

THE WELLBEING CO

Charity Incorporated Organisation (CIO)

Financial Statements

For the period ended

31st March 2025

Registered Charity Number: 1191921

THE WELLBEING CO

Year Ended 31st March 2025

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 2025

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THE WELLBEING CO

Year ending 31st March 2025

Annual Report

The committee are please to present the financial report for the period ended 31st March 2025, 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 2024/25

During the 2024/25 financial year, TWC continued to adapt and develop its services in response to community need, organisational capacity, and wider social challenges. A significant area of work during this period was the expansion into culturally specific consultancy and systems-level activity. TWC formed part of the Black Mental Health Collective, working alongside ten Black-led organisations supporting the Global Majority through the Race Equity Lab. This work focused on exploring and addressing the factors affecting Black and Brown people's access to mental health services and contributed to wider discussions around race inequality and racial trauma.

Throughout the year, TWC provided counselling services to individuals across North London experiencing mild to moderate mental health difficulties. The most common presenting issues were anxiety and depression, followed by post-traumatic stress disorder (PTSD). Clients were offered between 16 sessions and up to 11 months of support for those presenting with more complex needs. During 2024/25, counselling was delivered online and by telephone, which was the preferred option for most

clients. TWC would like to offer more in-person support in the future should there be sufficient demand.

Group-based activities remained central to TWC's work. The TWC Women's Group continued to meet on a fortnightly basis, providing a consistent and supportive space. During the year, a Weight Management Group was introduced, alongside a quarterly potluck lunch, supporting connection, peer support, and community wellbeing. While there was a reduction in attendance for some face-to-face activities, including the Cooking Group, there was increased engagement with online counselling, mental health training, and occasional support groups, particularly those focused on race inequality and racial trauma.

TWC also continued to maintain the Wellbeing Pocket Park, with regular attendance from approximately six to seven members of the local community. The group is led by a committed local volunteer with a passion for gardening and wellbeing. Although there were plans to enter the Enfield in Bloom competition during the year, this was postponed.

Partnership working remained an important element of TWC's approach. TWC attended regular meetings with CAHN, which provided valuable insight into activities taking place across the borough. This supported effective signposting and referrals while helping to avoid duplication of services. Although no direct grants or contracts were secured during the year, TWC obtained regular paid work as a subcontractor with a local authority, contributing to organisational sustainability.

The year presented ongoing challenges, including volunteer turnover, continued reluctance among some individuals to re-engage in in-person activities, and issues with the TWC building. These factors reinforced the need to continue delivering services online and by telephone.

Despite these challenges, demand for TWC's services remained steady. In total, TWC received over 38 referrals during the year, primarily for online counselling, mental health training, and therapeutic support groups.

Overall, 2024/25 was a year of adaptation and resilience. With the continued support of the TWC Board, partner organisations, funding partners, and the local community, TWC remains optimistic and committed to developing a more sustainable service with a stronger and more focused core offer.

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 are committed to apply for further funding that will enable the organisation to deliver on various needs identified.

CONCLUSIONS

Finally, we would like to give thanks to God, the TWC Board, our funders, and in particular our individual donors and community volunteers, who have been passionate supporters and advocates of TWC. Their continued commitment, encouragement, and belief in our work have been invaluable throughout the year.

Nichola Lauder
(Chairperson)

29/01/2026

THE WELLBEING CO				
Income and Expenditure account for the year ended 31st March 2025				
	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2025</u>	<u>Total Funds 2024</u>
<u>INCOMING RESOURCES</u>	£	£	£	£
Donation and Contribution	1,327	-	1,327	1,371
Grants for charitable activities:				
Mind	-	8,023	8,023	1,354
TOTAL INCOMING RESOURCES	1,327	8,023	9,350	2,724
<u>RESOURCES EXPENDED</u>				
Charitable Expenditure				
Sessional Workers and Trainers	2,152	5,031	7,183	1,648
Refreshments	34	-	34	65
Counselling and Groups	-	2,640	2,640	-
Pocket Park/ Gardening group activities	-	90	90	19
Food Bank activities	-	75	75	76
Activities Materials	25	-	25	51
Professional fees	-	-	-	775
Office expenses	-	187	187	187
Travel expenses	67	-	67	42
Volunteer expenses	39	-	39	50
TOTAL RESOURCES EXPENDED	2,317	8,023	10,340	2,912
Net incomings and outgoings	(990)	-	(990)	(188)
TOTAL FUNDS AT 01 APRIL 2024	1,086	-	1,086	1,274
TOTAL FUNDS AT 31 MARCH 2025	97	-	97	1,086

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

THE WELLBEING CO

BALANCE SHEET AS AT 31 MARCH 2025

	Notes	£ <u>2025</u>	£ <u>2024</u>
Fixed Assets			
Tangible assets		-	-
Current Assets:			
Cash at Bank and In Hand		97	1,361
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(6)	-	275
Net Assets		<u>97</u>	<u>1,086</u>
As Represented By			
Unrestricted Fund		97	1,086
Restricted Fund	(7)	-	-
Total Funds		<u>97</u>	<u>1,086</u>

(The notes form part of this account)

The accounts were approved by the Committee Members on 29/01/2026 and signed on their behalf by: -

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Ms Nichola Lauder
 (Chair)

THE WELLBEING CO
Year Ended 31st March 2025

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 in this financial year.

6. Creditors and Accruals

The organisation has no creditors in this financial year.

7. Analysis of Restricted Fund

	Balance B/F @ 01st Apr 2024	Received in 2024/2025	Spent in 2024/2025	Balance C/F @ 31st Mar 2025
	£	£	£	£
Restricted Funds				
Mind	-	8,023	8,023	-

Purpose of Funds: -

To improve physical and mental health wellbeing

8.Support and Governance Cost

	2025 £	2024 £
Office expenses	187	187
Professional Fees	-	775
	<u>187</u>	<u>962</u>