



Balanced Wheel
(A Charitable Incorporated Organisation)

Charity number: 1193464

Board of Trustees Annual Report and Financial Statements
for Year Ended 31 March 2022

Table of Contents

<i>Administrative details of the Charity</i>	3
<i>Trustees' Annual Report for the period</i>	4
<i>1.0 Objectives and Activities</i>	4
1.1 Charitable Object/Purpose	4
1.2 Charity's Main Activities	4
1.3 Achievements and Performance	5
1.3.1 Virtual Bereavement Support Group	5
1.3.2 Information Support & Signposting	5
1.3.3 In person social meetup	6
1.3.4 Community capacity building	6
1.3.5 Volunteers	6
<i>2.0 Financial Review</i>	6
2.1 Financial position	6
2.2 Reserves	6
2.3 Going concern	7
<i>3.0 Structure, Governance and Management</i>	7
<i>4.0 Declarations</i>	7
<i>5.0 Statement of Financial Activities</i>	8

Administrative details of the Charity

Board of Trustees	Michael Tolulope Olajide	Chair	09 February 2021
	Gideon Opaluwa	Trustee	09 February 2021
	Oluwakemi Ogunmoye	Trustee	09 February 2021
	Chiagozie Udoka Uzodike	Trustee	09 February 2021
	Gabriel Gbolahan Akinola	Trustee	09 February 2021

Clinical Lead **Dr Moyosore Adofo**

Operations Lead **Abi Shotade**

Registered office 13 Horace Close
Shortstown
MK42 0GA

Bankers Lloyds Bank Plc,
25 Gresham Street,
London
EC2V 7HN

Trustees' Annual Report for the period

The Board of Trustees present their annual report and accounts for Balanced Wheel for the year ended 31st March 2022. The Trustees have followed the Statement of Recommended Practice - Accounting and Reporting by Charities in the preparation of its report.

1.0 Objectives and Activities

1.1 Charitable Object/Purpose

Balanced Wheel is a CIO established for the benefit of the public, to relieve the mental and physical distress of people suffering from bereavement or loss with a particular focus on the BAME community in the United Kingdom, in such ways as the trustees think fit including: workshops; support meetings; and face-to-face 1:1 support.

1.2 Charity's Main Activities

Our goal is to make sure that everyone who is grieving receives the support that they need. Bereaved individuals are given our support in finding a balanced state of well-being after their loss.

As well as providing emotional support, we provide practical ways to help those who have lost a loved one emerge from grief. We help them to reengage with life, rebuild their lives, and regain balance.

We help people through our website, over the phone, or via Zoom, individually and in groups.

To improve the support and services provided to bereaved people, we also offer training and consultation to organisations.

In the year under review, we engaged in a number of exciting activities in the delivery of our charitable objects. The following are highlights of activities:

- Virtual Bereavement Support Groups for Widowed Young, Parental Loss & Sibling Loss
- Information Support through personal stories, articles & social media
- In person social meetup
- Bereavement awareness webinar and workshops
- One-to-one telephone/email support

Public Benefit Statement

The Trustees confirm that they have met their duties in compliance with the provisions of

section 4 and 17 of the Charities Act 2011, and have had due regard to the Charity Commission's general guidance on public benefit.

1.3 Achievements and Performance

In the year under review, we have delivered a series of activities aimed at fulfilling our charitable objectives

On the basis of feedback received from our beneficiaries, Balanced Wheel demonstrated provision of a more strengthened community network to aid the healing process following grief.

We worked on improving these structures to make them more robust and efficient in adequately reaching the needs of families and individuals in the aim to help them reengage with life, rebuild their lives, and regain balance as they navigate their new normal.

Furthermore, we aimed at reducing social isolation associated with grief and normalising response to death by creating an environment conducive for them to thrive in their new norm.

1.3.1 Virtual Bereavement Support Group

Balanced Wheel launched an online bereavement peer support group to help connect bereaved individuals across the country.

Grieving individuals, particularly those from ethnic minority communities, gained access to new avenues of support through online peer support groups.

To address the emotional effects and social isolation that bereavement causes, we established widowed young, loss of parent, and loss of sibling groups, jointly led by those with lived experience and a qualified mental health professional. We received excellent feedback from our service users.

This year 32 individuals benefitted from the virtual support group.

1.3.2 Information Support & Signposting

We are pleased to report that over 6,000 people accessed our Informational Bereavement support services.

We provided 60 personal lived experience stories, signposting, articles, blogs, guides, and frequently asked questions to help those bereaved journey through the grieving process. The resources included what to do when someone dies, how to deal with the early response to loss, how to cope with grief and how to adjust to life after the loss of a loved one.

1.3.3 In person social meetup

We arranged a fun filled day out for those bereaved to reduce loneliness and social isolation. 11 people attended. Looking ahead, our aim is to increase the number of in person meetings.

1.3.4 Community capacity building

In building our community capacity, we engaged in a series of in-person and virtual webinars delivered to local charities and national leaders. Over 700 people were in attendance and benefited greatly. From attendees' feedback, we are seeing an increasing appetite for these types of activities.

There were workshops created and utilised to support the different communities in accessing, building and maintaining more effective support structures for their local communities. This system incorporated the use of social networks and practical tips and strategies, where bereaved family caregivers were best supported in dealing with grief and bereavement.

1.3.5 Volunteers

Volunteers play an important role in the delivery of the charity's objects. Through the tireless efforts of 16 volunteers, we were able to offer support to those in grief. We are grateful for the significant contributions of the volunteers towards the smooth running of the organisation. As a result, bereaved people are able to engage more with their community and social circles, thus further reducing social isolation.

2.0 Financial Review

2.1 Financial position

The immediate financial position of the charity reflects the evolving nature of operations. Although in the current financial year we are operating a £236 deficit, the outlook remains positive.

2.2 Reserves

Our reserves position is currently zero. However, a reserve policy is in development.

As a newly registered Charity, our work is beginning to attract some interest and we aim to generate some income in carrying out charitable activities. From our understanding of the first year's financial position, a reserves policy will be prepared to reflect the trend.

In the meantime, our operations will continue to run with the support from committed volunteers and donors.

2.3 Going concern

We do not have any apparent concerns around the ongoing operations of the charity and the trustees are reasonably confident about future finances of the charity.

3.0 Structure, Governance and Management

Balanced Wheel is a Charitable Incorporated Organisation. The Charity is governed by a CIO Constitution dated 9th February 2021.

Appointments to the Board are the responsibility of the Board of Trustees who are appointed and co-opted under the terms of the Constitution. Eligible persons having satisfied the Board that they have met the criteria and possess the relevant skills and experience needed for appointment are either co-opted or appointed to the Board.

4.0 Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s) Michael Tolulope Olajide

Position Chair

Date 31st January 2023

5.0 Statement of Financial Activities

Statement of financial activities for the year ended 31 March 2022.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Balanced Wheel

1193464

CC16a

Receipts and payments accounts

For the period from	Period start date 09/02/2021	To	Period end date 31/03/2022
------------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation	1,773	-	-	1,773	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,773	-	-	1,773	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,773	-	-	1,773	-
A3 Payments					
Information Technology	1,476	-	-	1,476	-
Zoom	144	-	-	144	-
Website	189	-	-	189	-
Independent Examination	200	-	-	200	-
Sub total	2,009	-	-	2,009	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,009	-	-	2,009	-
Net of receipts/(payments)	- 236	-	-	- 236	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 236	-	-	- 236	-

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	Cash @9th Feb 2021	-	-	-
	Cash @ 31 March 2022	236	-	-
		-	-	-
	Total cash funds	236	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		MICHAEL OLAJIDE	Michael Olajide	19/10/2022