

Registered Charity
Number 1195273

Your Wellbeing
FINANCIAL STATEMENTS
Year ended
5th 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**

Charity name:	Your Wellbeing
Registered charity number:	1195273
Structure:	Charitable Incorporated Organisation
Principal address:	4 Parkinson Avenue Scunthorpe North Lincolnshire DN15 7JX
Trustees:	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**

Bankers:	Cash Plus 6th Floor One London Wall London EC2Y 5EB
Independent examiner:	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 22nd 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**

	Notes	2022
INCOME		21,542
EXPENDITURE		(23,119)
OPERATING (DEFICIT)/SURPLUS	7	<u>(1,577)</u>
Interest receivable and similar income	8	-
SURPLUS/(DEFICIT) FOR THE YEAR		<u>(1,577)</u>
RESERVES BROUGHT FORWARD		-
RESERVES TRANSFERRED FROM UNINCORPORATED ORGANISATION		3,287
RESERVES CARRIED FORWARD		<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 £
Income				
Donations and Legacies	3	19,104	-	19,104
Income from Charitable Activities	4	-	2,438	2,438
Investment Income	8	-	-	-
Total Income		19,104	2,438	21,542
Expenditure				
Expenditure on Charitable Activities	5	16,015	7,104	23,119
Total Expenditure		16,015	7,104	23,119
Net Income/(Expenditure) before Transfers		3,089	(4,666)	(1,577)
Transfers between Funds	15	(4,974)	4,974	-
Net Income/(Expenditure) before other recognised Gains and Losses		(1,885)	308	(1,577)
Other recognised gains and losses	19	-	-	-
Net Movement in Funds		(1,885)	308	(1,577)
Total Funds Brought Forward from the unincorporated organisation		2,448	839	3,287
Total Funds Carried Forward	15	563	1,147	1,710

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

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 £
Net Movement in Funds		(1,577)
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
Net cash used in operating activities		(1,060)
Cash flows from investing activities		
Interest income	8	-
Additions to Tangible fixed assets	10	(840)
Cash provided by (used in) investing activities		(840)
Cash flows from financing activities		-
Cash used in financing activities		-
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
Total cash and cash equivalents at the end of the year	12	1,387

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 1st 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 33⅓ % 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	2022	2022
	Unrestricted Funds	Restricted Funds	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	2022	2022
	Unrestricted Funds	Restricted Funds	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	-

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

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

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

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 at 06/04/21	Movement in Resources			Balance at 05/04/22
		Incoming	Outgoing	Transfers	
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.