

YARM WELLNESS

England & Wales · Charity number 1197256

Details

Status Registered

Legal form CIO

Registered 2021-12-21

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

Contact

Address Yarm Wellness Centre
High Church Wynd
Yarm
Cleveland
TS15 9BQ

Phone 07935343372

Email yarmwellness@gmail.com

Website www.yarmwellness.co.uk

Activities

Objects: 3.1 THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT GENERALLY, BUT WITH PARTICULAR REFERENCE TO:3.1.1 PROMOTING THE BENEFIT OF THE INHABITANTS OF YARM AND SURROUNDING AREAS WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS, BY ASSOCIATING TOGETHER THE SAID INHABITANTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND OTHER LEISURE-TIME OCCUPATIONS WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE FOR THE SAID INHABITANTS.

Activities: To provide a positive impact on the wellbeing of the wider community through the provision of creative, educational, fitness and wellness classes. We are aiming to give free creative and educational workshops to those referred to us through joint partner agencies. We offer a warm safe space for our community to engage with others and reduce isolation.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£81,940	£53,574	-	-
2024-03-31	£40,898	£35,074	-	-
2023-03-31	£97,296	£49,425	-	-

Trustees

Name	Role	Appointed
Cheryl Scollay	Chair	2021-12-21
Ian Ronald Carter		2026-01-22
Katherine van Der Graaf		2022-05-05
Leigh Trimble		2024-04-24
Stephen Lynas		2021-12-21

YARM WELLNESS

England & Wales - Charity number 1197256

Accounts

Yarm Wellness



2024-25
Trustees Annual Report
Year ending 31 March 25

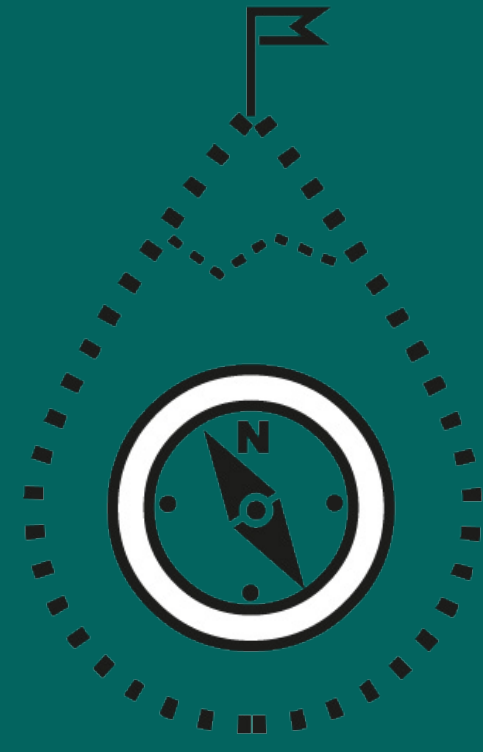


Registered charity 1197256
Yarmwellness@gmail.com
High Church Wynd, Yarm , TS15 9BQ

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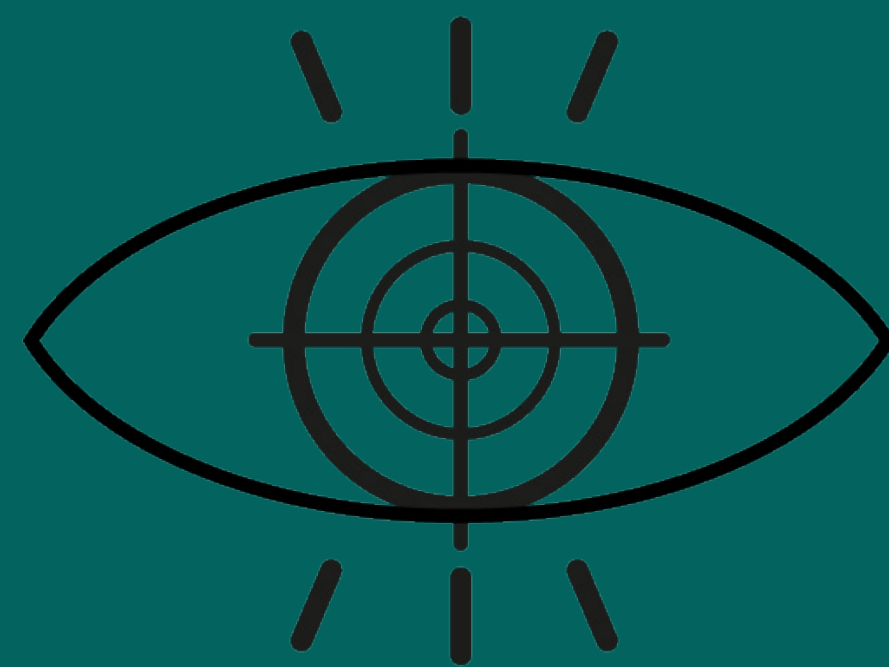
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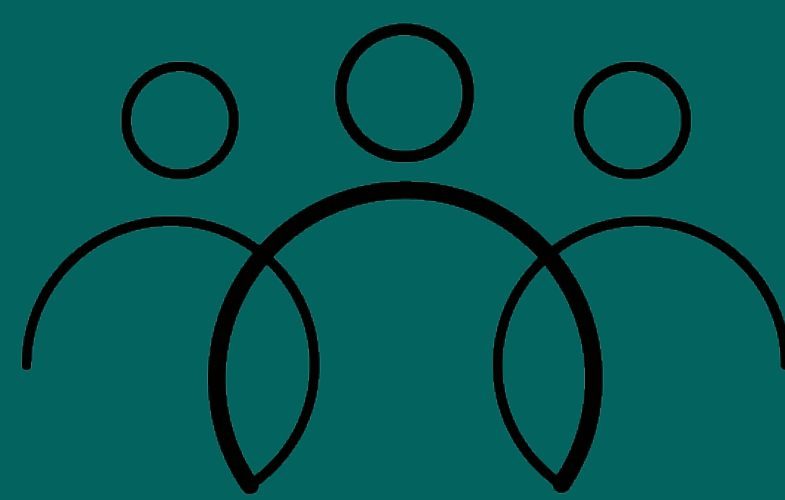
Our Mission

Connecting our community to improve wellbeing and alleviate isolation



Our Vision

No one feels alone in our community



Our Purpose

To provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, fitness and wellness classes along with multiple support groups.

We offer a warm safe space for our community to engage with others and reduce isolation.

Yarm wellness provides a wide range of activities for the community, with 3 distinct themes;

- 1. 'Give Back' Community Sessions:** Open to all and designed to foster a sense of belonging and community spirit. These sessions provide a welcoming space for people to meet new faces, engage in shared activities, and build social support networks.
- 2. Partnerships with local charities:** Offering a safe, warm space for support groups and outreach work. These partnerships ensure that members of the community can access help and services in a comfortable and non-judgmental environment, meeting the needs of our community.
- 3. Hosting Health & Wellbeing Service Providers:** We rent our space to local health and wellbeing professionals who deliver a range of mind and body sessions – including yoga, meditation, fitness, mindfulness, and more. These sessions support holistic wellness and are accessible to people across different age groups and needs.

1 'Give Back' Community Sessions:

- Coffee, Cake & Company
- Community Choir
- Craft & Chat
- Creative Art for Wellness
- Games Group
- Gardening Group
- Knock Out Depression course
- Mens Wellness Groups – 'Manter' & 'Mens-hed'
- Menopause Support Group
- Stoma Support Group
- Teen Yoga & Mindfulness Club
- Toddler Playgroup
- Veterans Breakfast
- Walking Group

2 Partnerships with local Charities & Community groups:

- Its OK Café (Bereavement Support Group) and Womens Peer Support Group - both with Red Balloons
- Soup & Chat Dementia Café & Advice Service with Teesside Dementia Link Services
- Yoga for Cancer funded by Macmillan Cancer Support
- Pensioners Lunch Club
- Breaking Waves – supporting the family members of those who have survived a suicide attempt.
- Book Club

3 Health & Wellbeing Service Providers:

- Baby Massage
- Breathing for Better Health & Wellbeing
- Cacao Ceremony
- Pilates
- Qi Gong / Gentle Exercise & Relaxation
- Sound Bath Deep Relaxation
- Yoga (4 different practitioners)
- Zumba

The trustees have taken regard of the guidance issued by the Charity Commission to ensure our aims, objectives and activities are for the public benefit.

We have continued to develop our provision this year, ensuring the services we offer meet the needs of the community. We do this in partnership with local primary care services, our community members and our volunteers.



STOMA SUPPORT GROUP

Join us for a friendly, peer led support group for individuals living life with a Stoma and their family members.

Share your experiences and ask questions from Stoma Support Nurses, Stoma Equipment Manufacturers and Social Prescribers.

Monday 14th July, 1-3 pm
Yarm Wellness, High Church Wynd, TS15 9BQ
what3words location: happier.regularly.dolly

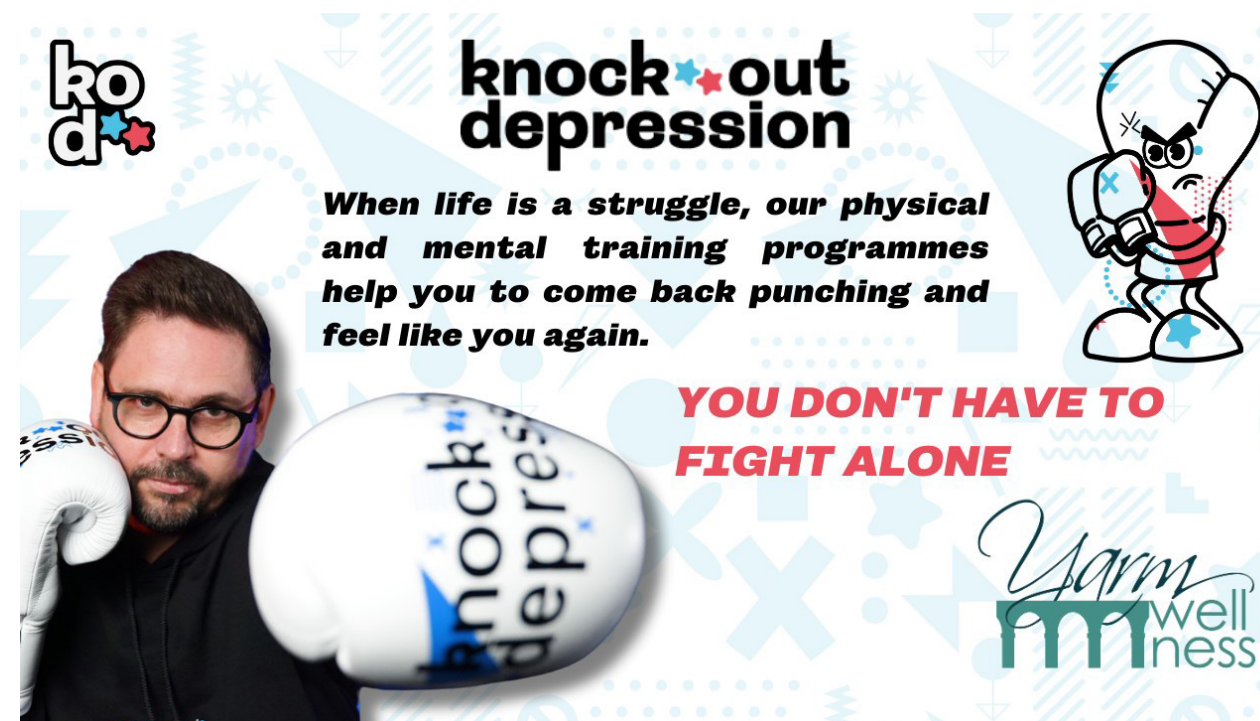
Stoma Support Group

Initiated by one of our dedicated volunteers in partnership with stoma care nurses, product manufacturers, and the support of the Clinical Director at North Tees. This quarterly group offers both peer and professional support to individuals living with a stoma. The first session saw over 20 attendees, clearly addressing a much-needed gap in community support.



Knock Out Depression – workshops

A six-week program created to provide a safe, supportive environment where men can openly discuss mental health challenges. Funded by a generous donation from a local business, the initiative combined physical activity with mental health support, encouraging both emotional and physical wellbeing.



HAS YOUR FAMILY BEEN AFFECTED BY A SUICIDE ATTEMPT?



Wednesday 2nd October
6pm - 7pm
Yarm Wellness Centre

At Breaking Waves we specifically support family members whose loved ones survived a suicide attempt

Join Us

Please visit our website for more group meeting information
www.breakingwavescharity.co.uk

Breaking Waves - support group

Supporting families whose loved ones have survived a suicide attempt. This new local charity based their sessions at Yarm Wellness, aiming to connect people who share a similar experience and break the silence surrounding surviving a suicide attempt, fostering a collective effort to help families cope.

We have continued to strengthen our connections with local community organisations, including Stop Smoking services, Bowel Cancer support, Citizens Advice Bureau, and Change Grow Live. In addition, we've deepened our partnerships with local businesses such as Newcastle Building Society, Darlington Building Society, Asda and Tesco; all providing key funding and support for our community sessions.

We are also in the planning stages for the development of our outdoor space, which will further enhance the support and services we offer to the community.



The Arches



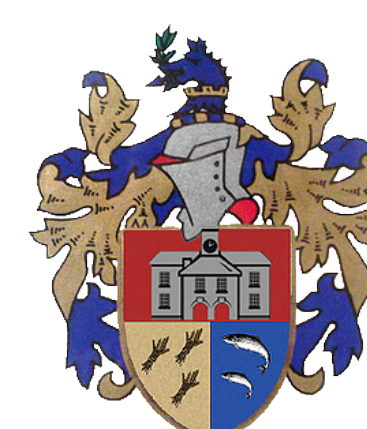
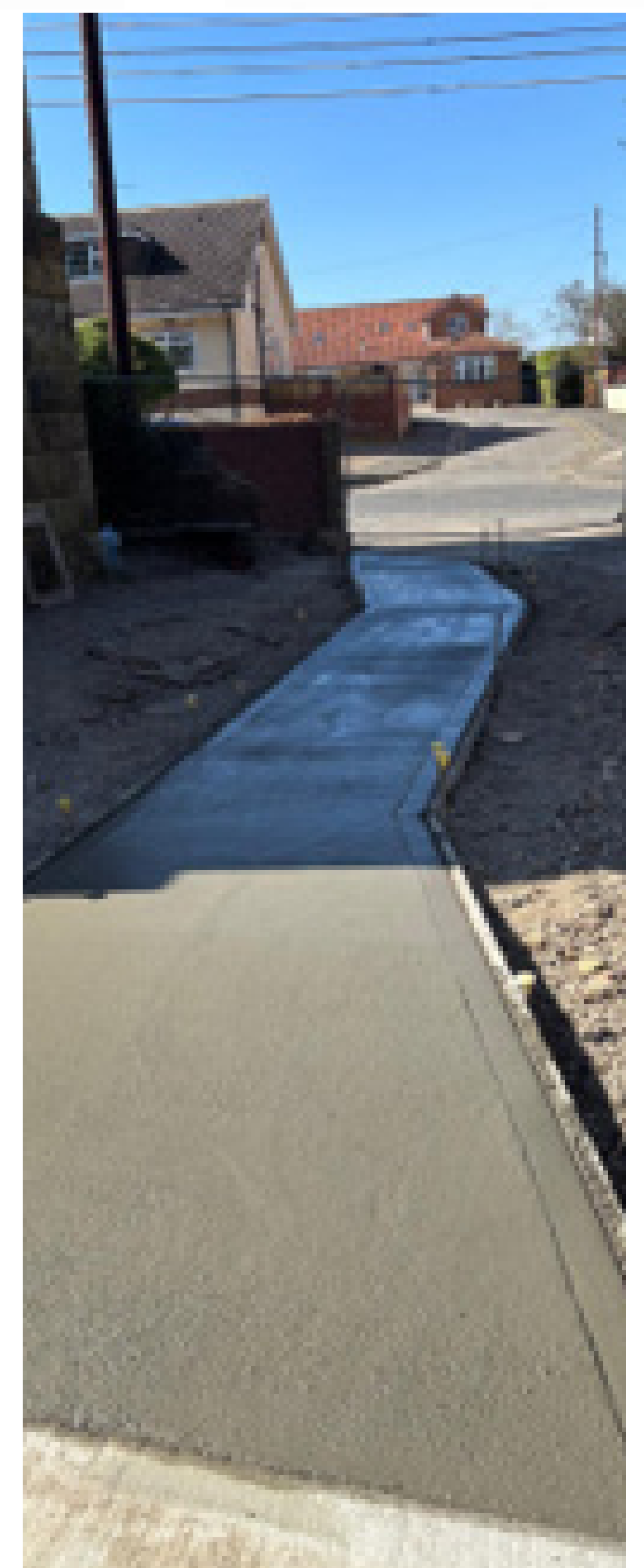
The Arches - Our Outdoor Space - Extending our offering into our new area under the viaduct.

One of our most exciting developments this year is the long-awaited progress on our new outdoor space beneath the arches of the viaduct. Since the founding of Yarm Wellness three years ago, it has always been a dream to transform this area—and now, that dream is becoming a reality. We have secured access to the land beneath three of the arches through a partnership with Network Rail, allowing us to expand our offering and create a unique, welcoming space for the community.

The site, owned by Network Rail, has recently been cleared and levelled with support from both Network Rail and Amco Giffen, following scheduled refurbishment work on the adjacent viaduct. A new foundation has been installed to accommodate a **Wellness Shed**, alongside the creation of new access paths from West Street and High Church Wynd, providing full wheelchair access to the Centre. Additional improvements include new perimeter gates and a new access point in the surrounding wall.

A lease agreement for the site is being finalised, which will allow work on the **community garden** to begin before the end of the year. This development enables an expansion of our services, with generous support from Yarm Town Council, Stockton Borough Council, the Co-op Community Fund and the Asda Foundation. The Wellness Shed will host a variety of activities, including crafts, art, photography, a repair shop and one-to-one support sessions. A community garden will also be established and maintained by our gardening team, with active involvement from local schools and business volunteers. In addition, **a dedicated area for mindfulness, yoga, and exercise** will be created for both organised classes and individual use.

The foundations have been laid in 2024-25, ready to bring this amazing new community space to life in the next year.



National Lottery Funding received to help sustain our charity

One of the most exciting developments this year was receiving the National Lottery Community Fund Reaching Communities Programme to help sustain our charity.

In 2023, we applied for the Reaching Communities Grant from the National Lottery (TNL). The wellness centre had been operated by volunteers for over a year, but we soon realised that to manage it effectively for the community going forward, we needed a part-time paid employee. A Wellness Centre Manager to oversee daily operations, manage volunteers, coordinate sessions, and handle administrative tasks efficiently. In March 2024, we were thrilled to learn of our successful bid, and promptly advertised the role across several media platforms.

In September 2024, we appointed Steph Leather to the role, acknowledging her extensive experience in volunteer management as well as her deep understanding of the third sector and well-being principles.



Recognising our centre as a safe space for social interactions, we aimed to enhance our offerings by introducing transport options for day trips. In March 2025, we organised a trip to Whitby with 35 members and volunteers funded by TNL. The wonderful weather and the positive feedback from participants made this event a memorable highlight, with new friendships formed.

Providing training for our manager and volunteers was a key focus. With the support of the National Lottery, we developed and implemented several training options to ensure our team is highly confident and well-equipped to support our Centre's members.

Volunteers

The heart of Yarm Wellness

The Contribution of Volunteers

Volunteers are at the heart of Yarm Wellness. We are proud to have over 50 volunteers who generously give between 2 and 40 hours each month to support workshops and help run the charity's day-to-day activities.

Our volunteers come to us through a variety of pathways – some began by attending sessions, others were referred by Social Prescribers, partnerships with Primary Care Networks and many found us through social media. In fact, several members of our community first joined as participants, then began volunteering, and have since gone on to lead their own sessions. They impact the lives of our community with their care and support, but also benefit personally from an increased sense of purpose and community connection.

Simply put, Yarm Wellness wouldn't exist without our volunteers. They are the lifeblood of our organisation – the community supporting the community. By giving their time, energy and compassion, our volunteers inspire hope and promote well-being through community-led activities.

Everything we do is possible because of them.



Our Trustees

Yarm Wellness is a Charitable Incorporated Organisation (CIO) governed by our Constitution.

Our Trustees:

Cheryl Scollay remains the Chair of Yarm Wellness, with Stephen Lynas acting as Vice-chair. Kate van der Graaf continues in her role, responsible for strategy and operations.

In April 2025 we further strengthened our governance with the appointment of two new trustees to our board. Mr Neil Mitchell and Ms Leigh Trimble joined the team, with 5 Trustees now overseeing the charity.

Cheryl Scollay



Stephen Lynas



Kate van der Graaf



Neil Mitchell



Leigh Trimble



Expanding our skill set - Introducing Neil and Leigh:

Leigh is CEO of a local lived experience charity. She linked in with Yarm Wellness before the refurbishment of the centre and has been running services from the centre since we opened. It was a natural progression for her to come on board as a Trustee. She brings with her 4 years of experience as a CEO including fundraising, managing Volunteers, project management and strategy. Leigh says "I am passionate about wellbeing and ensuring people have access to services which support those who are struggling with isolation, loneliness and their mental health."

Neil is the Head of Environment, Leisure and Green Infrastructure at Stockton-on-Tees Borough Council. As a member of the board of trustees for Tees River Users Trust and a local school governor, he is passionate about the community. Neil has been practicing yoga at the center and was keen to get more involved after learning more about the the extent of our offering to the community. He brings with him strong business skills, experience in the VCSE sector and a passion for the local area, helping to bridge inequalities across the borough.

Public Benefit Statement: "The trustees confirm that they have complied with their duties under the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. The trustees refer to the Charity's aims and objectives in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity is committed to connecting our community to improve wellbeing and alleviate isolation helping us to achieve our vision - that no one feels alone in our community. All of our activities are guided by our purpose - to provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, fitness and wellness classes along with multiple support groups. Our provision is guided by the desire to offer a warm safe space for our community to engage with others and reduce isolation.

Structure, Governance & Management

Empowering Community, Reducing Isolation

How we are making a difference

Yarm Wellness is a place where the community comes together to support one another. We provide purpose and opportunity for our volunteers and our community members. Many individuals who have attended our sessions have gone on to lead support sessions inspired by their own lived experiences, creating a ripple effect of growth, connection and resilience.

Over the past year, our centre was used for nearly 1,500 hours, with close to 1,000 people participating in our offerings each month. Around 60% of our sessions are delivered on a free community give back basis, all made possible by a dedicated team of volunteers. These sessions not only allow people to try something new and meet others, but also create a space for shared experiences and belonging.

Making a difference to Our Community

Our Veterans Breakfast continues to be hugely popular, bringing together veterans from across the forces every two weeks for breakfast, shared stories and support. The breakfast is supported by Tesco & made possible by our volunteers.



We are proud to offer our charity partners a welcoming and safe environment to connect with the local community. Independent surveys have shown that our work has significantly reduced social isolation and its often-devastating impact on individuals. Our strong partnerships with local charities help bridge critical service gaps identified by social prescribers and community members, particularly in supporting mental health and overall well-being. As a result, Yarm Wellness has become a vital referral point—contributing to a reduction in repeat visits to the local Primary Care Network.



Dr. David Hindmarsh,
Eaglescliffe Medical Centre

Making a difference to Primary Care

"Yarm Wellness partners closely with our social prescribers and the local Primary Care Network, understanding the need and plays a critical to supporting the wider community. The breadth of offer means that no-one is excluded. We are under a lot of strain at the moment in primary care and Yarm Wellness helps to provide support for people in different way to help their overall wellbeing. "



How we are making a difference

But most importantly, Yarm Wellness is a space that delivers meaningful individual impact. It is a place to escape the challenges of daily life, to feel a sense of belonging and to witness real, visible changes in people's lives—improving quality of life, enhancing well-being and building a stronger, more connected community.

Making a difference to Our Volunteers

"The people at Yarm Wellness are like a family to me. It is a God send to me. The range of activities is unbelievable.."

Richard, (aged 80) volunteer and leader of our Creative Arts for Wellbeing group



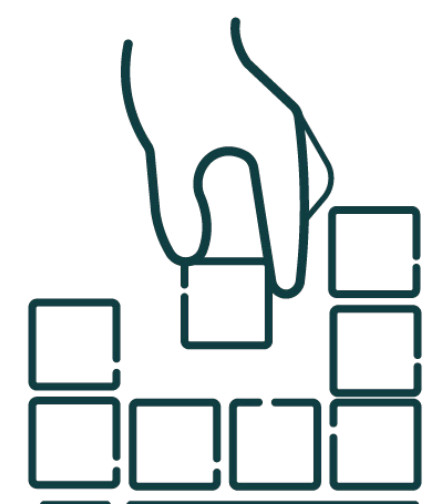
Financial Review

In the year ended 31 March 2025 Yarm Wellness collected £78,140 in ordinary receipts. For the same financial year Yarm Wellness spent £53,574 for ordinary expenses. These collections net of expenditures resulted in a net surplus of £24,566 for the year. These figures are significantly higher than last year primarily due to the advanced funding received from the National Lottery Community Fund Reaching Communities programme to support our hiring of a Wellness Centre Manager. The resulting surplus primarily represents the £26,787 balance of National Lottery funds received in advance and not yet spent.

In addition to our ordinary activities, Yarm Wellness received £3,800 in extraordinary receipts relating to the upcoming Arches project for which spending has not yet started leaving the full amount received in surplus. The combined surplus of £28,366 was added to last year's balance of funds (£53,695) resulting in a total of cash funds at year end of £82,061. These funds are held as £21,972 of unrestricted funds (cash reserve), £16,810 of unrestricted designated funds and £43,279 of restricted funds.

The unrestricted designated funds are primarily £15,000 of a building maintenance fund held for future required significant maintenance.

The restricted funds are primarily £26,787 of National Lottery funding for the Wellness Centre Manager and £11,690 for the outside space arches project planned for 2025 (extraordinary activity).



Outside Arches Project

Our building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in the Summer of 2025 once Network Rail has completed their scheduled maintenance project. Year ending March 2023 Yarm Wellness received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. In the year ending March 2024 Yarm Wellness received £890 from the Co-op's Community Fund to support this project. This year Yarm Wellness received an additional £1,300 from the Co-op's Community Fund and £2,500 from the Asda Foundation to further support this project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one-time event and not part of the charity's ongoing activities.



Reserves policy

Yarm Wellness aims to hold six to nine months of estimated ordinary payments in cash reserve. This amount of cash reserve allows us to continue providing services to the community in the event there is an unexpected reduction in the amount of hall rental income or donations received. The cash reserve also supports the charity in the event of unexpected increases in costs prior to obtaining relevant funding or to support the startup of new programs while sourcing the appropriate funding.

Note: The addition of salary, benefits and other expenses associated with the hiring of the Wellness Centre Manager in 2024 has increased the total ordinary payments of the charity and therefore would increase the amount of cash reserves to be held by the charity. However, since the Wellness Centre Manager and other associated expenses are fully funded by the National Lottery award for the first three years, a decision has been made to exclude the incremental costs funded by the National Lottery from the cash reserves calculation for the first two years. The National Lottery is a well trusted funding source so the risk of not receiving the funds as committed is considered very low.

At year end 31 March 2025 £21,972 was held in reserve which would cover nearly seven months of ordinary payments less those funded by the National Lottery.

Principle sources of funds



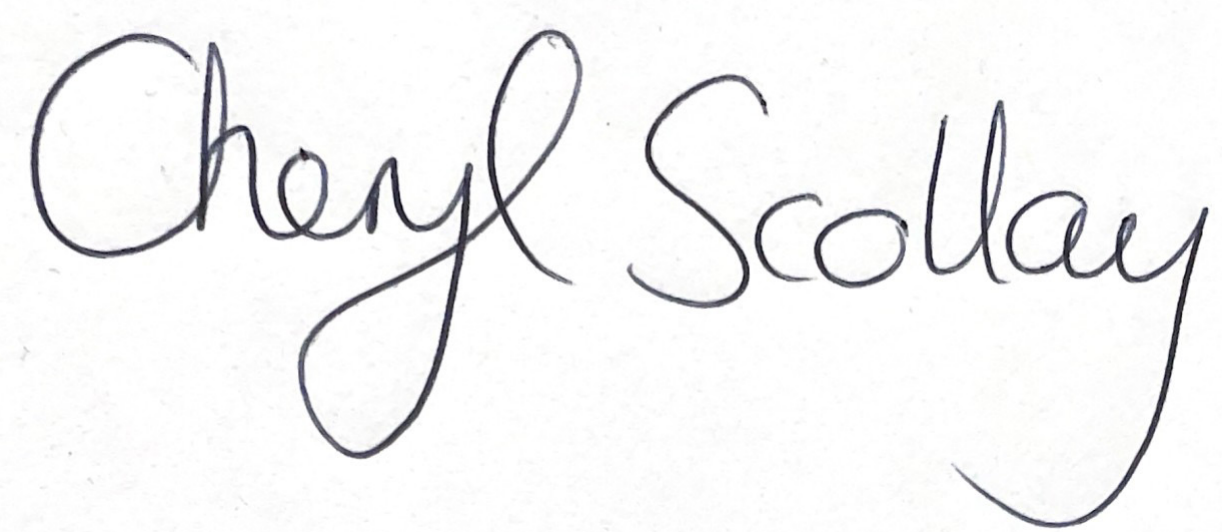
Yarm Wellness' ordinary receipts are primarily from the rental of the hall for local providers to deliver Health & Wellbeing workshops, donations received from the community and grants. In the year to 31 March 2025 our largest donation received was from an individual in the community who donated £1,000 for the specific purpose of providing food to the 'Manter' Men's Wellness Group.

Our largest grant received was a combined total of £40,870 out of a total pledge of £111,568 from the National Lottery Community Fund Reaching Communities programme to enable Yarm Wellness to hire a Wellness Centre Manager for the charity. The aim of the project is to employ a manager to sustain the day-to-day operations of Yarm Wellness, create capacity for the organisation's trustees to be more strategic, empower and enable volunteers, increase community engagement and ensure Yarm Wellness continues to achieve the organisation's aim.


In addition to the National Lottery funding, our next two largest grants received were £5,000 from the Balingier Charitable Trust to provide for certain workshops and core costs of running the hall and £3,350 out of a total pledge of £8,850 from Acresfield Charitable Giving and Community Support to support the Yarm Wellness choir.

Declaration

The trustees declare that they have approved the trustee's report above. Signed on behalf of the charity's trustees."

A handwritten signature in black ink that reads "Cheryl Scollay".

Cheryl Scollay
Chair of Yarm Wellness

A handwritten signature in black ink that reads "Kate van der Graaf".

Kate van der Graaf
Trustee of Yarm Wellness



**Yarm Well
ness**

Creative Art for Wellness

Open to all levels; come join us and try something new, from sketching to painting and pastels

Wednesdays, every 2 weeks
3pm- 5pm

£2 Suggested Donation

Yarm Wellness, High Church Wynd, Yarm, TS15 9BQ

**MANTER
Mens Wellness
Group**

A safe, non-judgmental space for men to come together.

You are welcome to talk, or just listen

Wednesdays
1 - 2:30 pm

High Church Wynd,
Yarm, TS15 9BQ

**Yarm Well
ness**

**Yarm Well
ness**

GAMES GROUP

JOIN US FOR GAMES & REFRESHMENTS

SUNDAY AFTERNOONS 1:30- 3:30PM

EVERY 2 WEEKS, £2 DONATION PER SESSION

Yarm Wellness, High Church Wynd, Yarm, TS15 9BQ

**Yarm Well
ness**

Well Read BOOK CLUB

Last Wednesday of Month

July's book is 'The Midnight Feast' by Lucy Foley

7pm

Yarm Wellness,
High Church Wynd, Yarm

Suzi Hutton-
pidwigeon@aol.com

**Yarm Well
ness**

Coffee, Cake & Company

Come along and meet new people in our relaxed, free session.

Pop in for a chat, or just a change of scenery and something warm to drink.

**Tuesdays,
every 2 weeks**

1:30 - 3 pm

**Yarm Well
ness**

Parent & Toddler Playgroup

Fridays, 9:30- 11am

£1 per child, per session

Cost includes a tea or coffee for the grown ups!

High Church Wynd, Yarm, TS15 9BQ

**Yarm Well
ness**

STOMA SUPPORT GROUP

Join us for a friendly, peer led support group for individuals living life with a Stoma and their family members.

Share your experiences and ask questions from Stoma Support Nurses, Stoma Equipment Manufacturers and Social Prescribers.

Monday 14th July, 1-3 pm
Yarm Wellness, High Church Wynd, TS15 9BQ
what3words location: happier.regularly.dolly

- Peer Support
- Stoma Support Nurses
- Stoma Equipment Manufacturers

For More Information stomasupport@yarmwellness.co.uk

**Yarm Well
ness**

Royal British Legion

Veterans Breakfasts

**MENOPAUSE
SUPPORT
CAFE**

YARM WELLNESS CENTRE, TS15 9BQ

EVERY OTHER WEDNESDAY

5.30PM - 6.30PM

B
SUZANNE BARBOUR
COACHING
For more information please

Joining a choir helps to improve:

EMOTIONAL AND MENTAL WELL-BEING

**Yarm Well
ness**

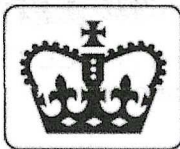


Yarm Wellness

Registered Charity 1197256 (England & Wales)
Annual Accounts
For the Year Ended 31 March 2025

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Corrected December 2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Yarm Wellness

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1197256

Set out on pages

3 - 9

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

[Signature]

Date:

2/9/25

Name:

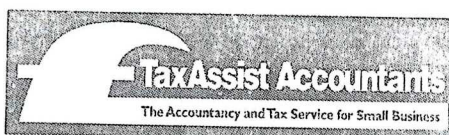
MICHAEL TURNBULL

**Relevant professional
qualification(s) or body
(if any):**

INSTITUTE OF FINANCIAL ACCOUNTANTS
(MISHP No. 234178)

Address:

ARNISON HOUSE, 139A HIGH STREET, YARM
TS15 9AY



Receipts & Payments Accounts

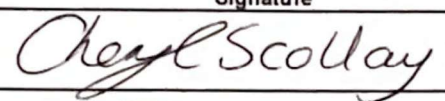

For the Year Ended 31 March 2025

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section A Receipts & Payments				
A1 Receipts				
Hall Rental	7,034	-	7,034	8,846
Donations	7,647	3,394	11,041	9,554
Gift Aid	1,101	1,138	2,239	-
Interest	1,063	-	1,063	620
Funding - Core Costs	-	46,430	46,430	3,880
Funding - Workshops	1,833	8,500	10,333	16,108
TOTAL RECEIPTS - ORDINARY	18,678	59,462	78,140	39,008
A2 Payments				
Gas & Electric	3,223	-	3,223	4,049
Water	731	-	731	627
Insurance	1,237	-	1,237	831
Facilities Management	4,560	3,107	7,667	6,529
Repairs & Maintenance	886	-	886	701
Payroll & Benefits	-	10,853	10,853	-
Other Manager Expenses	160	603	763	-
iT	80	206	286	923
Printing & Stationary	675	-	675	1,201
Professional Fees	100	900	1,000	600
Training	-	500	500	-
Transport	-	500	500	-
Uniforms	-	1,021	1,021	420
Other Sundries & Supplies	3,043	300	3,343	3,349
Subtotal Core Costs	14,695	17,990	32,685	19,230
Workshop Expenses	6,412	12,534	18,946	12,103
Events	1,281	-	1,281	1,033
Garden	405	200	605	896
Community Support	57	-	57	502
TOTAL PAYMENTS - ORDINARY	22,850	30,724	53,574	33,764
NET RECEIPTS / (PAYMENTS) - ORDINARY	(4,172)	28,738	24,566	5,244
A3 Transfers between funds	2,426	(2,426)	-	-
A4 Extraordinary Activity				
Receipts - Funding Back Garden	-	-	-	1,000
Receipts - Funding Arches	-	3,800	3,800	890
Payments - Back Garden	-	-	-	(1,310)
NET EXTRAORDINARY ACTIVITY	-	3,800	3,800	580
A5 Cash funds last year end	41,528	12,167	53,695	47,871
Choir fund changed to restricted (see Note 4 Reference A)	(1,000)	1,000	-	-
CASH FUNDS THIS YEAR END	38,782	43,279	82,061	53,695

**Receipts & Payments Accounts
For the Year Ended 31 March 2025**

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section B Statement of Assets & Liabilities at the end of the period				
B1 Cash Funds				
Workshops - Choir	-	2,042	2,042	1,000
Workshops - Electrix	-	-	-	4,802
Workshops - Macmillan Cancer Support	-	-	-	2,157
Workshops - Manter Food	-	170	170	-
Workshops - Menopause Support Group	-	-	-	-
Workshops - Stoma Support Group	-	370	370	-
Workshops - Teen Yoga	-	-	-	1,160
Workshops - Yoga for Cancer	-	-	-	-
Workshops - Yarm School	637	-	637	1,252
Workshops - Other	1,173	-	1,173	552
Workshops & Core Costs - Ballinger	-	566	566	960
Workshops & Core Costs - Catalyst Stockton	-	-	-	-
Workshops & Core Costs - SBC	-	-	-	-
Core Costs - Hospital of God	-	-	-	-
Core Costs - National Lottery	-	26,787	26,787	-
Core Costs - Tees Foundation	-	1,654	1,654	-
Outside Space - Arches	-	11,690	11,690	7,890
Outside Space - Garden	-	-	-	-
Building Maintenance Reserve	15,000	-	15,000	10,000
Unrestricted - General (Reserve)	21,972	-	21,972	23,922
TOTAL CASH FUNDS	38,782	43,279	82,061	53,695

Signed by one or two trustees on behalf of all trustees -

Signature	Print Name	Date of Approval
	CHERYL SCOLLAY	5/12/2025
	STEPHEN LYNAS	5/12/2025

Notes to the Accounts

For the Year Ended 31 March 2025

Note 1 - Accounting Practice

Yarm Wellness uses the cash basis to prepare the receipts and payments accounts.

Note 2 - Extraordinary Outside Space Arches

Our building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in Summer 2025 once Network Rail has completed their scheduled maintenance project.

Year ending March 2023 Yarm Wellness received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. In the year ending March 2024 Yarm Wellness received £890 from the Co-op's Community Fund to support this project. This year Yarm Wellness received an additional £1,300 from the Co-op's Community Fund and £2,500 from the Asda Foundation to further support this project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one time event and not part of the charity's ongoing activities.

Note 3 - Cash Balances

Yarm Wellness cash at 31 March 2025 was held in the following accounts:

NatWest current account	4,350
NatWest reserve account	42,428
NatWest notice account	35,393
NatWest credit card	(284)
Cash on hand	174
	<hr/>
	82,061
	<hr/>

Notes to the Accounts

For the Year Ended 31 March 2025

Note 4 - Fund Balances

Yarm Wellness cash funds are comprised of both unrestricted (includes designated) and restricted funds. Yarm Wellness has no endowment funds. The following funds have been accounted for in the year to 31 March 2025 -

Fund	Balance Forward	Receipts		Payments		Transfers	Ending Balance	Ref
		Ordinary	Extra	Ordinary	Extra			
Workshops - Choir	1,000	6,432	-	(4,690)	-	(700)	2,042	A
Workshops - Macmillan Cancer Support	2,157	-	-	(1,696)	-	(461)	-	B
Workshops - Manter Food	-	1,250	-	(1,080)	-	-	170	C
Workshops - Stoma Support Group	-	460	-	(45)	-	(45)	370	D
Workshops - Teen Yoga	1,160	-	-	(1,160)	-	-	-	E
Workshops - Yoga for Cancer	-	1,000	-	(860)	-	(140)	-	F
Workshops & Core Costs - Ballinger	960	5,000	-	(4,314)	-	(1,080)	566	G
Workshops & Core Costs - Catalyst Stockton	-	1,000	-	(1,000)	-	-	-	H
Workshops & Core Costs - SBC	-	250	-	(250)	-	-	-	I
Core Costs - Hospital of God	-	1,000	-	(1,000)	-	-	-	J
Core Costs - National Lottery	-	40,870	-	(14,083)	-	-	26,787	K
Core Costs - Tees Foundation	-	2,000	-	(346)	-	-	1,654	L
Outside Space - Arches	7,890	-	3,800	-	-	-	11,690	M
Outside Space - Garden	-	200	-	(200)	-	-	-	N
Restricted Funds	13,167	59,462	3,800	(30,724)	-	(2,426)	43,279	
Workshops - Electrix	4,802	-	-	(3,767)	-	(1,035)	-	O
Workshops - Menopause Support Group	-	340	-	(560)	-	220	-	P
Workshops - Yarm School	1,252	2,427	-	(501)	-	(2,541)	637	Q
Workshops - Other	552	5,338	-	(1,585)	-	(3,132)	1,173	R
Building Maintenance Reserve	10,000	-	-	-	-	5,000	15,000	S
Designated Funds	16,606	8,105	-	(6,413)	-	(1,488)	16,810	
Unrestricted - General (Reserve)	23,922	10,573	-	(16,437)	-	3,914	21,972	T
Designated + Unrestricted Funds	40,528	18,678	-	(22,850)	-	2,426	38,782	
TOTAL FUNDS	53,695	78,140	3,800	(53,574)	-	-	82,061	

Ref

- A In March 2024 North East Ladies Day (NELD) donated £1,000 to Yarm Wellness. The trustees designated the money to support the Choir. In July 2024 Acresfield Charitable Giving and Community Support donated £3,350 to support the Yarm Wellness choir. Acresfield also made a pledge to donate an additional £2,750 each of the next two years to continue supporting the choir. These funds, along with Gift Aid receipts on choir donations from prior years, and current year choir donations have been used to fund the Yarm Wellness choir. Note: Last year's donation from NELD was designated by the trustees to support the choir thus reported as unrestricted. The current year grant from Acresfield is restricted so the whole fund was shifted to be reported as restricted going forward.
- B In May 2023 Macmillan Cancer Support awarded Yarm Wellness £4,388 to provide yoga for cancer patients. The balance of this fund was spent this year.
- C £1,000 was donated to Yarm Wellness by a member of the community in May 2024 for the specific purpose of providing food to the 'Manter' Men's Wellness Group. An additional £250 was received via Gift Aid related to prior year donations.
- D In October 2024 Point North (previously County Durham Community Foundation) awarded Yarm Wellness £460 to establish a Stoma Support Group. The grant was made as part of the NHS NENC Community Connector Programme.
- E In October 2023 the Community Foundation of Tyne & Wear and Northumberland awarded Yarm Wellness £1,600 to provide yoga for teenagers. This award was the result of a nomination from Muckle LLP, our solicitors. The balance of this fund was spent this year.
- F In November 2024 Charities of Middleton One Row awarded Yarm Wellness £1,000 to continue providing yoga for cancer patients once the Macmillan Cancer Support fund was spent.
- G In June 2024 The Ballinger Charitable Trust awarded Yarm Wellness an additional £5,000 to cover the costs of the monthly Dementia Café (£1,080), approximately six months of the costs of Manter sessions (£2,160) and funds to assist with our core costs (£1,760).
- H In February 2025 Catalyst Stockton awarded Yarm Wellness £500 from the Professional Bursary Fund to provide for paediatric first aid training for our volunteers and attendees of the Toddler Playgroup sessions.

Also in February 2025 Catalyst Stockton awarded Yarm Wellness an additional £500 from the CSR Three Peaks Support Fund. This funding was used to provide hot soup for twelve Coffee, Cake and Company sessions and pay for milk for the kitchen for six months.

Notes to the Accounts

For the Year Ended 31 March 2025

- I In January 2025 Stockton Borough Council (SBC) awarded Yarm Wellness £500 from the Food & Hygiene Winter Fund. The fund was used to provide hot soup for the next six Coffee, Cake and Company sessions and pay for milk for the kitchen for three months.
- J In April 2024 the Hospital of God awarded Yarm Wellness £1,000 to assist with our core costs. The fund provided for our Facilities Manager for a couple of months.
- K In March 2024 the National Lottery Community Fund Reaching Communities programme awarded Yarm Wellness £111,568 across three years to fund a Wellness Centre Manager for the charity. The aim of the project is to employ a manager to sustain the day-to-day operations of Yarm Wellness, create capacity for the organisation's trustees to be more strategic, empower and enable volunteers, increase community engagement and ensure Yarm Wellness continues to achieve the organisation's aim. In September 2024 Yarm Wellness hired our new Wellness Centre Manager.
- L In March 2025 Yarm Wellness received £2,000 of Tees Million funding from the Teesside Foundation to assist with our core costs. The fund will provide 50% of the cost of our Facilities Manager for approximately six months.
- M See Note 2
- N £200 was donated to Yarm Wellness by members of the community in the Autumn of 2024 for the specific purpose of supporting the garden in the Spring. The funds were spent on planters and early spring flowers to start the season.
- O In December 2023 a local company (Electrix) donated £6,000 to Yarm Wellness. The trustees designated the fund to be spent on Mens Wellness Groups and the Choir. The balance of this fund was spent this year.
- P In April 2024 £340 was donated to Yarm Wellness by the prior Menopause Support Group facilitator. The trustees agreed to match the funding and use it to continue the Menopause Support Group with a new facilitator.
- Q In June 2022 Yarm School hosted a Bollywood Ball that included a charity auction to raise money for Yarm Wellness. Yarm Wellness received £6,620 from this fundraiser. In November 2022 Yarm School held another fundraiser for the benefit of Youth Programs at Yarm Wellness. This second fundraiser contributed a further £510. The trustees designated this fund to support the following wellness workshops net of direct donations received for each workshop -
- | | |
|--|------------------------------------|
| Cancer Support Group | Veteran's Breakfast |
| Red Balloons Women's Mental Health | Yarm Wellness Community Choir |
| Soup & Chat Dementia Café & Advice Service | Cancer Research Charity Yoga Event |
| Toddler Playgroup | Teen Yoga & Mindfulness Club |
- Over time some of these workshops have been funded by other grants. In March 2025 £303 of this fund was transferred to the Workshops - Other fund as the distinction by workshop is no longer required by the trustees. A balance of £637 remains in this fund. The balance represents £105 donated in February 2025 by the Yarm School Apprentice Program for a cooking session to be hosted by Yarm Wellness and £532 donated in memory of two Veterans Breakfast participants who passed away in the last year. The in memoriam donations will be spent in their honour as part of the new garden to be established under the arches.
- R The workshops fund originated from the balance of funds received from YYCA when Yarm Wellness was founded and was designated by the trustees to support all wellness workshops not supported by another specific fund. This fund was augmented in 2025 by the transfer of £303 to close out the Yarm School workshops fund (see Reference Q). The direct costs and core cost allocation (see Note 5) net of direct donations for all workshops not covered by another fund will continue to be funded from this Workshops - Other fund.
- S The trustees designated £5,000 to be set aside each year for a Building Maintenance Fund to hold a maximum value of £25,000. This fund will be used to provide for any required significant building maintenance.
- T Unrestricted - General funds are held as a cash reserve to support the charity's operations. This fund is targeted to hold six to nine months of estimated ordinary payments other than those funded by the National Lottery (Wellness Centre Manager related). At 31 March 2025 the cash reserve balance of £21,974 is estimated at nearly seven months of ordinary payments (less those funded by the National Lottery).

Note 5 - Core Cost Allocation

Total core costs for the year (£32,685) less direct funding for core costs (multiple sources totalling £17,990) results in net core costs to fund of £14,695. This value was divided across the total hours the hall was used in the year (1,469 hours) to calculate a core cost per hour of £10.00. The funds supporting Yarm Wellness provided workshops were then allocated an hourly charge to fund the core costs of running the hall during the workshops. These calculated values are the primary transfers between the workshop funds and unrestricted - general.

Notes to the Accounts

For the Year Ended 31 March 2025

Note 6 - Fund Transfers

As per Note 4 Reference P, the trustees agreed to match from Unrestricted - General £340 that was donated and designated the combined fund to be used to continue the Menopause Support Group. As per Note 4 Reference Q, the trustees determined they no longer needed to maintain the distinction between the Yarm School Fund and the Workshops - Other fund. Therefore, £303 was transferred to the Workshops - Other fund at the end of the financial year. As per Note 4 Reference S, £5,000 was transferred from Unrestricted - General to the Building Maintenance fund in the year. All other fund transfers were for core cost allocation (see Note 5) from Unrestricted - General to the specific workshop funds.

Fund	Menopause	Workshops	Building Reserve	Core Cost Allocation	Net Transfers
Workshops - Choir	-	-	-	(700)	(700)
Workshops - Macmillan Cancer Support	-	-	-	(461)	(461)
Workshops - Manter Food	-	-	-	-	-
Workshops - Stoma Support Group	-	-	-	(45)	(45)
Workshops - Teen Yoga	-	-	-	-	-
Workshops - Yoga for Cancer	-	-	-	(140)	(140)
Workshops & Core Costs - Ballinger	-	-	-	(1,080)	(1,080)
Workshops & Core Costs - Catalyst Stockton	-	-	-	-	-
Workshops & Core Costs - SBC Fund	-	-	-	-	-
Core Costs - Hospital of God	-	-	-	-	-
Core Costs - National Lottery	-	-	-	-	-
Core Costs - Tees Foundation	-	-	-	-	-
Outside Space - Arches	-	-	-	-	-
Outside Space - Garden	-	-	-	-	-
Restricted Funds	-	-	-	(2,426)	(2,426)
Workshops - Electrix	-	-	-	(1,035)	(1,035)
Workshops - Menopause Support Group	340	-	-	(120)	220
Workshops - Yarm School	-	(303)	-	(2,238)	(2,541)
Workshops - Other	-	303	-	(3,435)	(3,132)
Building Maintenance Reserve	-	-	5,000	-	5,000
Designated Funds	340	-	5,000	(6,828)	(1,488)
Unrestricted - General (Reserve)	(340)	-	(5,000)	9,254	3,914
Designated + Unrestricted Funds	-	-	-	2,426	2,426
TOTAL FUNDS	-	-	-	-	-

Note 7 - Payments to Trustees

Yarm Wellness has five trustees. None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity. From time to time trustees have been reimbursed for payments they made on behalf of the charity. The following reimbursements have been completed in the year to 31 March 2025.

Trustee

Cheryl Scollay	8	Other Sundries & Supplies
Kate van der Graaf	46	Events
	54	

Note: Leigh Trimble was appointed as a Yarm Wellness Trustee on 24 April 2024. Prior to her appointment, Ms Trimble was paid £100 as a professional fee for her support in the preparation of the bid for National Lottery funding.

Note 8 - Related Party Transactions

Yarm Wellness did not have any related party transactions in the year to 31 March 2025.

Note 9 - Audit, Independent Examination and Other Financial Service Fees

Yarm Wellness has not paid any fee for the independent examination of the accounts or other tax, accountancy or other financial services. The charity's accounts have been prepared by the charity's finance manager on a volunteer basis. The accounts have been reviewed by an independent examiner on a gratis basis.

Notes to the Accounts

For the Year Ended 31 March 2025

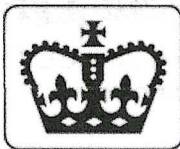
Note 10 - Staff Costs

Yarm Wellness has one employee who was hired in September 2024 and is contracted to work an average of 25 hours per week. Other than this one employee (the new Wellness Centre Manager funded by the National Lottery Community Fund award), there are no staff costs or employee benefits paid to the trustees, key management personnel or others. Total Staff Costs for the Wellness Centre Manager were limited to the following

Salary	10,875	
PAYE withheld	(708)	Remitted to HMRC
NI withheld	(283)	Remitted to HMRC
Pension contribution withheld	(289)	Remitted to pension provider
Net paid to employee	<u>9,595</u>	
Employer contribution to pension	217	Remitted to pension provider
Total staff costs and employee benefits paid	<u>11,092</u>	Gross salary + employer contribution to pension

Note: In addition to her salary, the Wellness Centre Manager has also been reimbursed for travel and other payments she made on behalf of the charity. A total of £326 in reimbursement has been completed in the year to 31 March 2025.

Other Manager Expenses	154
Printing and Stationary	34
Other Sundries & Supplies	4
Workshop Expenses	104
Events	30
	<u>326</u>



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Yarm Wellness

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1197256

Set out on pages

3 - 9

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

[Signature]

Date:

2/9/25

Name:

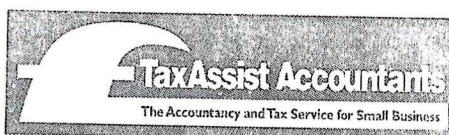
MICHAEL TURNBULL

**Relevant professional
qualification(s) or body
(if any):**

INSTITUTE OF FINANCIAL ACCOUNTANTS
(MISHP No. 234178)

Address:

ARNISON HOUSE, 139A HIGH STREET, YARM
TS15 9AY



YARM WELLNESS

England & Wales - Charity number 1197256

Accounts



Yarm Wellness

Registered Charity 1197256 (England & Wales)
Annual Report and Accounts
For the Year Ended 31 March 2024

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The Wellness Centre
High Church Wynd
Yarm on Tees
TS15 9BQ
Yarm Wellness is a registered charity
1197256



Trustees Annual Report

For the Year Ended 31 March 2024

Objectives & Activities

PURPOSE

Summary of the purposes of the charity as set out in its governing document.

Yarm Wellness' purpose is to provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, fitness and wellness classes along with multiple support groups. We also offer a warm safe space for our community to engage with others and reduce isolation.

ACTIVITIES

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Yarm Wellness has worked with the community to host a variety of Give Back and Isolation Partnership wellness workshops across the year including:

- Cancer Support Group
- Caring for Carers Relaxation & Sleep Support
- Coffee, Cake & Company
- Community Choir
- Craft & Chat
- Men's Wellness Groups – 'Manter' and 'Mens-hed'
- Menopause Support Group
- Pensioners Lunch Club
- Teen Yoga & Mindfulness Club
- Toddler Playgroup
- Veterans Breakfast
- Walking Group

Yarm Wellness has partnered with local charities to provide the following:

- It's OK Café (Bereavement Support Group) and Women's Peer Support Group - both with Red Balloons
- Soup & Chat Dementia Café & Advice Service with Teesside Dementia Link Services
- Yoga for Cancer funded by Macmillan Cancer Support

In addition, we have let the hall to local service providers to deliver Mind & Body workshops including:

- Baby Massage
- Pilates
- Qi Gong / Gentle Exercise & Relaxation
- Sound Bath Deep Relaxation
- Yoga
- Zumba

Yarm Wellness is in touch with the community and works to identify needs and opportunities. In the past year we have added to our offerings with sessions including Creative Art for Wellness, Sunday Games, Teen Yoga and a second Men's Wellness Group. Creative Art for Wellness and Sunday Games are examples of how our sessions have supported individuals in the community to the point that some of our participants are now finding their own strength in leading these new sessions to benefit even more individuals in the community.

Yarm Wellness has also specifically focused on supporting Men's wellness. Our Wednesday afternoon session, 'Manter,' which was started in partnership with Mind (mental health charity) has been consistently well attended and the men have formed bonds with the others in the group that go beyond the weekly sessions held at the hall. While the benefit of this group was recognised, the afternoon timing precluded many working men (generally under the age of 55) from attending. This younger cohort of men are at a significantly higher risk of suicide, especially in the Northeast, so we added a second Men's group that meets on a Friday evening. This second group has been named 'Mens-hed' and is also well attended.

BACK GARDEN

In addition to the charity's work offering sessions in our renovated building, we continue to work on the outside space to extend our offerings. In the spring of 2023, a bit of unused, overgrown land was identified just to the back of our building. With a great deal of support from Suez Recycling and Recovery and Wildlife Gardening Services we were able to clear the land and establish a sitting area. We were given £1,000 from Tees Valley Nature Partnership to complete this project. This funding enabled us to create an outdoor space to mirror the warmth and hospitality inside the building. We have made it safe, private and appealing for our visitors. We have created a wonderful town garden to be used by all our different groups for relaxation, socialising and as a practical focus for those looking for increased mental and physical activity.

Trustees Annual Report

For the Year Ended 31 March 2024

The mental health benefits of engaging with the outdoors are well documented. Time outside reduces anxiety, improves mood and encourages activity. Some of our yoga sessions, including the teenage mindfulness and yoga for cancer groups, have used the outside area for sessions and given feedback of the wonderful holistic benefits it has provided to support their wellbeing. At Yarm Wellness, looking after the garden is a social and enjoyable activity. We have a number of pensioners visiting our centre, many of whom are keen gardeners but no longer have their own gardens. They are keen not only to enjoy the garden but to play their part in taking care of it. Our garden brings people out of their homes, reduces isolation and promotes community inclusion.

The restricted funding received to complete the project (£1,000) and the monies spent (£1,310) are considered extraordinary activity for the charity as the establishment of this back garden was a one-time event and not part of the charity's ongoing activities.

PUBLIC BENEFIT

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

The trustees have taken regard of the guidance issued by the Charity Commission to ensure our aims, objectives and activities are for the public benefit.

VOLUNTEERS

Contribution made by volunteers.

Yarm Wellness is run entirely by volunteers. We have approximately 45 volunteers who each give 2 – 40 hours a month supporting the workshops and managing the charity's activities. Our volunteers have come to us through participating in sessions, social prescribers and social media. Simply put, without the volunteers the charity would not function. We are the community supporting the community by inspiring hope and positive well-being through community led activities. None of this happens without the volunteers that make it happen.

Achievements & Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Yarm Wellness enables the community to come together and support each other. We help give people purpose and opportunities to empower them to deliver support sessions inspired by their lived experiences to help others and grow. The centre was in use for nearly 1,500 hours in the last year with almost 1,000 participants benefiting from our offerings every month. 60% of our sessions are offered on a free community give back basis, all run by volunteers. These sessions offer the community the opportunity to try something new and meet people. We also offer our charity partners a safe space to reach the community.

Surveys have evidenced that the charity's work has resulted in a reduction in social isolation and the crippling effects caused by isolation. The charity has cohesive relationships with local charity partners which fill the crucial gaps identified by social prescribers to support mental health and well-being for the community. The charity has provided an effective centre to which people can be signposted, resulting in a reduction of patients attending the local Primary Care Network repeatedly.

Trustees Annual Report

For the Year Ended 31 March 2024

Financial Review

Review of the charity's financial position at the end of the period.

In the year ended 31 March 2024 Yarm Wellness collected £39,008 in ordinary receipts. For the same financial year Yarm Wellness spent £33,764 for ordinary expenses. These collections net of expenditures resulted in a net surplus of £5,244 for the year. This surplus primarily represents the incremental £5,000 added to the Building Maintenance Fund. The trustees designated £5,000 to be set aside each year until a balance of £25,000 is achieved. This fund will be used to provide for any required significant building maintenance.

In addition to our ordinary activities, Yarm Wellness collected £1,890 in extraordinary receipts relating to the Back Garden and Arches projects. For the same financial year Yarm Wellness spent £1,310 to complete the Back Garden project leaving a net extraordinary surplus of £580.

The combined surplus of £5,824 was added to last year's balance of funds (£47,871) resulting in a total of cash funds at year end of £53,695. These funds are held as £23,922 of unrestricted funds (cash reserve), £17,606 of unrestricted designated funds and £12,167 of restricted funds.

The unrestricted designated funds include £10,000 of a building maintenance fund held for future required significant maintenance and £7,606 designated to support various wellness workshops.

The restricted funds include £7,890 for the outside space arches project planned for 2025 (extraordinary activity) and £4,277 restricted to support various wellness workshops.

OUTSIDE ARCHES PROJECT

Our building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in Winter 2024/25 once Network Rail has completed their scheduled maintenance project. Last year Yarm Wellness received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. Yarm Wellness has received a further £890 this financial year from the Co-op's Community Fund to support this project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one-time event and not part of the charity's ongoing activities.

RESERVES POLICY

Statement explaining the policy for holding reserves stating why they are held and amount of reserves held.

Yarm Wellness aims to hold six to nine months of estimated ordinary payments in cash reserve. This amount of cash reserve allows us to continue providing services to the community in the event there is an unexpected reduction in the amount of hall rental income or donations received. The cash reserve also supports the charity in the event of unexpected increases in costs prior to obtaining relevant funding or to support the startup of new programs while sourcing the appropriate funding.

At year end 31 March 2024 £23,922 was held in reserve which covers approximately eight and a half months of ordinary payments.

PRINCIPAL SOURCES OF FUNDS

The charity's principal sources of funds (including any fundraising).

Yarm Wellness' ordinary receipts are primarily from the rental of the hall for local providers to deliver Mind & Body workshops, donations received from the community and grants. In the year to 31 March 2024 our largest donation received was from a local company, Electrix, for £6,000. Our two largest grants received were £5,000 from the Balingier Charitable Trust to provide for certain workshops and core costs of running the hall and £4,388 from Macmillan Cancer Support to provide yoga for cancer patients.

Trustees Annual Report

For the Year Ended 31 March 2024

Structure, Governance & Management

Yarm Wellness is a Charitable Incorporated Organisation (CIO) governed by our Constitution.

TRUSTEES

Yarm Wellness had three original trustees from the charity's inception in December 2021. A fourth trustee was appointed in May 2022. One of the original trustees resigned this year leaving only three trustees at present. The trustees are planning to invite an additional two to four individuals to join as trustees of the charity in the new year. In selecting these individuals, the trustees will have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Apart from the first three trustees, subsequent trustees must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. There must be at least three trustees and a maximum of twelve. If the number of trustees falls below three, the remaining trustee(s) may act only to call a meeting of the remaining trustees or appoint a new charity trustee.

Reference & Administrative Details


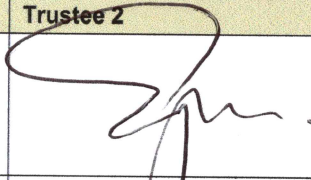
Yarm Wellness
 Registered Charity 1197256
 High Church Wynd, Yarm TS15 9BQ

TRUSTEES

Name	Office	Dates acted
Cheryl Scollay	Chair	Full Year
Stephen Lynas	Vice Chair	Full Year
Victoria De Main	Treasurer	Resigned 31 January 2024
Kathryn van der Graaf	Operations	Full Year

Declarations

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees.

	Trustee 1	Trustee 2
Signature		
Full Name	CHERYL JOANNE SCOLLAY	STEPHEN LYNAS
Position	CHAIR	VICE CHAIR
Date	18/11/2024	18/11/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Yarm Wellness

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1197256

Set out on pages

7 - 13

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

M.A. Turnbull

Date:

24/6/24

Name:

M.A. TURNBULL

**Relevant professional
qualification(s) or body
(if any):**

INSTITUTE OF FINANCIAL ACCOUNTANTS
M'SHIP NO: 234178

Address:

ARNISON HOUSE
139A HIGH ST.
YARM TS15 9AA.



Receipts & Payments Accounts

For the Year Ended 31 March 2024


	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section A Receipts & Payments				
A1 Receipts				
Hall Rental	8,846	-	8,846	7,965
Donations	7,841	1,713	9,554	6,831
Interest	620	-	620	137
Funding - Core Costs	-	3,880	3,880	12,625
Funding - Workshops	7,000	9,108	16,108	9,737
Funding - Garden	-	-	-	500
Funding - Jubilee	-	-	-	2,000
TOTAL RECEIPTS - ORDINARY	24,307	14,701	39,008	39,795
A2 Payments				
Gas & Electric	307	3,742	4,049	4,678
Water	203	424	627	516
Insurance	236	595	831	991
Facilities Management	596	5,933	6,529	2,963
Repairs & Maintenance	701	-	701	2,610
IT	923	-	923	1,144
Printing & Stationary	1,201	-	1,201	497
Uniforms	420	-	420	450
Other Sundries & Supplies	3,234	715	3,949	2,947
Subtotal Core Costs	7,821	11,409	19,230	16,796
Workshop Expenses	6,919	5,184	12,103	6,409
Events	1,021	12	1,033	4,000
Garden	729	167	896	205
Community Support	502	-	502	626
TOTAL PAYMENTS - ORDINARY	16,992	16,772	33,764	28,036
NET RECEIPTS / (PAYMENTS) - ORDINARY	7,315	(2,071)	5,244	11,759
A3 Transfers between funds	2,533	(2,533)	-	-
A4 Extraordinary Activity				
Receipts - YYCA Asset Transfer	-	-	-	36,271
Receipts - Funding Renovation	-	-	-	14,230
Receipts - Funding Back Garden	-	1,000	1,000	-
Receipts - Funding Arches	-	890	890	7,000
Payments - Renovation	-	-	-	(21,389)
Payments - Back Garden	(310)	(1,000)	(1,310)	-
NET EXTRAORDINARY ACTIVITY	(310)	890	580	36,112
A5 Cash funds last year end	32,891	14,980	47,871	-
Co-op fund incorrectly reported last year (see Note 5B)	(901)	901	-	-
CASH FUNDS THIS YEAR END	41,528	12,167	53,695	47,871

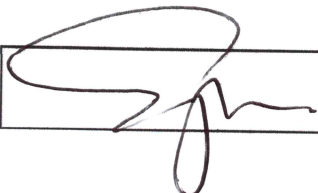
Receipts & Payments Accounts

For the Year Ended 31 March 2024

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section B Statement of Assets & Liabilities at the end of the period				
B1 Cash Funds				
Christmas Hampers	-	-	-	327
Community Foundation - Jubilee	-	-	-	167
Workshops - Co-op	-	-	-	901
Workshops - Yarm School	1,252	-	1,252	3,017
Workshops - SBC Food Aid Fund	-	-	-	-
Workshops - Manter Food	-	-	-	500
Workshops - Macmillan Cancer Support	-	2,157	2,157	-
Workshops - Men's Group	-	-	-	-
Workshops - Suez	-	-	-	-
Workshops - Teen Yoga	-	1,160	1,160	-
Workshops - Electrix	4,802	-	4,802	-
Workshops - Choir	1,000	-	1,000	-
Workshops - Other	552	-	552	767
Workshops & Core Costs - Ballinger	-	960	960	-
Core Costs - National Lottery	-	-	-	4,688
Core Costs - Brighter Days	-	-	-	2,625
Core Costs - Hospital of God	-	-	-	-
Outside Space - Arches	-	7,890	7,890	7,000
Outside Space - Garden	-	-	-	756
Outside Space - TVNP	-	-	-	-
Building Maintenance Reserve	10,000	-	10,000	5,000
Unrestricted - General (Reserve)	23,922	-	23,922	22,123
TOTAL CASH FUNDS	41,528	12,167	53,695	47,871

Signed by one or two trustees on behalf of all trustees -

Signature	Print Name	Date of Approval
	CHERYL SCOLLAY	18/11/2024

	STEPHEN LYNAS	18/11/2024
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Notes to the Accounts

For the Year Ended 31 March 2024

Note 1 - Accounting Practice

Yarm Wellness uses the cash basis to prepare the receipts and payments accounts.

Note 2 - Extraordinary Back Garden

In Spring of 2023 a bit of unused land was identified just to the back of our building. With a great deal of support from Suez we were able to remove a wall, gain access to this land, clear it and establish a sitting area. We were given £1,000 from Tees Valley Nature Partnership to complete this project. The restricted funding received to complete the project (£1,000) and the monies spent (£1,310) are considered extraordinary activity for the charity as the establishment of this back garden was a one time event and not part of the charity's ongoing activities.

Note 3 - Extraordinary Outside Space Arches

Our building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in Winter 2024/25 once Network Rail has completed their scheduled maintenance project.

Last year Yarm Wellness received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. Yarm Wellness has received a further £890 from the Co-op's Community Fund to support this project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one time event and not part of the charity's ongoing activities.

Note 4 - Cash Balances

Yarm Wellness cash at 31 March 2024 was held in the following accounts:

NatWest current account	3,696
NatWest reserve account	49,758
Cash on hand	241
	<u>53,695</u>

Notes to the Accounts

For the Year Ended 31 March 2024

Note 5 - Fund Balances

Yarm Wellness cash funds are comprised of both unrestricted (includes designated) and restricted funds. Yarm Wellness has no endowment funds. The following funds have been accounted for in the year to 31 March 2024 -

Fund	Balance	Receipts		Payments		Transfers	Ending Balance	Ref
	Forward	Ordinary	Extra	Ordinary	Extra			
Community Foundation - Jubilee	167	-	-	(167)	-	-	-	A
Workshops - Co-op	901	1,213	-	(483)	-	(1,631)	-	B
Workshops - SBC Food Aid Fund	-	1,000	-	(1,000)	-	-	-	C
Workshops - Manter Food	500	500	-	(1,000)	-	-	-	D
Workshops - Macmillan Cancer Support	-	4,388	-	(1,639)	-	(592)	2,157	E
Workshops - Teen Yoga	-	1,600	-	(440)	-	-	1,160	F
Workshops & Core Costs - Ballinger	-	5,000	-	(3,730)	-	(310)	960	G
Core Costs - National Lottery	4,688	-	-	(4,688)	-	-	-	H
Core Costs - Brighter Days	2,625	-	-	(2,625)	-	-	-	I
Core Costs - Hospital of God	-	1,000	-	(1,000)	-	-	-	J
Outside Space - Arches	7,000	-	890	-	-	-	7,890	K
Outside Space - TVNP	-	-	1,000	-	(1,000)	-	-	L
Restricted Funds	15,881	14,701	1,890	(16,772)	(1,000)	(2,533)	12,167	
Christmas Hampers (YYCA)	327	-	-	(327)	-	-	-	M
Workshops - Yarm School	3,017	4,221	-	(4,682)	-	(1,304)	1,252	N
Workshops - Men's Group	-	613	-	(542)	-	(71)	-	O
Workshops - Suez	-	500	-	(500)	-	-	-	P
Workshops - Electrix	-	6,000	-	(957)	-	(241)	4,802	Q
Workshops - Choir	-	1,000	-	-	-	-	1,000	R
Workshops - Other	767	778	-	(376)	-	(617)	552	S
Outside Space - Garden	756	165	-	(611)	(310)	-	-	T
Building Maintenance Reserve	5,000	-	-	-	-	5,000	10,000	U
Designated Funds	9,867	13,277	-	(7,995)	(310)	2,767	17,606	
Unrestricted - General (Reserve)	22,123	11,030	-	(8,997)	-	(234)	23,922	V
Designated + Unrestricted Funds	31,990	24,307	-	(16,992)	(310)	2,533	41,528	
TOTAL FUNDS	47,871	39,008	1,890	(33,764)	(1,310)	-	53,695	

Ref

- A The Yarm branch of Newcastle Building Society nominated Yarm Wellness for a grant from the Community Foundation of Tyne & Wear and Northumberland. In April 2022 the Community Foundation awarded Yarm Wellness £2,000 to host a street party to celebrate the Queen's Jubilee in June 2022. There was a small balance of funds that were not spent on the Jubilee celebration. This balance was restricted to use for the benefit of the residents of High Church Wynd. In February 2024 we used the balance to build planter boxes along our front wall facing High Church Wynd and installed hanging baskets.
- B As part of their Local Community Fund, Co-op donated £2,357 to Yarm Wellness in the year ending March 2022 to support wellness workshops net of direct donations received for each workshop. Note: This fund was incorrectly reported as unrestricted last year.
- The balance of the fund supported direct costs and core cost allocation (see Note 6) for part of the year for the following workshops -
- | | |
|--|-----------------------------|
| Coffee, Cake & Company | Veteran's Breakfast |
| Craft & Chat | Walking Group |
| It's OK Café (Bereavement Support Group) | Women's Mental Health Group |
| 'Manter' Men's Wellness Group | Yoga for Cancer |
| Menopause Support Group | |
- C In February 2024 Stockton Borough Council awarded Yarm Wellness £1,000 from the Food Aid Fund to provide food in February and March 2024. The fund was used to purchase milk for the kitchen as well as support the following wellness workshops -
- | | |
|-------------------------------|---------------------|
| Art Group | Sunday Games Group |
| Coffee, Cake & Company | Toddler Playgroup |
| Yarm Wellness Community Choir | Veteran's Breakfast |
| Craft & Chat | |
- D An additional £500 was donated to Yarm Wellness in October 2023 for the specific purpose of providing food to the 'Manter' Men's Wellness Group.

Notes to the Accounts

For the Year Ended 31 March 2024

- E In May 2023 Macmillan Cancer Support awarded Yarm Wellness £4,388 to provide Yoga for cancer patients.
- F In October 2023 the Community Foundation of Tyne & Wear and Northumberland awarded Yarm Wellness £1,600 to provide Yoga for teenagers. This award was the result of a nomination from Muckle LLP, our solicitors.
- G In July 2023 The Ballinger Charitable Trust awarded Yarm Wellness £5,000 to cover the costs of the monthly Dementia Café (£1,080), provide financial assistance to members of the community who would not otherwise be able to participate in our sessions (£1,040) and funds to assist with our core costs (£2,880).
- H In September 2022 the National Lottery Community Fund awarded Yarm Wellness £10,000 to fund certain core costs for twelve months. The balance of this fund was spent this year.
- I In January 2023 the Police & Crime Commissioner for Cleveland awarded Yarm Wellness £2,625 as part of the Brighter Days Campaign. The money was to fund certain core costs from September 2023 to March 2024 (following the expiration of the National Lottery funding). The balance of this fund was spent this year.
- J In April 2023 the Hospital of God awarded Yarm Wellness £1,000 to assist with our core costs. The fund provided for our Facilities Manager for a couple of months.
- K See Note 3
- L See Note 2
- M £503 of the funds transferred from YYCA at the start of Yarm Wellness in April 2022 were designated to support Christmas hampers for the community. The balance of this fund was spent in December 2023 to support the community in need.
- N In June 2022 Yarm School hosted a Bollywood Ball that included a charity auction to raise money for Yarm Wellness. Yarm Wellness received £6,620 from this fundraiser. In November 2022 Yarm School held another fundraiser for the benefit of Youth Programs at Yarm Wellness. This second fundraiser contributed a further £510. The trustees designated this fund to support the following wellness workshops net of direct donations received for each workshop -
- | | |
|--|------------------------------------|
| Cancer Support Group | Veteran's Breakfast |
| Red Balloons Women's Mental Health | Yarm Wellness Community Choir |
| Soup & Chat Dementia Café & Advice Service | Cancer Research Charity Yoga Event |
| Toddler Playgroup | Teen Yoga & Mindfulness Club |
- O In September 2023 the local Hays Travel office hosted a fundraising event to benefit Yarm Wellness which raised £463. Also in September 2023 the local Tesco donated £150 to support the community. The trustees put these amounts together and designated them to support the start up of a new Men's Mental Health Group that would meet on Friday evenings. This new group is targeted at working aged men unable to join the established Wednesday afternoon Men's Group (Manter).
- P In December 2023 Suez donated £500 to Yarm Wellness to support Christmas celebrations. The trustees designated the fund to be spent on Christmas treats at the following wellness workshops along with food for our Volunteer Christmas party -
- | | |
|-------------------------------|---------------------|
| Coffee, Cake & Company | Toddler Playgroup |
| Yarm Wellness Community Choir | Veteran's Breakfast |
| Craft & Chat | Lunch Club |
- Q In December 2023 a local company (Electrix) donated £6,000 to Yarm Wellness. The trustees designated the fund to be spent on Mens Wellness Groups and the Choir.
- R In March 2024 North East Ladies Day donated £1,000 to Yarm Wellness. The trustees designated the money to support the Choir.
- S The workshops fund represents the balance of funds received from YYCA designated by the trustees to support all other wellness workshops not supported by another specific fund. These workshops' direct costs and core cost allocation (see Note 6) net of direct donations continue to be funded.
- T The Garden fund was further augmented this year by donations received in appreciation for community garden work the Yarm Wellness garden team completed. The funds were then spent to complete work on the Back Garden development along with a shed, some tools and flowers and plants for the front garden.
- U The trustees designated £5,000 to be set aside each year for a Building Maintenance Fund to hold a maximum value of £25,000. This fund will be used to provide for any required significant building maintenance.

Notes to the Accounts

For the Year Ended 31 March 2024

- V **Unrestricted** - General funds are held as a cash reserve to support the charity's operations. This fund is targeted to hold six to nine months of estimated ordinary payments. At 31 March 2024 the cash reserve balance of £23,922 was estimated at eight and a half months of ordinary payments.

Note 6 - Core Cost Allocation

Total core costs for the year (£19,230) less direct funding for core costs (multiple sources totalling £11,409) results in net core costs to fund of £7,821. This value was divided across the total hours the hall was used in the year (1,495 hours) to calculate a core cost per hour of £5.23. The funds supporting Yarm Wellness provided workshops were then allocated an hourly charge to fund the core costs of running the hall during the workshops. These calculated values are the remaining transfers between the workshop funds and unrestricted - general.

Note 7 - Fund Transfers

Other than the Building Maintenance Reserve (see Note 5 Reference T), all fund transfers were for core cost allocation (see Note 6) from unrestricted - general to the specific workshop funds.

Fund	Building Reserve	Core Cost Allocation	Net Transfers
Community Foundation - Jubilee	-	-	-
Workshops - Co-op	-	(1,631)	(1,631)
Workshops - SBC Food Aid Fund	-	-	-
Workshops - Manter Food	-	-	-
Workshops - Macmillan Cancer Support	-	(592)	(592)
Workshops - Teen Yoga	-	-	-
Workshops & Core Costs - Ballinger	-	(310)	(310)
Core Costs - National Lottery	-	-	-
Core Costs - Brighter Days	-	-	-
Core Costs - Hospital of God	-	-	-
Outside Space - Arches	-	-	-
Outside Space - TVNP	-	-	-
Restricted Funds	-	(2,533)	(2,533)
Christmas Hampers (YYCA)	-	-	-
Workshops - Yarm School	-	(1,304)	(1,304)
Workshops - Men's Group	-	(71)	(71)
Workshops - Suez	-	-	-
Workshops - Electrix	-	(241)	(241)
Workshops - Choir	-	-	-
Workshops - Other	-	(617)	(617)
Outside Space - Garden	-	-	-
Building Maintenance Reserve	5,000	-	5,000
Designated Funds	5,000	(2,233)	2,767
Unrestricted - General (Reserve)	(5,000)	4,766	(234)
Designated + Unrestricted Funds	-	2,533	2,533
TOTAL FUNDS	-	-	-

Note 8 - Payments to Trustees

Yarm Wellness has four trustees. None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity. From time to time trustees have been reimbursed for payments they made on behalf of the charity. The following reimbursements have been completed in the year to 31 March 2024.

Trustee		
Cheryl Scollay	22	Workshop supplies
Stephen Lynas	130	Workshop supplies and other costs
Kate van der Graaf	70	Core costs (IT related)
Vicky de Main	451	Core costs (IT related)
	<u>673</u>	

Notes to the Accounts

For the Year Ended 31 March 2024

Note 9 - Related Party Transactions

Yarm Wellness did not have any related party transactions in the year to 31 March 2024.

Note 10 - Audit, Independent Examination and Other Financial Service Fees

Yarm Wellness has not paid any fee for the independent examination of the accounts or other tax, accountancy or other financial services. The charity's accounts have been prepared by the charity's finance manager on a volunteer basis. The accounts have been reviewed by an independent examiner on a gratis basis.

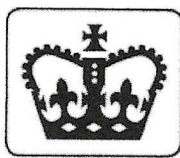
Note 11 - Staff Costs

Yarm Wellness has no employees. There are no staff costs or employee benefits paid to the trustees, key management personnel or others.

YARM WELLNESS

England & Wales - Charity number 1197256

Accounts



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Yarm Wellness

On accounts for the year ended

31 March 2023

Charity no (if any)

1197256

Set out on pages

1 To 6

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2023.

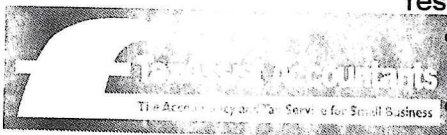
Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:



- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Michael A. Turnbull

Date:

4/19/23

Name:

MICHAEL A. TURNBULL

Relevant professional qualification(s) or body (if any):

INSTITUTE OF FINANCIAL ACCOUNTANTS (M'SHIP No: 234178)

Address:

ARNISON HOUSE, 139A HIGH STREET
YARM, TS15 9AT

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).



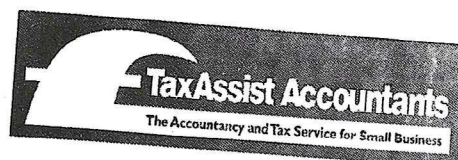
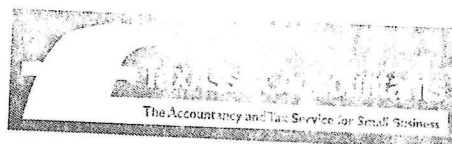
Yarm Wellness registered charity 1197256



Receipts & Payments Accounts

For the Period 1 April 2022 to 31 March 2023

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section A Receipts & Payments				
A1 Receipts				
Hall Rental	7,965	-	7,965	-
Donations	6,331	500	6,831	-
Interest	137	-	137	-
Funding - Core Costs	-	12,625	12,625	-
Funding - Workshops	9,737	-	9,737	-
Funding - Outside Space Garden	500	-	500	-
Funding - Jubilee	-	2,000	2,000	-
TOTAL RECEIPTS - ORDINARY	24,670	15,125	39,795	-
A2 Payments				
Gas & Electric	1,420	3,258	4,678	-
Water	215	301	516	-
Insurance	596	395	991	-
Facilities Management	1,605	1,358	2,963	-
Repairs & Maintenance	2,610	-	2,610	-
iT	1,144	-	1,144	-
Printing & Stationary	497	-	497	-
Uniforms	450	-	450	-
Other Sundries & Supplies	2,947	-	2,947	-
Subtotal Core Costs	11,484	5,312	16,796	-
Workshop Expenses	6,409	-	6,409	-
Events	2,226	1,774	4,000	-
Garden	205	-	205	-
Community Support	626	-	626	-
TOTAL PAYMENTS - ORDINARY	20,950	7,086	28,036	-
NET RECEIPTS / (PAYMENTS) - ORDINARY	3,720	8,039	11,759	-
A3 Transfers between funds	59	(59)	-	-
A4 Extraordinary Activity				
Receipts - YYCA Asset Transfer	36,271	-	36,271	-
Receipts - Funding Renovation	14,230	-	14,230	-
Receipts - Funding Outside Space Arches	-	7,000	7,000	-
Payments - Renovation	(21,389)	-	(21,389)	-
NET EXTRAORDINARY ACTIVITY	29,112	7,000	36,112	-
A5 Cash funds last year end	-	-	-	-
CASH FUNDS THIS YEAR END	32,891	14,980	47,871	-





CHARITY COMMISSION
FOR ENGLAND AND WALES

Yarm Wellness registered charity 1197256

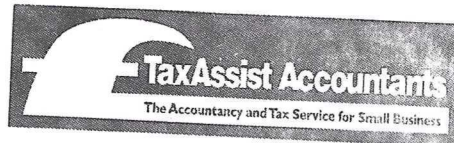
Receipts & Payments Accounts

For the Period 1 April 2022 to 31 March 2023

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section B Statement of Assets & Liabilities at the end of the period				
B1 Cash Funds				
Renovation	-	-	-	-
Startup (YYCA)	-	-	-	-
Christmas Hampers (YYCA)	327	-	327	-
Community Foundation - Jubilee	-	167	167	-
Workshops - Co-op	901	-	901	-
Workshops - Yarm School	3,017	-	3,017	-
Workshops - SBC Food Aid Fund	-	-	-	-
Workshops - Manter Food	-	500	500	-
Workshops - Other (YYCA)	767	-	767	-
Core Costs - National Lottery	-	4,688	4,688	-
Core Costs - Brighter Days	-	2,625	2,625	-
Outside Space - Arches	-	7,000	7,000	-
Outside Space - Garden	756	-	756	-
Building Maintenance Reserve	5,000	-	5,000	-
Unrestricted - General	22,123	-	22,123	-
TOTAL CASH FUNDS	32,891	14,980	47,871	-

Signed by one or two trustees on behalf of all trustees -

Signature	Print Name	Date of Approval
	CHERYLSCOLLAY	4/10/2023



4/10/23

Note 1 - Accounting Practice

Yarm Wellness uses the cash basis to prepare the receipts and payments accounts.

Note 2 - Extraordinary YYCA Asset Transfer

Yarm Wellness (YW) opened 1 April 2022. The charity was given use of a building owned by Stockton Borough Council. The building was previously used by Yarm Youth & Community Association (YYCA - registered charity 1091668). In February 2022 YYCA resolved to close and transfer its undertakings and assets to YW. Yarm Wellness received £36,271 of unrestricted funds from YYCA. This receipt is considered an extraordinary activity for the charity as there is no expectation of this type of receipt in the future.

The assets received from YYCA were -

NatWest bank account	36,064
Petty cash	207
	<u>36,271</u>

The funds received from YYCA were designated for the following purposes -

Yarm Wellness Startup	3,836
Wellness Workshops	2,362
Christmas Hampers / Community Assistance	503
Unrestricted - General	29,570
	<u>36,271</u>

Note 3 - Extraordinary Renovation

Prior to closing, YYCA began a much needed refurbishment of the building including a new kitchen, new bathrooms and new heating system. Yarm Wellness took on the work in progress and completed the project. Yarm Wellness spent a total of £21,389 to complete the project. The designated funding received to complete the renovation (£14,230) and the monies spent (£21,389) are considered extraordinary activity for the charity as the renovation was a one time event and not part of the charity's ongoing activities. The balance of funding for the renovation came from YYCA funds designated for Yarm Wellness startup (£1,756) and other unrestricted funds (£5,403).

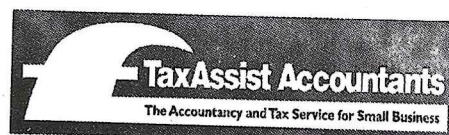
Note 4 - Extraordinary Outside Space Arches

The building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in Spring 2024 once Network Rail has completed their scheduled maintenance project. Yarm Wellness has received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one time event and not part of the charity's ongoing activities.

Note 5 - Cash Balances

Yarm Wellness cash at 31 March 2023 was held in the following accounts:

NatWest current account	9,229
NatWest reserve account	38,137
NatWest current account - YYCA	316
Cash on hand	189
	<u>47,871</u>



4/10/23




Note 6 - Fund Balances

Yarm Wellness cash funds are comprised of both unrestricted (includes designated) and restricted funds. Yarm Wellness has no endowment funds. The following funds have been accounted for in the year to 31 March 2023 -

Fund	Balance Forward	Receipts		Payments		Transfers	Ending Balance	Ref
		Ordinary	Extra	Ordinary	Extra			
Community Foundation - Jubilee	-	2,000	-	(1,774)	-	(59)	167	A
Workshops - Manter Food	-	500	-	-	-	-	500	B
Core Costs - National Lottery	-	10,000	-	(5,312)	-	-	4,688	C
Core Costs - Brighter Days	-	2,625	-	-	-	-	2,625	D
Outside Space - Arches	-	-	7,000	-	-	-	7,000	E
Restricted Funds	-	15,125	7,000	(7,086)	-	(59)	14,980	
Renovation	-	-	14,230	-	(14,230)	-	-	F
Startup (YYCA)	-	-	3,836	(2,026)	(1,756)	(54)	-	G
Christmas Hampers (YYCA)	-	-	503	(176)	-	-	327	H
Workshops - Co-op	-	3,026	-	(632)	-	(1,493)	901	I
Workshops - Yarm School	-	8,842	-	(3,411)	-	(2,414)	3,017	J
Workshops - SBC Food Aid Fund	-	500	-	(500)	-	-	-	K
Workshops - Other (YYCA)	-	2,917	2,362	(3,065)	-	(1,447)	767	L
Outside Space - Garden	-	275	-	(19)	-	500	756	M
Building Maintenance Reserve	-	-	-	-	-	5,000	5,000	N
Designated Funds	-	15,560	20,931	(9,829)	(15,986)	92	10,768	
Unrestricted - General (Reserve)	-	9,110	29,570	(11,121)	(5,403)	(33)	22,123	O
Designated + Unrestricted Funds	-	24,670	50,501	(20,950)	(21,389)	59	32,891	
TOTAL FUNDS	-	39,795	57,501	(28,036)	(21,389)	-	47,871	

Ref

- A The Yarm branch of Newcastle Building Society nominated Yarm Wellness for a grant from the Community Foundation of Durham. In April 2022 the Community Foundation awarded Yarm Wellness £2,000 to host a street party to celebrate the Queen's Jubilee. The party was intended for the benefit of the residences of High Church Wynd after the disruption the renovation of the hall had caused. Yarm Wellness held a party on 3 June 2022 which was attended by nearly 100 people. There is a small balance of funds that were not spent on the Jubilee celebration. This balance is restricted to use for the benefit of the residents of High Church Wynd.
- B £500 was donated to Yarm Wellness in March 2023 for the specific purpose of providing food to the 'Manter' Men's Wellness Group.
- C In September 2022 the National Lottery Community Fund awarded Yarm Wellness £10,000 to fund certain core costs for twelve months.
- D In January 2023 the Police & Crime Commissioner for Cleveland awarded Yarm Wellness £2,625 as part of the Brighter Days Campaign. The money is to fund certain core costs from September 2023 to March 2024 (following the expiration of the National Lottery funding).
- E See Note 4
- F See Note 3
- G £3,836 of the funds transferred from YYCA were designated to fund Yarm Wellness startup costs. The funds were spent on renovation (extraordinary) and startup costs (ordinary) which included Open Day celebrations. The transfer amount represents £54 of core cost allocation (see Note 7) for 5.5 hours use of the building for Open Day celebrations.
- H £503 of the funds transferred from YYCA were designated to support Christmas hampers for the community at Christmas 2022. £176 was spent. The balance remains for hot or cold food for community assistance / crisis.



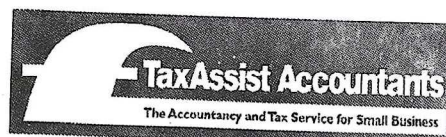
4/12/23
[Signature]



- I As part of the Local Community Fund, Co-op have donated £2,357 to Yarm Wellness. The Trustees designated this fund to support wellness workshops net of direct donations received for each workshop.
- £409 received in April 2022 supported core cost allocation (see Note 7) for the following workshops -
Menopause Support Group
Tea Dance
Ukraine Café
- £1949 received in November 2022 supported direct costs and core cost allocation (see Note 7) for the following workshops -
Coffee, Cake & Company
Craft & Chat
It's OK Café (Bereavement Support Group)
Manter' Men's Wellness Group
Menopause Support Group
Walking Group
- J In June 2022 Yarm School hosted a Bollywood Ball that included a charity auction to raise money for Yarm Wellness. Yarm Wellness received £6,620 from this fundraiser. In November 2022 Yarm School did another fundraiser for the benefit of Youth Programs at Yarm Wellness. This second fundraiser contributed a further £510. The trustees designated this fund to support the following wellness workshops net of direct donations received for each workshop -
Cancer Support Group
Red Balloons Women's Mental Health
Soup & Chat Dementia Café & Advice Service
Toddler Playgroup
Veteran's Breakfast
Yarm Wellness Community Choir
Yoga for Cancer
Youth Programs
Outside Space Garden (see Reference M)
- K In February 2023 Stockton Borough Council awarded Yarm Wellness £500 from the Food Aid Fund to provide food in February and March 2023. The trustees designated this fund to support the following wellness workshops -
Craft & Chat
It's OK Café (Bereavement Support Group)
Lunch Club
Menopause Support Group
- L The fund received from YYCA designated for wellness workshops was designated by the trustees to support all other wellness workshops not supported by another designated fund. These workshops' direct costs and core cost allocation (see Note 7) net of direct donations have been funded.
- M See Workshops - Yarm School Reference J. £500 was designated by the trustees for use in the outside garden. This fund was augmented by donations received in appreciation for community garden work the Yarm Wellness garden team completed.
- N The trustees designated £5,000 to be set aside each year for a Building Maintenance Fund to hold a maximum value of £25,000. This fund will be used to provide for any required significant building maintenance.
- O Other unrestricted funds are held as a cash reserve to support the charity's operations. This fund is targeted to hold six to nine months of estimated ordinary payments. At 31 March 2022 the cash reserve balance of £22,123 was estimated at nine months of ordinary payments.

Note 7 - Core Cost Allocation

Total core costs for the year (£16,796) less direct funding for core costs (National Lottery £5,312) results in net core costs to fund of £11,484. This value was divided across the total hours the hall was used in the year (1,176 hours) to calculate a core cost per hour of £9.76. The funds supporting all Yarm Wellness provided workshops were then allocated an hourly charge to fund the core costs of running the hall during the workshops. These calculated values are the remaining transfers between the workshop funds and unrestricted - general.



4/10/23



Note 8 - Fund Transfers

Other than establishing the Garden Fund (see Note 6 Reference M) and Building Maintenance Reserve (see Note 6 Reference N), all fund transfers were for core cost allocation (see Note 7) from unrestricted - general to the workshop and other relevant funds.

Fund	Establish Garden Fund	Establish Building Reserve	Core Cost Allocation	Net Transfers
Community Foundation - Jubilee	-	-	(59)	(59)
Workshops - Manter Food	-	-	-	-
Core Costs - National Lottery	-	-	-	-
Core Costs - Brighter Days	-	-	-	-
Outside Space - Arches	-	-	-	-
Restricted Funds	-	-	(59)	(59)
Renovation	-	-	-	-
Startup (YYCA)	-	-	(54)	(54)
Christmas Hampers (YYCA)	-	-	-	-
Workshops - Co-op	-	-	(1,493)	(1,493)
Workshops - Yarm School	(500)	-	(1,914)	(2,414)
Workshops - SBC Food Aid Fund	-	-	-	-
Workshops - Other (YYCA)	-	-	(1,447)	(1,447)
Outside Space - Garden	500	-	-	500
Building Maintenance Reserve	-	5,000	-	5,000
Designated Funds	-	5,000	(4,908)	92
Other Unrestricted (Reserve)	-	(5,000)	4,967	(33)
Designated + Unrestricted Funds	-	-	59	59
TOTAL FUNDS	-	-	-	-

Note 9 - Payments to Trustees

Yarm Wellness has four trustees. None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity. From time to time trustees have been reimbursed for payments they made on behalf of the charity. The following reimbursements have been completed in the year to 31 March 2022.

Trustee		
Cheryl Scollay	22	Startup payments
Stephen Lynas	220	Renovation payments
Kate van der Graaf	204	Renovation and startup payments
Vicky de Main	342	Startup payments
	<u>788</u>	

Note 10 - Related Party Transactions

Yarm Wellness did not have any related party transactions in the year to 31 March 2022.

Note 11 - Audit, Independent Examination and Other Financial Service Fees

Yarm Wellness has not paid any fee for the independent examination of the accounts or other tax, accountancy or other financial services. The charity's accounts have been prepared by the charity's finance manager on a volunteer basis. The accounts have been reviewed by an independent examiner on a gratis basis.

Note 12 - Staff Costs

Yarm Wellness has no employees. There are no staff costs or employee benefits paid to the trustees, key management personnel or others.

Note 13 - Prior Transactions

Yarm Wellness opened on 1 April 2022. However, two transactions were received in the bank on 29 March 2022 prior to the opening. These two transactions have been included in the current year's accounts.

Grant received from Stockton Borough Council designated to support the renovation	4,013
Refund from contractor related to the renovation	65
	<u>4,078</u>

4/10/23



Objectives & Activities

Template	Yarm Wellness
<p>Summary of the purposes of the charity as set out in its governing document.</p>	<p>Yarm Wellness' purpose is to provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, educational, fitness and wellness classes. We also offer a warm safe space for our community to engage with others and reduce isolation.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Yarm Wellness has worked with the community to host a variety of Give Back and Isolation Partnership wellness workshops across the year including:</p> <ul style="list-style-type: none"> • Book Club • Cancer Support Group • Coffee, Cake & Company • Community Choir • Macmillan Fund • Craft & Chat • It's OK Café (Bereavement Support Group) • Menopause Support Group • Pensioners Lunch Club • Tea Dance • Toddler Playgroup • Ukraine Café • Veterans Breakfast • Walking Group <p>Yarm Wellness has partnered with local charities to provide the following:</p> <ul style="list-style-type: none"> • 'Manter' Men's Wellness Group (Mind) • Soup & Chat Dementia Café & Advice Service (Teesside Dementia Link Services) • Women's Mental Health (Red Balloons) <p>In addition, we have let the hall to local service providers to deliver Mind & Body workshops including:</p> <ul style="list-style-type: none"> • Caring for Carers Relaxation & Sleep Support • Pilates • Qi Gong / Gentle Exercise & Relaxation • Rock Box • Sound Bath Deep Relaxation • Yoga – Junior, Teen, Mid-Life & Beyond, Intergenerational, Pregnancy, Menopause and Cancer Support • Zumba
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.</p>	<p>In setting the purposes of the charity, the trustees have taken regard of the guidance issued by the Charity Commission on public benefit.</p>

Yarm Wellness Registered Charity 1197256

Trustees Annual Report

For the Period 1 April 2022 – 31 March 2023

ADDITIONAL INFORMATION (OPTIONAL)

Template	Yarm Wellness
Contribution made by volunteers	Yarm Wellness is run entirely by volunteers. We have approximately 45 volunteers who each give 2 – 30 hours a month supporting the workshops and managing the charity's activities.

Achievements & Performance

Template	Yarm Wellness
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	<p>Surveys have evidenced that the charity's work has resulted in a reduction in social isolation and in helping save desperate people from acting on suicidal thoughts.</p> <p>The charity has cohesive relationships with local charity partners which fill the crucial gaps identified by social prescribers to support mental health and well-being for the community.</p> <p>The charity has provided an effective centre to which people can be signposted, resulting in a reduction of patients attending the local Primary Care Network.</p>

Financial Review

Template	Yarm Wellness
Review of the charity's financial position at the end of the period	<p>The charity has £22,123 of unrestricted funds (cash reserve), £10,768 of unrestricted designated funds and £14,980 of restricted funds.</p> <p>The unrestricted designated funds include £5,000 of a building maintenance fund held for future required significant maintenance; £4,685 designated to support various wellness workshops; £756 to develop our garden outside and £327 to support the community in crisis.</p> <p>The restricted funds include £7,313 for core costs; £7,000 for the outside space arches project planned for 2024; £500 to provide food for the 'Manter' Mens Wellness Group and £167 remaining for the benefit of the residents of High Church Wynd.</p>
Statement explaining the policy for holding reserves stating why they are held	Yarm Wellness aims to hold six to nine months of estimated ordinary payments in cash reserve. This amount of cash reserve allows us to continue providing services to the community in the event there is an unexpected reduction in the amount of hall rental income or donations received. It should also buffer us in the event of unexpected increase in costs prior to obtaining relevant funding. A primary example of the use of cash reserves is when a need is identified in the community and while an associated funding is also identified the charity is able to quickly deploy resources to meet the need when there is a delay obtaining the associated funding.
Amount of reserves held	£22,123 which covers approximately nine months of ordinary payments
Reasons for holding zero reserves	Not applicable
Details of fund materially in deficit	None
Explanation of any uncertainties about the charity continuing as a going concern	None

Yarm Wellness Registered Charity 1197256

Trustees Annual Report

For the Period 1 April 2022 – 31 March 2023

ADDITIONAL INFORMATION (OPTIONAL)

Template	Yarm Wellness
The charity's principal sources of funds (including any fundraising)	<p>Yarm Wellness' initial source of funds was the transfer of assets from Yarm Youth & Community Association (YYCA - registered charity 1091668) when YYCA resolved in February 2022 to close and transfer its undertakings and assets to Yarm Wellness (£36,271).</p> <p>Yarm Wellness' ordinary receipts are primarily from the rental of the hall for local providers to deliver Mind & Body workshops, donations received from the community and grants. In the year to 31 March 2022 our largest grant received was for £10,000 from the National Lottery Community Fund to provide for core costs of running the hall.</p>
A description of the principal risks facing the charity	<p>The principle risks which the charity could be adversely affected by are:</p> <ul style="list-style-type: none"> - Lack of volunteers; - Reduction in donations or grant availability; - Significant adverse event preventing access to and use of the hall.

Structure, Governance & Management

Template	Yarm Wellness
Description of charity's trusts:	
Type of governing document (e.g., trust deed, memorandum and articles of association, Charity Commission scheme, Royal Charter, etc.)	Constitution
How is the charity constituted?	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Trustees are appointed for a term of three years by resolution passed at a properly convened meeting of the charity trustees.

ADDITIONAL INFORMATION (OPTIONAL)

Template	Yarm Wellness
Policies and procedures adopted for the induction and training of trustees	The trustees make available to each new charity trustee a copy of the current version of the constitution and a copy of the latest Trustees' Annual Report and statement of accounts.
Relationships with any related parties	

Yarm Wellness Registered Charity 1197256
Trustees Annual Report
For the Period 1 April 2022 – 31 March 2023

Reference & Administrative Details

Charity name	Yarm Wellness
Other name the charity uses	None
Registered charity number	1197256
Charity's principal address	Yarm Wellness High Church Wynd Yarm TS15 9BQ

NAMES OF THE CHARITY TRUSTEES WHO MANAGE THE CHARITY

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Cheryl Scollay	Chair		
Stephen Lynas	Vice Chair		
Kathryn van der Graaf			
Victoria De Main			

CORPORATE TRUSTEES – NAMES OF THE DIRECTORS AT THE DATE THE REPORT WAS APPROVED

Director Name		
None		

NAME OF TRUSTEES HOLDING TITLE TO PROPERTY BELONGING TO THE CHARITY

Trustee Name	Dated acted if not for whole year	
None		

FUNDS HELD AS CUSTODIAN TRUSTEES ON BEHALF OF OTHERS

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Yarm Wellness Registered Charity 1197256

Trustees Annual Report

For the Period 1 April 2022 – 31 March 2023

EXEMPTIONS FROM DISCLOSURE

Reason for non-disclosure of key personnel details

None

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	Trustee 1	Trustee 2
Signature	<i>Cheryl scollay</i>	<i>Vicky De Main</i>
Full Name	Cheryl Scollay	Victoria De Main
Position	Chair, Trustee	Trustee
Date	9/10/2023	07/10/2023