

Charity registration number 1192849 (England and Wales)

HOLISTIC WELLNESS COMMUNITY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

HOLISTIC WELLNESS COMMUNITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	M Weeks M E Maybank E Berry S Bellisio L A Fuller
Charity number	1192849
Principal address	Gainsborough Road Tilgate Crawley West Sussex RH10 5LD
Independent examiner	Darren Harding ACA FCCA DChA Richard Place Dobson Services Limited Ground Floor 1-7 Station Road Crawley RH10 1HT

HOLISTIC WELLNESS COMMUNITY

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HOLISTIC WELLNESS COMMUNITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their annual report and financial statements for the year ended 31 December 2025.

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 governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)".

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 Forest bathing, Yoga, Sound baths, 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

Holistic Wellness Community have continued to support the community with improving and managing their overall wellbeing and mental health. Demand for our services has grown significantly over 2025. The number of people accessing our activities has approximately tripled compared to the previous year (pre-venue).

Holistic Wellness Community aim to run two forest bathing, four sound baths, two reiki classes, four mindfulness and meditation classes every month. Based on current usage and demand, this equates to an estimated 2,500-3,000 people supported over the course of 2025.

Our research in 2025 shows most respondents either strongly agreed or agreed that our classes have helped them:

99% Agreed they would attend another activity with Holistic Wellness Community

94% who reported their wellbeing score as good or high after a session

93% Agreed that our sessions alleviate stress and anxiety

90% Felt a sense of community in our sessions

84 % Agreed or strongly agreed our sessions have taught them new techniques to help manage their mental health challenges.

The wealth of feedback strongly demonstrates the difference being made to help our community members manage their day-to-day mental health challenges and Holistic Wellness Community have become a relied upon resource for those needing mental health support.

Financial review

Net outgoing resources for the year totalled £4,341 (2024 incoming resources: £7,253), 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 are aware reserves have fallen below this level in the reporting period and are taking steps to increase reserves in the current year.

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.

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.

HOLISTIC WELLNESS COMMUNITY

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

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

M Weeks

M E Maybank

E Berry

S Bellisio

L A Fuller

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.

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

Miss M Weeks

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M Weeks

Trustee

May 12, 2026

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 2025.

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.

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

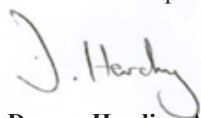
Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements 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 the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 Charities Act 2011.
- 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 financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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

Ground Floor

1-7 Station Road

Crawley

West Sussex

RH10 1HT

Dated: 13/05/2026

HOLISTIC WELLNESS COMMUNITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and grants	3	7,264	25,649	32,913	8,582	19,968	28,550
Charitable activities	4	3,240	-	3,240	480	-	480
Other trading activities	5	480	-	480	-	-	-
Total income		10,984	25,649	36,633	9,062	19,968	29,030
Expenditure on:							
Charitable activities	6	14,598	26,376	40,974	3,005	18,772	21,777
Total expenditure		14,598	26,376	40,974	3,005	18,772	21,777
Net income/(expenditure)		(3,614)	(727)	(4,341)	6,057	1,196	7,253
Transfers between funds		(222)	222	-	-	-	-
Net movement in funds		(3,836)	(505)	(4,341)	6,057	1,196	7,253
Reconciliation of funds:							
Fund balances at 1 January 2025		6,903	5,761	12,664	846	4,565	5,411
Fund balances at 31 December 2025		3,067	5,256	8,323	6,903	5,761	12,664

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 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Cash at bank and in hand		10,722		15,066	
Creditors: amounts falling due within one year	11	(2,399)		(2,402)	
Net current assets			8,323		12,664
Net assets			8,323		12,664
The funds of the charity					
Restricted income funds	12		5,256		5,761
Unrestricted funds			3,067		6,903
			8,323		12,664

The financial statements were approved by the trustees on **May 12, 2026**

Monica Maybank

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M E Maybank
Trustee

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

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 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)". 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 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 or grantors 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.

Income from charitable activities includes income from voluntary class contributions which is generated to supplement funding towards providing core services, including studio hire, instructor fees and general expenses incurred whilst providing wellness classes.

Other income from trading activities comprises rental income generated from the use of the premises by third parties.

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

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.

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 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds general 2024 £	Restricted funds 2024 £	Total 2024 £
Donations	7,264	-	7,264	8,582	-	8,582
Grants	-	25,649	25,649	-	19,968	19,968
	<u>7,264</u>	<u>25,649</u>	<u>32,913</u>	<u>8,582</u>	<u>19,968</u>	<u>28,550</u>

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

4 Income from charitable activities

	Provision of mindfulness classes 2025 £	Provision of mindfulness classes 2024 £
Voluntary classes contributions	3,240	480
	<u> </u>	<u> </u>
Analysis by fund		
Unrestricted funds	3,240	480
	<u> </u>	<u> </u>

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Rental Income	480	-
	<u> </u>	<u> </u>

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

6 Expenditure on charitable activities

	Provision of mindfulness classes 2025 £	Provision of mindfulness classes 2024 £
Direct costs		
Instructor fees	11,109	11,560
Studio hire	2,044	713
Insurance	1,011	881
Website costs	-	166
Repairs & maintenance	15,178	276
Marketing	1,235	637
Subscriptions	221	384
Wages & Salaries	7,692	4,760
Computer running costs	84	-
	<u>38,574</u>	<u>19,377</u>
Share of support and governance costs (see note 7)		
Governance	2,400	2,400
	<u>40,974</u>	<u>21,777</u>
Analysis by fund		
Unrestricted funds	14,598	3,005
Restricted funds	26,376	18,772
	<u>40,974</u>	<u>21,777</u>

7 Support costs

	Support costs £	Governance costs £	2025 £	2024 £
Independent Examiner Fees	-	2,400	2,400	2,400
	<u>-</u>	<u>2,400</u>	<u>2,400</u>	<u>2,400</u>
Analysed between Charitable activities	-	2,400	2,400	2,400
	<u>-</u>	<u>2,400</u>	<u>2,400</u>	<u>2,400</u>

Governance costs includes payments to the Independent Examiner of £2,400 (2024: £2,400).

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

8 Trustees

Marion Weeks, Trustee was paid £4,680 (2024: £1,674) under normal market conditions for project management services.

Emma-Jo Berry, Trustee was paid £1,847 (2024: £0) under normal market conditions for consulting services.

9 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

The charity employed 2 people (2024: 1) on a self employed basis during the year, this has been included in **Wages & Salaries** per **note 6** £7,692 (2024: £4,760)

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	2,399	2,402

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2025 £
Awards for all (National Lottery) 2024	5,761	-	(5,983)	222	-
Chalk Cliff Trust	-	5,000	(5,000)	-	-
Longley Trust	-	1,000	(1,000)	-	-
Awards for all (National Lottery) 2025	-	19,649	(14,393)	-	5,256
	5,761	25,649	(26,376)	222	5,256

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

12 Restricted funds

(Continued)

Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Awards for all (National Lottery)	-	19,968	(14,207)	-	5,761
Comic Relief	582	-	(582)	-	-
Chalk Cliff Trust	3,983	-	(3,983)	-	-
	<u>4,565</u>	<u>19,968</u>	<u>(18,772)</u>	<u>-</u>	<u>5,761</u>

The restricted funds listed above are for the following purposes:

- Awards for all (2024) (National Lottery) - to provide and co-ordinate mindfulness classes
- Awards for all (2025) (National Lottery) - These restricted funds relate to management services, rent, running sessions hut renovation as well as a contribution to core costs.
- 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 known to have physical and mental health benefits.
- Chalk Cliff Trust - These funds are also for forest bathing classes run by experienced forest bathing leaders.
- Longley Trust - These restricted funds relate to grant funding received for the renovation and leasing costs of the charity's premises in Tilgate.

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2025 £
General funds	<u>6,903</u>	<u>10,984</u>	<u>(14,598)</u>	<u>(222)</u>	<u>3,067</u>
Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
General funds	<u>846</u>	<u>9,062</u>	<u>(3,005)</u>	<u>-</u>	<u>6,903</u>

HOLISTIC WELLNESS COMMUNITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

14 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 December 2025:			
Current assets/(liabilities)	3,067	5,256	8,323
	<u>3,067</u>	<u>5,256</u>	<u>8,323</u>
	<u>3,067</u>	<u>5,256</u>	<u>8,323</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	6,903	5,761	12,664
	<u>6,903</u>	<u>5,761</u>	<u>12,664</u>
	<u>6,903</u>	<u>5,761</u>	<u>12,664</u>

15 Related party transactions

The trustees were reimbursed a total of £1,069 for expenses incurred on behalf of the charity relating to repairs and maintenance costs. (2024 £0).

There were no other related party transactions in the year.