

Trustees Annual Report – 2023 - 2024

Wellbeing Plus

55A Lord Street

Redcar and Cleveland

TS6 3HN



Charity Number: **1197077**

Trustee Names:

Jenny Crawford

Erica Cotter

Edward James Cotter

Patricia Mohan

Ray Crawford

Thomas Penketh

Martin Kemp

Leanne Mohan

Kenneth Marriott

Andrew Morrison

The trustees were originally sourced from a close-knit group of people who supported Wellbeing Plus from its inception. This included friends and colleagues that were active supporters of the groups, but more importantly it included volunteers and group members that were working with myself (Jenny) and Pat from the outset.

As of April 2024, the Trustees have changed slightly from the original list, as we have had some retire from their post. However, they have since been replaced by new trustees who were previously members of a group, and who stayed on as volunteers after their group ended. Their support and dedication to the success of Wellbeing Plus has been invaluable and it is people like this, that will steer Wellbeing Plus into 2025 in a positive and successful manner.

The day-to-day decision makers for Wellbeing Plus during the period of 2023 - 2024 were as follows:

Jenny Crawford (nee Penketh)

Patricia Mohan

Raymond Crawford and

Erica Cotter

However, trustees were included in, and unanimous in all other decisions that were made on behalf of Wellbeing Plus. It is and always has been, a joint effort by everyone involved.

Wellbeing Plus was originally set up by Jenny Crawford and Patricia Mohan. Jenny previously worked for a charity as the coordinator and facilitator of a 12-week programme, which was aimed to help people with long-term health conditions. The funding for the programme ended, which meant the programme also ended, after having supported people for 3 years. Although Jenny stayed on with the charity to run a food poverty project, she felt that there was still a need for something that was aimed to support people who suffered from long-term health conditions, mental health problems, isolation and loneliness. Patricia had been a volunteer for Jenny for many years and so together they decided to set up a community group. Jenny and Patricia have both had long-term health conditions for many years, and they understand the struggles and the problems that arise because of their conditions and disadvantages, so it was important to them (Jenny and Pat), that they directed their time and support to people that fit this criteria. So, Wellbeing Plus was born.

Wellbeing Plus follows the concept of the 5 ways to wellbeing:

- **Connect**
- **Take notice.**
- **Keep learning.**
- **Stay active.**
- **Give**

We encourage and support our participants to connect with people, make friends and develop and/or grow new relationships.

To take notice of their surroundings. What is going on in their local areas, church groups, other groups etc and we encourage them to join in with community groups and events as much as possible.

We encourage them to learn new skills. This is done within our own groups, but it is important that they learn new skills from as many facilitators as they are able to. This helps to keep their brain active and helps to divert their negative thoughts, even if it is just for a short while.

It is important for people to be as active as they can be. To walk as much as they can and if possible, to join a local walking group or to just walk to the shop with a friend.

Being active helps us to stay active for longer periods of time and it is an important aspect of the 5 ways to wellbeing.

We also encourage people to give. This is too often considered to be financial, however we do not encourage people to give money, we encourage people to give their time. To help others, even if this is to just pop to the shop for an elderly neighbour. When we help others, we feel proud of ourselves, and this helps to raise our self-esteem. It also reminds us that we are important, and we are able to be a positive influence in someone else's life. We also discuss the possibilities available as regards the benefits of volunteering and how the Redcar and Cleveland Voluntary Development Agency (RCVDA) can help to find volunteering roles that best suit an individual's skillset and needs etc.

The 5 Ways to Wellbeing sets a fantastic ground base for everyone who is ready to take back control of their life and to make the most of the opportunities that come their way. Many of which are offered by Wellbeing Plus.

Originally Wellbeing Plus was run as a constituted community group. Unfortunately, Covid put the groups on hold, and had to be started from scratch when it was safe to do so.

At this time Wellbeing Plus were receiving small pots of funding, but this was barely covering the room hire costs and the cost of the tools and resources that were needed during the craft sessions.

Eventually it was decided that we could support more people and put on more groups each week if we had a base to work from, rather than hiring rooms on a weekly basis so we started to look for suitable premises and found them on Lord Street in Redcar.

People who suffer with long-term health conditions, mental health problems, isolation and loneliness etc, tend to feel quite intimidated by large groups of people so it was important that we should keep each group to between 6 to 8 people, and these premises are perfect for that. Our clients often say that they feel more comfortable coming to our groups, because we keep them small, and they don't tend to access larger groups that are offered within the area because of their anxieties.

Having premises also meant that we would have everything in one place and to hand, rather than having to transport it all, which proved really difficult at times, as there are many things required when crafting. For example, guillotines, tools and glues, various colours of cardstock and papers, then all of the embellishments and decorations etc. Having a home base ensures that everyone has more choice and can be more creative with their projects.

The lease on the premises was agreed and signed in early October 2023, and we began advertising straight away. We started with a craft session on a Monday morning and a coffee morning on a Tuesday morning. Each craft group would run for a period of 8 weeks and the coffee morning would be a continual group, offering a warm and safe space for people to come along for social interactions with other people where they didn't need to worry about the cost, as all refreshments are free.

Both groups were set to start by the end of the October, which gave us time to advertise and to prepare the craft room.

The aim was to have 3 groups a week within 6 months. This included 2x 2-hour craft sessions and 1x 2-hour coffee morning.

These proved to be really popular, so a second 2-hour craft group was offered on a Tuesday afternoon, which also filled quickly. During this time, we received an email from a lady who worked during the day, but really wanted to attend our craft groups and she asked if we had anything on of an evening. Unfortunately, we were unable to accommodate her request at that time, but we said that we would add a post online to see if there was anyone else who would like to attend an evening craft session, and that if we could get enough people interested, we would get back to her.

We were overwhelmed by responses, so we added an evening 2-hour craft session for them from 5.30pm until 7.30pm. Something that we would be unable to do if we were still hiring rooms in various venues.

It is now over a year since we opened on Lord Street and we are currently running 3x daytime craft sessions, 2x evening sessions and the coffee morning, with a further 2 craft sessions already planned to start from mid-May. This is double what we had anticipated to achieve by this point, and we have been overwhelmed by the responses and support that we have received from the community since we opened.

We are predominantly funded by the generous funders that can see the benefits that we have on our group members and the community, but we have also started to do some funding of our own. We have a tea and coffee donation box where group members can donate if they are able to. We also run raffles, from which we have done really well. Last years Easter raffles that were run, raised enough funds which enabled us to buy a second hand die-cutting machine.

We also sell the crafts that I and another volunteer make, where all the proceeds go to the charity, and we sell other various items that are donated to the charity. The customer base is generally passers-by, but the longer we are there, the more and more people are noticing us and calling in to see what we do.

We are also having discussions about hosting wellbeing events in the future, such as yoga sessions, relaxation techniques, reiki etc, as well as social events such as pie and peas nights, quiz nights and bingo nights, where all proceeds that are raised will be for the benefit of Wellbeing Plus.

Wellbeing Plus is not in any debt; however, our accounts demonstrate that we have spent more money than we have received. This is the case, but the deficit has been subsidised by Jenny Crawford from her own personal incomings, and she has loaned Wellbeing Plus a lot of her crafting tools and equipment, in order to save the charity money.

In the last 6 months we have had over 50 people attending our groups and coffee mornings and their feedback has been fantastic and very positive. Our aims and objectives going forward is that we can continue to provide craft groups and coffee mornings and expand further on the number of sessions that we provide. As more and more people are getting to know what we do, we are getting more participants signing up for the next block of craft sessions. So, we will continue to meet the demand of the community, to listen to their feedback and to continue to adapt to their needs.

We plan to continue increasing sales to boost an income for Wellbeing Plus, but we understand that this is generally a slow process, as it is with any regular business that is just setting out. The funding we receive is vital to the future of Wellbeing Plus and is much appreciated and valued by many people, not just the trustees, but also the participants that are the direct beneficiaries of all funding received. We have recently gained some traction regarding fund raising and we are more and more confident that we are on the right track now and hope to see more of a steady income for the charity, as well as further funding from local benefactors. There are no paid staff within Wellbeing Plus as everyone works on a voluntary basis, and we are all dedicated to supporting the community and to the success of Wellbeing Plus.

Inv No.	Date	Details	Amount	Purchase	Cleaning	Repair
1	4/24/2024	Amazon	6.99	6.99		
2	4/24/2024	Amazon	7.49	7.49		
3	4/24/2024	Amazon	2.33	2.33		
4	4/24/2024	Amazon	8.99	8.99		
5	4/24/2024	Amazon	9.99	9.99		
6	4/27/2024	Amazon	4.6			4.6
7	4/21/2024	Create and Cra	88.56	88.56		
8	4/20/2023	Create and Cra	233.37	233.37		
9	5/17/2023	Amazon	14.39	14.39		
10	5/29/2023	Amazon	9.99	9.99		
11	5/29/2023	Amazon	16.99	16.99		
12	5/29/2023	Amazon	5.99			5.99
13	6/20/2023	Amazon	10.79	10.79		
14	6/20/2023	Amazon	17.54	17.54		
15	6/20/2023	Amazon	12.49	12.49		
16	6/21/2023	Amazon	7.95	7.95		
17	6/20/2023	Amazon	3.99	3.99		
18	6/21/2023	Amazon	5.48	5.48		
19	7/15/2023	Amazon	4.99	4.99		
20	7/15/2023	Amazon	3.99	3.99		
21	7/26/2023	Amazon	12.49	12.49		
22	7/26/2023	Amazon	9.99	9.99		
23	7/27/2023	Amazon	4.99	4.99		
24	7/27/2023	Amazon	5.94	5.94		
25	7/30/2023	Amazon	7.95	7.95		
26	8/6/2023	Amazon	3.09	3.09		
27	8/12/2023	Amazon	3.72	3.72		
28	8/12/2023	Amazon	3.99	3.99		
29	8/12/2023	Amazon	3.89	3.89		
30	8/12/2023	Amazon	5.99	5.99		
31	8/12/2023	Amazon	4.93	4.93		
32	8/12/2023	Amazon	12.22	12.22		
33	8/14/2023	Amazon	2.49	2.49		
34	8/25/2023	Amazon	59.95			59.95
35	8/25/2023	Amazon	135.98			135.98
36	8/26/2023	Amazon	23.44	23.44		
37	8/26/2023	Amazon	24.32			
38	8/29/2023	Amazon	177.6			
39	8/30/2023	Amazon	7.49	7.49		
40	8/30/2023	Amazon	12.99			12.99
41	8/30/2023	Amazon	17.98	17.98		
42	8/30/2023	Amazon	16.98	16.98		
43	8/30/2023	Amazon	31.99	31.99		
44	8/30/2023	Amazon	4.99	4.99		
45	8/31/2023	Amazon	11.99	11.99		
46	8/31/2023	Amazon	9.22	9.22		
47	8/31/2023	Amazon	12.49	12.49		

48	8/31/2023 Fushi Electric	16.98	16.98	
49	8/31/2023 Amazon	6.79	6.79	
50	8/31/2023 Amazon	6.98	6.98	
51	9/5/2023 Amazon	9.99		9.99
52	9/5/2023 Amazon	9.38		9.38
53	9/8/2023 Amazon	11.17		11.17
54	9/8/2023 Amazon	6.64		6.64
55	9/14/2023 Amazon	11.31		11.31
56	9/14/2023 Amazon	5.3		5.3
57	9/14/2023 Amazon	7.49		7.49
58	10/11/2023 Amazon	107.98		107.98
59	10/11/2023 Amazon	149.9		149.9
60	10/11/2023 Amazon	42.7		42.7
61	10/12/2023 Amazon	7.7		
62	10/13/2023 Amazon	34.38		34.38
63	10/14/2023 Amazon	68		68
64	10/14/2023 Amazon	53.99		53.99
65	10/31/2023 Window Cleani	3	3	3
66	10/1/2023 Ner-Brek Ltd	422		
67	11/3/2023 Amazon	17.99	17.99	
68	11/3/2023 Amazon	6.99		
69	11/4/2023 Accumalted Ar	4.99		4.99
70	11/4/2023 Amazon	7.99	7.99	
71	11/6/2023 Amazon	5.4	5.4	
72	11/6/2023 Amazon	7.99	7.99	
73	11/6/2023 Amazon	11.67	11.67	
74	11/6/2023 Amazon	7.49	7.49	
75	11/6/2023 Amazon	7.02	7.02	
76	11/5/2023 Amazon	8.49	8.49	
77	11/7/2023 Amazon	10.29	10.29	
78	11/7/2023 Amazon	15.19	15.19	
79	11/7/2023 Amazon	7.83	7.83	
80	11/24/2023 Amazon	5.85	5.85	
81	11/26/2023 Amazon	12.52	12.52	
82	11/1/2023 Ner-Brek Ltd	422		
83	11/2/2023 Craft Supplies	200	200	
84	11/28/2023 Window Cleani	6		6
85	11/8/2023 Tesco	2.8	2.8	
86	2/6/2024 Aladdins Cave	120		120
87	2/1/2024 Ner-Brek Ltd	470		
88	12/1/2023 Crafty Flair	55.47	55.47	
89	12/9/2023 Amazon	6.49		
90	12/1/2023 Ner-Brek Ltd	470		
91	1/26/2024 Amazon	19.99	19.99	
92	1/26/2024 Amazon	17.99	17.99	
93	1/26/2024 Amazon	9.99	9.99	
94	1/29/2024 Amazon	5.99	5.99	
95	1/29/2024 Amazon	24.33	24.33	

96	1/1/2024 Amazon	470		
97	1/21/2024 Craft Supplies	110	110	
98	1/18/2024 S Stark	80		80
99	2/3/2024 Amazon	11.99	11.99	
100	2/13/2024 Amazon	20.99	20.99	
101	2/16/2024 Amazon	8.97	8.97	
102	2/16/2024 Amazon	17.39	17.39	
103	2/17/2024 Amazon	8.39		8.39
104	2/1/2024 Repair	30		30
105	2/1/2024 Repair	60		60
106	2/1/2024 Repair	70		70
107	3/28/2024 The Works	108.25	108.25	
108	3/21/2024 Totally Beads	12.99	12.99	
109	3/1/2024 Ner-Brek Ltd	470		
110	4/2/2024 Boyes	1.45	1.45	
111	4/2/2024 Boyes	3.6	3.6	
112	4/1/2024 Ner-Brek Ltd	470		

6010.44 1455.23 26.99 1114.12

Office	Motor Ex	Light & H	Rent
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24.32
177.6

7.7

422

6.99

422

470

6.49

470

470

470

470

223.1	0	0	3194
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1434

Funding

Date	Detail	Amount
8/14/2023	Redcar Cleveland Council	3003.30
12/18/2023	Catherine Cookson Foundation	500.00
3/27/2024	Tees Valley Community Fund	2500.00
3/28/2024	Redcar Cleveland Council	333.70
		6337.00

Donations

Wellbeing Plus
Charity Accounts
Profit & Loss Account Year Ending 31st March 2024

	£	£	
Income			
Grants		6337.00	4110.44
Donations		1110.44	
		7447.44	
 Expenses			
Purchases	1455.23		
Cleaning	26.99		
Repair	1114.12		
Office	223.1		
Light & Heat	1434		
Rent	3194		
Total Expenses	7447.44	7447.44	
 Net Profit		0	

4110.44