

Invictus Wellbeing Foundation CIO

Charity number 1193094

Annual Report and Financial Statements for the period ended 31 March 2022



Invictus Wellbeing Foundation CIO

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Invictus Wellbeing Foundation CIO

Trustees' report for the period ended 31 March 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

Name	Position	Dates
A G Berry	Chairman	Appointed January 2021
J Hall		Appointed January 2021
A J Brosnan		Appointed January 2021
R D Blackburn		Appointed January 2021
M C Pearson		Appointed January 2021

Charity number	1193094	Registered in England and Wales
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Registered and principal address	Bankers
Office Suite E323	Lloyds Bank plc
Emill	1 Legg Street
Dean Clough	Chelmsford
Halifax	CM1 1JS
HX3 5AX	

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 13 January 2021 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

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Trustees' report (continued) for the period ended 31 March 2022

Objectives and activities

The charity's objects

For the public benefit, to relieve the needs of young people in Yorkshire affected by, or at risk of developing, poor mental health, in particular, but not exclusively by:

- A) Working with specialist agencies and mental health professionals to provide counselling and related mental health support;
- B) Raising awareness and providing information to people within the community about mental health illnesses and ways to maintain good mental health.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the preservation, protection and enhancement of good mental health of the young people in Yorkshire.

Achievements and performance

The charity grew vastly this year as we worked with just over 2,000 individual children and young people in Calderdale and Bradford. One of our larger projects (The BREW Project) grew to become a sustainable long term service in Calderdale and we have worked closely with our partners to develop a more well rounded service offer with workshops, activities and more.

Next year our focus is securing sustainable funding streams and continuing to deliver the highest quality of services throughout West Yorkshire. We hope to expand our reach, grow and develop our funding streams and ensure that children and young people have access to to timely, effective and accessible support.

Financial review

The net income for the period was £87,541, including net income of £56,457 on unrestricted funds and net income of £31,084 on restricted funds.

Reserves policy

The charity's free reserves at the period end were £56,457.

The trustees have agreed to maintain funds at sufficient levels in order to allow the smooth operation of the charity's activities. Its policy is to hold fee reserves of between 3 and 6 months of budgeted expenditure, which based on projected expenditure for the 2022/23 financial year equates to between £50,000 and £100,000.

Approved by the board of trustees on 10 October 2022

A G Berry (Trustee)

Invictus Wellbeing Foundation CIO
Statement of Financial Activities
(including summary income and expenditure account)
for the period ended 31 March 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £
Income from:				
Grants	(2)	74,448	66,785	141,233
Donations and fundraising		3,318	-	3,318
Rental income		2,436	-	2,436
Support service income		5,630	-	5,630
Total income		85,832	66,785	152,617
Expenditure on:				
Direct project expenditure		5,534	33,525	39,059
Consultancy		13,472	1,500	14,972
Advertising and website		289	44	333
Computer and software		-	149	149
General office expenses		899	-	899
Legal and professional fees		800	-	800
Office equipment and furniture		1,007	-	1,007
Printing, postage and stationery		383	45	428
Resources		272	18	290
Subscriptions		186	-	186
Telephone and mobile		-	238	238
Rent and rates		4,978	-	4,978
Repairs and renewals		274	-	274
Room hire		80	182	262
Meeting expenses		13	-	13
Training and supervision		204	-	204
Events		185	-	185
Fundraising expenditure		770	-	770
Travel expenses		29	-	29
Total expenditure		29,375	35,701	65,076
Net income		56,457	31,084	87,541
Fund balances carried forward	(3)	56,457	31,084	87,541

All incoming resources and resources expended derive from continuing activities.

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Balance sheet

as at 31 March 2022

	2022 Unrestricted £	2022 Restricted £	2022 Total £
Current assets			
Debtors	9,397	-	9,397
Cash at bank	47,621	31,786	79,407
Total current assets	57,018	31,786	88,804
Current liabilities:			
amounts falling due within one year			
Creditors and accruals	561	702	1,263
Total current liabilities	561	702	1,263
Net current assets	56,457	31,084	87,541
Net assets	56,457	31,084	87,541
Funds			
Unrestricted funds	56,457	-	56,457
Restricted funds	-	31,084	31,084
Total funds	56,457	31,084	87,541

The financial statements were approved by the board of trustees on 10 October 2022

A G Berry (Trustee)

Invictus Wellbeing Foundation CIO

Notes to the accounts

for the period ended 31 March 2022

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: 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) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Project and office equipment: over 5 years

Computer equipment: over 3 years

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

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Notes to the accounts continued

for the period ended 31 March 2022

2 Grants	2022	2022	2022
	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
West Yorkshire Combined Authority	-	11,000	11,000
Community Foundation for Calderdale (CFFC)	6,350	54,285	60,635
Locala Community Partnerships CIC	-	1,500	1,500
Voluntary & Community (VAC)	9,860	-	9,860
Arnold Clark Community Fund	4,000	-	4,000
Wakefield Metropolitan District Council	38,298	-	38,298
Health Education England	13,940	-	13,940
The KFC Foundation	2,000	-	2,000
	<u>74,448</u>	<u>66,785</u>	<u>141,233</u>

3 Restricted funds	Incoming	Outgoing	Balance c/f
	£	£	£
West Yorks Combined Authority	5,000	-	5,000
CFFC (1)	3,757	-	3,757
Locala Community Fund	1,500	1,500	-
Mayor's Safer Communities Fund	6,000	-	6,000
CFFC (2)	45,708	34,052	11,656
CFFC (3)	4,820	149	4,671
	<u>66,785</u>	<u>35,701</u>	<u>31,084</u>

Fund name	Purpose of restriction
West Yorks Combined Authority	To appoint a link worker for direct interventions with young people
CFFC (1)	For the Tagtalks project
Locala Community Fund	For the Brew - Calderdale project
Mayor's Safer Communities Fund	For two specialist workers to undertake 'link work' with vulnerable young people
CFFC (2)	For the Try High project
CFFC (3)	For the Youth Leaders project

4 Related party transactions

Trustee expenses

No trustee received any expenses during this period.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this period.