

Loughborough Wellbeing Centre CIO

Charity No. 1192208

Company No.

Trustees' Report and Unaudited Accounts

31 December 2024

	Pages
Trustees' Annual Report	2
Chairs Annual Report	5
Independent Examiner's Report	7
Statement of Financial Activities	8
Summary Income and Expenditure Account	9
Balance Sheet	10
Statement of Cash flows	11
Notes to the Accounts	12 to 19
Detailed Statement of Financial Activities	20 to 21

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No.

Charity No. 1192208

Principal Office

Loughborough Wellbeing Centre

Ground Floor, Asha House

63 Woodgate

Loughborough

LE11 2TZ

Registered Office

Ground Floor

Asha House

Woodgate

Loughborough

LE11 2TZ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

P.K. Atwal	(Appointed 15 October 2024)
J.L. Bagley	(Resigned 1 June 2024)
M. Bailey	(Resigned 17 February 2024)
K. Berry	(Appointed 01 May 2024)
N. Morgan of Cotes	(Resigned 31 July 2024)
J. Poland	(Appointed 01 May 2024)
P. Ranson	(Resigned 1 June 2024)
N. Simpson	
T. Walters	(Appointed 01 July 2024)

Key Management Personnel

Chair	T. Walters
Operations	Helen Carter
Accountants	

I Hate Numbers Limited

Forester Building

29-35 St Nicholas Place

Leicester

LE1 4LD

Bankers
CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Solicitors
Latham & Co
2 Forest Road
Loughborough
Leicestershire
LE11 3NP

OBJECTIVES AND ACTIVITIES

The relief of persons in Leicestershire and its environs who are experiencing or have experienced mental health problems through the provision of in particular, but not exclusively, drop-in cafes in an effort to build self-esteem, independence and sense of well-being.

The strategies employed to achieve the charity's aims and objectives and our major activities to achieve them are as described in the Chair's report below. The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

ACHIEVEMENTS AND PERFORMANCE

Achievements and performance during the year to further the charity's purposes for the public benefit are stated in the Trustees report.

Our approach to fundraising activities

The charity has been successful in several grant funding applications and will continue to do this as the charity continues to grow in the next period. Fundraising activities including events, and through online funding opportunities will continue to be utilised to enable the charity to raise its own funds as part of the strive to become less grant funding dependant as part of our sustainability.

FINANCIAL REVIEW

Income for the year was £194,458, made up of grants and donations which was 23% down from the previous year. After the payment of premises costs, employee costs and other costs there was £200,887 spent on charitable activities, £3,726 on fund generation, and £15,402 on other expenditure.

There was a deficit of £25,557 for the year to 31-Dec-24. Funds brought forward from Jan 24 were £126,486, total funds at year end to take forward were £100,929.

The Trustees review the charity's need for reserves regularly, in line with guidance issued by the Charity Commission. The charity's reserves comprise restricted funds to be used for specified purposes laid down by the donor, designated funds for specific purposes, and general reserves to provide working capital and to secure the continuity of the charity's activities in the future.

The trustees believe that an amount equal to 6 months of operating expenditure included in the 2024/25 operating plan would be appropriate

Risk management

The trustees have a risk management strategy which comprises: an annual review of the principal risks and uncertainties that the charity faces; 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 believe that there are currently no significant risks without appropriate mitigation that warrant inclusion in the annual report.

A further review will be undertaken in 2024/25.

PLANS FOR FUTURE PERIODS

A larger charity must provide a summary of the charity's plans for the future including its aims and objectives and details of any plans to achieve them ...

A larger charity's report should explain the trustees perspective of the future direction of the charity...

STRUCTURE, GOVERNANCE AND MANAGEMENT

Loughborough Wellbeing Centre is a Charitable Incorporated Organisation incorporated in England and Wales on 6 November 2020. The charity's governing document is its constitution which follows the Charity Commission guidelines for a Charitable Incorporated Organisation (Foundation Structure) who's only voting members are its trustees.

3 Trustees retired in 2024 and 4 new Trustees were appointed. Trustees may be appointed to the Board at any time by the Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

T. Walters

Trustee

17 October 2025

Chairs Report 2024

We are pleased to present our annual report for 2024/5, a year of growth and opportunity for the Loughborough Wellbeing Centre as a Charity. We have continued to build strong relationships within Loughborough and wider into Charnwood and welcomed 3 new trustees to join us.

We were sorry to say goodbye and thank you to Mark Bailey after 3 years of support and advice as a Trustee but delighted that Perminder Atwal, James Poland and Ilona Berry joined our Board in October. This change was the perfect opportunity for us to do some Better Mental Health for All training whilst our Trustees and Staff got to know each a little better.

We are thankful to Richard MacKay for his continued support of our mission at Loughborough Wellbeing Centre, his donations make it possible for us to provide so many services that are vital to our community in and around Loughborough.

Talking of which, we have continued to develop relationships with over 25 partner Voluntary and Community Sector organisations across Leicestershire, Leicester and Rutland this year, which has enhanced the offer from our Wellbeing Centre for the local community and those a little further away. We continue to see growing demand for our services, and throughout the year have seen once again witnessed a steady increase in new people accessing our support and activities. A highlight would be our growing relationship with Loughborough University (LU) which has seen us start to deliver wellbeing sessions for LU students and a run a competition to create some murals for our windows.

Our Veterans Wellbeing Hub has continued to thrive during the year, and the veterans have taken part in several activities to support their mental wellbeing, and we have begun expanding this much needed service into other areas of Leicestershire (Blaby) and into Rutland too.

Within the Centre itself we have been busy and occasionally wet! It was all hands to the pump as we entered autumn and winter; high winds and heavy rain saw leaks from above (roof) and below (toilets) flood the Centre, but the team rallied strongly and with new carpet, seating and a reception desk, we look brighter and more welcoming than ever.

Grant Funding remains important to our ongoing ability to deliver services, and we are grateful to our CEO and Centre Manager's hard work in applying and the organisations which continue to see our importance. Charnwood Borough Council funding enable us to do outreach work in Sileby, whilst continued funding from the National Lottery (year 2 of 3), Active Together, the OPCC People's Zones, the Tudor Trust (final year for CEO Salary contribution) enabled us to put on new sessions and programmes which included: Menopause Physical Activity sessions and De-Stress Clubs in Limehurst Academy and a Family Wellbeing Café pilot on a Saturday.

Continuity of service is also important to our users and so it was important for us to continue delivering ADHD Peer Support Group, our Carers Group (particularly given the closure of existing service providers). Both our Creative Writing evening classes and our Sound Meditation monthly classes have continued to be popular

I couldn't end my report without mentioning our trustees who have volunteered their time over the past year. It has been a quite a year, but their support, enthusiasm and advice help keep us on the right strategic course. We must of course thank all our amazing volunteers who support us in so many ways and without whom we would struggle to deliver our crucial service.

All in all, 2024 has been a year of steady growth for the Charity and the continued development of closer working relationships with local community groups has been a great achievement by the team.

Finally, a big thank you to our extremely able, passionate and driven CEO and the wonderful team of staff who work with and support Helen at the LWC, I know I speak for all of the Trustees when I say thank you Jo, Angela, Adrian and Emily; we are very much looking forward to what the next year brings.

Tom Walters
Chair of Trustees

I report to the charity trustees on my examination of the financial statements of Loughborough Wellbeing Centre CIO for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Mahmood Reza FCCA, Chartered Institute of
Certified Accountant

I Hate Numbers Limited
Forester Building
29-35 St Nicholas Place
Leicester

LE1 4LD

17 October 2025

Loughborough Wellbeing Centre CIO
Statement of Financial Activities
for the year ended 31 December 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	4	40,212	122,875	163,087	222,977
Other trading activities	5	31,171	-	31,171	29,794
Investments	6	200	-	200	150
Total		71,583	122,875	194,458	252,921
Expenditure on:					
Raising funds	7	3,583	143	3,726	12,913
Charitable activities	8	92,053	108,834	200,887	163,825
Other	9	14,233	1,169	15,402	18,769
Total		109,869	110,146	220,015	195,507
Net gains on investments		-	-	-	-
Net (expenditure)/income	10	(38,286)	12,729	(25,557)	57,414
Transfers between funds		(1,754)	1,754	-	-
Net (expenditure)/income before other gains/(losses)		(40,040)	14,483	(25,557)	57,414
Other gains and losses					
Net movement in funds		(40,040)	14,483	(25,557)	57,414
Reconciliation of funds:					
Total funds brought forward		60,052	66,434	126,486	69,072
Total funds carried forward		20,012	80,917	100,929	126,486

Loughborough Wellbeing Centre CIO
Summary Income and Expenditure Account
for the year ended 31 December 2024

	2024 £	2023 £
Income	194,258	252,771
Interest and investment income	200	150
Gross income for the year	<u>194,458</u>	<u>252,921</u>
Expenditure	213,764	186,556
Depreciation and charges for impairment of fixed assets	6,251	8,951
Total expenditure for the year	<u>220,015</u>	<u>195,507</u>
Net (expenditure)/income before tax for the year	(25,557)	57,414
Net (expenditure)/income for the year	<u>(25,557)</u>	<u>57,414</u>

Loughborough Wellbeing Centre CIO

Balance Sheet

at 31 December 2024

Company No.	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	12	13,443	19,179
		<u>13,443</u>	<u>19,179</u>
Current assets			
Stocks	13	7,336	4,200
Debtors	14	2,411	362
Cash at bank and in hand		81,218	106,083
		<u>90,965</u>	<u>110,645</u>
Creditors: Amount falling due within one year	15	(3,479)	(3,338)
Net current assets		<u>87,486</u>	<u>107,307</u>
Total assets less current liabilities		<u>100,929</u>	<u>126,486</u>
Net assets excluding pension asset or liability		<u>100,929</u>	<u>126,486</u>
Total net assets		<u><u>100,929</u></u>	<u><u>126,486</u></u>
The funds of the charity			
Restricted funds	16		
Restricted income funds		80,917	66,434
		<u>80,917</u>	<u>66,434</u>
Unrestricted funds	16		
General funds		20,012	60,052
		<u>20,012</u>	<u>60,052</u>
Reserves	16		
Total funds		<u><u>100,929</u></u>	<u><u>126,486</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 17 October 2025

And signed on its behalf by:

T. Walters
Chair of Trustees
17 October 2025

Loughborough Wellbeing Centre CIO
Statement of Cash flows
for the year ended 31 December 2024

	2024 £	2023 £
Cash flows from operating activities		
Net (expenditure)/income per Statement of Financial Activities	(25,557)	57,414
Adjustments for:		
Depreciation of property, plant and equipment	6,251	8,951
Dividends, interest and rents from investments	(200)	(150)
Other gains/losses	-	-
(Increase)/Decrease in stocks	(3,136)	2,800
Increase in trade and other receivables	(2,048)	(362)
Increase in trade and other payables	141	2,414
Net cash (used in)/provided by operating activities	<u>(24,549)</u>	<u>71,067</u>
Cash flows from investing activities		
Payments for property, plant and equipment	(516)	(21,616)
Dividends, interest and rents from investments	200	150
Net cash used in investing activities	<u>(316)</u>	<u>(21,466)</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net (decrease)/increase in cash and cash equivalents	(24,865)	49,601
Cash and cash equivalents at the beginning of the year	106,083	56,482
Cash and cash equivalents at the end of the year	<u>81,218</u>	<u>106,083</u>
Components of cash and cash equivalents		
Cash and bank balances	81,218	106,083
	<u>81,218</u>	<u>106,083</u>

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
-----------------------	---

Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Equipment	25 % Reducing balance
Fixtures and fittings	33 % Fixtures and fittings

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	51,359	171,618	222,977
Other trading activities	29,794	-	29,794
Investments	150	-	150
Total	81,303	171,618	252,921
Expenditure on:			
Raising funds	4,933	7,980	12,913
Charitable activities	12,249	151,576	163,825
Other	17,484	1,285	18,769
Total	34,666	160,841	195,507
Net income	46,637	10,777	57,414
Net income before other gains/(losses)	46,637	10,777	57,414
Other gains and losses:			
Net movement in funds	46,637	10,777	57,414
Reconciliation of funds:			
Total funds brought forward	13,416	55,656	69,072
Total funds carried forward	60,053	66,433	126,486

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Grants and donations	40,212	122,875	163,087	222,977
	40,212	122,875	163,087	222,977

5 Income from other trading activities

	Unrestricted £	Total 2024 £	Total 2023 £
Shop and product sales	4,429	4,429	7,395
Venue hire	26,742	26,742	22,399
	31,171	31,171	29,794

6 Income from investments

	Unrestricted	Total 2024	Total 2023
	£	£	£
Interest Income	200	200	150
	<u>200</u>	<u>200</u>	<u>150</u>

7 Expenditure on raising funds

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Costs of generating voluntary income</i>				
Grants and donations	-	-	-	1,075
<i>Fundraising trading costs</i>				
Shop and product sales	3,583	143	3,726	11,838
	<u>3,583</u>	<u>143</u>	<u>3,726</u>	<u>12,913</u>

8 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Salaries and Wages	87,421	77,473	164,894	130,906
Premises costs	3,230	29,746	32,976	28,968
Staff welfare, user events, training and travel	397	1,038	1,435	2,531
Other	1,006	576	1,582	1,420
<i>Governance costs</i>				
	<u>92,053</u>	<u>108,834</u>	<u>200,887</u>	<u>163,825</u>

9 Other expenditure

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Premises costs	4,481	-	4,481	2,241
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	6,251	-	6,251	8,951
General administrative costs	1,722	1,169	2,891	3,497
Legal and professional costs	1,779	-	1,779	4,080
	<u>14,233</u>	<u>1,169</u>	<u>15,402</u>	<u>18,769</u>

10 Net (expenditure)/income before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	6,251	8,951

11 Staff costs

	2024	2023
	<u>164,894</u>	<u>130,906</u>

No employee received emoluments in excess of £60,000.

12 Tangible fixed assets

	Equipment	Fixtures and fittings	Total
	£	£	£
Cost or revaluation			
At 1 January 2024	3,269	29,114	32,383
Additions	-	516	516
At 31 December 2024	<u>3,269</u>	<u>29,630</u>	<u>32,899</u>
Depreciation and impairment			
At 1 January 2024	1,009	12,196	13,205
Depreciation charge for the year	565	5,686	6,251
At 31 December 2024	<u>1,574</u>	<u>17,882</u>	<u>19,456</u>
Net book values			
At 31 December 2024	<u>1,695</u>	<u>11,748</u>	<u>13,443</u>
At 31 December 2023	<u>2,260</u>	<u>16,918</u>	<u>19,179</u>

13 Stocks

	2024	2023
	£	£
Finished goods	<u>7,336</u>	<u>4,200</u>
	<u>7,336</u>	<u>4,200</u>

14 Debtors

	2024	2023
	£	£
Prepayments and accrued income	<u>2,411</u>	<u>362</u>
	<u>2,411</u>	<u>362</u>

15 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other taxes and social security	2,365	1,981
Other creditors	427	433
Accruals	687	924
	<u>3,479</u>	<u>3,338</u>

16 Movement in funds

	At 1 January 2024	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 31 December 2024 £
Restricted funds:					
Restricted income funds:					
Tudor Trust	31,695	14	(12,822)	-	18,887
Shire Grant	1,460	-	(1,984)	524	-
Charnwood	1,655	3,500	(360)	-	4,795
VPPP	17,691	5,379	(603)	-	22,467
National Lottery	10,879	98,739	(86,496)	-	23,122
Active Together	3,054	500	-	-	3,554
LCC Grant	-	-	(1,230)	1,230	-
Armed Forces CF	-	499	-	-	499
People Zones	-	9,264	(4,956)	-	4,308
Leics Partnership Trust	-	4,980	(1,695)	-	3,285
<i>Total</i>	<u>66,434</u>	<u>122,875</u>	<u>(110,146)</u>	<u>1,754</u>	<u>80,917</u>
Unrestricted funds:					
General funds	60,052	71,583	(109,869)	(1,754)	20,012
Total funds	<u><u>126,486</u></u>	<u><u>194,458</u></u>	<u><u>(220,015)</u></u>	<u><u>-</u></u>	<u><u>100,929</u></u>

Purposes and restrictions in relation to the funds:

Restricted funds:

Tudor Trust

Shire Grant

Charnwood

VPPP

National Lottery

Active Together

LCC Grant

Armed Forces CF

17 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	13,443	13,443
Net current assets	87,486	87,486
	<u>100,929</u>	<u>100,929</u>

18 Reconciliation of net debt

	At 1 January 2024	Cash flows	At 31 December 2024
	£	£	£
Cash and cash equivalents	106,083	(24,865)	81,218
	<u>106,083</u>	<u>(24,865)</u>	<u>81,218</u>
Net debt	<u>106,083</u>	<u>(24,865)</u>	<u>81,218</u>

19 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Loughborough Wellbeing Centre CIO
Detailed Statement of Financial Activities
for the year ended 31 December 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies				
Grants and donations	40,212	122,875	163,087	222,977
	<u>40,212</u>	<u>122,875</u>	<u>163,087</u>	<u>222,977</u>
Other trading activities				
Shop and product sales	4,429	-	4,429	7,395
Venue hire	26,742	-	26,742	22,399
	<u>31,171</u>	<u>-</u>	<u>31,171</u>	<u>29,794</u>
Investments				
Interest Income	200	-	200	150
	<u>200</u>	<u>-</u>	<u>200</u>	<u>150</u>
Total income and endowments	71,583	122,875	194,458	252,921
Expenditure on:				
Costs of generating donations and legacies				
Grants and donations	-	-	-	1,075
	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,075</u>
Costs of other trading activities				
Shop and product sales	3,583	143	3,726	11,838
	<u>3,583</u>	<u>143</u>	<u>3,726</u>	<u>11,838</u>
Total of expenditure on raising funds	3,583	143	3,726	12,913
Charitable activities				
Salaries and Wages	87,421	77,473	164,894	130,906
Premises costs	3,230	29,746	32,976	28,968
Staff welfare, user events, training and travel	397	1,038	1,435	2,531
Other	1,006	576	1,582	1,420
	<u>92,053</u>	<u>108,834</u>	<u>200,887</u>	<u>163,825</u>
Total of expenditure on charitable activities	92,053	108,834	200,887	163,825
Premises costs				
Rates	1,597	-	1,597	-
Premises cleaning	1,902	-	1,902	540
Premises repairs and maintenance	982	-	982	1,701
	<u>4,481</u>	<u>-</u>	<u>4,481</u>	<u>2,241</u>

Loughborough Wellbeing Centre CIO
Detailed Statement of Financial Activities

General administrative costs, including depreciation and amortisation				
Depreciation of Equipment	-	-	-	753
Depreciation of Fixtures and fittings	6,251	-	6,251	8,198
Bank charges	60	-	60	76
General insurances	1,184	-	1,184	977
Postage and couriers	9	-	9	-
Software, IT support and related costs	90	417	507	608
Stationery and printing	380	131	511	851
Subscriptions	-	151	151	89
Telephone, fax and broadband	0	469	469	896
	<u>7,973</u>	<u>1,169</u>	<u>9,142</u>	<u>12,448</u>
Legal and professional costs				
Audit/Independent examination fees	1,779	-	1,779	2,400
Accountancy and bookkeeping	-	-	-	1,560
Other legal and professional costs	-	-	-	120
	<u>1,779</u>	<u>-</u>	<u>1,779</u>	<u>4,080</u>
Total of expenditure of other costs	<u>14,233</u>	<u>1,169</u>	<u>15,402</u>	<u>18,769</u>
Total expenditure	109,869	110,146	220,015	195,507
Net gains on investments	-	-	-	-
	<u>(38,286)</u>	<u>12,729</u>	<u>(25,557)</u>	<u>57,414</u>
Net (expenditure)/income				
Transfers between funds	(1,754)	1,754	-	-
Net (expenditure)/income before other gains/(losses)	<u>(40,040)</u>	<u>14,483</u>	<u>(25,557)</u>	<u>57,414</u>
Other Gains	-	-	-	-
Net movement in funds	<u>(40,040)</u>	<u>14,483</u>	<u>(25,557)</u>	<u>57,414</u>
Reconciliation of funds:				
Total funds brought forward	60,052	66,434	126,486	69,072
Total funds carried forward	<u>20,012</u>	<u>80,917</u>	<u>100,929</u>	<u>126,486</u>

HM Revenue & Customs

Company Tax Return

CT600 (2025) Version 3

for accounting periods starting on or after 1 April 2015

Your Company Tax Return

If we send the company a 'Notice' to deliver a Company Tax Return it has to comply by the filing date or we charge a penalty, even if there is no tax to pay.

A return includes a Company Tax Return form, any supplementary pages, accounts, computations and any relevant information. The CT600 Guide tells you how the return must be formatted and delivered. It contains general information you may need to deliver your return, links to more detailed advice and box-by-box guidance for this form and the supplementary pages.

The forms in the CT600 series set out the information we need and provide a standard format for calculations.

Company information

1	Company name	Loughborough Wellbeing Centre CIO
2	Company registration number	
3	Tax reference	1673400102
4	Type of company	8

Northern Ireland

Put an 'X' in the appropriate box(es) below					
5	NI trading activity	☐	6	SME	☐
7	NI employer	☐	8	Special circumstances	☐

About this return

This is the tax return for the company named above, for the period below			
30	from DD/MM/YYYY	35	to DD/MM/YYYY
	01/01/2024		31/12/2024
Put an 'X' in the appropriate box(es) below			
40	A repayment is due for this return period		☐
45	Claim or relief affecting an earlier period		☐
50	Making more than one return for this company now		☐
55	This return contains estimated figures		☐
60	Company part of a group that is not small		☐
65	Notice of disclosable avoidance schemes		☐
	Transfer Pricing		
70	Compensating adjustment claimed		☐
75	Company qualifies for SME exemption		☐

About this return - continued

Accounts and computations		
80	I attach accounts and computations for the period to which this return relates	☒
85	I attach accounts and computations for a different period	☐
90	If you are not attaching the accounts and computations, explain why	
PDF accounts attached with explanation		
Supplementary pages enclosed		
95	Loans and arrangements to participators by close companies - <i>form CT600A</i>	☐
100	Controlled foreign companies and foreign permanent establishment exemptions, hybrid and other mismatches - <i>form CT600B</i>	☐
105	Group and consortium - <i>form CT600C</i>	☐
110	Insurance - <i>form CT600D</i>	☐
115	Charities and Community Amateur Sports Clubs (CASCs) - <i>form CT600E</i>	☒
120	Tonnage Tax - <i>form CT600F</i>	☐
125	Northern Ireland - <i>form CT600G</i>	☐
130	Cross-border royalties – <i>form CT600H</i>	☐
135	Supplementary charge in respect of ring fence trades - <i>form CT600I</i>	☐
140	Disclosure of Tax Avoidance Schemes - <i>form CT600J</i>	☐
141	Restitution Tax - <i>form CT600K</i>	☐
142	Research and Development - <i>form CT600L</i>	☐
143	Freeports and Investment Zones - <i>form CT600M</i>	☐
144	Residential Property Developer Tax (RPDT) – <i>form CT600N</i>	☐
96	Creative industries – <i>form CT600P</i>	☐

Tax calculation - Turnover

145	Total turnover from trade	-
150	Banks, building societies, insurance companies and other financial concerns – put an 'X' in this box if you do not have a recognised turnover and have not made an entry in box 145	☐

Income

155	Trading profits	-
160	Trading losses brought forward set against trading profits	-
165	Net trading profits – box 155 minus box 160	-
170	Bank, building society or other interest, and profits from non-trading loan relationships	-
172	Put an 'X' in box 172 if the figure in box 170 is net of carrying back a deficit from a later accounting period	☐

Income - continued

175	Annual payments not otherwise charged to Corporation Tax and from which Income Tax has not been deducted	-
180	Non-exempt dividends or distributions from non-UK resident companies	-
185	Income from which Income Tax has been deducted	-
190	Income from a property business	-
195	Non-trading gains on intangible fixed assets	-
200	Tonnage Tax profits	-
205	Income not falling under any other heading	-

Chargeable gains

210	Gross chargeable gains	-
215	Allowable losses including losses brought forward	-
220	Net chargeable gains - <i>box 210 minus box 215</i>	-

Profits before deductions and reliefs

225	Losses brought forward against certain investment income	-
230	Non-trade deficits on loan relationships (including interest) and derivative contracts (financial instruments) brought forward set against non-trading profits	-
235	Profits before other deductions and reliefs - <i>net sum of boxes 165 to 205 and 220 minus sum of boxes 225 and 230</i>	-

Deductions and reliefs

240	Losses on unquoted shares	-
245	Management expenses	-
250	UK property business losses for this or previous accounting period	-
255	Capital allowances for the purposes of management of the business	-
260	Non-trade deficits for this accounting period from loan relationships and derivative contacts (financial instruments)	-

Deductions and Reliefs - continued

263	Carried forward non-trade deficits from loan relationships and derivative contracts (financial instruments)	-
265	Non-trading losses on intangible fixed assets	-
275	Total trading losses of this or a later accounting period	-
280	Put an 'X' in box 280 if amounts carried back from later accounting periods are included in box 275	☐
285	Trading losses carried forward and claimed against total profits	-
290	Non-trade capital allowances	-
295	Total of deductions and reliefs – <i>total of boxes 240 to 275, 285 and 290</i>	-
300	Profits before qualifying donations and group relief – <i>box 235 minus box 295</i>	-
305	Qualifying donations	-
310	Group relief	-
312	Group relief for carried forward losses	-
315	Profits chargeable to Corporation Tax – <i>box 300 minus boxes 305, 310 and 312</i>	-
320	Ring fence profits included	-
325	Northern Ireland profits included	-

Tax calculation

326	Number of associated companies in this period	
327	Number of associated companies in the first financial year	-
328	Number of associated companies in the second financial year	
329	Put an 'X' in box 329 if the company is chargeable at the small profit rate or is entitled to marginal relief	☐

Enter how much profit has to be charged and at what rate

	Financial year (yyyy)		Amount of profit		Rate of tax %		Tax
330		335	-	340	-	345	-
		350	-	355		360	-
		365	-	370		375	-
380		385	-	390	-	395	-
		400	-	405		410	-
		415	-	420		425	-

Tax calculation - continued

Corporation Tax - <i>total of boxes 345, 360, 375, 395, 410 and 425</i>	430		-
Marginal relief	435		-
Corporation Tax chargeable - <i>box 430 minus box 435</i>	440		

Reliefs and deductions in terms of tax

445	Community Investment Tax Relief		-
450	Double Taxation Relief		-
455	Put an 'X' in box 455 if box 450 includes an underlying Rate relief claim	☐	
460	Put an 'X' in box 460 if box 450 includes any amount carried back from a later period	☐	
465	Advance Corporation Tax		-
470	Total reliefs and deduction in terms of tax - <i>total of boxes 445, 450 & 465</i>		-

Coronavirus support schemes and overpayments (see CT600 guide for definitions)

471	Coronavirus Job Retention Scheme (CJRS) received		-
472	CJRS entitlement		-
473	CJRS overpayment already assessed or voluntary disclosed		-
474	Other coronavirus overpayments		-

Energy levies

986	Energy (Oil and Gas) Profits Levy (EOGPL) amounts liable		-
987	Electricity Generator Levy (EGL) exceptional generation receipts		-

Calculation of tax outstanding or overpaid

475	Net Corporation Tax liability – box 440 minus box 470		-
480	Tax payable on loans and arrangements to participators		-
485	Put an 'X' in box 485 if you completed box A70 in the supplementary pages CT600A	☐	
490	Controlled Foreign Companies (CFC) tax payable		-
495	Bank levy payable		-
496	Bank surcharge payable		-
497	Residential Property Developer Tax (RPDT) payable		-

Calculation of tax outstanding or overpaid - continued

500	CFC tax, bank levy, bank surcharge and RPDT payable – <i>total of boxes 490, 495, 496 and 497</i>	-
501	EOGPL payable	-
502	EGL payable	-
505	Supplementary charge (ring fence trades) payable	-
510	Tax chargeable - <i>total of boxes 475, 480, 500, 501, 502 and 505</i>	-
515	Income Tax deducted from gross income included in profits	-
520	Income Tax repayable to the company	-
525	Self-assessment of tax payable before restitution tax and coronavirus support scheme overpayments – <i>box 510 minus box 515</i>	-
526	Coronavirus support schemes overpayment now due – <i>total of boxes 471 and 474 minus boxes 472 and 473</i>	-
527	Restitution tax	-
528	Self-assessment of tax payable – <i>total of boxes 525, 526 and 527</i>	-

Tax reconciliation

530	Research and Development credit	-
535	(Not currently used)	
540	Creatives tax credit	-
541	Audio-Visual expenditure credit (AVEC) and Video Games expenditure credit (VGEC)	-
545	Total of Research and Development credit, creatives tax credit and AVEC/VGEC – <i>total box 530 to 541</i>	-
550	Land remediation tax credit	-
555	Life assurance company tax credit	-
560	Total land remediation and life assurance company tax credit – <i>total box 550 and 555</i>	-
565	Capital allowances first-year tax credit	-
570	Surplus Research and Development credits or creative tax credit payable – <i>box 545 minus box 525</i>	-

Tax reconciliation - continued

575	Land remediation or life assurance company tax credit payable – <i>total of boxes 545 and 560 minus boxes 525 and 570</i>	-
580	Capital allowances first-year tax credit payable - <i>boxes 545, 560 and 565 minus boxes 525, 570 and 575</i>	-
585	Ring fence Corporation Tax included	-
586	NI Corporation Tax included	-
590	Ring fence supplementary charge included	-
595	Tax already paid (and not already repaid)	-
600	Tax outstanding - <i>box 525 minus boxes 545, 560, 565 and 595</i>	-
605	Tax overpaid including surplus or payable credits - <i>total sum of boxes 545, 560, 565 and 595 minus 525</i>	-
610	Group tax refunds surrendered to this company	-
614	Audio-Visual expenditure credit and Video Games expenditure credit surrendered to this company	-
615	Research and Development expenditure credits surrendered to this company	-

Exporter information

During the return period, did the company export goods and/or services to individuals, enterprises or organisations outside the United Kingdom (UK)?

616	Yes - goods		617	Yes – services		618	No – neither	
-----	-------------	----------------------	-----	----------------	----------------------	-----	--------------	----------------------

Indicators and information

620	Franked investment income/Exempt ABGH distributions	-
625	Number of 51% group companies	-
<i>Put an 'X' in the relevant boxes, if in the period, the company:</i>		
630	should have made (whether it has or not) instalment payments as a large company under the Corporation Tax (Instalment Payments) Regulations	
631	should have made (whether it has or not) instalment payments as a very large company under the Corporation Tax (Instalment Payments) Regulations	
635	is within a group payments arrangement for the period	
640	has written down or sold intangible assets	
645	has made cross-border royalty payments	
647	Eat Out to Help Out Scheme: reimbursed discounts included as taxable income	-

Information about enhanced expenditure and tax reliefs

Research and Development (R&D) or creatives enhanced expenditure and tax reliefs

650	Put an 'X' in box 650 if a R&D claim is made by a small or medium-sized enterprise (SME), including a SME subcontractor to a large company and/or for all creatives claims	☐
653	Put an 'X' in box 653 if the claim is made by a R&D intensive SME	☐
655	Put an 'X' in box 655 if the claim is made by a large company	☐
656	Put an 'X' in box 656 to confirm that a R&D claim notification form has been submitted	☐
657	Put an 'X' in box 657 to confirm that a R&D additional information form has been submitted	☐
658	Put an 'X' in box 658 to confirm that a Creatives additional information form has been submitted	☐
659	R&D expenditure qualifying for SME/R&D intensive SME relief	-
660	R&D enhanced expenditure	-
663	Creatives core expenditure	-
665	Creatives additional deduction	-
670	R&D enhanced expenditure and creatives additional deduction total box 660 and box 665	-
675	R&D enhanced expenditure of a SME on work subcontracted to it by a large company	-
680	Vaccine research expenditure	-

Land remediation enhanced expenditure

685	Enter the total enhanced expenditure	-
-----	--------------------------------------	--------------------------------

Information about capital allowances and balancing charges/disposal values

Allowances and charges in calculation of trading profits and losses

	Capital allowances	Balancing charges
Annual investment allowance	690 -	
Full expensing	688 -	689 -
Machinery and plant - super-deduction	691 -	692 -
Machinery and plant - special rate allowance	693 -	694 -
Machinery and plant - special rate pool	695 -	700 -
Machinery and plant - main pool	705 -	710 -
Structures and buildings	711 -	
Business premises renovation	715 -	720 -
Other allowances and charges	725 -	730 -

Allowances and charges in calculation of trading profits and losses

	Capital allowances	Disposal value
Electric vehicle charge-points	713 -	714 -
Enterprise zones	721 -	722 -
Zero-emission goods vehicles	723 -	724 -
Zero-emission cars	726 -	727 -

Allowances and charges not included in calculation of trading profits and losses

	Capital allowances	Balancing charges
Annual investment allowance	735 -	
Structures and buildings	736 -	
Full expensing	733 -	734 -
Business premises renovation	740 -	745 -
Machinery and plant - super-deduction	741 -	742 -
Machinery and plant - special rate allowance	743 -	744 -
Other allowances and charges	750 -	755 -
	Capital allowances	Disposal value
Electric vehicle charge-points	737 -	738 -
Enterprise zones	746 -	747 -
Zero-emission goods vehicles	748 -	749 -
Zero-emission cars	751 -	752 -

Qualifying expenditure

760	Machinery and plant on which first year allowance is claimed	-
765	Designated environmentally friendly machinery and plant	-
770	Machinery and plant on long-life assets and integral features	-
771	Structures and buildings	-
772	Machinery and plant - super-deduction	-
773	Machinery and plant - special rate allowance	-
775	Other machinery and plant	-

Losses, deficits and excess amounts

Amount arising

	Amount	Maximum available for surrender as group relief
Losses of trades carried on wholly or partly in the UK	780 -	785 -
Losses of trades carried on wholly outside the UK	790 -	
Non-trading deficits on loan relationships and derivative contracts	795 -	800 -
UK property business losses	805 -	810 -
Overseas property business losses	815 -	
Losses from miscellaneous transactions	820 -	
Capital losses	825 -	
Non-trading losses on intangible fixed assets	830 -	835 -

Excess amounts

	Amount	Maximum available for surrender as group relief
Non-trading capital allowances		840 -
Qualifying donations		845 -
Management expenses	850 -	855 -

Northern Ireland information

856	Amount of group relief claimed which relates to NI trading losses used against rest of UK/mainstream profits	-
857	Amount of group relief claimed which relates to NI trading losses used against NI trading profits	-
858	Amount of group relief claimed which relates to rest of UK/mainstream losses used against NI trading profits	-

Overpayments and repayments

Small repayments

860	Do not repay sums of	-	or less.
Read the overpayments and repayments section of the Company Tax Return Guide for specific guidance on when and how to make an entry in this box.			

Repayments for the period covered by this return

865	Repayment of Corporation Tax	-
870	Repayment of Income Tax	-
875	Payable Research and Development tax credit	-
880	Payable Research and Development expenditure credit	-
885	Payable creatives tax credit	-
886	Payable Audio-Visual expenditure credit and Video Games expenditure credit	-
890	Payable land remediation or life assurance company tax credit	-
895	Payable capital allowances first-year tax credit	-

Surrender of tax refund within group

Including surrenders under the Instalment Payments Regulations.		
900	The following amount is to be surrendered	-
Put an 'X' in the appropriate boxes below		
the joint Notice is attached	905	
or		
will follow	910	
915	Please stop repayment of the following amount until we send you the Notice	-

920	Name of bank or building society	
925	Branch sort code	
930	Account number	
935	Name of account	
940	Building society reference	

943	Put an 'X' in box 943 if there is a R&D payable credit and one of the conditions listed in the CT600 Guide is applicable	
945	Complete the authority below if you want the repayment to be made to a person other than the company I, as (enter status - company secretary, treasurer, liquidator or authorised agent, etc.)	
950	of (enter company name)	
955	authorise (enter name)	
960	of address (enter address)	
		Postcode
965	Nominee reference	
	to receive payment on company's behalf	
970	Name	

Declaration

I declare that the information I have given on this Company Tax Return and any supplementary pages is correct and complete to the best of my knowledge and belief.

I understand that giving false information in the return, or concealing any part of the company's profits or tax payable, can lead to both the company and me being prosecuted.

975

Name

N Simpson

980

Date DD/MM/YYYY

07/10/2025

985

Status

Director