

Your Wellbeing
FINANCIAL STATEMENTS
Year ended
5th April 2023

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For the year ended 5th 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 5th 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 5th April 2023

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.

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 5th 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 5th 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.

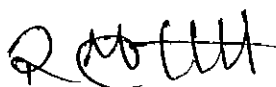
Independent examiner's statement

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 5th April 2023

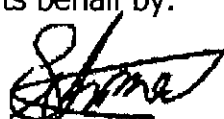
		2023	2023	2023	2022	2022	2022
	Notes	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Funds	Funds	Funds	Funds	Funds	Funds
		£	£	£	£	£	£
RECEIPTS	1						
Grants	2	-	23,014	23,014	-	19,104	19,104
Donations		-	-	-	-	-	-
Fundraising		5,973	-	5,973	2,438	-	2,438
		5,973	23,014	28,987	2,438	19,104	21,542
PAYMENTS							
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
		3,848	23,014	26,862	6,864	16,578	23,442
Surplus/(deficit) for the period before transfers		2,125	-	2,125	(4,426)	2,526	(1,900)
Transfers between Funds		-	-	-	4,974	(4,974)	-
Surplus/(deficit) for the period		2,125	-	2,125	548	(2,448)	(1,900)
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		3,512	-	3,512	1,387	-	1,387

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

Statement of Assets and Liabilities
As at 5th April 2023

	Notes	2023 £	2022 £
Monetary Assets			
Current account		<u>3,512</u>	<u>1,387</u>
Total Monetary Assets		<u>3,512</u>	<u>1,387</u>
Comprising:			
Unrestricted Funds		3,512	1,387
Restricted Funds		<u>-</u>	<u>-</u>
		<u>3,512</u>	<u>1,387</u>
Non Monetary Assets and Liabilities			
Fixed Assets			
IT Equipment		840	840
Creditors			
Accounts Fee – Current		240	240
Accounts Fee – Prior Year		<u>240</u>	<u>-</u>
		<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 5th 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

	2023 Unrestricted Funds	2023 Restricted Funds	2023 Total Funds	2022 Unrestricted Funds	2022 Restricted Funds	2022 Total Funds
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

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