

HOLISTIC WELLNESS COMMUNITY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

HOLISTIC WELLNESS COMMUNITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	M Weeks M E Maybank E Berry S Bellisio (Appointed 20 September 2022)
Charity number	1192849
Principal address	41 Gainsborough Road Tilgate Crawley West Sussex RH10 5LD
Independent examiner	Darren Harding ACA FCCA DChA Richard Place Dobson Services Limited 1-7 Station Road Crawley West Sussex RH10 1HT

HOLISTIC WELLNESS COMMUNITY

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HOLISTIC WELLNESS COMMUNITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their annual report and financial statements for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's CIO foundation model, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are to promote and protect good mental health through the provision of a range of therapies or interventions proven to improve health including yoga; meditation and mindfulness.

The trustees have referred to the guidance in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. They believe that the activities and achievements outlined in this report demonstrate the fulfilment of the public benefit requirement for the reporting period.

Achievements and performance

During the financial year the Charitable Incorporated Organisations rebranded and changed their name from Crawley Mindfulness Centre to Holistic Wellness Community.

Holistic Wellness Community have continued to support the community with improving and managing their overall wellbeing and mental health. Holistic Wellness Community aim to run 3 online classes and 2 face to face classes every week and on average for 2022 we saw 52 attendees per week.

Our research in 2022 shows 100% of our attendees recorded an improvement in their feelings or wellbeing after attending a class, of which 67% recorded high levels of wellbeing and 92% recommend the classes as definitely liked to recommend the classes to others.

Financial review

Net incoming resources for the year totalled £28,105, as shown on the Statement of Financial Activities on page 4.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The trustees have reviewed the major risks facing the charity and are satisfied that appropriate policies, procedures and systems are in place to manage and mitigate these risks.

Risk assessments for the charity's activities have been updated to include COVID 19 mitigation actions, drawing upon published advice from government agencies.

Structure, governance and management

The charity is a Charitable Incorporated Organisation, registered charity number 1192849. The charity's governing document is based upon the Charity Commission's model CIO (Foundation) constitution, with a small number of amendments.

The trustees who served during the year and up to the date of signature of the financial statements were:

M Weeks

M E Maybank

J Ribbons

E Berry

S Bellisio

(Resigned 13 September 2022)

(Appointed 20 September 2022)

HOLISTIC WELLNESS COMMUNITY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.

Miss M Weeks

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M Weeks

Trustee

May 26, 2023

Date:

HOLISTIC WELLNESS COMMUNITY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF HOLISTIC WELLNESS COMMUNITY

I report to the trustees on my examination of the financial statements of Holistic Wellness Community (the charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do 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 financial statements to be reached.



Darren Harding ACA FCCA DChA

Richard Place Dobson Services Limited

1-7 Station Road

Crawley

West Sussex

RH10 1HT

Dated: .26.May.2023...

HOLISTIC WELLNESS COMMUNITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<u>Income from:</u>							
Donations and grants	3	6,226	20,950	27,176	3,440	38,802	42,242
Charitable activities	4	1,391	-	1,391	170	-	170
Total income		<u>7,617</u>	<u>20,950</u>	<u>28,567</u>	<u>3,610</u>	<u>38,802</u>	<u>42,412</u>
<u>Expenditure on:</u>							
Charitable activities	5	1,864	36,468	38,332	3,502	10,805	14,307
Net income/(expenditure) for the year/ Net movement in funds		5,753	(15,518)	(9,765)	108	27,997	28,105
Fund balances at 1 January 2022		108	27,997	28,105	-	-	-
Fund balances at 31 December 2022		<u>5,861</u>	<u>12,479</u>	<u>18,340</u>	<u>108</u>	<u>27,997</u>	<u>28,105</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

HOLISTIC WELLNESS COMMUNITY

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Cash at bank and in hand		20,500		30,205	
Creditors: amounts falling due within one year	9	<u>(2,160)</u>		<u>(2,100)</u>	
Net current assets			<u>18,340</u>		<u>28,105</u>
Income funds					
Restricted funds	10		12,479		27,997
Unrestricted funds - general			<u>5,861</u>		<u>108</u>
			<u>18,340</u>		<u>28,105</u>

The financial statements were approved by the Trustees on

M Maybank

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M E Maybank

Trustee

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Holistic Wellness Community is a Charitable Incorporated Organisation (CIO) and became registered with effect from 17 December 2020.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's CIO foundation model, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The accounts are for the the period from the date of registration 17 December 2020 to 31 December 2021.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid is recognised when the claim is made.

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include cash and bank balances, are measured at transaction price including transaction costs. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction. Financial liabilities classified as payable within one year are not amortised.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and grants

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £	Restricted funds 2021 £	Total 2021 £
Donations	6,226	-	6,226	3,440	-	3,440
Grants	-	20,950	20,950	-	38,802	38,802
	6,226	20,950	27,176	3,440	38,802	42,242

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

4 Charitable activities

	Provision of mindfulness classes 2022 £	Provision of mindfulness classes 2021 £
Voluntary classes contributions	1,391	170

5 Charitable activities

	Provision of mindfulness classes 2022 £	Provision of mindfulness classes 2021 £
Staff costs	9,231	-
Instructor fees	20,559	7,606
Studio hire	1,540	100
Insurance	960	852
Website costs	130	265
General expenses	861	530
Grant application fees	2,100	2,300
Marketing	751	554
Repairs and maintenance	40	-
	36,172	12,207
Share of governance costs (see note 6)	2,160	2,100
	38,332	14,307
Analysis by fund		
Unrestricted funds - general	1,864	3,502
Restricted funds	36,468	10,805
	38,332	14,307

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

6 Support costs

	Support costs	Governance costs	2022	2021
	£	£	£	£
Independent Examiner Fees	-	2,160	2,160	2,100
	<u>-</u>	<u>2,160</u>	<u>2,160</u>	<u>2,100</u>
	<u>-</u>	<u>2,160</u>	<u>2,160</u>	<u>2,100</u>
Analysed between Charitable activities	-	2,160	2,160	2,100
	<u>-</u>	<u>2,160</u>	<u>2,160</u>	<u>2,100</u>

Governance costs includes payments to the Independent examiner of £2,160 (2021: £2,100).

7 Trustees

During the financial period, Emma-jo Berry, Trustee, was paid £1,460, under normal market conditions, for the provision of therapy classes.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

9 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	2,160	2,100
	<u>2,160</u>	<u>2,100</u>

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources	Resources expended	Balance at 1 January 2022	Incoming resources	Resources expended	Balance at 31 December 2022
	£	£	£	£	£	£
Awards for all (National Lottery)	9,974	(5,640)	4,334	9,950	(8,389)	5,895
Putting Communities First (Crawley Borough Council)	5,000	(3,915)	1,085	2,000	(2,505)	580
Sussex Giving	5,000	(1,250)	3,750	-	(3,750)	-
PostCode Lottery	18,828	-	18,828	-	(18,828)	-
Comic Relief	-	-	-	9,000	(2,996)	6,004
	<u>38,802</u>	<u>(10,805)</u>	<u>27,997</u>	<u>20,950</u>	<u>(36,468)</u>	<u>12,479</u>

The restricted funds listed above are for the following purposes:

- Awards for all (National Lottery) - to provide and co-ordinate mindfulness classes
- Putting Communities First (Crawley Borough Council) - to provide and co-ordinate mindfulness classes
- Sussex Giving- to provide and co-ordinate mindfulness classes
- PostCode Lottery - project co-ordinator costs, workshop facilitators, venue costs, marketing costs, laptop, printer and overhead contribution.
- Comic Relief - These funds are for forest bathing classes and run by experienced forest bathing leaders. The aim of the sessions is to teach the attendees the well researched and proven technique of forest bathing, which is know for to have physical and mental health benefits.

11 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 31 December 2022 are represented by:						
Current assets/(liabilities)	5,861	12,479	18,340	108	27,997	28,105
	<u>5,861</u>	<u>12,479</u>	<u>18,340</u>	<u>108</u>	<u>27,997</u>	<u>28,105</u>

12 Related party transactions

There were no disclosable related party transactions during the period.