

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
www.gov.uk/charity-commission



CHARITY COMMISSION
FOR ENGLAND AND WALES

A CHARITABLE INCORPORATED ORGANISATION

(CHARITY NO. 1192253)

ANNUAL REPORT

22nd December 2025

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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).