

Your Wellbeing
FINANCIAL STATEMENTS
Year ended
5th April 2025

**Contents to the Financial Statements
For the year ended 5th April 2025**

	Page
Trustees Annual Report	3
Independent Examiners' Report	7
Receipts and Payments Account	8
Statement of Assets and Liabilities	9
Notes to the Financial Statements	10

**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 5th 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 5th April 2025****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 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 5th 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 5th 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.

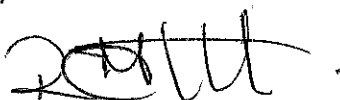
Independent examiner's statement

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 5th April 2025**

		2025	2025	2025	2024	2024	2024
	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£	£	£	£
RECEIPTS	1						
Grants	2	-	20,558	20,558	-	22,383	22,383
Donations		-	-	-	337	-	337
Fundraising		8,765	-	8,765	7,884	-	7,884
		8,765	20,558	29,323	8,221	22,383	30,604
PAYMENTS							
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
		11,980	16,679	28,659	10,747	20,773	31,520
Surplus/(deficit) for the period before transfers		(3,215)	3,879	664	(2,526)	1,610	(916)
Transfers between Funds		2,230	(2,230)	-	-	-	-
Surplus/(deficit) for the period		(985)	1,649	664	(2,526)	1,610	(916)
Cash & bank balances brought forward		986	1,610	2,596	3,512	-	3,512
Cash and Bank Balances carried forward		1	3,259	3,260	986	1,610	2,596

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

Statement of Assets and Liabilities
As at 5th April 2025

	Notes	2025	2024
		£	£
Monetary Assets			
Current account		3,260	2,596
Total Monetary Assets		<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>
Non Monetary Assets and Liabilities			
Fixed Assets			
IT Equipment		840	840
Creditors			
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 5th 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	-	400	400	-	200	200
Positive	-	5,598	5,598	-	-	-
	-	20,558	20,558	-	22,383	22,383

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	-
	1,610	20,558	(16,679)	(2,230)	3,259

**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.