

WELLBEING IN ACTION

England & Wales - Charity number 1192217

Details

Status Registered

Legal form CIO

Registered 2020-11-06

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: 1. TO RELIEVE FINANCIAL HARDSHIP AMONGST PEOPLE WHOSE FINANCIAL CIRCUMSTANCES ARE HAVING A SERIOUS DETRIMENT ON THEIR PHYSICAL, EMOTIONAL AND MENTAL HEALTH; PARTICULARLY THROUGH THE PROVISION OF DEBT ADVICE, SIGNPOSTING, AND DELIVERY OF PHYSICAL RESOURCES THAT RELIEVE LIVING CONDITIONS, SUCH AS PROVIDING CLOTHING, FOOD, EQUIPMENT, FURNITURE DONATED BY THE COMMUNITY.2. TO PROMOTE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF INDIVIDUALS SUFFERING FROM MENTAL AND PHYSICAL HEALTH CONDITIONS AND THEIR FAMILIES DUE TO THEIR CIRCUMSTANCES THROUGH THE PROVISION OF OR ASSISTING IN THE PROVISION OF:A) MENTORING, COUNSELLING & THERAPY, ADVOCACY AND PRACTICAL SUPPORT AMONGST DISADVANTAGED, VULNERABLE AND EXCLUDED GROUPS WITHIN ENGLAND.B) FACILITIES FOR WORK, VOCATIONAL TRAINING AND RECREATION;C) PUBLIC PROMOTION AND EDUCATION OF SELF-CARE STRATEGIES, PARTICULARLY USING PEER-LED METHODS, FOR PEOPLE WHOSE MENTAL HEALTH IS AT RISK;D) AWARENESS RAISING, TRAINING, PUBLIC SPEAKING, PROMOTION AND HEALTH CAMPAIGNS;E) PROVISION OF SUPPORT ONLINE, ON THE TELEPHONE, IN PERSON AND IN GROUP PROGRAMMES.

Activities: Wellbeing in Action take practical action to remove or prevent harm to wellbeing. Activities include:A. Aid distribution - providing donated goods to individuals in crisis - household, clothing, baby equipment etcB. Support services - counselling, therapy, mentoring & peer support to vulnerable people, especially women & childrenC. Social Action - mobilising communities to improve wellbeing

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£68,668	£61,556	-	-
2023-09-30	£44,071	£44,129	-	-
2022-09-30	£36,982	£39,919	-	-
2021-09-30	£21,925	£18,550	-	-

Trustees

Name	Role	Appointed
Barry Wadlan	Chair	2020-11-01
Donna Yona Ridout		2020-11-01
Linda Puryer		2020-11-01