

Company number: 04027680
Charity number: 1197748

Darnall Well Being

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

for the year ended 31 March 2023

**Darnall Well Being
Contents**

	Page
Legal and administrative information	1
Directors' annual report	2 – 9
Chair's report	10
Independent examiner's report	11
Statement of financial activities	12
Balance sheet	13
Statement of Cash Flows	14
Notes to the accounts	15 - 20

**Darnall Well Being
Legal and administrative information
for the year ended 31 March 2023**

Other names

Darnall Well-Being Centre Limited
Darnall Well Being Limited

to September 2021
during September 2021

Directors

Gareth Johnstone Chair
Jack Czauderna
Mark Gamsu
Mohammed Rahman
Sheila Manclark
Janet Harris
Lyn Brandon
Rosalyn Davies
Gina Kalsi
Riyam Al-Khaily

Resigned 27 July 2023

Resigned 19 May 2022
Resigned 14 April 2023

Key management

Chief Executive Officer
Project Manager
Health and Wellbeing Managers

Senior Health and Wellbeing Workers

Finance and Business Officer

Lucy Melleney
Natalie Duffy
Waqas Hameed
Yvonne Witter
Claire Birkinshaw
Jo Anne Van Levesley
Sofia Gkika
Milda Hameed

Company number

04027680

Charity number

1197748

Registered office

Darnall Primary Care Centre
290 Main Road
Darnall
Sheffield
S9 4QH

Independent Examiner (and accountants)

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

**Darnall Well Being
Directors' annual report
for the year ended 31 March 2023**

The directors are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland; FRS 102) issued in October 2019.

Structure Governance & management

Darnall Well Being was incorporated on 5 July 2000 and its Memorandum and Articles of Association govern it. The Memorandum and Articles of Association were amended in December 2021 to assist in the registration with the Charity Commission – this was completed on 1 February 2022. The registered charity number is 1197748. The organisation's name was also changed during this process – the previous name was "Darnall Well-Being Centre Limited".

The directors all carry out their duties in a voluntary capacity. They meet at least eight times each year to consider the work of the charity and to receive reports and take advice from its managers. They then decide and oversee its strategy, and supervise the managers who are charged with implementing it. The managers are responsible for day to day decision making and for supervising the remaining staff and volunteers.

Aims and objectives

The objects of the charity are to preserve, protect, improve and enhance the medical, social, psychological, physical and community health and wellbeing of the inhabitants of the Darnall, Attercliffe and Tinsley areas of the city of Sheffield (the area of benefit).

Our core remit is to work with local people, to build resilience and address health inequalities, with a focus on early intervention and prevention. We help to foster an environment where people feel able to connect, share and feel part of something, working on what matters to them. We have a range of one-to one support, social prescribing (a local signposting and referral service), group activities, training, events, health campaigns and volunteering opportunities.

We are embedded in community, maintaining a 22-year consistent and holistic approach inspired by the Peckham Experiment (1920-50s), which recognised that "health is more than just the absence of disease" and the "crucial role played by the environment in promoting health". This led to our sustainable co-location with general practice, that enables social, healthy wellbeing activity to take place under one roof.

Through our trust and connections in community, we aim to involve local people at every stage; planning activities through to evaluation. Proactive collaboration with a range of organisations helps us identify and adapt to changing needs, enhance the scope of what we offer to community and help us create the opportunities for people to be healthy and thrive.

Our services and team reflect the area's diversity and are open to all. With our asset-based approach to community development and awareness of the social determinants of health, we create a framework for positive change.

**Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023**

Through increasing access to services, we can help mitigate risks such as loneliness and isolation. Our services help to remove barriers and aim to reach those that need it most, through being:

- Accessible and inclusive: local, free or low cost and catered for mixed ability and e.g. for those with a disability, caring needs or dementia-friendly.
- Appropriate and consistent: co-produced, person-centred, helping build trust because we listen and try to respond to local need.
- Culturally sensitive where possible and appropriate including community language support
- Designed to address a particular public health priority (diabetes, dementia, chronic pain, unpaid carers)

The communities we serve

We value the diversity, skills, and interests found in our local communities, and we celebrate the different strengths that individuals and groups bring and share. We welcome the changes that happen when people choose to make Darnall, Tinsley, Acres Hill and Attercliffe, their home. By taking an asset-based approach we encourage everyone to be active participants in building a stronger community, improving the health and wellbeing of all, and work together to achieve our common goals, irrespective of all differences.

Any surplus income is reinvested to meet our objectives, which are charitable; that is to say they are carried out entirely for the public benefit, to promote health and wellbeing, especially but not exclusively in Darnall Ward. Resources are targeted to areas or to community interest groups who suffer the highest levels of deprivation and health inequalities.

The Ward encompasses Darnall, Tinsley, Acres Hill and Attercliffe areas, which fall within the 10% most deprived nationally; Darnall is the third most deprived neighbourhood in Sheffield with an IMD (Incidence of Multiple Deprivation) 2015 score of 59.2 and 18% of 65+ at risk of hospital admission - Acres Hill and Attercliffe with 5% of 'all ages' at risk (CCG CPM database 2015). As such, it is disproportionately affected by austerity measures leading to inequality. With an ageing population and increasing prevalence of co-morbidity, people benefit from moving away from services designed around illness, to a focus on what is important to the person.

Our area is culturally diverse, with over half of the population (total 22,149) from a Black and Minority Ethnic (BAME) background (53.8%). Within the BAME population, some groups have been long-term Darnall residents while others are new arrivals. The Darnall neighbourhood (within the Ward) is the third most deprived neighbourhood in Sheffield, experiencing higher levels of ill-health, poverty and low health literacy than the city's average. There are also transient communities such as Slovak Roma. There are high levels of need related to poor mental health, social isolation in the elderly, chronic ill-health and co-morbidity as well as low levels of physical activity, uptake of services e.g. screening, poor nutrition and obesity and low literacy levels (particularly where English is not a first language). There are a number of priority 'communities of interest' groups based on age, gender, ethnicity and risk indicators such as serious mental illness (SMI) and being a carer (2011 census: 10% of the Darnall Ward were unpaid carers – second highest in Sheffield).

Activity and Core Offer

Our services continue to help address the root causes of health inequality and ill-health. During the year 1st April 2022 – 31st March 2023 we continued to develop our core public health work. Our Community Wellbeing Programme delivers:

- One to one support: Our health and well being workers offer healthy lifestyle or condition management support with some complex case management specialisms)
- Social prescribing: person-centred one to one advocacy, signposting and GP referral service, working in an integrated, multi-disciplinary partnership with health, social care and other statutory services, plus a range of specialist citywide and local providers.
- Volunteering – Well Being Champions taking a community development approach to skills building and peer support, helping build trust and reach in to community
- Public health promotion – events, training, awareness-raising, campaigns, talks and workshops
- Group sessions – focusing on physical and social health.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Achievements and Project Performance

We would particularly like to draw attention to the following achievements, which help show the progress we have made during the past year and the sort of benefits we have been able to bring to our community through the support from our funders, donors, partners and service users.

Social Prescribing (1to1 support and signposting service, April 22 – March 23)

- Our Social Prescribing link worker (PCN funded) received 545 referrals this year, a 15% increase on the year before. We had a total point of contact 1373 working across 5 GP practices. Working on issues ranging from support with long term conditions to housing and benefits.
- The Health and Wellbeing team had 1185 points of contact and saw 233 new Clients.
- Dementia 1:1 Support: received 97 referrals – over 500 points of contact each quarter
- Food bank referrals – 38 (not inc. EU settlement project referrals Darnall and Tinsley residents)
- Morrisons Community Food donation - food, toiletries and Christmas presents – 72 families in the year.

EU Settlement project

Between April 2022 and March 2023, the EUSS team of two part time employees continued to support clients (mostly from the Slovak Roma community) with the settlement scheme. The team continued to deal with many clients month after month, even after the government deadline in June 2021 and reduced funding. We have supported 1983 individuals and recorded 3229 points of contacts with those individuals. 235 applications were submitted with our one to one support. 244 queries were non EUSS related queries and 122 referrals were made to other organisations such as foodbanks, CAS, SCC and other charities and organizations.

People Keeping Well

Our People Keeping Well programme consist of the below projects:

Community Well Being, Resilient Communities, Dementia, and Suicide Prevention.

Community Wellbeing Programme highlights

Our post-Covid recovery is to offer stability, a reassuring presence, enable people to reconnect, get out in the fresh air and lift people's mood. Through our community well being programme we continued to develop and deliver a core offer of activities focusing on:

- Move more (men's and women's health, use of outdoor spaces, uptake in group activity and improve mobility and long-term condition management),
- Improving mood and mental wellbeing / emotional resilience
- Social and fun activities to lift community spirit, rekindle connections and enable people to process and reflect
- Learning, empowering, access.

During the financial year April 2022 to March 2023, DWB delivered the following activities;

- Monday health walk
- Chairobics – Darnall (Online sessions)
- Chairobics - Tinsley (Face to face sessions)
- Men's Health group
- Craft group
- Tinsley Women Only Walk
- Fun Football – women only
- Activity Taster Sessions at English Institute of Sport Sheffield (EIS) – mixed group
- Activity Taster session at EIS – Women only

A total of 946 participants attended activities which included participants who attend Green and Blue social prescribing and new participants.

Green and Blue Social Prescribing encouraged and delivered walks in a place the community could access via public transport. Group trips to Peak District (Longshaw, Castleton, Hathersage, Langsett), Clifton Park, Millhouses Park, Endcliffe Park, Botanical Gardens, Porter Valley & Forge Dam, Victoria Quays, Tinsley Canal, Canal boat trip and Weston Park Museum.

**Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023**

Our focus for Resilient Communities over the year was to continue facilitating and supporting growth and resilience in the community, delivering services and activities that provide opportunities for local people's voice, concerns and ideas to be harnessed in order to affect positive change. We did this by leading and supporting partnership working such as Darnall and Tinsley stakeholders meeting and co-production of the Community Connector newsletter. We continued to share good practice and developed active links with partners such as the university to facilitate active citizenship through participation in research. As well as facilitating and enabling our volunteers.

Dementia Activity Highlights

Well Being Calls to clients have continued; these are generally well received and give a clear indication of the interest, accessibility, and availability for the clients/ carers in attending activities.

Activities running throughout the year have included Memories Café (Handsworth) and 'Happy Memories' (Darnall), Carers Zooms and 'On the Plot' Allotment experience with an 'Art Twist'. Volunteers have continued to support delivery, Dementia Friends training and activities for example 35 Dementia Friends were made in one Quarter.

A carer commented that "It has always been lovely attending the MM sessions, bringing back Nan to life, with memories and latterly tactile experiences, so she could join in. You are the only place that treat us all properly, nan and the family – I am so very impressed with the care, dedication, and sheer life you breathe into clients and carers – I didn't know what to expect when we first came, even though I am a carer, by profession."

"I am so deeply touched by all you have done for us as a family your support has been fantastic! Thank you"
(Client and Granddaughter)

Healthy Activities with Food

We continued with the successful delivery of HAF, taking on the locality coordination for Darnall and Tinsley. During the year we supported other organisations in the area to successfully apply and deliver, as well as deliver activities ourselves through the half terms.

We organised and delivered 25 sessions in total and 593 places offered to children eligible for free school meals between the ages of 5 and 16 years to participate in sport and craft activities with food.

Volunteers

Reaching Communities and Community Champions: We had 40 volunteers active at different times throughout the year, 16 of whom were new Wellbeing Champions recruited during that period. Approximately 800 volunteer hours completed over that period.

A Thank You event was held in High Hazels Park in June 2022 to mark National Volunteers' Week, and regular meetings were held for volunteers to catch up with one another, do training, get the latest information about DWB, and so on.

Over the year volunteers have helped support with activity group delivery, public health promotion, combating misinformation about Covid vaccines, running community events, and have been crucial in feeding back what they hear about local people's concerns and needs throughout the year.

Digital volunteering training arranged in September 2022 with Heeley Development Trust to get two of our volunteers feeling confident in offering support with getting online at our Welcoming Places drop in from late September 2022 onwards.

Good Things Foundation came in to meet 3 volunteers, who carried out road testing of their updated Learn My Way training. "We're really looking forward to our visit and hearing what you and your learners think about the new Learn My Way." Mary Booth, Good Things Foundation

**Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023**

Partnership Delivery (Activities delivered in partnership)

- SCCCC winter blanket campaign – got our craft group involved with knitting squares for this campaign. Feedback from SCCCC when they'd received them all: "Huge thank you to all the wonderful crafters at @darnallwb for their donation to our #knitawinterblanket campaign. They are wonderful".
- Sheffield University Medical School – hosted 3 students, who all contributed towards running groups, delivering Community Connectors, making local contacts, creating a video about Darnall Allotment Project, and reviewing our website to make it more user friendly.
- Welcoming Places network – created flyers for the area with consistent branding, shared regular comms with all the registered Welcoming Places in the area, and helped run meetings with them.

As well as our activities and services, we also delivered and engaged in a wider variety of other community engagement activity including events, talks, workshops, consultations, and health initiatives. Examples;

- Ongoing work on building a bespoke Client Relationship Management (CRM) system for the organisation using AirTable, thanks to support from Tom French.
- National Data Bank – we became members of this initiative from the Good Things Foundation in autumn 2022, and are listed on the map on their website as a source of access to free mobile data.
- Laptops 4 All – sourced 4 laptops for people in need in the community, plus a further 2 for our digital volunteers, which they use when running drop in sessions and providing admin support.
- We had an information stall and provided craft and dodgeball activities throughout the day at the inaugural Olympic Legacy in Action event in June 2022.
 - o We also provided craft activities and an information stall at the Waterfront Festival at Attercliffe Moorings in September 2022.
- Public Health community briefing and shared notes from the call with the DWB team. Raised questions with Public Health on behalf of team members and fed back answers - 23 June 2022
- Roma History Month – Sheffield City Council event supported by DWB.

COVID -19 specific work

- We had ongoing comms with SCC and CCG re vaccines. Pulled together feedback from our Community Champions and staff about vaccine clinics and comms around them – response from Emma Taylor, Covid Response Project Coordinator: "thank you so, so much for your information – this is incredibly valuable community intelligence. Thank you for taking the time to explain and consider all aspects of a potential clinic offer in the community in terms of intelligence, area locations and events. All extremely useful."
- We also sat on the Long Covid Steering Group – active participant in regular meetings about Long Covid needs and support in the city - with VAS and Healthwatch, and STH Long Covid Rehab Hub.
- We planned and ran two Covid Community Memorial events in March – one in Darnall and another in Tinsley. An open invitation to local communities, our service users and activity participants to come together and share their experiences during Covid. This was facilitated by Darnall Well Being staff and volunteers, with involvement from local faith leaders and support organisations (Church of Christ – Darnall, Attercliffe & Darnall Centre of Mission, Friday Apostles, Darnall Allotment, Tinsley Allotment, Sheffield Churches Council for Community Care and Rivers Team Ministry, Sheffield Mind, Compassionate Sheffield, Sheffield IAPT). It was an opportunity for people to take time to reflect on the past few years in the pandemic.

Social Media and Website (April 2022 – March 23)

Posts on DWB social media have been about: vaccines (importance of having, safety, pop up clinics, how to book appointments, who is eligible), mental wellbeing, access to food, diabetes support inc Diabetes Week, dementia support, our activity groups online and in person, local events, access to food, employment support, cost of living support, Citizens Advice access, food waste recycling trial in Darnall

- 30 new posts/pages on our website
- Filmed, edited and posted 22 videos on DWB's YouTube channel.
- 159 posters/flyers/leaflets created
- Social media following increased as follows: Instagram 450 to 540, Twitter 1359 to 1860 and Facebook 296 to 547.

Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023

Over the year, we posted 528 tweets and 434 Facebook/Instagram posts in total, and kept our entries up to date on the Alzheimer's Society Dementia Directory and People Keeping Well websites, as well as helping Sheffield City Council to update their Living Well guide for all activities in our area. Update emails sent with information about our own and other organisations' support and activities weekly throughout the year to our team, volunteers, and local contacts.

Staff training

Our staff and volunteers have also undertaken a number of different training opportunities such as;

Training:

- Advancing Digital training was made available for the team, with some members obtaining their Essential Digital Skills qualification.
- Safeguarding, Food hygiene, Chair based exercise training, Fire training, Mindfulness training, Emergency First Aid At Work training, Walk leadership awareness, Level 3 Social Prescribing link worker training, Live Lighter training, Understanding Overweight and Obesity

Awards

Milda Hameed was shortlisted to the top 10 for the Glu Recruit Office Heroes award, after a team nomination!

Financial review

Despite the background of uncertain income sources, the charity has been able to sustain its activities with additionally secured funding during the year.

Thanks to our principal funders over the year 22-23;

- | | |
|--|--|
| • Sheffield City Council | • We Are Cycling UK |
| • NHS South Yorkshire ICB (formally Sheffield CCG) | • Sheffield Medical School |
| • Primary Care Network | • South Yorkshire's Community Foundation |
| • Big Lottery Fund | • Eon |
| • Big Lottery Awards for All | • Talbot Trust |
| • Sheffield Hallam University | • Sheffield Community Contact tracers |
| • Sheffield University | • Voluntary Action Rotherham |
| • Manor And Castle Development Trust | • Sheffield Football Association |
| • Yorkshire Sports Foundation | • Harry Bottom Charitable Trust |
| • Voluntary Action Sheffield | • Garfield Weston Foundation |

Some reserves were utilised in the year to carry out all our activities:

- General funds decreased by £22,299 to £132,249
- Designated funds decreased by £21,560 to £3,294
- Restricted funds decreased by £18,206 to £69,284 (fully utilising all remaining covid-19 support)

Reserves policy

The free reserves target as of 31 March 2023 was £133,000 to meet cost of redundancies, short term running costs and risk management/short term budget fluctuations The free reserves target will be updated annually.

The free reserves (which equates to the general fund balance) as of 31 March 2023 were £136,173, meeting the minimum reserves target. DWB will try to break even each year and maintain the current free reserves balance. However, general funds will be allowed to reduce if this course of action is in the best interests of the organisation.

In addition the organisation holds £3,294 designated funds for ring-fenced ongoing projects and £69,546 in restricted funds, for use as specified by the funder.

**Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023**

Investment policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. The charity therefore only holds funds in current bank accounts for easy access.

Risk management

The charity has conducted a review of the major risks to which the charity is exposed, and is in the process of developing a risk register. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces.

Ongoing funding is a key source of risk – secured funding and the process of applications is reviewed regularly by the trustees. Future plans to broaden income streams are outlined below.

Further development of our Board of Trustees remains a priority, to broaden diversity, local representation and attract specific areas of interest that will help the organisation thrive including creating a Friends of Darnall Well Being group.

Future plans

We want to broaden our income streams to both protect existing operating levels and consolidate our broader remit as a local neighbourhood anchor organisation, with leadership in areas such as community development, digital inclusion, cohesion and grassroots public health approaches. Part of this work will be to prioritise opportunities that encourage local collaboration and partnerships, extending our capacity, showing we are serious about prevention by reaching people at an earlier stage e.g. young people and young adults. With short-term funding, it remains difficult to undertake longer-term business planning and therefore a Funding and Finance Sub-Group has been established to review our forecasting and budgets and help develop our funding strategy. This will help us make the best use of resources available, whilst ensuring we remain as responsive as possible to local need.

We will also be looking at improving our organisational infrastructure and internal monitoring systems, to ensure we are excelling and can more clearly demonstrate scope and impact.

Our delivery plans for the coming year will focus on shaping how we ensure our Community Wellbeing Programme stays consistent and meets the needs of the local community. We will start to focus on Welcoming Places where we will offer support and guidance on the Cost of Living Crisis. With the addition of Community Champions funded via Voluntary Action Sheffield we hope to strengthen our volunteer team.

We want to deepen our understanding of the needs of local people and how best to meet the challenges and harness the vibrancy and opportunities in the area. Initial plans include further development of our relationship with academic partners. Specifically, hosting our AWRC colleague - Dave Hembrough – as part of an embedded researcher 2-day secondment, funded by Westfield Health. The brief will explore experiences of and opportunities for local young people and young adults and DWB's role in this.

We hope to host third-year University of Sheffield medical students again, as part of their social accountability term.

A key part of DWB's future sustainability and operation is our continued presence in Darnall Primary Care Centre. We will continue our dialogue with the Integrated Care Board for ongoing sponsorship of our tenancy in the building and review our dedicated community space, in order to sign a new lease that is fit for purpose.

The funding horizon is even more challenging and uncertain than ever before in the face of continued austerity measures and cost of living crisis. We will continue to explore new avenues of funding and find ways to broaden income streams; helping to create a more mixed economy of funding. This will in part include encouraging direct investment from health e.g. primary care.

Working in partnership both locally and across the city, is integral to our future sustainability.

**Darnall Well Being
Directors' annual report - continued
for the year ended 31 March 2023**

Exemptions

The directors have taken advantage of the exemptions available to small companies including the audit exemption (see statement on balance sheet).

The directors declare that they have approved the directors' report above on 9/10/2023

Signed on behalf of the directors:



Print Name: G. KALSI

Position: TRUSTEE

**Darnall Well Being
Chair's report
for the year ended 31 March 2023**

As we look back on another year of activity I am struck by both how things have changed, and how much more has continued as before. We remain committed to providing opportunities to improve the health and wellbeing of everyone in the communities we serve – and make no mistake, as an organisation, we are here to serve the community.

The threat of Covid-19 remained real throughout the year, and we are rightly proud that throughout the pandemic we have maintained services and developed our role as a trusted communicator between the NHS, the Local Authority, and the community. As vaccination, social distancing, and public awareness, mitigated some of the risks of infection we continued our partnership work with Public Health and the NHS to address a wide range of other health issues affecting people of all ages and circumstances.

Our staff and volunteers have provided information, practical and emotional support, and enjoyable activities, throughout the year in many settings, encouraging participants to try new things, make changes, and join their families, friends and neighbours in exploring opportunities available. I cannot speak highly enough of each and every one of them.

Partnership working is key to how we operate, bringing our respective strengths and resources together. Some of this is high profile with major Sheffield institutions such as the previously mentioned NHS and Council, and also the Universities, Westfield Health, other People Keeping Well providers, and with smaller local groups and organisations. Details of much of this can be found in regular issues of Community Connector, an initiative created during the height of the pandemic, and which now forms part of our ongoing communications strategy, making available to all information about not only Darnall Well Being activities, but those of dozens of other groups as well. (An online example can be read here:

<https://darnallwellbeing.org.uk/news/newsletters/community-connector-spring-2023/>)

None of this would happen without stable, secure funding, and we are grateful to our funders and donors who have made our work possible and achievable. However like many voluntary, community, and charitable organisations, we begin each year with a funding deficit, and struggle to bring in sufficient additional money to balance the books. The work that goes on behind the scenes to identify funding sources, write and submit bids, and not be discouraged when many of these are rejected cannot be underestimated, and is greatly appreciated.

As ever challenges other than funding exist. Recruitment and retention of staff and volunteers when they have so many other demands on them is an ongoing concern, and we are fortunate to have their loyalty and commitment. An often overlooked role is that of Trustee, and our board needs to be more diverse, reflecting the demographics of DWB and the wider community. As we are a registered charity, members of the Board play a vital role in ensuring that the organisation fulfils its core purposes. Attendance at board meetings 6-8 times a year for 90 minutes or so can help us achieve our goals. If you would like to know more please contact me via the office and I will be happy to speak to you about it in more detail.

Finally, if there's something you think we could be doing that would improve the health, wellbeing, and general quality of life for this community, let us know. Even better, think about joining us and making it happen. We are stronger, and more able, together.

Gareth Johnstone

Chair, Board of Trustees

Independent examiner's report to the directors of Darnall Well Being ('the Company')

I report to the directors on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the directors of the Company you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to organisations preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Signed:



Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Date:

10 October 2023

Darnall Well Being

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income from:					
Charitable activities	2	139,779	230,507	370,286	501,436
Rental income from non-investment property		160,675	-	160,675	146,220
Donations, core grants and legacies		10,250	7,900	18,150	50
Other trading activities					
Activities and fundraising		763	-	763	91
Total income		311,467	238,407	549,874	647,797
Expenditure on:					
Charitable activities					
Activity & Project Costs		21,622	24,366	45,988	41,877
Gross Salaries	3	160,335	193,718	354,053	347,355
Staff & Volunteer On Costs		3,180	912	4,092	6,505
Consultancy costs		3,924	6,000	9,924	-
Operational Costs		30,479	4,867	35,346	44,346
Other Misc Costs		495	-	495	31
Governance costs - legal fees		1,366	-	1,366	-
Rental cost on non-investment property		160,675	-	160,675	146,220
Total expenditure		382,076	229,863	611,939	586,334
Net income/(expenditure)		(70,609)	8,544	(62,065)	61,463
Transfer of funds	9	26,750	(26,750)	-	-
Net movement in funds		(43,859)	(18,206)	(62,065)	61,463
Total funds brought forward		179,402	87,490	266,892	205,429
Total funds carried forward		135,543	69,284	204,827	266,892

**Darnall Well Being
Balance Sheet
As at 31 March 2023**

	Notes	2023 £	2022 £
Current Assets			
Balance at bank and cash		210,473	250,180
Debtors	4	6,797	43,873
Total current assets		<u>217,270</u>	<u>294,053</u>
Creditors: amounts falling due within one year	5	(12,443)	(27,161)
Net current assets		<u>204,827</u>	<u>266,892</u>
Total assets less current liabilities		204,827	266,892
Creditors: amounts falling due after more than one year		-	-
Total net assets		<u><u>204,827</u></u>	<u><u>266,892</u></u>
Represented By			
FUNDS			
General fund		132,249	154,548
Designated funds		3,294	24,854
Total unrestricted income funds	8	135,543	179,402
Restricted income funds	9	69,284	87,490
	10	<u><u>204,827</u></u>	<u><u>266,892</u></u>

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of directors on 9/10/2023

Signed on behalf of the Board of directors:



Print name: G. KALSI

Position: TRUSTEE

Darnall Well Being**Statement of Cash Flows
As at 31 March 2023**

	2023	2022
	£	£
Net income/(expenditure) for the year (as per the SOFA)	(62,065)	61,463
Adjustments for:		
(Increase)/decrease in debtors	37,076	(39,258)
Increase/(decrease) in creditors	(14,718)	7,838
Net cash provided by/(used in) operating activities	(39,707)	30,043
Cash and cash equivalents at the beginning of the year	250,180	220,137
Cash and cash equivalents at the end of the year	210,473	250,180

1 Accounting Policies

(a) General

Darnall Well Being is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The directors consider that Darnall Well Being meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

All incoming resources are included in the Statement of Financial Activities when the organisation has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Grants and programme income, where entitlement is not conditional on the delivery of a specific performance by the organisation, are recognised when the organisation becomes unconditionally entitled to the grant.

Income from grants and projects, where related to performance and specific deliverables, are accounted for as the organisation earns the right to consideration by its performance.

(c) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Charitable expenditure comprises those costs incurred by the organisation in the delivery of its activities for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

The organisation undertakes projects with interconnected outcomes and targets. Allocation of expenditure is prioritised to restricted funding, as agreed with funders, on the basis that outcomes and targets of these projects are delivered. A by-product of this approach is that many outcomes and targets of unrestricted projects are also delivered.

(d) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(e) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(f) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(g) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose.

Designated funds have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are to be used for specific purposes as laid down by the donor.

Darnall Well Being
Notes to the financial statements - continued
For the year ended 31 March 2023

1 Accounting Policies - continued

(i) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

(j) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(k) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

2 Income from charitable activities

Funder	Project	Note	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Big Lottery Fund	Wellbeing Champions		-	42,536	42,536	42,536
Manor & Castle Development Trust	Healthy Holidays		23,715	-	23,715	17,603
People Keeping Well - Sheffield City Council	Community Wellbeing Programme (including Health Champions and Health Trainer Service)		-	96,100	96,100	96,100
People Keeping Well - Sheffield City Council	Resilient Communities		-	25,000	25,000	25,000
People Keeping Well - Sheffield City Council	Dementia work		-	19,000	19,000	15,000
Sheffield City Council	Suicide prevention		-	3,000	3,000	-
Primary Care Sheffield/ NHS South Yorkshire ICB	Social Prescribing link worker		32,400	-	32,400	32,400
Sheffield City Council/Home Office	EU Settlement project		25,327	-	25,327	47,020
Sheffield City Council	Street Champions		28,750	-	28,750	39,750
We are cycling UK	The Big Bike Revival		-	1,951	1,951	790
Move More	Move more Empowering Communities		9,300	-	9,300	16,800
National Lottery Awards for All	Mindfully moving more		-	9,981	9,981	-
NHS South Yorkshire ICB	Cost Of Living		-	15,000	15,000	-
NHS South Yorkshire ICB	Vaccination programme		3,300	-	3,300	-
Sheffield Football Association	Innovation Project		-	200	200	-
Voluntary Action Rotherham	BAME Capacity building		-	3,000	3,000	-
Sheffield City Council	Community Infrastructure Levy		-	3,548	3,548	-
Sheffield City Council - EAST LAC	Activity sessions		-	3,000	3,000	-
Eon	Wellbeing activities (previously Cycling activities)		-	3,050	3,050	-
Talbot trust	Roma health work		-	2,500	2,500	-
Sheffield City Council	Covid 19 memorial fund		-	1,641	1,641	-
Harry Bottom Charitable Trust	Office costs		2,500	-	2,500	-
Sheffield Community Contact Tracers	Sheffield Community Contact Tracers		660	-	660	-
NHS South Yorkshire ICB	Dementia Carers		-	1,000	1,000	-
South Yorkshire's Community Foundation	Green Blue social prescribing		-	-	-	10,000
Tinsley Community Forum	Community Connector		-	-	-	1,800
People Keeping Well - Sheffield City Council	Partnership Expansion		-	-	-	10,000
Primary Care Sheffield	DAP worker		-	-	-	32,400
Sheffield CCG	Engagement work		-	-	-	5,000
Sheffield City Council	New Arrivals		-	-	-	3,000
Sheffield City Council	Community Covid Response Fund		-	-	-	20,000
Sheffield City Council	Community Covid Recovery Grant		-	-	-	23,632
Sheffield City Council Core Service Grant	Holiday Hunger		-	-	-	2,456
Sheffield City Council	Women Cycling		-	-	-	16,525
Sheffield City Council	Sheffield is Sweet Enough		-	-	-	600
Cycling UK	Cyclist club		-	-	-	1,883
The JG Graves Charitable Trust	Art on the Plot (Darnall Allotment)		-	-	-	1,500
Darnall Area Trust Fund	Activity Support		-	-	-	375
National Lottery Awards for All	Grow Together		-	-	-	9,986
Other commissioned work			13,827	-	13,827	29,280
			139,779	230,507	370,286	501,436
2022: fund split			218,253	283,183		501,436

Darnall Well Being
Notes to the financial statements - continued
For the year ended 31 March 2023

3 Staff Costs and Numbers

	2023 £	2022 £
Salaries	309,976	307,085
Employer's national insurance Costs	23,587	20,370
Employment allowance	(5,000)	(4,000)
Employer's pension contribution	25,490	23,900
	<u>354,053</u>	<u>347,355</u>

No employee received emoluments of more than £60,000. The average monthly number of employees during the year was 19 (2022: 19).

4 Debtors

	2023 £	2022 £
Trade debtors	6,797	43,873
	<u>6,797</u>	<u>43,873</u>

5 Creditors: amounts falling due within one year

	Note	2023 £	2022 £
Trade Creditors		7,799	8,417
Accruals		2,280	2,550
Other creditors		2,364	2,442
Agency funds	6	-	-
Deferred income	7	-	13,752
		<u>12,443</u>	<u>27,161</u>

6 Agency funds

There were no agency funds in the year.

Prior year comparison

	Balance at 1-Apr-21 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-22 £
Victory Club Roof	-	23,000	(23,000)	-	-
High Hazels PTA	-	2,500	(2,375)	(125)	-
	<u>-</u>	<u>25,500</u>	<u>(25,375)</u>	<u>(125)</u>	<u>-</u>

Agency funds were administered on behalf of organisations that do not have separate bank accounts. Any fees charged for acting as agent are recognised as income.

7 Deferred income

	2023 £	2022 £
Brought forward	13,752	10,000
Released in the year	(13,752)	(10,000)
Deferred in the year	-	13,752
	<u>-</u>	<u>13,752</u>

Deferred income relates to funding received prior to the funding period specified by the funder.

Darnall Well Being
Notes to the financial statements - continued
For the year ended 31 March 2023

8 Unrestricted funds

	Balance at 1-Apr-22 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-23 £
<u>Designated funds</u>					
EU Settlement project	-	25,327	(19,832)	(5,495)	-
Social Prescribing link worker	-	32,400	(30,000)	(2,400)	-
Healthy Holidays	-	23,715	(18,041)	(2,380)	3,294
Move more Empowering Communities	-	9,300	(8,373)	(927)	-
Street Champions	24,854	28,750	(53,604)	-	-
Vaccination programme	-	3,300	(2,640)	(660)	-
Total designated funds	24,854	122,792	(132,490)	(11,862)	3,294
General funds	154,548	188,675	(249,586)	38,612	132,249
Total unrestricted funds	179,402	311,467	(382,076)	26,750	135,543

The directors have decided to allocate designated funds where projects are not restricted by the funder but they wish to better identify the costs incurred for the projects.

Transfers to general funds have been made in relation to management fees or surpluses on completion of projects.

Prior year comparison

	Balance at 1-Apr-21 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-22 £
<u>Designated funds</u>					
EU Settlement project	7,640	47,020	(48,216)	(6,444)	-
Allotment	199	-	(199)	-	-
Social Prescribing link worker	-	32,400	(30,000)	(2,400)	-
Healthy Holidays	-	17,603	(14,869)	(2,734)	-
DAP worker	-	32,400	(30,000)	(2,400)	-
Move more Empowering Communities	-	16,800	(12,936)	(3,864)	-
Street Champions	-	39,750	(14,896)	-	24,854
Total designated funds	7,839	185,973	(151,116)	(17,842)	24,854
General funds	123,658	178,641	(194,229)	46,478	154,548
Total unrestricted funds	131,497	364,614	(345,345)	28,636	179,402

9 Restricted funds

	Balance at 1-Apr-22 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-23 £
Community Wellbeing Programme (including Health Champions and Health Trainer Service)	-	96,100	(78,815)	(17,285)	-
Resilient Communities	-	25,000	(20,735)	(4,265)	-
Dementia work	-	19,000	(15,262)	(2,578)	1,160
Suicide prevention	1,000	3,000	(1,000)	-	3,000
Dementia Carers	-	1,000	-	-	1,000
Men's Football	380	-	-	-	380
Staff Wellbeing	244	-	(244)	-	-
Wellbeing activities (previously Cycling activities)	1,046	3,050	(3,291)	(587)	218
Wellbeing Champions	41,502	42,536	(41,104)	-	42,934
Tackling Inequalities Fund	1,950	-	(223)	-	1,727
Community Connector	4,190	-	(4,190)	-	-
The Big Bike Revival	-	1,951	(1,480)	(471)	-
Community Covid Recovery Grant	23,632	-	(22,771)	(861)	-
Green Blue social prescribing	9,474	-	(6,408)	-	3,066
Mindfully moving more	-	9,981	-	-	9,981
Grow Together	4,072	-	(4,072)	-	-
Cost Of Living	-	15,000	(15,000)	-	-
BAME Capacity building	-	3,000	(987)	(304)	1,709
Community Infrastructure Levy	-	3,548	(2,554)	-	994
Activity sessions	-	3,000	(85)	-	2,915
Roma health work	-	2,500	(2,250)	(250)	-
Innovation Project	-	200	-	-	200
Covid 19 memorial fund	-	1,641	(1,492)	(149)	-
Restricted donations	-	7,900	(7,900)	-	-
Total restricted funds	87,490	238,407	(229,863)	(26,750)	69,284

Darnall Well Being
Notes to the financial statements - continued
For the year ended 31 March 2023

9 Restricted funds - continued

Transfers

The transfers are to unrestricted funds for management and administration charges, and recharged overhead costs.

<i>Prior year comparison</i>	<i>Balance at 1-Apr-21 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31-Mar-22 £</i>
<i>Community Wellbeing Programme (including Health Champions and Health Resilient Communities)</i>	-	96,100	(78,555)	(17,545)	-
<i>Partnership Expansion</i>	4,873	25,000	(26,053)	(3,820)	-
<i>Dementia work</i>	-	10,000	(8,475)	(1,525)	-
<i>Suicide prevention</i>	2,000	15,000	(16,100)	(900)	-
<i>Early Years volunteers</i>	1,000	-	-	-	1,000
<i>Walking for Purpose</i>	2,185	-	(2,185)	-	-
<i>University Community Panel</i>	6,390	-	(6,390)	-	-
<i>Men's Football</i>	356	-	(356)	-	-
<i>Staff Wellbeing</i>	380	-	-	-	380
<i>Holiday Hunger</i>	244	-	-	-	244
<i>Cycling activity</i>	-	2,456	(2,206)	(250)	-
<i>People Keeping Well</i>	1,046	-	-	-	1,046
<i>Sheffield Town Trust</i>	1,251	-	(1,251)	-	-
<i>Wellbeing Champions</i>	2,500	-	(2,500)	-	-
<i>Health Inequalities</i>	41,768	42,536	(42,802)	-	41,502
<i>Tackling Inequalities Fund</i>	301	-	(301)	-	-
<i>Community Covid Response Fund</i>	4,978	-	(3,028)	-	1,950
<i>Vaccination programme</i>	-	20,000	(15,000)	(5,000)	-
<i>Community Connector</i>	5,000	-	(5,000)	-	-
<i>Women Cycling</i>	-	1,800	(2,815)	5,205	4,190
<i>The Big Bike Revival</i>	(340)	16,525	(12,795)	(3,390)	-
<i>Engagement work</i>	-	790	(790)	-	-
<i>Community Covid Recovery Grant</i>	-	5,000	(4,500)	(500)	-
<i>Green Blue social prescribing</i>	-	23,632	-	-	23,632
<i>Cyclist club</i>	-	10,000	-	(526)	9,474
<i>Art on the Plot (Darnall Allotment)</i>	-	1,883	(1,703)	(180)	-
<i>Sheffield is Sweet Enough</i>	-	1,500	(1,295)	(205)	-
<i>National Lottery Awards for All</i>	-	600	(600)	-	-
<i>Activity Support</i>	-	9,986	(5,914)	-	4,072
	-	375	(375)	-	-
	73,932	283,183	(240,989)	(28,636)	87,490

10 Analysis of net assets by fund

	General Fund £	Designated Funds £	Restricted Funds £	2023 Total £
Current assets	144,692	3,294	69,284	217,270
Current liabilities	(12,443)	-	-	(12,443)
	132,249	3,294	69,284	204,827

Prior year comparison

	General Fund £	Designated Funds £	Restricted Funds £	2022 Total £
Current assets	181,709	24,854	87,490	294,053
Current liabilities	(27,161)	-	-	(27,161)
	154,548	24,854	87,490	266,892

11 Independent examiner's fee

	2023 £	2022 £
Independent examination fee - included within operational costs	2,130	2,400

The 2022 fee was payable to the previous independent examiner's organisation. No other fees were payable to the independent examiner's organisation during the year.

12 Directors' remuneration, benefits and expenses, and the cost of key management personnel

The directors were not paid or received any other benefits from employment with the charity in the year (2022: £nil). No directors were reimbursed expenses during the year (2022: £nil). No director received payment for professional or other services supplied to the charity (2022: £nil).

The key management personnel of the charity comprise the directors and the Senior Leadership team as noted on page 1 of the accounts. The total employee benefits of the key management personnel of the organisation were £186,114 (2022: £156,753).

13 Related party transactions

Mark Gamsu, a director, was a lay member of the governing body of NHS Sheffield Clinical Commissioning Group (Sheffield CCG) until June 2022, when the NHS structure changed. The replacement body is the NHS South Yorkshire ICB. £160,675 was received from Sheffield CCG/NHS South Yorkshire ICB in the year for rent and service charges for the building (2022: £146,220). This money was paid out 100% directly to the Landlord.

The following transactions took place where directors were involved in local groups which helped the organisation carry out their activities:

- £600 was received by Sheffield Community Contact Tracers Darnall Allotment Project in support of mutual activities. Jack Czauderma, a director, is a committee member of this organisation.

Directors with conflicts of interests do not take part in the decision making process regarding the connected organisations.

A director donated £7,900 for restricted purposes relating to staffing needs, as a result of identifying these needs.

14 Statement of Financial Activities - comparatives

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Income from:						
Charitable activities	139,779	230,507	370,286	218,253	283,183	501,436
Rental income from non-investment property	160,675	-	160,675	146,220	-	146,220
Donations, core grants and legacies	10,250	7,900	18,150	50	-	50
Other trading activities						
Activities and fundraising	763	-	763	91	-	91
Total income	311,467	238,407	549,874	364,614	283,183	647,797
Expenditure on:						
Charitable activities						
Activity & Project Costs	21,622	24,366	45,988	6,826	35,051	41,877
Gross Salaries	160,335	193,718	354,053	156,338	191,017	347,355
Staff & Volunteer On Costs	3,180	912	4,092	3,200	3,305	6,505
Consultancy costs	3,924	6,000	9,924	-	-	-
Operational Costs	30,479	4,867	35,346	32,730	11,616	44,346
Other Misc Costs	495	-	495	31	-	31
Governance costs - legal fees	1,366	-	1,366	-	-	-
Rental cost on non-investment property	160,675	-	160,675	146,220	-	146,220
Total expenditure	382,076	229,863	611,939	345,345	240,989	586,334
Net income/(expenditure)	(70,609)	8,544	(62,065)	19,269	42,194	61,463
Transfer of funds	26,750	(26,750)	-	28,636	(28,636)	-
Net movement in funds	(43,859)	(18,206)	(62,065)	47,905	13,558	61,463
Total funds brought forward	179,402	87,490	266,892	131,497	73,932	205,429
Total funds carried forward	135,543	69,284	204,827	179,402	87,490	266,892