

ANNUAL REPORT

2020 - 2021

Removing & preventing the causes of harm to people's physical, emotional, financial and social health & wellbeing so they can live their best life

**www.wellbeinginaction.co.uk
01626 638069**

Wellbeing
In Action

Annual Report for period to 30 September 2021

Charitable Incorporated Organisation – Registration No. 1192217

Country of Registration: England & Wales

Registered Office: 12A School Road, Newton Abbot, TQ12 2JU

Trustee Board for reported period:

Barry Wadlan – Chair, John Leins, Donna Ridout and Linda Puryer

Chief Executive – Lindie Whitfield Director of Resources – Emma Warren

Bank: Lloyds Bank PLC

Financial Statement and Accounts prepared by: Barretts Chartered Accountants, 22 Union Street, Newton Abbot, TQ12 2JS and submitted within this report in accordance with Charity Commission requirements for small charities with income of less than £25k

| INTRODUCTION

Wellbeing in Action exist to remove and prevent the causes of harm to people's physical, mental, financial, social and community health and wellbeing.

Our ethos is 'if we can, we do' and we use the power of practical social action to draw the community into a collaborative force to immediately bring relief to individuals and families whose wellbeing is suffering.

We join together as a equal members, in recognition that all people have times they need a little help, and all people have opportunities to extend a hand to others. We call this The Good Karma Club, and it is this transaction of equitable human kindness that restores balance, pride, joy, motivation and enables individuals to live their best lives on their own terms.



AID DISTRIBUTION

Our **Good Karma Store** distributes £150k of essential clothing and household items to people in crisis - fleeing violence, living in poverty, suffering bereavement or illness. Our specialist **BlushBaby project** gives the tiniest humans the very best start. Not only delivering donated goods, but building relationships to find the cause of the difficulties and taking action, including providing grants to remove these for the future. **Contact: Emma - wellbeinginactionemma@gmail.com**

SUPPORT SERVICES

Therapy, counselling, mentoring & befriending in the community and at our Wellbeing Centre. From trauma therapy for a veteran to a makeover for a woman living with cancer, or pop-in vaccination and baby weighing clinics. We offer individual and group support with a specialist **Meno SOS Club** for women experiencing hormonal ill-health. **Contact: Lindie - wellbeingaction@gmail.com**



SOCIAL ACTION

Enabling people to feel good through paying it forwards. Our **Good Karma Club** volunteer events beat loneliness and isolation and help the whole community find solutions while enjoying fun, friendship and making each day brighter. **Contact: Lindie - wellbeingaction@gmail.com**

Wellbeing in Action is a Charity Registered in England & Wales: No. 1192217
12A School Road, Newton Abbot, TQ12 2JU - 01626 638069



We set out to achieve our mission through three clear approaches to total wellbeing:

1. Aid Distribution: Responding to crisis – swift resolution of immediate trauma by getting food in tummies, clothes on bodies, medical needs met and a reasonable home to be safe and have chance to regroup and heal.
2. Support Services: After human needs are restored, having the assistance to move forwards – self exploration, therapy, friendship an practical mentoring.
3. Social Action: Creating experiences that bring people together with common purpose – busting loneliness, distraction from sadness, joyful moments, chance to learn new, and share existing skills and maintaining pride by offering chance to pay kindness forwards to others (being valued and valuable even when our own life may still not be perfect).

Structure, governance & management

The organisation is a charitable incorporated organisation, previously operating informally in the community prior to formal registration as a charity on 6th November 2020. All Trustees give their time voluntarily and receive no benefits from the charity.

The Trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of our work for the year ending 30 September 2021. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help as a way to both celebrate our work and check we have not drifted from our intended purpose.

Trustees usually serve for a term of three years and may be re-appointed for a second term. As our first operating year as a registered charity, all original trustees remain and it is intended to grow our Board in the next year, which was difficult during the pandemic but will be a priority going forwards. In this initial year, trustees have liaised on a more frequent basis and have been provided online workshops and guidance manuals to increase their trustee capabilities. We have reduced risk during our first year by building strong working relationships with external professionals to provide guidance in matters such as HR, policy creation, legal advice and clinical supervision for the Chief Executive who is, herself, a volunteer but with long standing experience in the voluntary sector.

Much work in the early years is about building solid infrastructure, reviewing and refining our strategic approaches, carefully developing our service offer, and meeting each development with carefully thought out policy and risk management. Collaboration with partners within our community and sector has been invaluable and will continue.

OUR ACHIEVEMENTS BY OBJECTIVE AND SERVICE AREA:

Our first task as a charity was to create a three year plan, with clear and specific objectives and performance indicators. The plan contains elements about:

- a) Our intended beneficiaries and the needs they present in our community
- b) The key service areas under which we intend to operate in order to bring relief
- c) The personality, style and principles by which we intend to deliver this offer
- d) The specific activities and their intended positive impact on individual and community wellbeing
- e) How we intend to manage risks to ensure protection of beneficiaries, staff and volunteers and the charity's reputation and security.
- f) This is available as a separate document to compare with this report by the Trustees on key achievements.
- g) How we will financially manage to deliver our intentions
- h) How we will review and know when we are being successful
- i) How we will celebrate and value these successes
- j) How we will learn and grow from our experiences.

The trustees present Wellbeing in Action's original plan as the terms of reference for the outcomes we are able to report within this annual review. The following is our submission of key achievements and future priorities:

1. Strategic Development:

- a) As a very small, locally delivering charity, with very small income streams, the charity has regardless pitched above its weight in building strong foundations to ensure it has the platform to grow robustly. We have collaborated with experienced partners to create a suite of policies to protect our beneficiaries, delivery team and the charity. These include essential safeguarding, lone working practise, financial management protocols, health and safety, equality and diversity and working guidelines for volunteers, managing wellbeing in the workplace and additional enhanced policies for menopause and supporting people experiencing domestic abuse.
- b) We have had the benefit of the support of Mr C Wills of Scott Richard Solicitors to assist with navigating day to day legal issues – from mentoring over HR matters to legal guidance around building leases and as a muse for our CEO. This has been invaluable and led us to understand the importance of securing a legal trustee to our Board in our second operating year to come.
- c) We have implemented financial routines, opened official charity bank accounts and implemented a transparent and clear book keeping system, and our accountants have provided guidance as we have worked through the best methods to manage and record our financial handling. As a result we have immediately benefited from accurate and detailed analysis of our financial transactions and financial health and needs.
- d) The trustees have prioritised operational leadership by recruiting a Chief Officer to oversee day to day management of the charity and the service delivery areas. She is assisted by an equally dedicated voluntary Director of Resources, without whom the logistical and administrative functions that make the charity function would not be possible. These positions are currently on a voluntary basis and we are fortunate to have passionate and dedicated individuals who have the capacity to offer this unusual and considerable investment. We know prioritising an incremental remuneration for these posts during future years will considerably improve the charity's strength.
- e) The pandemic threw the most hostile conditions for any organisation to operate within, and might otherwise have thwarted a new charity's ambitions to deliver. However, our strong model and tenacity of our volunteer team capitalised on adversity to throw themselves into the storm and this has resulted in a unique opportunity to shape our offer, refine our delivery methods and become super versatile. It has, without doubt, shaped our entire future.
- f) On the other hand, covid has detrimentally impacted on volunteer availability and, whilst the public have been generous with physical goods, their offering of time or monetary donations has dramatically decreased. The charity's progress has been hindered by this and requires alternative resource strategies.

2. AID DISTRIBUTION

PRIMARY OBJECTIVE:

To reduce harm to wellbeing caused by lack of essential human requirements of food, warmth, clothing and a decent home to be safe and function within.

Stemming the impact of adverse life effects such as poverty, financial crisis due to illness, redundancy, bereavement or incidents like flood or fire damage or fleeing violence and leaving possessions behind, by providing practical relief that enables individuals to have breathing space to re-balance and move forward into less vulnerable situations where they can absorb additional support effectively.

OUR ACHIEVEMENTS:

- Throughout repeated lockdowns and restrictions, we have received 327 crisis referrals from individuals and agencies, resulting in £157k of aid in the form of household goods, clothing and essential items such as hygiene and cleaning products to be distributed by our volunteers across South Devon, including Exeter, Teignbridge, Torbay and South Hams.
- We created the specialist Blushbaby Project and have distributed 92 Blushbaby boxes containing essential nappies, baby food and milk, female pregnancy items such as maternity/incontinence pads, nipple shields and creams, nursery equipment such as cots, bottle sterilizers and bedding, prams and buggies, books, toys and educational materials to families with children aged 0-5 facing poverty or crisis.
- We created flexible access to £4,600 of versatile grant funding – assisting people in applications and accessing the appropriate essential items from suppliers and the community
- We intervened in 78 social media conversations on local community pages, stepping in to offer support in locating and onward delivery of essential items – taking the risks away from vulnerable people displaying their vulnerability to potential predators through our handling the communication for them.
- We identified a suitable space and created The Good Karma Store – giving access to the community to donated goods and items in a safe space, all testing to high health and safety and hygiene standards and maintaining people's routines in getting out of the home to have more personal selection of crisis items, keeping their pride as they 'shop' alongside other people but using their Good Karma Club membership to have a 'zero' balance at the till to pay.
- We are already recognised as one of South Devon's primary charities for getting aid swiftly, safely to families in need, and we go the extra mile to add thoughtful bespoke personalisation to boost pride and wellbeing throughout, providing treats and personal hygiene products to people in in-patient mental health hospitals, new young mums and women fleeing violence.
- We have collaborated with all the primary agencies and charities including the local housing teams, job centres, citizens advice, domestic abuse services, drug and alcohol services, peri and neo natal teams, health visitors and social prescribers from GP surgeries.

Ongoing work requiring development:

- The Good Karma Store has been a resounding success but is vulnerable due to imminent closure of the building due to a council initiative to redevelop the site. We do not yet have an alternative suitable premise in sight and this will require some resource to establish in an alternative location.
- Volunteering has been a continual pressure – with attitude to risk during covid having a big impact, and general shift in patterns of giving, along with financial pressure for people to work longer hours, or be working from home so not as in touch with services in the community. Our model requires at least one paid member of staff which must be a priority for the coming year.



Primary Objective:

To enable people who are struggling to rebalance their lives to access emotional and practical support to begin the process of healing, rebuilding, balancing and re-designing their lives on their own terms.

Preventing unnecessary harm to wellbeing caused by being denied access to therapeutic input due to lack of finance, long waiting lists or postcode lotteries.

Draw together experts in mental health and wellbeing to get support faster to the community

Develop the opportunities for peer support to empower people to be part of the solution for themselves and others.

3. SUPPORT SERVICES



What we have achieved:

- 28 individuals received 1:1 short to medium term mentoring (between 3 weeks and 6 months) during this first year. Many of these were referred by partner organisations within the criminal justice system, women affected by domestic abuse and those suffering with mental health difficulties impacting their ability to live safely, healthily and happily. Of these, 16 were female, 8 with babies or children under 16, four facing child removal from the family, and 12 were male, of which 8 were experiencing homelessness
- We provided long term mentoring to 9 individuals which included home visits and emergency crisis visits throughout lockdowns, calling for special arrangements for public health protection. These included assisting people with emergency hospital visits due to severe mental health episodes and suicide intentions and assisting two individuals to inpatient mental health care for safety. It has been challenging at a time when services have been very closed and navigating individual requirements has placed a great strain on resources and the wellbeing of the volunteers.
- We have provided access to fast track therapy for five individuals through our in-house pro bono therapy services and we will continue to develop the relationship with the Pebble Ridge Practise for PTSD therapy going forwards.
- We have attended 52 official meetings: family and magistrates' court cases, MARAC meetings, safeguarding and family mediation appointments, tribunals and chaperoning to medical appointments for the most vulnerable and least empowered individuals in our community. This has been a challenge as many individuals have desperately needed ongoing support beyond the initial intervention and we do not yet have an adequately resourced bank of staff or volunteers to continue the support in the community which is desperately required. We will continue to work on this into our next reporting year. Some of our most successful interventions have shown we require at least 12 months to see change in personal outcomes for some individuals and families.
- We have provided online support to 457 women around hormonal health issues relating to menopause, particularly difficult during lockdowns due to lack of GP appointments and changed family routines, with women suffering anxiety and mood swings unable to get relief by leaving the family home.
- We have opened the first Menopause SOS Club a weekly meeting peer support group for women affected by hormonal imbalance and successfully launched the initiative to get workplaces to improve conditions to preserve female workforce into older age at the London Excel – our exhibition stand attracting much interest, praise and being cited as 'inspirational and innovative'.

4. SOCIAL ACTION:

Primary Objectives:



- To remove and prevent the causes of harm to groups of people in the community, responding to their common concerns and social issues
- To create opportunities for joy and elevate optimism amongst people
- To provide opportunity for people to contribute through volunteering - offering their own time, skills and passion into improving the wellbeing of others, even when their own lives are still feeling less than perfect.
- Maintaining pride of people who have received kindness, by enabling them to contribute to social action activities that maintain their sense of value and bring people from all social circumstance together in equitable common purpose.

What we achieved

- We created a volunteering infrastructure, complete with a unique award scheme called The Petal Awards (called after a volunteer who died during the pandemic who had been a great inspiration to the community. We have worked hard to create a sound volunteer induction process, to establish appropriate protocols for checking and preparing volunteers for clear roles within Wellbeing in Action, and a Volunteer Passport as a record of individual progress and to give currency into employment.
- Despite covid prohibiting much of the planned social action events during this year, we still managed to achieve three particular events during non-restricted openings:
 - **Pop-up Prom:** We facilitated an evening for young people who were nominated due to various impediments causing them to be unable to attend their end of year prom events. These ranged from young people with mental health difficulties, physical illness and disability including cancer, fibromyalgia and blindness, to young people caught in poverty and who would never usually be able to experience their prom alongside their peers. The event provided an exciting evening of entertainment, chance to see and try on donated gowns and suits and have free hair and make-up consultations. We went on to distribute 22 free gowns, suit hires and accessories worth £5,600
 - **Elf Express 2020:** This was our busiest call to action of the year and we facilitated the collecting of donated gifts, food and clothing whilst running a referral scheme to gather information so we could create entirely bespoke gift bags for people facing crisis, illness, poverty and trauma through things like living in temporary housing after fleeing violence. We created for all age groups, including bags containing art and therapy materials for people trapped in isolation due to their mental health, to gardening implements for elderly people, warm socks and coats for homeless people and large sacks of toys for babies and children – alleviating the burden from parents struggling financially and emotionally. We went the extra mile to engage with the community by forming teams of volunteers, dressed in elf costume, to visit doorsteps, delivering gifts and relief to families who were feeling the weight of lockdowns. A total of 326 individuals received gift packs worth an average value of £85 each. Many of the gifts were brand new, donated through a community post box we created within the Good Karma Store and the public added messages of hope on cards which were included in the parcels.
 - **Community Family Day:** to celebrate the lifting of lockdown, we facilitated a family day of fun and entertainment to both raise spirits and to raise awareness of the covid support services available from the Good Karma Store. The day was a phenomenal success with 520 guests attending and children enjoyed meeting their favourite mascot characters, playing traditional fairground games and pelting their parents in the stocks! During the event, we provided referral forms to each family for the Blushbaby project and this subsequently generated 65 self referrals for family support in the form of clothing and public health services. The day provided vital feedback from the community about their concerns around covid and this became the basis for the ongoing covid vaccination service that continues at the Good Karma Store, delivered by the public health team.
 - **All Call Trades:** Our community volunteering team provided a combined total of 520 hours of service in a variety of practical ways to alleviate individual suffering – from fixing broken plumbing for a family to removing an overgrown garden for an elderly disabled resident and repairing fence panels to restore privacy for an disabled woman to dropping deliveries, prescriptions and emergency baby milk to families.
 - **End Loneliness Campaign:** We launched this enduring campaign to ensure at least two significant events occur each year to reduce loneliness across multiple sections of the community, recognising it as a primary factor in wellbeing. We are planning elderly citizen's vintage tea party as an intergenerational project to take place in 2022.

OUR FINANCIAL POSITION

As the first year, this was always going to be a tough learning curve with both procedural systems to be implemented and being able to demonstrate credible behaviours in what is a very comprehensive service offer, whilst having very little funding.

When Wellbeing in Action was formed out of the informal community activities and passion of our founding team, we had not envisaged anything within our risk assessment that looked remotely like a pandemic. This held both adversity and opportunity for us in equal measure. We have been struck by adversity in the form of reductions in public giving of both time and money as the community went into lockdown mode. Communicating with the wider world to retain their attention and support was a huge challenge and we have had to use social media very smartly. We were hindered by several things:

1. We have experienced problems establishing a Paypal account to receive donations, due to their insistence in us having to provide a Tax URN reference, which we do not have as we are not a registered company. This has prevented us having a Facebook 'donate' button which is a huge impediment. This was still not resolved at the end of our first year despite correspondence and raising complaint with the authorities concerned. We will continue to try to iron this out.
2. Without the credibility of at least one year of accounts, many funders were unable to consider our applications for grants. Even with the benefit of this milestone being passed, some are only providing a small percentage of the year's income which, naturally we predicted to be very small. It will take careful navigation and perseverance to break this barrier.
3. Some funding opportunities have been very well aligned to our core work, particularly in relation to women and children in crisis, but our constitution embraces all genders and age groups and this has prevented us accessing women specific income which has been hugely disappointing considering the relevance of the funder's objectives to our own.
4. As a relatively unknown (despite very active) small charity, other partners did not work closely to collaborate on funding strategies as they might have in previous years, because they were mainly working from home and many networking meetings stopped completely.
5. It was difficult to get good quality meetings with supporting professionals such as book keepers and accountants – making it hard to gain help to learn good methods and get our systems rolling smoothly. Likewise it has been difficult for the trustees to convene in person, making it a great challenge of communication for our Chief Officer to implement development strategies, gaining advice and approval and rolling this out into the restricted frontline activity.

Despite these challenges, we have been proud of the work of the Chief Officer and the Director of Resources – both volunteers, for the dedicated and relentless professional input to creating and operating a set of systems that mimic that of a much more mature charity than we are. We have agreed a strategy of 'aim high' and set the course to behave as a well established organisation, so we model the future and are well prepared for growth.

We have been equally proud to have been assessed as a suitable partner for a grant based charity to assess and distribute their grant scheme to our beneficiaries. This has enabled us to disperse £4,600 of aid to local families. This alliance has brought huge relief and benefit to the most disadvantaged people and has inclined us to explore additional partners so we can expand our portfolio of crisis relief to people in need.

We created an online fundraising platform with People's Fundraising (formerly Golden Giving) which has enabled us to use appropriate accounting systems for all manner of income, including donations, appeals, raffles and ticket sales. This is not as widely known as Just Giving, but yields more income with low fees and is user friendly as we develop our skills in this area.

We established a Sum Up account to enable us to take card donations as people were evidently not in the habit of using cash during the pandemic. The fees have been reasonable and enabled us to capture public financial support better.

The Chief Officer has invested in training and awareness from the Institute of Fundraising to ensure tight policies and compliance with national and local regulations. Each of our activity risk assessments contains a financial section to ensure we look at the risks and mitigation of them in relation to the financial impact on the charity.

This year's income has been unsophisticated in source, being from public donations, community fundraising and a small grant. We benefited from some roll-across income as a gift for set-up costs, which was approved by the committee to be used to secure a

rental unit on a 10 year lease (with risk minimising break clauses at years 1, 3 and 6) at an annual rental of £7k plus operating costs. This investment provides wellbeing activity and training spaces as well as an administrative base and incurred one off expenditure of ingoing legal costs and fees, equipment and refurbishment items and the usual insurances. It is a huge asset with potential to generate further income in future years.

Our appended accounts indicate our financial exit situation as having £3,375 of unrestricted funding rolling into our second operating year. Whilst this is not a princely sum, it is a huge testament to the delivery team when considering the small income streams, hugely difficult operating year against a context of massive delivery increase during the pandemic crisis, and developing a new building base for both beneficiaries and administration with all the ingoing costs that inevitably incurs.

Principal risks and uncertainties

Financial sustainability and the charity's financial model remains a key risk, given its dependency on trust and foundation income. Uncertainty over post-pandemic influences means we must chart a brave course with an eye on the long term future in order to remain relevant and cohesive to potential funders and our beneficiary needs alike. We must also be nimble to see opportunity unfolding in the community and maintain strong networking to be in a position to respond swiftly. We are fortunate to have a very diverse skill and experience set within the leadership of the team, and very dedicated volunteers to enable this. However, this leads to our primary area of weakness in that the entire team are engaged on a voluntary basis and we know that even passionate volunteers often meet life circumstances that draw them into paid opportunities for a variety of reasons. It is essential to us going forwards that we model our costing structures on an 'acting as if' basis – costing our projects at full cost recovery with an aspirational view to retaining a paid and skilled core workforce. We have demonstrated what we can achieve with volunteers alone, and this is hugely encouraging as an indicator of our potential with solid, secured, paid staff to create an extra layer of professional strength. However, at this point in time we are aware of how vulnerable the resources are and our entire strategic and frontline teams are dedicated to managing this by:

- a) Minimising responsibilities for properties and operational overheads, building in break clauses and not entering into long term contracts for services and utilities.
- b) Carefully controlling the level of commitment to long term clients and building strong external alliances so we can seamlessly transition project work without detriment to beneficiaries if we needed to stop activity for any reason.
- c) Agreeing a strategy to securing paid operational staff ahead of paying charity leadership posts. Building capacity and strength to look after volunteers and continue beneficiary support will help us achieve our funding objectives faster by freeing the Chief Officer to use her skill set without distraction. We aim, in time, to increase our percentage of grants and income to start a small salary for leadership staff such as the Chief Officer, Director of Resources and administration.
- d) Building close alliances and identifying other similar organisations to partner, ensuring there is cohesion on our aims, methods and personality so, if the worst were to occur, our activity could pass to another reputable body without detriment to the community.
- e) Regular meetings to identify the ongoing pressure points and provide support to the Chief Officer in finding solutions and embracing external contributions of advice and support from other professionals on a pro bono basis.
- f) Increasing our board members not only in number but also in skill sets to assist the Chief Officer chart a sturdy course.
- g) We predict that in our second operating year we will unlikely experience a high level of reserves as we will still be operating in a climate of securing project delivery money and increasing our abilities in delivery of services. We agree as a Board, however, to attempt to secure reserves of £7k by the end of year 2 of operating as this would cover our only significant commitment of one year's rental income, although this will, of course, be reviewed frequently in the event of any additional commitments such as staff salaries or other contracts.
- h) We recognise that we have some weakness in our good fortune. We have a peppercorn rent on the Good Karma Store which has enabled us to build and fully pilot a phenomenal and innovative model. However, this building is scheduled for modification by the council in 2023, meaning it will not be an operational base for the long term. Whilst we will still retain our administrative space, we need to speculate for an alternative to keep the core community distribution centre and public health provision that occurs there going. This will be a project to work dedicatedly on throughout the coming 18 months. It will not harm the charity to severe detriment if that activity did not continue, but it would harm the wellbeing of some of the most vulnerable people in our community if we could not identify an alternative suitable space.

OUR ACCOUNTS

The following accounts have been drawn up by:

Ian Barrett FCA FCIS
Barrett's Chartered Accountants and Chartered Tax Advisers,
22 Union Street, Newton Abbot, TQ12 2JS

Dated 25 July 2022

As the charity trustees, we take responsibility for the preparation of the accounts in accordance with the requirements of the Charities Act 2011, in accordance with guidelines for small charities with income of less than £25k. We confirm we have overseen the relevant book keeping and receipt records and bank statements and are satisfied they represent a true and accurate analysis of the income and expenditure for Wellbeing in Action for the year ended 30th September 2021.

WELLBEING IN ACTION			
Charity no. 1192217			
Receipts and Payments Account for the period ending 30th September 2021			
		2021	
		Total	
Receipts			
	Public donations	3,012	
	Fundraising events	1,480	
	Loans and deposit refunds	2,100	
	Beneficiary grants	1,448	
	Grants	1,220	
	Pre-registration net income	12,665	
	Total Receipts	21,925	
Payments			
	Beneficiary aid and services	3,375	
	Social action events	4,047	
	Establishment and equipment costs	6,755	
	Volunteers' expenses	468	
	Marketing	423	
	Sundry expenses	217	
	Transport	894	
	Equipment	1,761	
	Legal and financial fees	422	
	Office and administration	188	
	Total Payments	18,550	
	Surplus for the Year	3,375	
	Bank and cash balances at start of year	-	
	Bank and cash balances at end of year	3,375	

WELLBEING IN ACTION			
Charity no. 1192217			
Statement of Assets and Liabilities as at 30th September 2021			
			2021
	General	Restricted	Total
Assets			
	Cash at Bank	3,375	3,375
	Cash In Hand	-	-
	3,375	-	3,375
	Debtors	-	-
	Total Assets	3,375	3,375
Liabilities			
	Accountancy	240	240
	240	-	240
Note			
The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on the assets of the CIO.			
Approved by the trustees on	27 July 2022		

Signed:

Barry Wadlan
Chair

Dated: 27 July 2022 (Original signed copy held at HQ for inspection as required.)

Thanks & Gratitude

The effort to mobilise a credible, needs-responsive, instantly valuable service in a community of high needs and at a time of the most bewildering social circumstances as the pandemic has been nothing short of a breathtaking effort by the most dedicated people who have entirely lived and breathed their motto of 'if we can, we do'. The volume and quality of contribution to public good through the eradication of harm to people's wellbeing has raised the bar for frontline service providers in our locality, and Wellbeing in Action has instantly become known as an organisation who move swiftly, with compassion and deliver volume whilst going the extra mile without dropping the ball in relation to a highly personal service to the most vulnerable individuals and families.

As our work continues to grow, the trustees pause to acknowledge those who have generously contributed to our early success in this very embryonic and fragile first year. Without the support, generosity, goodwill and experience of many partners who have embraced our concept and enabled us to seek opportunities in unlikely places we would not have been able to achieve all that we have. We must particularly thank the following organisations for their support through resources, mentoring, guidance, encouragement and kind words:

Mr Neil Vaughan and the Community Support Team
Devon County Council
Splitz Domestic Abuse Service
CassPlus
Wollens Solicitors
Mr Chris Wills
Councillor Jan Bradford
Exeter University Students
Women's Institute Teignmouth
Age Concern, Torbay
Sally Henley – Newton Abbot Town Council
TDAS Torbay
Administrators of Spotted Newton Abbot and Torbay
Devon County Council Public Health Team
Kingscare and Do it for Deaks
Mr Dave Watson – SSAFA
Neil, Cheeky Cherry Café
Mr Steve Holdup – Torbay Display
Teign Housing
The Anchorage Hotel
The Rosalind Hill Foundation
Tony and the team at Clearwaste South West

Teignbridge District Council
Devon Community Foundation
Together Drug & Alcohol Service
Teignbridge Indoor Market Manager and Traders
Scott Richards Solicitors
Newton Abbot Rugby Club
Councillor Liam Mallone
Young Devon
Thrive Project, Paignton
Acts of Kindness
Dart & Partners
Staff of Newton Abbot Magistrates' Court
Teinbridge Voluntary Services
Claire & Paul Sampson – Sampson Europe Ltd
Charlotte King – The Pebble Ridge Practise
HITS Food Bank and THAT Food Bank
Mercy, Tiger Noodle Bar
Wilko Homestores
Livewest Housing
Acts435
The Marjorie Jones Trust
Jacqui Winterburn at Suez

And to our incredible operational leaders, volunteers, community donators and supporters.

Most significantly, heartfelt thanks to the people who have been brave enough to reach out for help and who, when they can, have so proudly contributed back in the smallest ways that have changed, and even saved lives. We continue the hard work relentlessly for and because of you. You matter and you are valued.

Our magazine highlights stories, case studies and a full gallery of our activities throughout the year. Available on request.

