



Stour Health and Wellbeing Partnership Annual Report 2025

Healthier, happier communities

Registered Charity No: 1192236



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Foreword

What can I say, it was an absolute privilege to be appointed as the first Chief Executive of Stour Health and Wellbeing Partnership (SHWP), taking up the post in August 2025.

I spent my first few months meeting so many wonderful people who use and volunteer for the partnership, hearing their stories and finding out about what the services mean to them. If you haven't been to one of our Hubs or to an activity, I highly recommend it, there is never a dull moment and you are guaranteed a very warm welcome.

My role is to work with the team to grow the services in a sustainable way for the future. In just five years, the charity has grown to become a very highly thought of and recognised charity, not only attracting local and county funding from the likes of the League of Friends of Shipston Hospital and South Warwickshire University NHS Foundation Trust (SWFT) but also a three year investment from the National Lottery Community Fund, not an easy task. This is down to the dedication and hard work of a trustee board, who along with the volunteers and staff team, want to make a real difference to the communities that make up the Stour area. I have worked in the charity sector for three decades and the Stour area is so lucky to have the trustees, volunteers and staff team that make up SHWP.

We have spent some time working on our strategy for the next 3 to 5 years and thank the community for their feedback to help shape this.

The aim of the charity is to provide meaningful support, services and activities; directly and in partnerships, to make a real difference to the health and wellbeing of everyone in the Stour area. We know that prevention is better than cure and we want to do what we can to prevent people from becoming physically and mentally unwell and socially and rurally isolated.

The Stour area can be seen as affluent, but beneath the beauty there lies many problems, rurality and the additional financial costs and inequalities this presents, as well as an ageing population and pockets of disadvantage that need to be redressed.

Working in partnership with other organisations SHWP have achieved much to be proud of, but there is still a lot more to do.

This is not an easy job; we don't have a magic wand but we do know that there are small differences that we can make together that can help to give people a better quality of life. We know from the feedback we have received from our beneficiaries that the friendships, physical activity and support they have received have been lifesaving for some.

You will see how much work has been achieved in the next few pages and I hope that you will be as impressed as I am.

So, personally a thank you to everyone who has made me so welcome and thank you to the volunteers, Rowena and the trustees for making my move to SHWP so easy and enjoyable. Most importantly though, a huge thank you to everyone in the community who has supported and helped the partnership to make such a difference but mostly thank you to SHWP's volunteers without whom this wouldn't be possible.

A handwritten signature in blue ink, appearing to read 'Kirsty'.

Kirsty Holder
Chief Executive



Children, Young People and Families

The Stour Toy Library

The Toy Library continues to grow now helping over **30 families** and **lending 250+ toys** in 2025.

Now in their permanent bases at the Ellen Badger Hospital the Toy Library are able to offer stay and play sessions for young families.

They have also been able to work with others to **offer wrap around services** including Barnardo's baby massage groups and the popular HomeStart PEEP programme.



The Toy Library volunteers have been able to refer parents for additional help and support and have helped to build confidence.

Each of the toys are chosen for specific reasons, they support cognitive development, problem solving, creativity and communication and speech.

Learning through play is so important for children's development.

The added bonus is the **sustainability and affordability** of the library; no-one wants more rubbish in landfill.

Good toys are expensive and grown out of relatively quickly, many parents can't afford these toys. There is a wide choice of toys to choose from and we now have grandparents joining the library to get toys for when they are babysitting.

The Toy Library team are now looking at ways they can support older children and those with sensory needs. They are also looking at how they can expand the service to reach those who don't have easy access to the library.

This small volunteer team give up so much of their time so thank you to you all.

Youth Work

There have been many successful projects for young people over the last couple of years including workshops and Boxercise thanks to funding from CrimeBeat and the Warwickshire Police and Crime Commissioner.

Girls' Self Defence Classes

We were able to run a number of girls' self defence classes – 6-week sessions in the local secondary schools along with Shipston Youth Club. Working with local personal trainers we believe it is important that **girls feel safe** and feel that they can protect themselves. The initial feedback also shows that the girls that took part also **feel more confident**.



Young Carers

We have been able to work with Carers Trust (Heart of England) to support Young Carers.

Working with Shipston High School and Shipston Medical Centre, we have been able to identify carers and are planning a number of events.



Dr Sue Pritchard Memorial Challenge – Physical Activities

Activities are provided in Shipston on Stour and the surrounding villages to help improve physical health with an emphasis on **healthy ageing** although sessions are open to all.

Over **800 sessions** were delivered in 2025!

- Indoor Curling
- Table Tennis
- Seated and Standing Tai Chi
- Pilates
- Strictly Fitsteps
- Pickleball
- Dance and Exercise classes

We also run Seated Exercise Classes and since moving to the Ellen Badger Hospital and working more closely with the physiotherapy team, we have increased to two classes.

SHWP successfully obtained funding for one of our volunteer's to complete her training to deliver classes to support core balance which helps to prevent falls. We are thrilled that she has successfully completed her course, well done and thank you Sarah.

As well as improving physical fitness, mobility and mental health the groups have provided social interactions built some wonderful friendships.

And we know these classes work with attendees improving so much they can move from Seated Tai Chi to the Standing Tai Chi class.

Again, our thanks to the volunteers who give up their time for these sessions to take place.





Wellbeing

Social wellbeing activities include our **Community Warm Hubs** and **Feel Good Fridays**. Thanks to our rota of friendly volunteers serving **thousands of cups of tea** to around **150 people** get to meet others on a regular basis, improving wellbeing and helping to build friendships.

The Hub has proved so popular this now runs on Mondays as well Thursdays from 10am to 12pm.

Each Thursday Jacqui Close, Social Prescriber from Shipston Medical Centre and a MIND mental health practitioner are present and there are additional activities throughout the month:

1st and 2nd Thursdays of the month, Cooking with Wendy

3rd Thursday, Shipston Medical Centre frailty nurse visits.

4th Thursday, Shipston Home Nursing visit and provide soup and bereavement support.

We also have an informal drop-in chat from our community support police officer.

We have had over 20 different organisations join us and conduct workshops, training sessions and offer support.

On Mondays AbilityNet have been there to offer free training to boost skills with their mobile phones, laptops and tablets. This has included online safety, how to use the internet, social media, send emails, manage health online and how to bank and shop online.



Our lovely knitters have **donated over 500 pieces** to the **Baby Bank**.

This has made a huge difference to so many families.

Also in 2025:

Covid and flu vaccines were administered.

Christmas Lunch for over 50 people provided by Thomas Franks charity as well as dozens of mince pies!

Thomas Franks also provided **a lunch for 65 for the VE Day commemorations**.

We were able to launch the **Bereavement Café** in partnership with Shipston Home Nursing, R Locke and Son, SWFT and St Edmund's Church.

Feel Good Friday Bingo nights – these popular nights have to be seen to be believed.

Planning for a **Repair Café** to launch in 2026.



And just wait to see what we have coming in 2026!





Volunteers

Volunteers give their time for a number of reasons.

This can be a cause close to their heart, wanting to give something to their community, or to gain skills or experience.

Whatever the reason, we welcome the time, skills and fun and laughter our volunteers bring.

We at SHWP can only do what we do because of this dedication shown by our volunteers.

In 2025:

Over **1,280 volunteer hours** were given to **support our wellbeing** services.

This would have **cost almost £16,000** if paid at the basic minimum wage.

Almost **1,000 volunteer hours** supporting **physical activities**.

They are truly amazing and are the heart of SHWP.





Funders and donors 2025

We thank our funders and individual donors without whom we could not run so many activities and services.



Partners

We must also thank partners. Together we are able to provide much support and many services for those living in the Stour area. Thank you all for the support you give to the partnership.





Chair of Trustees Report 2025

Last year I reported on SHWP's success in being awarded National Lottery Funding which was supported by co-funding from two of SHWP's partners. This marked a `step change` for the charity and the opportunity to increase, significantly, its health and wellbeing support for all sectors of the Stour community. This is the essence of SHWP's `Growing the Future` initiative which includes the recruitment of a full-time Chief Executive and a second Community Builder. Both these positions have now been filled, and the benefits are already apparent, including the reduction in workloads of the volunteer Trustees.

There has been an increasing awareness by health professionals of the particular difficulties for people living in rural communities. These communities represent a large sector of the Stour area. In this context, the focus for SHWP's second Community Builder (Rural) will be on these areas.

As forecast last year, a number of funding streams came to an end in the first part of 2025. Plans were put in place to ensure support continued to be provided on a self-funding basis. I am pleased to report that the anticipated fall off in numbers did not materialise and in many cases activities continued to expand. This included the Ellen Badger based Community Hub in Shipston, now open on two mornings each week.

The NHS 10-year Plan launched in 2025 underlines the importance of increasing the level of health and wellbeing support within local communities. Through the close working relationship with its partners, SHWP is ideally positioned to facilitate this health and wellbeing support.

I must sound a cautionary note regarding funding. Thanks to its funders, past and present, hardworking Trustees and now Chief Executive and team of Community Builders, SHWP has been able to expand its range and level of support to the Stour community. With the ever-increasing demands being made on the `third sector` the funding for this support will get ever more demanding. This is reflected in two local and highly respected charities having to cease their operations.

There have been two changes in Trustee Board in the year. Fay Ivens, who has been with us from the start, has decided to retire. I know that you will all join me in thanking Fay for all her support and contribution to SHWP's success.

I am pleased to welcome Robert Bird as a new Trustee who brings career long experience to SHWP, which is already proving invaluable at this exciting stage in its development.

Finally, I would like to thank the SHWP Trustees, Chief Executive Kirsty Holder, Community Builders Rowena Webb, Claudine Pearson and all our volunteers and partners for all your support.

Thank you.

Bob Armstrong Chair of Trustees March 2026



Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	1192236
Stour Health and Wellbeing Partnership	

Receipts and payments accounts

For the period from	January 1st 2025	To	Period end date
			December 31st, 2025

CC16a

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Warwickshire County Council	-	2,968	-	2,968	2,500
V A S A	-	-	-	-	748
CrimeBeat	-	140	-	140	1,260
Heart of England	-	2,800	-	2,800	14,995
Coventry & Warwickshire	-	-	-	-	5,000
S W F T	-	26,000	-	26,000	
Leage of Friends	-	10,000	-	10,000	
National Lottery	-	31,118	-	31,118	
Shipston Town Council	-	-	-	-	930
Stratford District Council	-	1,000	-	1,000	10,500
Police & Crime Commissioner	-	-	-	-	11,381
Public Donations / Income	3,831	5,447	-	9,278	8,169
Sub total (Gross income for AR)	3,831	79,473	-	83,304	55,483
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,831	79,473	-	83,304	55,483
A3 Payments					
Trustee Insurance	757	-	-	757	425
Digital Registration	-	-	-	-	
Website Design-Buils-Maintenance	-	-	-	-	673
Charitable Activities	-	14,552	-	14,552	55,001
	-	-	-	-	
Co-Ordinator Costs	-	33,862	-	33,862	19,406
Administration Expenses	1,902	-	-	1,902	
	-	-	-	-	
	-	-	-	-	
Sub total	2,658	48,414	-	51,072	75,505
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,658	48,414	-	51,072	75,505
Net of receipts/(payments)	1,173	31,059	-	32,232	- 20,022
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,443	21,361	-	31,804	51,826
Cash funds this year end	11,616	52,420	-	64,036	31,804

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Lloyds Bank - 30/98/26 - 30792668	3,222	-	-
	Lloyds Bank - 30/98/26 - 33964368	8,294	12,334	-
	Charity Bank - 60-83-16 - 10122406	-	40,086	-
	Petty Cash	100	-	-
	Total cash funds	11,616	52,420	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	A. Joint	Anthony Joint	April 2nd, 2026	



Section A

Independent Examiner's Report

Report to the trustees

Stour Health and Wellbeing Partnership

On accounts for the year
ended

31 December 2025

Charity no
(if any)

1192236

Set out on pages

1 - 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

07/04/2026

Name:

David Lawrence Grove

Relevant professional
qualification(s) or body
(if any):

FCA

Address:

44 Oldbutt Road Shipston on Stour CV36 4EG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Stour Health and Wellbeing Partnership

1192236

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CC16a

For the period
from

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		-	-	-
		-	-	-
		-	-	-
		-	-	-
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			-	-
			-	-
			-	-
			-	-
			-	-
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			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		A. Joint	Anthony Joint	April 2nd, 2026