Continent, Asia and the Caribbean. We had over 100 people attend the event.

Whilst this has been a bit of an uphill struggle for TWC, with volunteers moving on due to family life pressures, fear of the unknown, low uptake of Interns due to Covid-19 Restrictions on Overseas travels and lack of capacity to meet the demands of the community, we feel optimistic about the future and continue to soldier on with the support of the TWC Board, Partner Organisations , Funding Partners and the Local Community, to develop a more sustainable service with a stronger core of services.

Hybrid Timetable for May 2022

well.
THE WELLBEING CO
Creating and Supporting Healthier Communities

We offer an exciting range of **online and in person** groups for **MAY 2022**. These include:

- **TWC Women United –Support Group** – Fortnightly, Wednesday 11.30am to 1.00pm – **In Person**
- **Anxiety and Depression Group** – Weekly, Wednesday from 1.30pm to 3.00pm – **In Person**
- **1:1 30 Minute Telephone or Zoom Befriending Service** – Weekly, Tuesday and Wednesdays from – 12pm to 3pm by appointment only.
- **Gardening Group** – Fortnightly, Wednesdays from – 1.30pm to 3.00pm – **In Person**

We also have limited spaces for Counselling

To register please complete attached referral form or complete online via www.thewellbeingco.org.uk.

We can also be reached via email at:
referral@thewellbeingco.org.uk or
by phone on 020 8804-2068/07506 793101.



Referrals – 71. Counselling Session 590. Telephone Befriending Sessions (12 referrals) 72. Group Sessions 95. Volunteers 12 – Hybrid Mental health Awareness Outreach Events - 6 . Community Members served 480.
Foodbank and cooked food – 3,633 + 480 – 40=4113.

Reserves policy and going concern

The Board has assessed the charity's requirements for reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that The Wellbeing Co's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity undertakes.
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

Trustees and their responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

Trustees have, and must accept, ultimate responsibility for directing the affairs of a charity, and ensuring that it is solvent, well-run, and meeting the needs for which it has been set up.

Our volunteers

The Wellbeing Co is very involved in the community and relies on voluntary help.

One volunteer assisted with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Future plan

The Wellbeing Co is committed to apply for further funding that will enable the organisation to deliver on various needs identified.

Lastly, I would like to thank God, our funders and supporters for their commitment and support for our work.

Nichola Lauder
(Chairperson)

25/04/2023

THE WELLBEING CO
Income and Expenditure account for the year ended 31st March 2022

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>Funds</u> 2022	<u>Total</u> <u>Funds</u> 2021
<u>INCOMING RESOURCES</u>	£	£	£	£
Donation	2,145	-	2,145	-
Grants for charitable activities:				
London Catalyst	-	4,000	4,000	-
Community Barnet	-	-	-	2,420
TOTAL INCOMING RESOURCES	2,145	4,000	6,145	2,420
<u>RESOURCES EXPENDED</u>				
Charitable Expenditure				
Sessional Workers and Trainers	1,452	1,556	3,008	3,190
Venue Cost	-	-	-	450
Refreshments	-	12	12	6
Staff and Volunteer Training	796	-	796	-
Pocket Park/ Gardening group activities	-	587	587	512
Food Bank activities	-	82	82	299
Activities Materials	-	216	216	159
Professional fees	500	-	500	500
office expenses	946	-	946	572
Publicity and advertising	-	-	-	200
Travel expenses	26	-	26	40
Volunteers' expenses	-	429	429	15
DBS Check	-	-	-	30
TOTAL RESOURCES EXPENDED	3,720	2,882	6,602	5,972
Net incomings and outgoings	(1,575)	1,118	(457)	(3,552)
TOTAL FUNDS AT 01 APRIL 2021	1,575	2,420	3,995	7,547
TOTAL FUNDS AT 31 MARCH 2022	-	3,538	3,538	3,995

THE WELLBEING CO

BALANCE SHEET AS AT 31 MARCH 2022

	Notes	£ <u>2022</u>	£ <u>2021</u>
Fixed Assets			
Tangible assets		-	-
Current Assets:			
Cash at Bank and In Hand		4,038	4,937
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(6)	500	942
		-	-
Net Assets		<u>3,538</u>	<u>3,995</u>
As Represented By			
Unrestricted Fund		-	1,575
Restricted Fund	(7)	<u>3,538</u>	<u>2,420</u>
Total Funds		<u>3,538</u>	<u>3,995</u>

(The notes form part of this account)

The accounts were approved by the Committee Members on 25th April 2023 and signed on their behalf by: -

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Ms Nichola Lauder
(Chair)

THE WELLBEING CO
Year Ended 31st March 2022

Notes to the accounts

1. Accounting Basis

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of certain fixed assets, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2008).

The accounts have also been prepared in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" and applicable legislations.

2. Incoming resources

All incoming resources are included in the Statement of Financial Activities when the organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy.

3. Resource Expendable

All expenditure is accounted for on an accrual basis and has been included under expenses categories that aggregate all costs for allocation to activities.

4. Fixed Asset

The organisation has no fixed assets in this year.

5. Debtors

The organisation has no debtors.

6. Creditors and Accruals

	2022	2021
	£	£
Professional fees	500	500
Other Creditors	-	442
	500	942

7. Analysis of Restricted Fund

Restricted Funds	Balance b/f @ 01st Apr 2021 £	Received in 2021/2022 £	Spent in 2021/2022 £	Balance C/F @ 31st Mar 2022 £
Community Barnet	2,420	-	2,420	-
London Catalyst	-	4,000	462	3,538
Total	2,420	4,000	2,882	3,538

8. Support and Governance Cost

	2022 £	2021 £
Office expenses	946	572
Professional Fees	500	500
	<u>1,446</u>	<u>1,072</u>