

Yarm Wellness

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

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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 Balinger 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

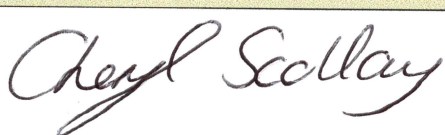
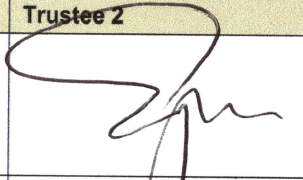
Yarm Wellness
Registered Charity 1197256
High Church Wynd, Yarm TS15 9BQ

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 9A1.



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

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)
	673	

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.