

# YOUR WELLBEING

England & Wales · Charity number 1195273

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-07-22

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 4 Parkinson Avenue  
Scunthorpe  
DN15 7JX

**Phone** 07732868158

**Email** [info@yourwellbeing-northlincs.org](mailto:info@yourwellbeing-northlincs.org)

**Website** [www.yourwellbeing-northlincs.org](http://www.yourwellbeing-northlincs.org)

## Activities

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**Objects:** TO ADVANCE THE HEALTH AND WELLBEING OF BAME COMMUNITIES IN NORTH LINCOLNSHIRE AND THE SURROUNDING AREAS BY SUPPORTING AND ENCOURAGING THE COMMUNITY THROUGH INCLUSIVE HEALTH AND WELLBEING ACTIVITIES AND SERVICES.

**Activities:** To advance the health and wellbeing of BAME communities in North Lincolnshire and the surrounding areas by supporting and encouraging the community through inclusive health and wellbeing activities and services. Promoting Equality & Diversity.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- North Lincolnshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£29,323	£28,659	-	-
2024-04-05	£30,604	£31,520	-	-
2023-04-05	£28,987	£26,862	-	-
2022-04-05	£21,542	£23,119	-	-

## Trustees

Name	Role	Appointed
Sayful Ahmed	Chair	2021-02-15
AMJAD RASHID		2021-02-15
Junah Begum		2021-02-15
Qasim Shah		2021-02-15

**YOUR WELLBEING**

England & Wales - Charity number 1195273

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# Accounts

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Your Wellbeing  
FINANCIAL STATEMENTS  
Year ended  
5<sup>th</sup> April 2025

**Contents to the Financial Statements  
For the year ended 5<sup>th</sup> April 2025**

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**Report of the Board of Trustees  
For the year ended 5 April 2025**

The Trustees present their report with the financial statements of the Charity for the year ended 5<sup>th</sup> April 2025

**Reference and Administrative Details of the Charity, its Trustees and Advisers**

Name of charity: Your Wellbeing CIO

Charity Registration Number: 1195273

Principal Operating Address: 4 Parkinson Avenue  
Scunthorpe  
North Lincolnshire  
DN15 7JX

TRUSTEES  
Sayful Ahmed (appointed 15 Feb 2021)  
Amjad Rashid (appointed 15 Feb 2021)  
Qasim Shah (appointed 15 Feb 2021)  
Junah Begum (appointed 15 Feb 2021)

INDEPENDENT EXAMINER  
Rebecca Triffitt MAAT  
Practice Accountant  
Phoenix Accountancy and Business Consultancy  
Limited  
4-6 Robert Street  
Scunthorpe  
North Lincolnshire  
DN15 6NG

BANKERS  
Cash Plus  
6th Floor  
One London Wall  
London  
EC2Y 5EB

**Report of the Board of Trustees  
For the year ended 5<sup>th</sup> April 2025****Structure, Governance and Management****Governing Document:**

The charity was established as a CIO – foundation first registered on 22<sup>nd</sup> July 2021 and is a registered Charity.

**Recruitment and appointment of Trustees**

The appointment of trustees is in accordance with the Constitution.

The Constitution states that there must be at least 3 charity trustees and the maximum number of charity trustees is 4.

**Organisational Structure:**

The board of trustees manages the Charity and aims to consider only strategic decisions at its meetings. Trustees are aware that any conflict of interest is declared and recorded in the minutes. The board meets quarterly and occasionally on other occasions as required.

**Risk Management:**

Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the Centre.

**OBJECTIVES AND ACTIVITIES****Objects**

The object of the Charity is:

“To advance the health and wellbeing of BAME communities in North Lincolnshire and the surrounding areas by supporting and encouraging the community through inclusive health and wellbeing activities and services”

**Public benefit**

The Trustees confirm that they have complied with the duty, contained in Section 4 of the Charities Act 2011, to have due regard to the guidance on public benefit issued by the Charity Commission. The charitable purpose of the charity within the meaning of the act is contained within its objects stated above.

**ACHIEVEMENTS AND PERFORMANCE 2024/25**

During the period under review the charity has provided the community with a variety of activities, workshops, trips, training & education sessions to improve their Physical & Mental health and wellbeing

## **Report of the Board of Trustees For the year ended 5<sup>th</sup> April 2025**

The participants who have benefited from these activities are from a wide range of communities including the BAME community, elderly, youth and those with a disability.

Our activities are very popular and ever increasing in numbers. In addition to our regular activities, due to the increase and demand for more, we have partnered with other organisations to help provide the health and wellbeing service. This year we have also increased the pool of volunteers to also meet the demands of the community

The management committee take great pride in the quality of the activities and care of our participants. They are able maintain these to a very high standards.

### **Financial Review**

The finances of the charity continue to be satisfactory. Total Incoming resources were £29,323. Total resources expended were £28,659. The surplus for the period was £664.

### **Reserves Policy**

The Trustees' are still establishing the policy on reserves as a new charity, they hope to build to having 3 months of core running costs.

### **FUTURE PLANS**

The Trustees are hoping to continue the activities: football, badminton, swimming, cycling, karate, men's & women's fitness classes, fuelled programme, and in addition courses that will help people increase the chance of employment or skill up volunteers to take up paid roles.

Our future plan is to work towards having our own Community Centre for all residents of North Lincolnshire.

### **Trustees Responsibilities**

The Charities Act requires the trustees to prepare financial statements for each financial year. In accordance with the Charity Commission Guidance the Trustees have elected to prepare the accounts on the Receipts and Payments basis. This is an acceptable format for all non-company charities with an income below £250,000.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Report of the Board of Trustees  
For the year ended 5<sup>th</sup> April 2025****Statement of disclosure of information to Independent Examiner**

The Charity has an income between £25,000 and £1m and therefore falls under the Independent Examination regime. We, the Trustees of the Charity who held office at the date of approval of these financial statements, each confirm so far as we are aware, that:

- ⦿ there is no relevant information of which the Charity's Independent Examiner is unaware; and
- ⦿ we have taken all the steps that we ought to have taken as Trustees in order to make ourselves aware of any relevant information and to establish that the Charity's Independent Examiner is aware of that information

**Independent Examiner**

A resolution to reappoint Independent Examiner, Rebecca Triffitt of Phoenix Accountancy and Business Consultancy Limited will be proposed at the forthcoming annual general meeting.

By order of the Board

Sayful Ahmed  
Chair



**Independent Examiner's Report to the Members of Your Wellbeing**

I report on the accounts of Your Wellbeing for the year ended 5 April 2025, which are set out on pages 8 to 12.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- 1) examine the accounts under section 145 of the Charities Act,
- 2) to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 3) to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

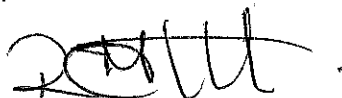
**Independent examiner's statement**

In connection with my examination, no matter has come to my attention to indicate that:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - to keep accounting records in accordance with section 130 and 131 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met.
- 2) No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Rebecca Triffitt MAAT**

Practice Accountant  
Phoenix Accountancy and Business Consultancy Limited  
4-6 Robert Street  
Scunthorpe  
North Lincolnshire  
DN15 6NG



Date: 4/2/26

## Receipts and Payments Account For the period ended 5<sup>th</sup> April 2025

		2025	2025	2025	2024	2024	2024
	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£	£	£	£
<b>RECEIPTS</b>	1						
Grants	2	-	20,558	20,558	-	22,383	22,383
Donations		-	-	-	337	-	337
Fundraising		8,765	-	8,765	7,884	-	7,884
		<u>8,765</u>	<u>20,558</u>	<u>29,323</u>	<u>8,221</u>	<u>22,383</u>	<u>30,604</u>
<b>PAYMENTS</b>							
Staff Costs		-	3,180	3,180	-	3,090	3,090
Volunteer Costs		135	670	805	440	385	825
Family Food & Activities		9,967	12,276	22,243	8,954	15,381	24,335
Advertising & Marketing		221	-	221	166	-	166
Accountancy Fees		240	-	240	480	-	480
Insurance		282	-	282	200	-	200
Repairs & Renewals		-	-	-	-	-	-
Licences		105	-	105	-	-	-
Equipment		983	543	1,526	436	1,917	2,353
Bank Charges		47	10	57	71	-	71
		<u>11,980</u>	<u>16,679</u>	<u>28,659</u>	<u>10,747</u>	<u>20,773</u>	<u>31,520</u>
Surplus/(deficit) for the period before transfers		(3,215)	3,879	664	(2,526)	1,610	(916)
Transfers between Funds		2,230	(2,230)	-	-	-	-
<b>Surplus/(deficit) for the period</b>		<b>(985)</b>	<b>1,649</b>	<b>664</b>	<b>(2,526)</b>	<b>1,610</b>	<b>(916)</b>
Cash & bank balances brought forward		986	1,610	2,596	3,512	-	3,512
Cash and Bank Balances carried forward		<u>1</u>	<u>3,259</u>	<u>3,260</u>	<u>986</u>	<u>1,610</u>	<u>2,596</u>

The notes on pages 10 to 12 form part of these financial statements.

**Statement of Assets and Liabilities  
As at 5<sup>th</sup> April 2025**

	<b>Notes</b>	<b>2025</b>	<b>2024</b>
		<b>£</b>	<b>£</b>
<b>Monetary Assets</b>			
Current account		3,260	2,596
<b>Total Monetary Assets</b>		<u>3,260</u>	<u>2,596</u>
Comprising:			
Unrestricted Funds		1	986
Restricted Funds		<u>3,259</u>	<u>1,610</u>
		<u>3,260</u>	<u>2,596</u>
<b>Non Monetary Assets and Liabilities</b>			
<b>Fixed Assets</b>			
IT Equipment		840	840
<b>Creditors</b>			
Accounts Fee – Current		<u>240</u>	<u>240</u>
		<u>240</u>	<u>240</u>

These financial statements were approved by the committee on 3/2/2026 (date)  
and signed on its behalf by:



Sayful Ahmed, Chair

The notes on pages 10 and 12 form part of these financial statements.

## Notes to the financial statements for the year ended 5<sup>th</sup> April 2025

### 1 Basis of Preparation

These accounts have been prepared on a receipts and payments (R&P) basis in line with charity commission guidance for a charity of this size.

The comparative period of operation 6 April 2022 to 5 April 2024.

### 2 Grants

	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds	2024 Unrestricted Funds	2024 Restricted Funds	2024 Total Funds
NLC - Fuelled	-	14,060	14,060	-	13,893	13,893
Active Humber	-	-	-	-	900	900
VANL	-	-	-	-	5,940	5,940
NLC - TPL	-	-	-	-	450	450
Ongo Communities	-	-	-	-	500	500
Sported Foundation	-	500	500	-	500	500
Lincolnshire FA Positive	-	400	400	-	200	200
	-	5,598	5,598			
	-	<b>20,558</b>	<b>20,558</b>	-	<b>22,383</b>	<b>22,383</b>

### 3 Restricted Funds

	Balance at 06 April 2024	Movement during the period			Balance at 05 April 2025
		Receipts	Payments	Transfers between funds	
NLC - Fuelled	-	14,060	(8,701)	(2,379)	2,980
VANL	710	-	(710)	-	-
NLC - Positive	-	5,598	(5,319)	-	279
Active Humber	900	-	(900)	-	-
Groundworks Foundation	-	500	(500)	-	-
Lincolnshire FA	-	400	(549)	149	-
	<b>1,610</b>	<b>20,558</b>	<b>(16,679)</b>	<b>(2,230)</b>	<b>3,259</b>

**Notes to the financial statements  
for the year ended 5 April 2025**

A brief description of the restricted funds is provided below:

**North Lincolnshire Council Fuelled**

Restricted funding was received from North Lincolnshire Council to provide activities and food over the holiday periods in the summer and winter holidays.

**Voluntary Action North Lincolnshire (VANL)**

Restricted funding was received VANL for the purpose of supporting people within the area of Scunthorpe North in reducing health inequalities.

**North Lincolnshire Council – Scunthorpe Lions**

Restricted funding was received from North Lincolnshire Council to pay entry fee for the pundit's league for Scunthorpe Lions.

**Active Humber (Sport England)**

Restricted funding was received from Tesco Community Grant for the purpose of delivering swimming and other activities.

**Ongo Communities**

Restricted funding was received from Ongo Communities Grant for the purpose of moving outdoor activities to indoor activities over the winter period.

**Lincolnshire Country Football Association**

Restricted funding was received from Lincolnshire Football Association for the purpose of generate or develop recreational football activities in Lincolnshire

**Sported Foundation**

Restricted funding was received from Sported Foundation for the purpose of generate or develop recreational football activities in Lincolnshire

**North Lincolnshire Council – Positive Activities**

Restricted funding was received from North Lincolnshire Council to provide active weekly football sessions that build young people's confidence through positive feedback: building resilience and optimism for their future.

**4 Taxation**

Your Wellbeing is a registered Charitable Incorporated Organisation, registration number 1195273. All the Charities' income is applied to its charitable objectives and the association is therefore exempt under current legislation from most forms of taxation.

**Notes to the financial statements  
for the year ended 5 April 2025**

**5 Trustee Remuneration**

No Remuneration was paid to Trustees during the period out of the funds of the charity.

Except for payments for self-employed services paid to Sayful Ahmed of £300 which were paid from restricted funding from North Lincolnshire Council for the provision of the Fuelled activities. Previous year payment for Sayful Ahmed £1,400 for the same services.

**6 Going Concern**

The Trustees consider the Company to be a going concern for a period of 12 months beyond the date of the accounts.

**YOUR WELLBEING**

England & Wales - Charity number 1195273

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# Accounts

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Your Wellbeing  
FINANCIAL STATEMENTS  
Year ended  
5<sup>th</sup> April 2024

**Contents to the Financial Statements  
For the year ended 5<sup>th</sup> April 2024**

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For the year ended 5 April 2024**

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Qasin Shah (appointed 15 Feb 2021)  
Junah Begum (appointed 15 Feb 2021)

INDEPENDENT EXAMINER Rebecca Triffitt MAAT  
Practice Accountant  
Phoenix Accountancy and Business Consultancy  
Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
East Yorkshire  
HU17 9BY

BANKERS Cash Plus  
6th Floor  
One London Wall  
London  
EC2Y 5EB

## **Report of the Board of Trustees For the year ended 5<sup>th</sup> April 2024**

### **Structure, Governance and Management**

#### **Governing Document:**

The charity was established as a CIO – foundation first registered on 22<sup>nd</sup> July 2021 and is a registered Charity.

#### **Recruitment and appointment of Trustees**

The appointment of trustees is in accordance with the Constitution.

The Constitution states that there must be at least 3 charity trustees and the maximum number of charity trustees is 4.

#### **Organisational Structure:**

The board of trustees manages the Charity and aims to consider only strategic decisions at its meetings. Trustees are aware that any conflict of interest is declared and recorded in the minutes. The board meets quarterly and occasionally on other occasions as required.

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Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the Centre.

### **OBJECTIVES AND ACTIVITIES**

#### **Objects**

The object of the Charity is:

“To advance the health and wellbeing of BAME communities in North Lincolnshire and the surrounding areas by supporting and encouraging the community through inclusive health and wellbeing activities and services”

#### **Public benefit**

The Trustees confirm that they have complied with the duty, contained in Section 4 of the Charities Act 2011, to have due regard to the guidance on public benefit issued by the Charity Commission. The charitable purpose of the charity within the meaning of the act is contained within its objects stated above.

### **ACHIEVEMENTS AND PERFORMANCE 2023/24**

During the period under review the charity has provided the community with a variety of activities, workshops, trips, training & education sessions to improve their Physical & Mental health and wellbeing

## **Report of the Board of Trustees For the year ended 5<sup>th</sup> April 2024**

The participants who have benefited from these activities are from a wide range of communities including the BAME community, elderly, youth and those with a disability.

Our activities are very popular and ever increasing in numbers. In addition to our regular activities, due to the increase and demand for more, we have partnered with other organisations to help provide the health and wellbeing service. This year we have also increased the pool of volunteers to also meet the demands of the community

The management committee take great pride in the quality of the activities and care of our participants. They are able maintain these to a very high standards.

### **Financial Review**

The finances of the charity continue to be satisfactory. Total Incoming resources were £30,604. Total resources expended were £31,520. The deficit for the period was £916.

### **Reserves Policy**

The Trustees' are still establishing the policy on reserves as a new charity, they hope to build to having 3 months of core running costs.

### **FUTURE PLANS**

The Trustees are hoping to continue the activities: football, badminton, swimming, cycling, karate, men's & women's fitness classes, fuelled programme, and in addition courses that will help people increase the chance of employment or skill up volunteers to take up paid roles.

Our future plan is to work towards having our own Community Centre for all residents of North Lincolnshire.

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**Report of the Board of Trustees  
For the year ended 5<sup>th</sup> April 2024****Statement of disclosure of information to Independent Examiner**

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- ⦿ there is no relevant information of which the Charity's Independent Examiner is unaware;  
and
- ⦿ we have taken all the steps that we ought to have taken as Trustees in order to make ourselves aware of any relevant information and to establish that the Charity's Independent Examiner is aware of that information

**Independent Examiner**

A resolution to reappoint Independent Examiner, Rebecca Triffitt of Phoenix Accountancy and Business Consultancy Limited will be proposed at the forthcoming annual general meeting.

By order of the Board

Sayful Ahmed  
Chair

**Independent Examiner's Report to the Members of Your Wellbeing**

I report on the accounts of Your Wellbeing for the year ended 5 April 2024, which are set out on pages 8 to 12.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- 1) examine the accounts under section 145 of the Charities Act,
- 2) to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 3) to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention to indicate that:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - to keep accounting records in accordance with section 130 and 131 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met.
- 2) No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Rebecca Triffitt MAAT**

Practice Accountant  
Phoenix Accountancy and Business Consultancy Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
HU17 9BY

Date:

## Receipts and Payments Account For the period ended 5<sup>th</sup> April 2024

		2024	2024	2024	2023	2023	2023
	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£	£	£	£
<b>RECEIPTS</b>	1						
Grants	2	-	22,383	22,383	-	23,014	23,014
Donations		337	-	337	-	-	-
Fundraising		7,884	-	7,884	5,973	-	5,973
		<u>8,221</u>	<u>22,383</u>	<u>30,604</u>	<u>5,973</u>	<u>23,014</u>	<u>28,987</u>
<b>PAYMENTS</b>							
Staff Costs		-	3,090	3,090	-	5,255	5,255
Volunteer Costs		440	385	825	800	-	800
Family Activities		8,954	15,381	24,335	1,128	14,945	16,073
Advertising & Marketing		166	-	166	184	-	184
Training		-	-	-	-	1,000	1,000
Accountancy Fees		480	-	480	-	-	-
Insurance		200	-	200	63	-	63
Repairs & Renewals		-	-	-	-	-	-
Printing & Stationery		-	-	-	80	-	80
Equipment		436	1,917	2,353	1,552	1,814	3,366
Bank Charges		71	-	71	41	-	41
		<u>10,747</u>	<u>20,773</u>	<u>31,520</u>	<u>3,848</u>	<u>23,014</u>	<u>26,862</u>
Surplus/(deficit) for the period before transfers		(2,526)	1,610	(916)	2,125	-	2,125
Transfers between Funds		-	-	-	-	-	-
<b>Surplus/(deficit) for the period</b>		<b>(2,526)</b>	<b>1,610</b>	<b>(916)</b>	<b>2,125</b>	<b>-</b>	<b>2,125</b>
Cash & bank balances brought forward		3,512	-	3,512	1,387	-	1,387
Cash and Bank Balances carried forward		<u>986</u>	<u>1,610</u>	<u>2,596</u>	<u>3,512</u>	<u>-</u>	<u>3,512</u>

The notes on pages 10 to 12 form part of these financial statements.

**Statement of Assets and Liabilities  
As at 5<sup>th</sup> April 2024**

	<b>Notes</b>	<b>2024</b>	<b>2023</b>
		<b>£</b>	<b>£</b>
<b>Monetary Assets</b>			
Current account		2,596	3,512
<b>Total Monetary Assets</b>		<u>2,596</u>	<u>3,512</u>
Comprising:			
Unrestricted Funds		986	3,512
Restricted Funds		<u>1,610</u>	<u>-</u>
		<u>2,596</u>	<u>3,512</u>
<b>Non Monetary Assets and Liabilities</b>			
<b>Fixed Assets</b>			
IT Equipment		840	840
<b>Creditors</b>			
Accounts Fee – Current		240	240
Accounts Fee – Prior Year		<u>-</u>	<u>240</u>
		<u>240</u>	<u>480</u>

These financial statements were approved by the committee on \_\_\_\_\_ (date)  
and signed on its behalf by:

Sayful Ahmed, Chair

The notes on pages 10 and 12 form part of these financial statements.

## Notes to the financial statements for the year ended 5<sup>th</sup> April 2024

### 1 Basis of Preparation

These accounts have been prepared on a receipts and payments (R&P) basis in line with charity commission guidance for a charity of this size.

The comparative period of operation 6 April 2022 to 5 April 2023.

### 2 Grants

	2024 Unrestricted Funds	2024 Restricted Funds	2024 Total Funds	2023 Unrestricted Funds	2023 Restricted Funds	2023 Total Funds
NLC - Fuelled	-	13,893	13,893	-	14,014	14,014
Active Humber	-	900	900	-	6,000	6,000
Humber & Wolds	-	-	-	-	2,500	2,500
Tesco - Community Grant	-	-	-	-	500	500
VANL	-	5,940	5,940	-	-	-
NLC - TPL	-	450	450	-	-	-
Ongo Communities	-	500	500	-	-	-
Sported Foundation	-	500	500	-	500	500
Lincolnshire FA	-	200	200	-	-	-
	-	<b>22,383</b>	<b>22,383</b>	-	<b>23,014</b>	<b>23,014</b>

### 3 Restricted Funds

	Balance at 06 April 2023	Movement during the period			Balance at 05 April 2024
		Receipts	Payments	Transfers between funds	
NLC - Fuelled	-	13,893	(13,893)	-	-
VANL	-	5,940	(5,230)	-	710
NLC – Scunthorpe Lions	-	450	(650)	200	-
Ongo - Communities	-	500	(500)	-	-
Active Humber	-	900	-	-	900
Sported Foundation	-	500	(500)	-	-
Lincolnshire FA	-	200	-	(200)	-
	-	<b>22,383</b>	<b>(20,773)</b>	-	<b>1,610</b>

## **Notes to the financial statements for the year ended 5 April 2024**

A brief description of the restricted funds is provided below:

### **North Lincolnshire Council Fuelled**

Restricted funding was received from North Lincolnshire Council to provide activities and food over the holiday periods in the summer and winter holidays.

### **Voluntary Action North Lincolnshire (VANL)**

Restricted funding was received VANL for the purpose of supporting people within the area of Scunthorpe North in reducing health inequalities.

### **North Lincolnshire Council – Scunthorpe Lions**

Restricted funding was received from North Lincolnshire Council to pay entry fee for the pundit's league for Scunthorpe Lions.

### **Active Humber (Sport England)**

Restricted funding was received from Tesco Community Grant for the purpose of delivering swimming and other activities.

### **Ongo Communities**

Restricted funding was received from Ongo Communities Grant for the purpose of moving outdoor activities to indoor activities over the winter period.

### **Lincolnshire Country Football Association**

Restricted funding was received from Lincolnshire Football Association for the purpose of generate or develop recreational football activities in Lincolnshire

### **Sported Foundation**

Restricted funding was received from Sported Foundation for the purpose of generate or develop recreational football activities in Lincolnshire

## **4 Taxation**

Your Wellbeing is a registered Charitable Incorporated Organisation, registration number 1195273. All the Charities' income is applied to its charitable objectives and the association is therefore exempt under current legislation from most forms of taxation.

## **5 Trustee Remuneration**

No Remuneration was paid to Trustees during the period out of the funds of the charity.

Except for payments for self-employed services paid to Sayful Ahmed of £1,400 which were paid from restricted funding from North Lincolnshire Council for the provision of the Fuelled activities. (£1,000 was paid back as a temporary loan). Previous year payment for Sayful Ahmed £1,684 for the same services.

**Notes to the financial statements  
for the year ended 5 April 2024**

**6 Going Concern**

The Trustees consider the Company to be a going concern for a period of 12 months beyond the date of the accounts.

**YOUR WELLBEING**

England & Wales - Charity number 1195273

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# Accounts

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Your Wellbeing  
FINANCIAL STATEMENTS  
Year ended  
5<sup>th</sup> April 2023

**Contents to the Financial Statements  
For the year ended 5<sup>th</sup> April 2023**

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**Report of the Board of Trustees  
For the year ended 5 April 2023**

The Trustees present their report with the financial statements of the Charity for the year ended 5<sup>th</sup> April 2023

**Reference and Administrative Details of the Charity, its Trustees and Advisers**

Name of charity: Your Wellbeing CIO

Charity Registration Number: 1195273

Principal Operating Address: 4 Parkinson Avenue  
Scunthorpe  
North Lincolnshire  
DN15 7JX

**TRUSTEES** Sayful Ahmed (appointed 15 Feb 2021)  
Amjad Rashid (appointed 15 Feb 2021)  
Qasin Shah (appointed 15 Feb 2021)  
Junah Begum (appointed 15 Feb 2021)

**INDEPENDENT EXAMINER** Rebecca Triffitt MAAT  
Practice Accountant  
Phoenix Accountancy and Business Consultancy  
Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
East Yorkshire  
HU17 9BY

**BANKERS** Cash Plus  
6th Floor  
One London Wall  
London  
EC2Y 5EB

## **Report of the Board of Trustees For the year ended 5<sup>th</sup> April 2023**

### **Structure, Governance and Management**

#### **Governing Document:**

The charity was established as a CIO – foundation first registered on 22<sup>nd</sup> July 2021 and is a registered Charity.

#### **Recruitment and appointment of Trustees**

The appointment of trustees is in accordance with the Constitution.

The Constitution states that there must be at least 3 charity trustees and the maximum number of charity trustees is 4.

#### **Organisational Structure:**

The board of trustees manages the Charity and aims to consider only strategic decisions at its meetings. Trustees are aware that any conflict of interest is declared and recorded in the minutes. The board meets quarterly and occasionally on other occasions as required.

#### **Risk Management:**

Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the Centre.

### **OBJECTIVES AND ACTIVITIES**

#### **Objects**

The object of the Charity is:

“To advance the health and wellbeing of BAME communities in North Lincolnshire and the surrounding areas by supporting and encouraging the community through inclusive health and wellbeing activities and services”

#### **Public benefit**

The Trustees confirm that they have complied with the duty, contained in Section 4 of the Charities Act 2011, to have due regard to the guidance on public benefit issued by the Charity Commission. The charitable purpose of the charity within the meaning of the act is contained within its objects stated above.

### **ACHIEVEMENTS AND PERFORMANCE 2022/23**

During the period under review the charity has provided the community with a number of activities, trips, training & education sessions to improve their health and wellbeing.

The participants who have benefited from these activities are from a wide range of communities including the BAME community, elderly, youth and those with a disability.

## **Report of the Board of Trustees For the year ended 5<sup>th</sup> April 2023**

Our activities are very popular and ever increasing in numbers. In addition to our regular activities, due to the increase and demand for more, we have partnered with other organisations to help provide the health and wellbeing service.

The management committee take great pride in the quality of the activities and care of our participants. They are able maintain these to a very high standard

### **Financial Review**

The finances of the charity continue to be satisfactory. Total Incoming resources were £28,987. Total resources expended were £26,862. The surplus for the period was £2,125.

### **Reserves Policy**

The Trustees' are still establishing the policy on reserves as a new charity, they hope to build to having 3 months of core running costs.

### **FUTURE PLANS**

The Trustees are hoping to continue the activities: football, badminton, swimming, cycling, karate, men's & women's fitness classes, fuelled programme, and in addition courses that will help people increase the chance of employment or skill up volunteers to take up paid roles.

Our future plan is to work towards having our own Community Centre for all residents of North Lincolnshire.

### **Trustees Responsibilities**

The Charities Act requires the trustees to prepare financial statements for each financial year. In accordance with the Charity Commission Guidance the Trustees have elected to prepare the accounts on the Receipts and Payments basis. This is an acceptable format for all non-company charities with an income below £250,000.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### **Statement of disclosure of information to Independent Examiner**

The Charity has an income between £25,000 and £1m and therefore falls under the Independent Examination regime. We, the Trustees of the Charity who held office at the date of approval of these financial statements, each confirm so far as we are aware, that:

**Report of the Board of Trustees  
For the year ended 5<sup>th</sup> April 2023**

- ⊗ there is no relevant information of which the Charity's Independent Examiner is unaware;  
and
- ⊗ we have taken all the steps that we ought to have taken as Trustees in order to make ourselves aware of any relevant information and to establish that the Charity's Independent Examiner is aware of that information

**Independent Examiner**

A resolution to reappoint Independent Examiner, Rebecca Triffitt of Phoenix Accountancy and Business Consultancy Limited will be proposed at the forthcoming annual general meeting.

By order of the Board

Sayful Ahmed  
Chair



**Independent Examiner's Report to the Members of Your Wellbeing**

I report on the accounts of Your Wellbeing for the year ended 5 April 2023, which are set out on pages 8 to 11.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- 1) examine the accounts under section 145 of the Charities Act,
- 2) to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 3) to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

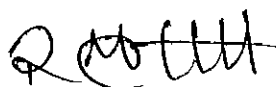
**Independent examiner's statement**

In connection with my examination, no matter has come to my attention to indicate that:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - to keep accounting records in accordance with section 130 and 131 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met.
- 2) No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Rebecca Triffitt MAAT**

Practice Accountant  
Phoenix Accountancy and Business Consultancy Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
HU17 9BY



Date: 10/1/24

**Receipts and Payments Account**  
**For the period ended 5<sup>th</sup> April 2023**

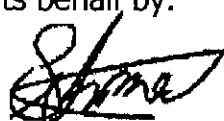
	Notes	2023 Unrestricted Funds	2023 Restricted Funds	2023 Total Funds	2022 Unrestricted Funds	2022 Restricted Funds	2022 Total Funds
		£	£	£	£	£	£
<b>RECEIPTS</b>	1						
Grants	2	-	23,014	23,014	-	19,104	19,104
Donations		-	-	-	-	-	-
Fundraising		5,973	-	5,973	2,438	-	2,438
		<u>5,973</u>	<u>23,014</u>	<u>28,987</u>	<u>2,438</u>	<u>19,104</u>	<u>21,542</u>
<b>PAYMENTS</b>							
Staff Costs		-	5,255	5,255	-	5,384	5,384
Volunteer Costs		800	-	800	466	-	466
Family Activities		1,128	14,945	16,073	4,607	10,354	14,961
Advertising & Marketing		184	-	184	398	-	398
Training		-	1,000	1,000	540	-	540
Accountancy Fees		-	-	-	-	-	-
Insurance		63	-	63	-	-	-
Repairs & Renewals		-	-	-	792	-	792
Printing & Stationery		80	-	80	46	-	46
Equipment		1,552	1,814	3,366	-	840	840
Bank Charges		41	-	41	15	-	15
		<u>3,848</u>	<u>23,014</u>	<u>26,862</u>	<u>6,864</u>	<u>16,578</u>	<u>23,442</u>
Surplus/(deficit) for the period before transfers		2,125	-	2,125	(4,426)	2,526	(1,900)
Transfers between Funds		-	-	-	4,974	(4,974)	-
<b>Surplus/(deficit) for the period</b>		<u>2,125</u>	<u>-</u>	<u>2,125</u>	<u>548</u>	<u>(2,448)</u>	<u>(1,900)</u>
Total Balances brought forward from the unincorporated organisation		-	-	-	839	2,448	3,287
Cash & bank balances brought forward		1,387	-	1,387	-	-	-
Cash and Bank Balances carried forward		<u>3,512</u>	<u>-</u>	<u>3,512</u>	<u>1,387</u>	<u>-</u>	<u>1,387</u>

The notes on pages 10 to 11 form part of these financial statements.

**Statement of Assets and Liabilities**  
**As at 5<sup>th</sup> April 2023**

	Notes	2023 £	2022 £
<b>Monetary Assets</b>			
Current account		3,512	1,387
<b>Total Monetary Assets</b>		<u>3,512</u>	<u>1,387</u>
Comprising:			
Unrestricted Funds		3,512	1,387
Restricted Funds		-	-
		<u>3,512</u>	<u>1,387</u>
<b>Non Monetary Assets and Liabilities</b>			
<b>Fixed Assets</b>			
IT Equipment		840	840
<b>Creditors</b>			
Accounts Fee – Current		240	240
Accounts Fee – Prior Year		240	-
		<u>480</u>	<u>240</u>

These financial statements were approved by the committee on 06/01/2024 and signed on its behalf by:



Sayful Ahmed, Chair

The notes on pages 10 and 11 form part of these financial statements.

## Notes to the financial statements for the year ended 5<sup>th</sup> April 2023

### 1 Basis of Preparation

These accounts have been prepared on a receipts and payments (R&P) basis in line with charity commission guidance for a charity of this size.

The comparative period of operation 22 July 2021 to 5 April 2022.

### 2 Grants

	<b>2023 Unrestricted Funds</b>	<b>2023 Restricted Funds</b>	<b>2023 Total Funds</b>	<b>2022 Unrestricted Funds</b>	<b>2022 Restricted Funds</b>	<b>2022 Total Funds</b>
NLC - Fuelled Active Humber Humber & Wolds Tesco - Community Grant	-	14,014	14,014	-	17,304	17,304
	-	6,000	6,000	-	1,800	1,800
	-	2,500	2,500	-	-	-
	-	500	500	-	-	-
	-	23,014	23,014	-	19,104	19,104

### 3 Restricted Funds

	<b>Balance at 06 April 2022</b>	<b>Movement during the period</b>			<b>Balance at 05 April 2023</b>
		<b>Receipts</b>	<b>Payments</b>	<b>Transfers between funds</b>	
NLC - Fuelled Active Humber Humber & Wolds Tesco - Community Grant	-	14,014	(14,014)	-	-
	-	6,000	(6,000)	-	-
	-	2,500	(2,500)	-	-
	-	500	(500)	-	-
	-	23,014	(23,014)	-	-

A brief description of the restricted funds is provided below:

#### North Lincolnshire Council Fuelled

Restricted funding was received from North Lincolnshire Council to provide activities and food over the holiday periods in the summer and winter holidays.

**Notes to the financial statements  
for the year ended 5 April 2023****Active Humber**

Restricted funding was received from Active Humber Sports England for the purpose of delivering Water aerobics & Multi Sport Sessions

**Humber & Wolds Rural Action**

Restricted funding was received from Humber & Wolds for the purpose of delivering and promoting peer support session through the NHS App.

**Tesco Community Grant**

Restricted funding was received from Tesco Community Grant for the purpose of delivering swimming and other activities.

**4 Taxation**

Your Wellbeing is a registered Charitable Incorporated Organisation, registration number 1195273. All the Charities' income is applied to its charitable objectives and the association is therefore exempt under current legislation from most forms of taxation.

**5 Trustee Remuneration**

No Remuneration was paid to Trustees during the period out of the funds of the charity.

Except for payments for self-employed services paid to Sayful Ahmed of £1,684 which were paid from restricted funding from North Lincolnshire Council for the provision of the Fuelled activities.

**6 Going Concern**

The Trustees consider the Company to be a going concern for a period of 12 months beyond the date of the accounts.

**YOUR WELLBEING**

England & Wales - Charity number 1195273

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# Accounts

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Registered Charity  
Number 1195273

Your Wellbeing  
FINANCIAL STATEMENTS  
Year ended  
5<sup>th</sup> April 2022

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For the year ended 31 March 2021**

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**Company Information  
For the year ended 5 April 2022**

TRUSTEES

Sayful Ahmed (appointed 15 Feb 2021)  
Amjad Rashid (appointed 15 Feb 2021)  
Qasim Shah (appointed 15 Feb 2021)  
Junah Begum (appointed 15 Feb 2021)

CONTACT ADDRESS

4 Parkinson Avenue  
Scunthorpe  
North Lincolnshire  
DN15 7JX

REGISTERED CHARITY NUMBER

1195273

INDEPENDENT EXAMINER

Katie Sauvage FCCA  
Chartered Certified Accountant  
Phoenix Accountancy and Business Consultancy  
Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
East Yorkshire  
HU17 9BY

BANKERS

Cash Plus  
6th Floor  
One London Wall  
London  
EC2Y 5EB

**Independent Examiner's Report to the Members of Your Wellbeing**

I report on the accounts of Your Wellbeing for the year ended 5 April 2022, which are set out on pages 14 to 30.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

**Katie Sauvage FCCA**

Chartered Certified Accountant  
Phoenix Accountancy and Business Consultancy Limited  
Morley's Cottage  
Morley's Yard  
Walkergate  
Beverley  
HU17 9BY



Date:

## **Report of the Board of Trustees (incorporating the Director's Report) For the year ended 5 April 2022**

The Trustees present their annual report together with the financial statements for the year to 5 April 2022.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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).

### **REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS**

<b>Charity name:</b>	Your Wellbeing
<b>Registered charity number:</b>	1195273
<b>Structure:</b>	Charitable Incorporated Organisation
<b>Principal address:</b>	4 Parkinson Avenue Scunthorpe North Lincolnshire DN15 7JX
<b>Trustees:</b>	At the date of this report the trustees were: Sayful Ahmed                      Chair Amjad Rashid Qasim Shah Junah Begum

The following changes took place during the year and since the year end:

Sayful Ahmed	appointed 15 February 2021
Amjad Rashid	appointed 15 February 2021
Qasim Shah	appointed 15 February 2021
Junah Begum	appointed 15 February 2021

**Report of the Board of Trustees (incorporating the Director's Report)  
For the year ended 5 April 2022**

<b>Bankers:</b>	Cash Plus 6th Floor One London Wall London EC2Y 5EB
<b>Independent examiner:</b>	Katie Sauvage FCCA Chartered Certified Accountant, of: Voluntary Action North Lincolnshire Ltd 4-6 Roberts Street Scunthorpe North Lincolnshire DN15 6NG

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity was established as a CIO – foundation first registered on 22<sup>nd</sup> July 2021 and is a registered Charity.

### **Governing body**

The responsibility to ensure appropriate governance and management of the charity is vested in the Trustees.

### **Appointment of Trustees**

The appointment of trustees is in accordance with the Constitution.

The Constitution states that there must be at least 3 charity trustees and the maximum number of charity trustees is 4.

## **OBJECTIVES AND ACTIVITIES**

### **Objects**

The object of the Charity is:

“To advance the health and wellbeing of BAME communities in North Lincolnshire and the surrounding areas by supporting and encouraging the community through inclusive health and wellbeing activities and services”

### **Public benefit**

The Trustees confirm that they have complied with the duty, contained in Section 4 of the Charities Act 2011, to have due regard to the guidance on public benefit issued by the Charity Commission. The charitable purpose of the charity within the meaning of the act is contained within its objects stated above.

**Report of the Board of Trustees (incorporating the Director's Report)  
For the year ended 5 April 2022**

**ACHIEVEMENTS AND PERFORMANCE**

**Review of the financial period**

During the period under review the charity has provided the community with a number of activities to improve their health and wellbeing. The participants who have benefited from these activities are from a wide range of communities including the BAME community, elderly, youth and those with a disability.

Our activities are very popular and ever increasing in numbers. In addition to our regular activities, due to the increase and demand for more, we have partnered with other organisations to help provide the health and wellbeing service.

The management committee take great pride in the quality of the activities and care of our participants. They are able maintain these to a very high standard.

**FINANCIAL REVIEW**

**Financial regulations**

The financial statements have been prepared in accordance with the accounting policies set out on page 10 and 11 and comply with the constitution and applicable accounting standards.

**Financial results**

The finances of the charity continue to be satisfactory. Total Incoming resources were £21,542. Total resources expended were £23,119. The deficit for the period was £1,577

**Policy on reserves**

The Trustees' are still establishing the policy on reserves as a new charity, they hope to build to having 3 months of core running costs.

**FUTURE PLANS**

The Trustees are hoping to continue the activities: football, badminton, swimming, cycling, fuelled programme, and in addition courses that will help people increase the chance of employment or skill up volunteers to take up paid roles.

Funding wise: Fuelled programme, Tesco community pot, Tribune Trust.

Hoping to apply for, Awards 4 All. This will allow us to employ a staff member to help with the charity going forward.

## **Report of the Board of Trustees (incorporating the Director's Report) For the year ended 5 April 2022**

### **Statement of Director's responsibilities**

The charity trustees (who are also the directors of Home-Start Goole and District for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

### **Statement of disclosure of information to Independent Examiner**

We, the directors of the company who held office at the date of approval of these financial statements, each confirm so far as we are aware, that:

- there is no relevant information of which the company's Independent Examiner is unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant information and to establish that the company's Independent Examiner is aware of that information.

**Report of the Board of Trustees (incorporating the Director's Report)  
For the year ended 5 April 2022**

**Independent Examiner**

A resolution to reappoint Independent Examiner, Katie Sauvage of Phoenix Accountancy and Business Consultancy Limited, a subsidiary of East Riding Voluntary Action Services (ERVAS) Ltd will be proposed at the forthcoming annual general meeting. Date to be confirmed.

Approved by the Trustees on 14/04/2023 and signed on their behalf by:

Sayful Ahmed      Chair

**Income and Expenditure Account  
For the year ended 5 April 2022**

	<b>Notes</b>	<b>2022</b>
<b>INCOME</b>		21,542
<b>EXPENDITURE</b>		(23,119)
<b>OPERATING (DEFICIT)/SURPLUS</b>	7	<u>(1,577)</u>
Interest receivable and similar income	8	-
<b>SURPLUS/(DEFICIT) FOR THE YEAR</b>		<u>(1,577)</u>
<b>RESERVES BROUGHT FORWARD</b>		-
<b>RESERVES TRANSFERRED FROM UNINCORPORATED ORGANISATION</b>		3,287
<b>RESERVES CARRIED FORWARD</b>		<u>1,710</u>

Total income (including Interest Receivable) of £21,542, comprises £2,438 for unrestricted funds and £19,104 for restricted funds. A detailed analysis of income by source is provided in the statement of financial activities.

The deficit for the year of £1,577 comprises a surplus of £308 for unrestricted funds and a deficit of £1,885 for restricted funds as shown in the statement of financial activities.

There are no recognised gains and losses other than those passing through the income and expenditure account.

The notes on pages 19 to 30 form part of these financial statements.

**Statement of Financial Activities**  
**For the year ended 5 April 2022**

	Notes	2022 Restricted Funds £	2022 Unrestricted Funds £	2022 Total Funds £
<b>Income</b>				
Donations and Legacies	3	19,104	-	19,104
Income from Charitable Activities	4	-	2,438	2,438
Investment Income	8	-	-	-
<b>Total Income</b>		<b>19,104</b>	<b>2,438</b>	<b>21,542</b>
<b>Expenditure</b>				
Expenditure on Charitable Activities	5	16,015	7,104	23,119
<b>Total Expenditure</b>		<b>16,015</b>	<b>7,104</b>	<b>23,119</b>
Net Income/(Expenditure) before Transfers		3,089	(4,666)	(1,577)
Transfers between Funds	15	(4,974)	4,974	-
<b>Net Income/(Expenditure) before other recognised Gains and Losses</b>		<b>(1,885)</b>	<b>308</b>	<b>(1,577)</b>
Other recognised gains and losses	19	-	-	-
<b>Net Movement in Funds</b>		<b>(1,885)</b>	<b>308</b>	<b>(1,577)</b>
Total Funds Brought Forward from the unincorporated organisation		2,448	839	3,287
<b>Total Funds Carried Forward</b>	<b>15</b>	<b>563</b>	<b>1,147</b>	<b>1,710</b>

The notes on pages 15 to 26 form part of these financial statements.

**Balance Sheet**  
**As at 5 April 2022**

	Note	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total Funds £
<b>Fixed assets</b>				
<b>Tangible assets</b>	10	-	563	563
<b>Current assets</b>				
<b>Debtors</b>	11	1,387	-	1,387
<b>Cash at bank and in hand</b>	12	1,387	-	1,387
<b>Total current assets</b>		1,387	-	1,387
<b>Creditors: amounts falling due within one year</b>	13	(240)	-	(240)
<i>Net current assets/(liabilities)</i>		1,147	-	1,147
<i>Total assets less current liabilities</i>		1,147	563	1,710
<b>Creditors: amounts falling due after one year</b>		-	-	-
<b>Net Assets</b>		<b>1,147</b>	<b>563</b>	<b>1,710</b>
<b>Funds of the Charity</b>				
<b>Unrestricted funds:</b>		1,147	-	1,147
<b>Restricted income funds</b>	15	-	563	563
<b>Total funds</b>	15	<b>1,147</b>	<b>563</b>	<b>1,710</b>

**Balance Sheet (Continued)  
As at 31 March 2021**

For the year ending 5 April 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities;

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Board on 26/4/23 (Date) and signed on their behalf by

 \_\_\_\_\_ Sayful Ahmed, Trustee/Director

The notes on pages 15 to 26 form part of these financial statements.

**Statement of Cash Flows**  
**For the year ending 5 April 2022**

	Notes	2022 £
<b>Net Movement in Funds</b>		<b>(1,577)</b>
Add back depreciation charge	10	277
Deduct interest income shown in investing activities	8	-
Decrease/(increase) in stock		-
Decrease/(increase) in debtors		-
Increase/(decrease) in creditors	13	240
<b>Net cash used in operating activities</b>		<b><u>(1,060)</u></b>
<b>Cash flows from investing activities</b>		
Interest income	8	-
Additions to Tangible fixed assets	10	(840)
<b>Cash provided by (used in) investing activities</b>		<b><u>(840)</u></b>
<b>Cash flows from financing activities</b>		<u>-</u>
<b>Cash used in financing activities</b>		<u>-</u>
Increase/(decrease) in cash and cash equivalents at the end of the year		(1,900)
cash and cash equivalents at the beginning of the year transferred from unincorporated	12	3,287
<b>Total cash and cash equivalents at the end of the year</b>	12	<b><u>1,387</u></b>

The notes on page 15 to 26 form part of these financial statements.

**Notes to the financial statements  
for the year ended 5 April 2022****1. Accounting policies****1.1. Accounting Convention**

The financial statements have been prepared in accordance with 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 (FRS102) (effective 1<sup>st</sup> January 2019) – (Charities SORP (FRS102)), the financial reporting standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Your Wellbeing meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

**1.2. Company status**

The charity is a CIO. The members of the company are the trustees named on page 3.

**1.3. Going Concern**

The Trustees consider the Charity to be a going concern. The accounts have been prepared on this basis.

**1.4. Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

**1.5. Interest Receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

## Notes to the Financial Statements for the year ended 5 April 2022

### 1. Accounting Policies (continued)

#### 1.6. Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of fundraising.
- Expenditure on charitable activities includes all activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Home-Start Goole and District is not VAT registered, irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

#### 1.7. Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors. Restricted funds are accounted for separately to each other and to the core funding of the company.

General funds are unrestricted funds which are available for use at the discretion of the Trustees in the furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

#### 1.8. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the Charities activities.

Due to the level of materiality of allocating support costs to the costs of fundraising, these costs have all been allocated to charitable activities. A full breakdown of all support costs is shown in note 5(b).

#### 1.9. Tangible fixed assets and depreciation

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500 on the basis of a 33 $\frac{1}{3}$  % straight line.

**Notes to the Financial Statements  
for the year ended 5 April 2022****1. Accounting Policies (continued)****1.10. Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.11. Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**1.12. Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**2. Income and Expenditure Account**

The company is a registered charity and so achievements cannot be measured by normal commercial criteria. Accordingly, the Directors consider that it would be inappropriate to present a Profit and Loss Account in one of the formats set out by the Companies Act 2006. Therefore, as permitted by the Companies Act, in order to reflect the special nature of the company's activities, the Directors are of the opinion that it would be more appropriate to present an Income and Expenditure Account.

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**3. Donations & Legacies**

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £
Active Humber	-	1,800	1,800
North Lincolnshire Council - Fuelled	-	17,304	17,304
	-	19,104	19,104

**4. Income from Charitable Activities**

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £
Sporting activities, swimming, badminton ect.	2,438	-	2,438
	2,438	-	2,438

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**5. Expenditure  
(a) Analysis of Expenditure**

**Charitable Activities**

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £
Staff Costs	-	5,384	5,384
Volunteer Costs	466	-	466
Family Activities	4,607	10,354	14,961
Support Costs	2,031	277	2,308
	<u>7,104</u>	<u>16,015</u>	<u>23,119</u>

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**5. Expenditure  
(b) Analysis of Support Costs included in Charitable Activities**

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £
Advertising	398	-	398
Training	540	-	540
Repairs & renewals	792	-	792
Insurance	-	-	-
Printing and stationery	46	-	46
Bank Charges	15	-	15
Accounts Fees	240	-	240
Depreciation	-	277	277
	<u>2,031</u>	<u>277</u>	<u>2,308</u>

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**6. Staff costs**

	Total 2022 £
Wages and salaries (inc e'ers NI, Pensions)	-
Subcontracting wages	5,384
Training	-
Recruitment	-
Payroll Fees	-
	<hr/> 5,384 <hr/>

**Average number of paid staff**

			2022
		Heads	FTE
Core Staff	-Full Time	0	0
	-Part Time	0	0

There are no higher paid staff.

**7. Operating surplus**

The operating surplus is arrived at after charging:

	Total 2022 £
Depreciation – Owned Assets	277
Accountancy Fees – Phoenix ABC Ltd	240
	<hr/> 2,359 <hr/>

**8. Interest Receivable and Similar Income**

	Total 2022 £
Bank Interest	<hr/> -

## Notes to the Financial Statements for the year ended 5 April 2022

### 9. Taxation

As a charity the company is exempt from Corporation Tax as all income received is applied to the charitable purposes.

### 10. Tangible Fixed Assets

	Computer Equipment £	Total £
<b>Cost</b>		
At 06 April 2021	-	-
Additions	840	840
Disposals	-	-
At 5 April 2022	<u>840</u>	<u>840</u>
<b>Depreciation</b>		
At 06 April 2021	-	-
Charge for the year	277	277
On Disposals	-	-
At 5 April 2022	<u>277</u>	<u>277</u>
<b>Net Book Value</b>		
At 5 April 2022	<u>563</u>	<u>563</u>
At 5 April 2021	<u>-</u>	<u>-</u>

### 11. Debtors

	Total 2022 £
Trade Debtors	-
Other Debtors	-
Prepayments and Accrued Income	-
	<u>-</u>

**Notes to the Financial Statements  
for the year ended 5 April 2022****12. Cash at Bank and in hand**

	Total 2022
	£
Current Account	1,387
	<hr/>
	1,387
	<hr/>

**13. Liabilities****Creditors: Amounts falling due within one year**

	Total 2022
	£
Trade Creditors	-
Accruals and Deferred Income	240
	<hr/>
	240
	<hr/>

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**14. Funds**

**a) Accumulated funds**

	2022 General Funds £	2022 Restricted Funds £	2022 Total Funds £
Balance at 06 April 2021	-	-	-
Movement in Funds for the Year	(4,666)	3,089	(1,577)
Transfers between Funds	4,974	(4,974)	-
Transfer from Unincorporated organisation	839	2,448	3,287
Balance at 5 April 2022	<u>1,147</u>	<u>563</u>	<u>1,710</u>

**b) Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Tangible Fixed Assets	-	563	563
Current Assets	1,387	-	1,387
Current Liabilities	(240)	-	(240)
Non-Current Liabilities	-	-	-
	<u>1,147</u>	<u>563</u>	<u>1,710</u>

**Notes to the Financial Statements  
for the year ended 5 April 2022**

**15. Funds**

**c) Restricted funds**

	Balance	Movement in Resources			Balance
	at 06/04/21	Incoming	Outgoing	Transfers	at 05/04/22
Active Humber (1)	2,448	-	(1,885)	-	563
North Lincolnshire Council – Fuelled	-	17,304	(12,107)	(5,197)	-
Active Humber (2)	-	1,800	(2,023)	223	-
	<u>2,448</u>	<u>19,104</u>	<u>(16,015)</u>	<u>(4,974)</u>	<u>563</u>

A brief description of the Restricted Funds are given below:

**Active Humber**

Restricted funding was received from Active Humber before the incorporation of Your Wellbeing, a balance of £2,448 was brought into the company, this was to fund swimming, badminton, table tennis, and for volunteer support.

Part of this was used to purchase computer equipment and the balance remaining represents the amount of assets still to be depreciated.

**North Lincolnshire Council Fuelled**

Restricted funding was received from North Lincolnshire Council to provide activities and food over the holiday periods in the Summer and Winter holidays.

A transfer of £5,917 was made to unrestricted funds of the residual balance on these funds.

**Active Humber**

Restricted funding was received from Active Humber Sports England for the purpose of delivering swimming and other activities.

**16. Contingent liabilities**

There were no contingent liabilities.

**Notes to the Financial Statements  
for the year ended 5 April 2022****17. Payments to Trustees**

No remuneration directly or indirectly out of the funds of the company was paid or payable for the year to any trustee.

Except for payments for self employed services paid to Sayful Ahmed of £1,684 which were paid from restricted funding from North Lincolnshire Council for the provision of the Fuelled activities.

**18. Related Party Transactions**

During the year the Company had no related party transactions with its Trustees and organisations with which they hold an officer position.

**19. Other recognised gains and losses**

There were no other recognised gains or losses.

**20. Members**

The liability of the members is limited to nil.

If the Company is wound up or dissolved and after all its debts and liabilities have been satisfied there remains any property, it shall not be paid to or distributed among the members of the Company but shall be given or transferred to some other charity or charities having objects similar to the objects of the Company.

**21. Going Concern**

The Trustees consider the Company to be a going concern for a period of 12 months beyond the date of the accounts.