

WELL-BEING FOR ALL

England & Wales · Charity number 1192253

Details

Status Registered

Legal form CIO

Registered 2020-11-10

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

Contact

Address 129 Ryefield Avenue
Hillingdon
Uxbridge
Middlesex
UB10 9BZ

Phone 07808732480

Email sarahjaneowen@live.co.uk

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AT RISK OF POOR MENTAL HEALTH IN THE WORKPLACE THROUGH:A) RAISING AWARENESS OF THEIR MENTAL HEALTH NEEDS AND PROMOTING AND SUPPORTING IMPROVEMENTS TO MENTAL HEALTH SUPPORT IN THE WORKPLACE.B) BY PROVIDING ONLINE INFORMATION AND WORKSHOPS IN ORDER TO SUPPORT EMPLOYEES MENTAL HEALTH AND WELLBEING IN THE WORKPLACE.

Activities: Well-being for All support organised with templates and guidance, to assist with developing well-being strategies, and delivers Mental Health awareness sessions within the workplace, free of charge.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05		£0	£0	-
2024-04-05		£0	£0	-
2023-04-05		£0	£0	-
2022-04-05		£0	£0	-

Trustees

Name	Role	Appointed
KIM LOUISE VIGOR		2020-11-10
NICHOLAS JON BUTLER		2020-11-10
SARAH JANE GARDNER		2020-11-10

WELL-BEING FOR ALL

England & Wales - Charity number 1192253

Accounts

Well-being For All

A CHARITABLE INCORPORATED
ORGANISATION

CHARITY REGISTRATION NO. **1192253**

ANNUAL REPORT AND ACCOUNTS

22nd December 2025





This is to confirm that
WELL-BEING FOR ALL

was entered on the Register of Charities on

10 November 2020

Registered charity number:

1192253

Rt Hon Baroness Stowell of Beeston MBE
Chair

Dr Helen Stephenson CBE
Chief Executive Officer

This certificate confirms that a charity has been entered on to the Register of Charities.
You can check a charity's current registration status by visiting the Register of Charities at
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CHARITY COMMISSION
FOR ENGLAND AND WALES

A CHARITABLE INCORPORATED ORGANISATION

(CHARITY NO. 1192253)

ANNUAL REPORT

22nd December 2025

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Charity Accounts	8
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TRUSTEES' REPORT

22nd December 2025

Status	Well-being for All has charitable status and is a Charitable Incorporated Organisation ("CIO").
Charity registration number	1192253
Trustees	The trustees are; Sarah Gardner (Chair & treasurer) Nicholas Jon Butler (Vice-chair) Kim Louise Vigor (Secretary)
Patron	The charity currently does not currently have a patron.
Governing document	As a Charitable Incorporated Organisation whose only voting members are its charity trustees Well-being for All adopted the "Foundation" model constitution when entered on the Register of Charities on 10th November 2020 .

TRUSTEES' REPORT

1st January 2025

Objects: For the public benefit to relieve the needs of people experiencing or at risk of poor mental health in the workplace through:

- a) Raising awareness of their mental health needs and promoting and supporting improvements to mental health support in the workplace.
- b) By providing online information and workshops in order to support employees mental health and wellbeing in the workplace.

Website <https://www.wellbeingforall.org.uk>

Facebook <https://www.facebook.com/profile.php?id=100077162396876>

Linkedin <https://www.linkedin.com/company/well-being-for-all/>

TRUSTEES' REPORT

1st January 2025

Introduction

Well-being for All is a mental health charity which has been running since 2020. Well-being for All is all about improving mental health and well-being for everyone, from offering guidance to employers in the workplace to giving information to individuals, it is a national charity based online. Well-being for All doesn't provide specific support for individuals but instead is a one stop shop for generic guidance and information, particularly for organisations looking to set up provisions within their workplace. Well-being for All also shares and signposts to other charities and information and guidance sources as appropriate.

MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

Well-being for All provides information and advice via a website.

<https://www.wellbeingforall.net/>

Founded in 2020, Well-being for All is a pioneering online mental health charity. It offers guidance and resources to improve mental health and well-being, focusing on enabling employers to create effective workplace mental health strategies. The charity provides:

- Downloadable templates and guidance for well-being strategies.
- Free mental health awareness presentations to workplaces.
- Signposting to other charities and resources for further support.

Well-being for All's website serves as a one-stop shop, simplifying the process for organisations to establish mental health and well-being programs. The charity's holistic approach acknowledges the link between mental and physical health, occasionally sharing broader health messages. By consolidating resources, it encourages individuals and organisations to take proactive steps toward mental wellness.

Well-being for all provides an innovative Mental Health Solutions, it offers free resources and support for organisations, providing them with the tools to set up well-being initiatives in their organisation. Aiming to reduce the stigma of mental health, raise awareness and increase support in a global capacity. It is innovative in the fact that it provides a holistic approach, a wide reach and is self-sustaining and not limited to a local area, due to the business model approach of free resources.

Additionally, the team deliver well-being presentations in a range of workplaces.

The charity also gives guidance and support for individuals and signposts other charities. Acting as a holistic resource and one stop shop. As well as the website there is a social media presence.

Well-being for All have supported many organisations with templates and guidance, to assist with developing well-being strategies, including delivering Mental Health awareness sessions.

Well-being for All were shortlisted for the Hounslow / West London Chamber of Commerce awards in November 2022 and in 2024 Sarah received a West London Chamber –Diversity and Inclusion Award for Well-being for all.

Due to issues with the website domain Well-being for All updated its website address and is now – **wellbeingforall.org.uk**

Well-being for All ACCOUNTS

22nd December 2025

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	0.00	0.00	0.00	0.00	0.00
Sub total (Gross income for AR)	0.00	0.00	0.00	0.00	0.00
A2 Asset and investment sales, (see table).	0.00	0.00	0.00	0.00	
Sub total	0.00	0.00	0.00	0.00	0.00
Total receipts	0.00	0.00	0.00	0.00	0.00
A3 Payments	0.00	0.00	0.00	0.00	0.00
Sub total	0.00	0.00	0.00	0.00	0.00
A4 Asset and investment purchases, (see table)	0.00	0.00	0.00	0.00	
Sub total	0.00	0.00	0.00	0.00	0.00
Total payments	0.00	0.00	0.00	0.00	0.00
Net of receipts/(payments)	0.00	0.00	0.00	0.00	0.00
A5 Transfers between funds	0.00	0.00	0.00	0.00	0.00
A6 Cash funds last year end	0.00	0.00	0.00	0.00	0.00
Cash funds this year end	0.00	0.00	0.00	0.00	0.00

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		0.00	0.00	0.00
		0.00	0.00	0.00
	Total cash funds	0.00	0.00	0.00
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		0	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		0	0.00	0.00
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		0.00	0.00	0.00
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	S J Gardner	Sarah Jane Gardner	22.12.2025	

NOTES TO THE ACCOUNTS

1st January 2025

a) Taxation

Well-being for All is exempt from the payment of any taxes to the extent it is a registered charity and therefore is not liable for Income Tax or Corporation Tax on income derived from charitable activities. Well-being for All does not have an obligation to register for VAT.

b) Gift aid

Well-being For All is not registered for gift aid.

C) Currently Well-being for All has no money in or out. The website has been built and maintained by the chair Sarah Gardner.

End

Report prepared by Sarah Gardner (Chair & Treasurer).

WELL-BEING FOR ALL

England & Wales - Charity number 1192253

Accounts

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CHARITY REGISTRATION NO. **1192253**

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CHARITY COMMISSION
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1st January 2025

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Governing document	As a Charitable Incorporated Organisation whose only voting members are its charity trustees Well-being for All adopted the "Foundation" model constitution when entered on the Register of Charities on 10th November 2020 .

TRUSTEES' REPORT

1st January 2025

Objects: For the public benefit to relieve the needs of people experiencing or at risk of poor mental health in the workplace through:

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TRUSTEES' REPORT

1st January 2025

Introduction

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MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

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Founded in 2020, Well-being for All is a pioneering online mental health charity. It offers guidance and resources to improve mental health and well-being, focusing on enabling employers to create effective workplace mental health strategies. The charity provides:

- Downloadable templates and guidance for well-being strategies.
- Free mental health awareness presentations to workplaces.
- Signposting to other charities and resources for further support.

Well-being for All's website serves as a one-stop shop, simplifying the process for organisations to establish mental health and well-being programs. The charity's holistic approach acknowledges the link between mental and physical health, occasionally sharing broader health messages. By consolidating resources, it encourages individuals and organisations to take proactive steps toward mental wellness.

Well-being for all provides an innovative Mental Health Solutions, it offers free resources and support for organisations, providing them with the tools to set up well-being initiatives in their organisation. Aiming to reduce the stigma of mental health, raise awareness and increase support in a global capacity. It is innovative in the fact that it provides a holistic approach, a wide reach and is self-sustaining and not limited to a local area, due to the business model approach of free resources.

Additionally, the team deliver well-being presentations in a range of workplaces.

The charity also gives guidance and support for individuals and signposts other charities. Acting as a holistic resource and one stop shop. As well as the website there is a social media presence.

Well-being for All have supported many organisations with templates and guidance, to assist with developing well-being strategies, including delivering Mental Health awareness sessions.

Well-being for All were shortlisted for the Hounslow / West London Chamber of Commerce awards in November 2022 and in 2024 Sarah received a West London Chamber –Diversity and Inclusion Award for Well-being for all.

Well-being for All ACCOUNTS

1st January 2025

 CHARITY COMMISSION FOR ENGLAND AND WALES	Well-being for All (WFA)		1196599		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 6th April 2023	To	Period end date 5th April 2024	
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	0.00	0.00	0.00	0.00	0.00
Sub total (Gross income for AR)	0.00	0.00	0.00	0.00	0.00
A2 Asset and investment sales, (see table).					
	0.00	0.00	0.00	0.00	
Sub total	0.00	0.00	0.00	0.00	0.00
Total receipts	0.00	0.00	0.00	0.00	0.00
A3 Payments					
	0.00	0.00	0.00	0.00	0.00
Sub total	0.00	0.00	0.00	0.00	0.00
A4 Asset and investment purchases, (see table)					
	0.00	0.00	0.00	0.00	
Sub total	0.00	0.00	0.00	0.00	0.00
Total payments	0.00	0.00	0.00	0.00	0.00
Net of receipts/(payments)	0.00	0.00	0.00	0.00	0.00
A5 Transfers between funds	0.00	0.00	0.00	0.00	0.00
A6 Cash funds last year end	0.00	0.00	0.00	0.00	0.00
Cash funds this year end	0.00	0.00	0.00	0.00	0.00

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		0.00	0.00	0.00
		0.00	0.00	0.00
	Total cash funds	0.00	0.00	0.00
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		0	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		0	0.00	0.00
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		0.00	0.00	0.00
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	S J Gardner	Sarah Jane Gardner	01.01.2025	

NOTES TO THE ACCOUNTS

1st January 2025

a) Taxation

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b) Gift aid

Well-being For All is not registered for gift aid.

C) Currently Well-being for All has no money in or out. The website has been built and maintained by the trustees.

End

Report prepared by Sarah Gardner (Chair & Treasurer).

WELL-BEING FOR ALL

England & Wales - Charity number 1192253

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22nd February 2024

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MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

Well-being for All provides information and advice via a website.
<https://www.wellbeingforall.net/>

The website makes it as easy as possible for workplaces to set up a mental health and well-being programmes, it provides all the guidance and templates needed.

From offering guidance to employers in the workplace to giving information to individuals, Well-being for all helps people to take positive steps to improving mental health for everyone.

The focus is on mental health, because positive mental health and physical health are linked, Well-being for All has also shared various health messages from time to time. Well-being for all takes a holistic approach towards improving well-being. Well-being for All also delivers mental health awareness presentations to workplaces.

Our aim is to consolidate the information and give people a place they can go to get more information, to encourage everyone to take positive steps towards a healthy mind. We want all employers to have positive mental health on their agenda, and we provide them the guidance to support them to do so. We have downloadable documents and have sign posted organisations to the website, for support on how to improve their well-being offering in the workplace.

Well-being for All have supported many organised with templates and guidance, to assist with developing well-being strategies, including delivering Mental Health awareness sessions.

Well-being for All were shortlisted for the Hounslow / West London Chamber of Commerce awards in November 2022.



Business Awards 2021/2022

business awards finalists

Business Awards 2021/2022

24 November 2022
6:30 pm - 11:30 pm
Clayton Hotel,
626 Chiswick High Road,
Chiswick W4 5RY

Categories

- Best Business for Health & Wellbeing
- Best Business for Hospitality & Leisure
- Best Business for Marketing and Social Media
- Best Business Support & Advice/Service Company
- Best Charity Social Enterprise
- Best Entrepreneur
- Best Exporter of the Year
- Best Green Business
- Best Micro Company
- Best New Business
- Best Retailer
- Best Security Business – cyber & physical
- Best Small Company
- Best Tech Business
- Employer of the Year
- Business of the year

Finalists

- 2k Tiger Ltd
- 8pron Ltd
- Abstract House
- Ajar Technology
- Anchor Counselling
- ar18 Ltd
- Art Nouveau Fulham Tattoo Parlour
- Ashta Jewellers Ltd
- Beata Expressions
- Beauty Base Ltd
- Bella&Bello (Hairway LTD)
- Branduin Business Support Ltd
- BSO-FINTAX LTD
- Chiswick Park Enjoy-Work
- Clayton Hotel Chiswick
- CPG Executive Consulting Ltd
- Daly Bread
- Danhouse Security Limited
- Digipac Consultancy Ltd
- Dogs Delight
- DQS UK
- F. Hinds
- Feltham Eyecare Centre
- Hearing Well
- Help with HR Ltd
- Hen Corner
- Holiday Inn London - Brentford Lock
- Homey Technology Ltd
- HR Dept
- Hyatt Place London Heathrow Airport
- Intellcasa
- KIA Beauty Salon
- Kingfisher SEC
- Lamington Group
- Lampton Services
- LG Planning Limited
- Little Village
- Magenta Security Services
- Mari Deli Dining
- MarketingTech
- Nara Simome Medispa
- Nexus Flooring
- No.5 Garage Ltd
- Oasis Accountants Limited
- Olsights Ltd
- Premier Palletised Ltd
- Printercare Ltd
- Radanks Limited
- Russell Finex
- Sadia Barlow Photography
- Sahara Sisterhood
- Serving Our Superheroes
- Simon Inc Ltd
- SKS Group
- Stylus Networks
- TENNER Limited
- The Insightful Collective (Umbrella name which includes established Insightful Images)(Ingthful images)
- Timeless IT Business Limited
- Venture X White City
- Vitus Wellbeing
- Well-being for All
- WSI Digital Advisors

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Well-being for All ACCOUNTS

22nd February 2024

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name- Well-being for All		No (if any)		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 01.02.2023	To	Period end date 22.02.2024	

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					
	0.00	0.00	0.00	0.00	0.00
Sub total (Gross income for AR)	0.00	0.00	0.00	0.00	0.00
A2 Asset and investment sales, (see table).					
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Sub total	0.00	0.00	0.00	0.00	0.00
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	0.00	0.00	0.00	0.00	
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Total payments	0.00	0.00	0.00	0.00	0.00
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A6 Cash funds last year end	0.00	0.00	0.00	0.00	0.00
Cash funds this year end	0.00	0.00	0.00	0.00	0.00

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		0.00	0.00	0.00
		0.00	0.00	0.00
	Total cash funds	0.00	0.00	0.00
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
B3 Investment assets		Fund to which asset belongs 0	Cost (optional) -	Current value (optional) -
		Fund to which asset belongs 0	Cost (optional) 0.00	Current value (optional) 0.00
B4 Assets retained for the charity's own use		Fund to which liability relates 0.00	Amount due (optional) 0.00	When due (optional) 0.00
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Sarah Jane Gardner	22.02.2024	

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Report prepared by Sarah Gardner (Chair & Treasurer).