

Yarm Wellness



2024-25
Trustees Annual Report
Year ending 31 March 25

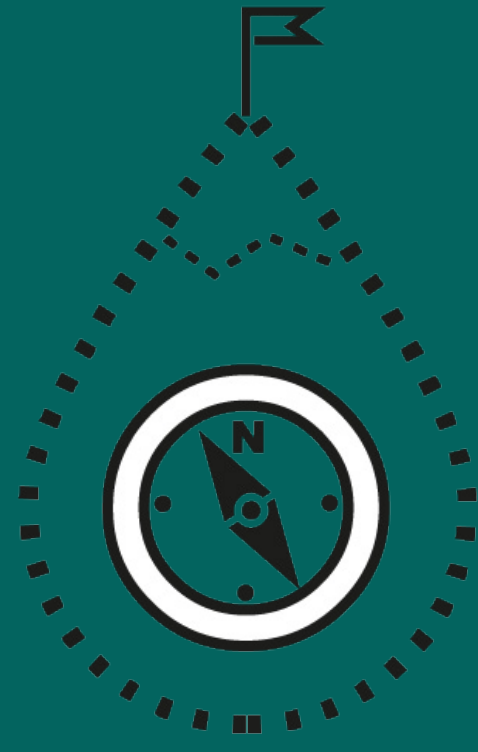


Registered charity 1197256
Yarmwellness@gmail.com
High Church Wynd, Yarm , TS15 9BQ

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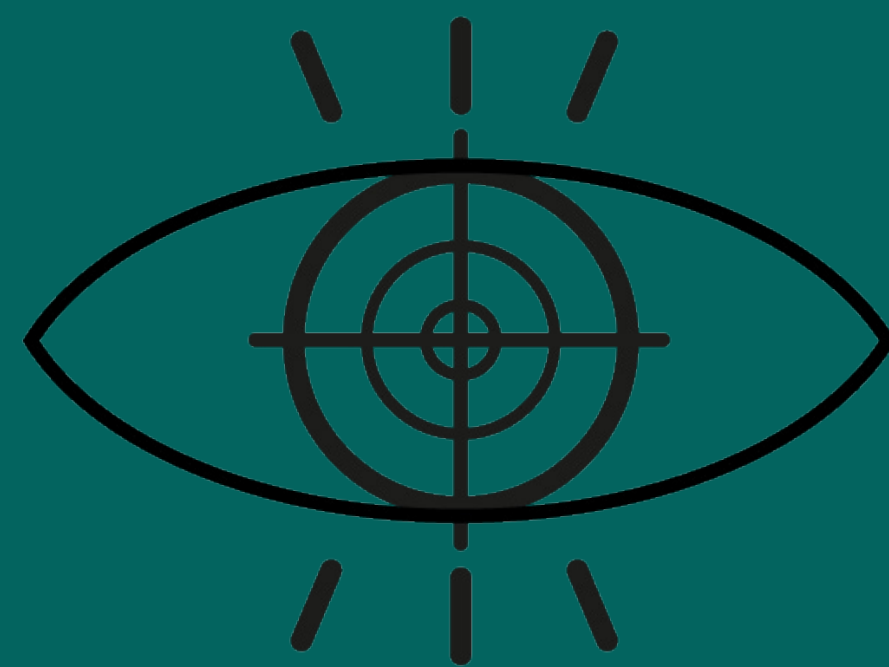
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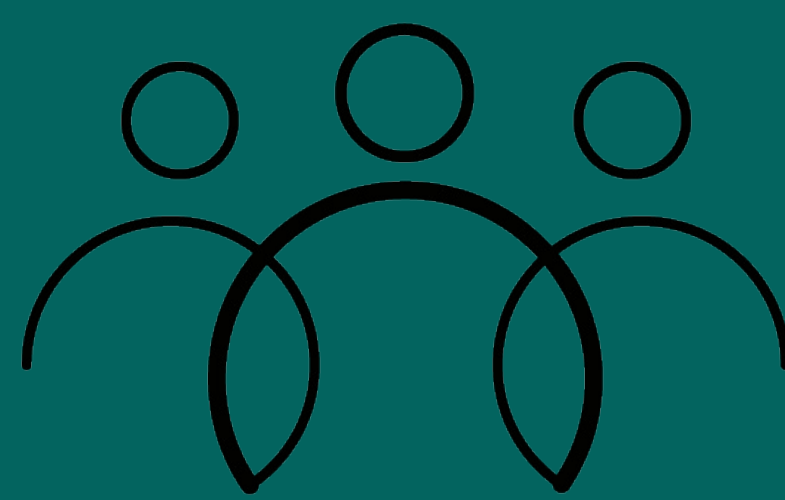
Our Mission

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.

New this year



**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

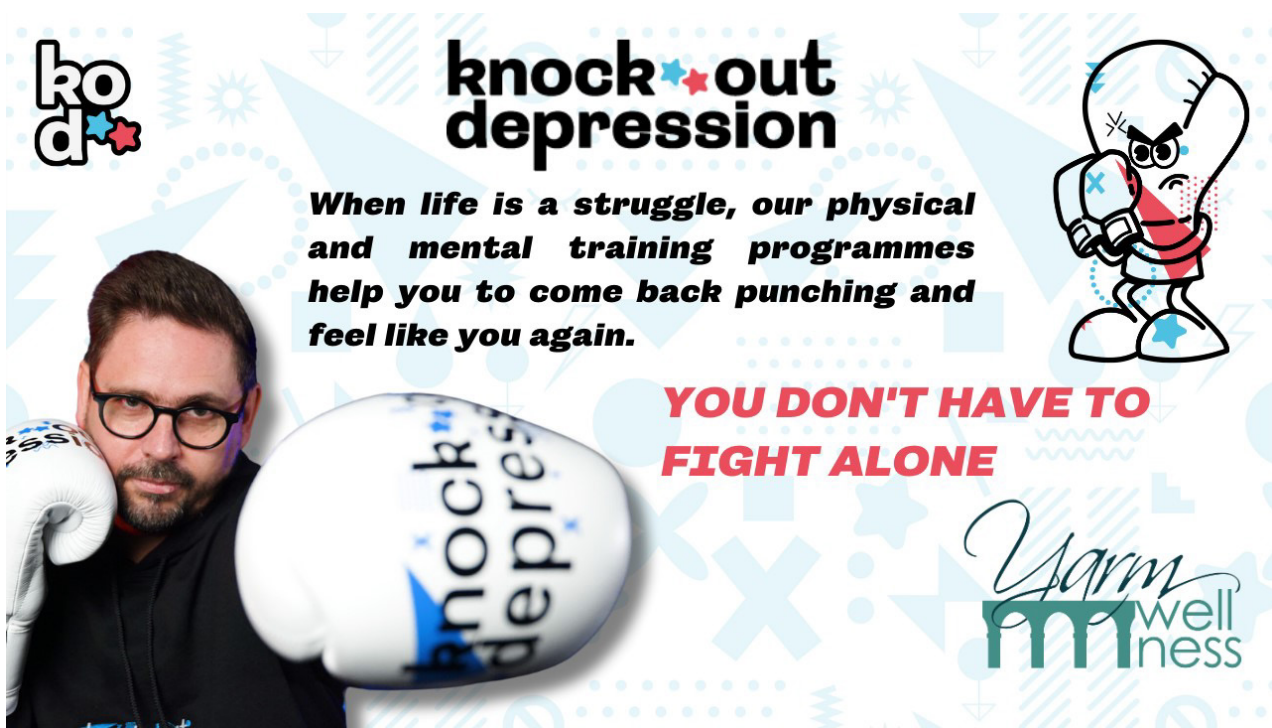


Stoma Support Group

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



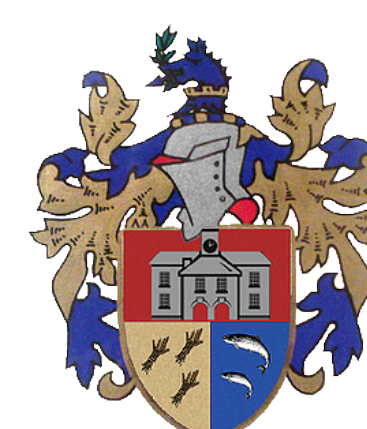
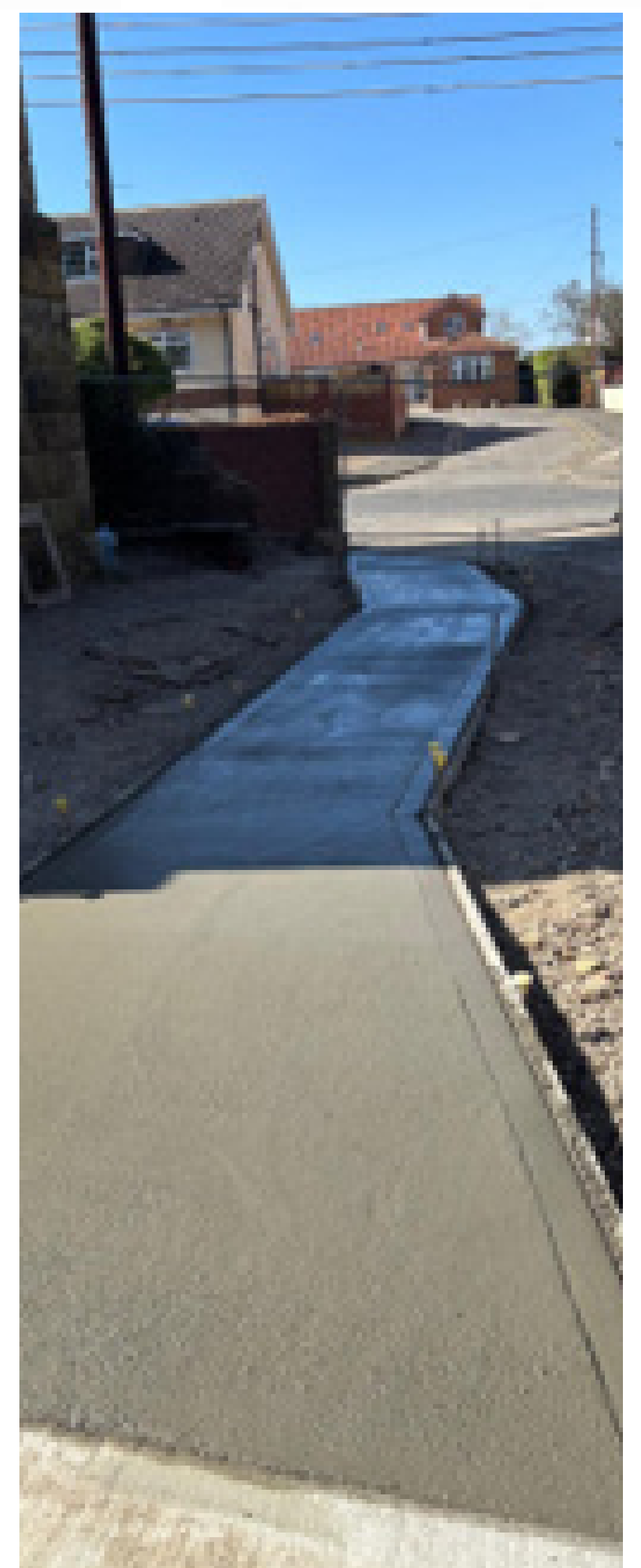
The Arches - Our Outdoor Space - Extending our offering into our new area under the viaduct.

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.



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.."

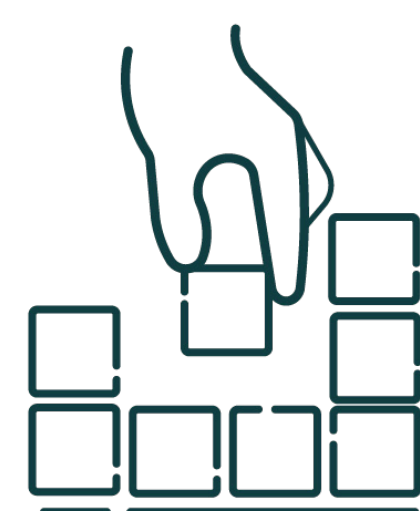
Richard, (aged 80) volunteer and leader of our Creative Arts for Wellbeing group



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.

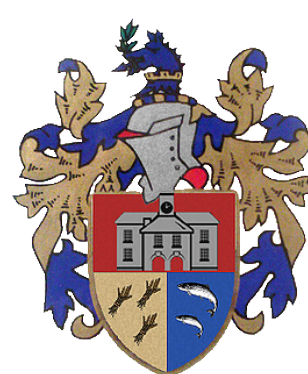
In addition to our ordinary activities, Yarm Wellness received £3,800 in extraordinary receipts relating to the upcoming Arches project for which spending has not yet started leaving the full amount received in surplus. The combined surplus of £28,366 was added to last year's balance of funds (£53,695) 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



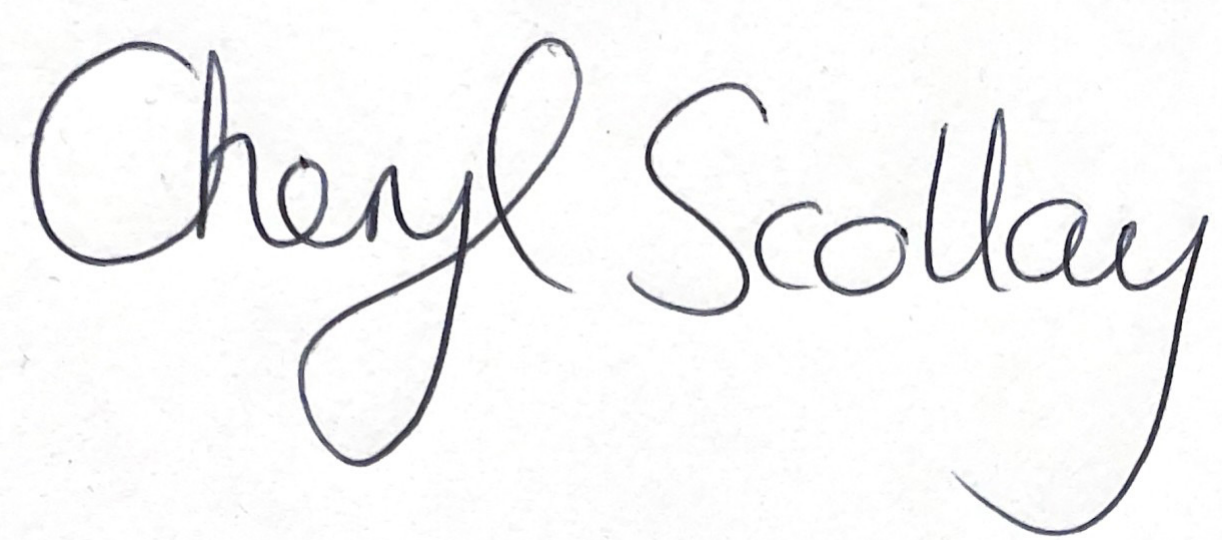
Yarm Wellness' ordinary receipts are primarily from the rental of the hall for local providers to deliver Health & Wellbeing workshops, donations received from the community and grants. In the year to 31 March 2025 our largest donation received was from an individual in the community who donated £1,000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

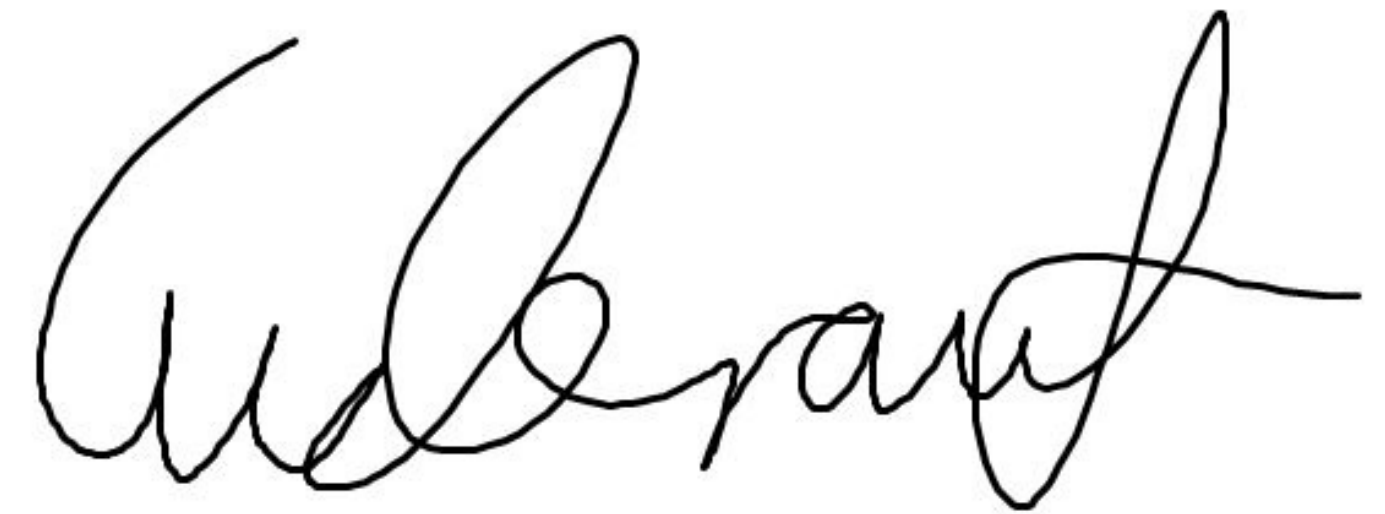
In addition to the National Lottery funding, our next two largest grants received were £5,000 from the Balingier Charitable Trust to provide for certain workshops and core costs of running the hall and £3,350 out of a total pledge of £8,850 from Acresfield Charitable Giving and Community Support to support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





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



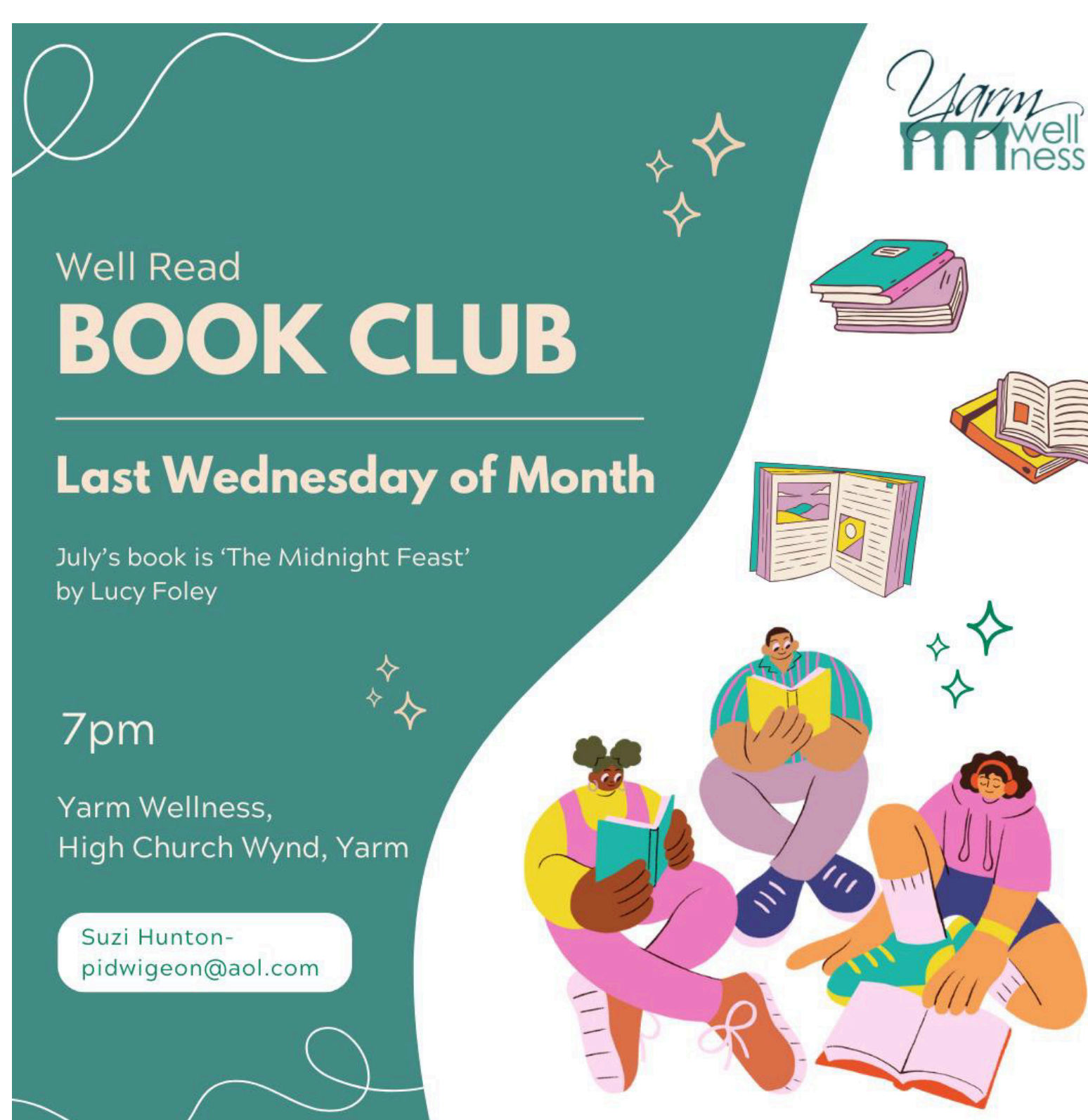
GAMES GROUP

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



**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 Hunton-
pidwigeon@aol.com



**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



**Parent &
Toddler
Playgroup**

Fridays, 9:30- 11am

£1 per child, per session

Cost includes a tea or
coffee for the grown ups!

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



**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
wellness**

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
wellness



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:

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

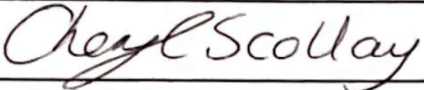
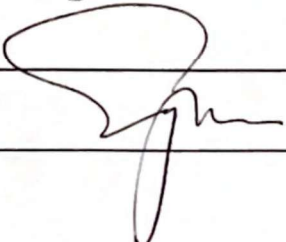
	Unrestricted Funds	Restricted Funds	Total Funds	Last Year
Section A Receipts & Payments				
A1 Receipts				
Hall Rental	7,034	-	7,034	8,846
Donations	7,647	3,394	11,041	9,554
Gift Aid	1,101	1,138	2,239	-
Interest	1,063	-	1,063	620
Funding - Core Costs	-	46,430	46,430	3,880
Funding - Workshops	1,833	8,500	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

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>



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the 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 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:

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