

WELLBODY WELLMIND WELLBEING

England & Wales · Charity number 1201196

Details

Other names WBWMWB

Status Registered

Legal form CIO

Registered 2022-12-02

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

Contact

Address 18 Longfellow Road
Worthing
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Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF PHYSICAL, MENTAL AND SOCIAL WELLBEING AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN SUSSEX, KENT AND LONDON, AND ONLINE.THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN SUSSEX, KENT AND LONDON, AND ONLINE.THE PREVENTION OR RELIEF OF POVERTY IN SUSSEX, KENT AND LONDON AND ONLINE, BY PROVIDING SERVICES TO INDIVIDUALS IN NEED AND/OR CHARITIES, OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY

Activities: The charity designs and delivers well-being programmes for schools, universities and adult education as well as for those in need by reason of ill-health, age and financial problems.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, Disability, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£26,017	£19,827	-	-
2024-03-31	£25,355	£20,149	-	-

Trustees

Name	Role	Appointed
Christine Burke		2019-11-03
Jacqueline Pear		2019-11-03
Katrina Ann Holden		2023-07-08
Samanda McDowell		2023-09-09

WELLBODY WELLMIND WELLBEING

England & Wales - Charity number 1201196

Accounts



Wellbody Wellmind Wellbeing

Creating healthy habits in body and mind through wellbeing programmes and workshops

Wellbody Wellmind Wellbeing
(Registered charity number 1201196)



ANNUAL REPORT

Year Ending 31st March 2025

Annual Report

Year ended 31st March 2025

Charity (registered) Name: Wellbody Wellmind Wellbeing

Registered Charity No: 1201196

Registered Office: 18 Longfellow Road, Worthing,
BN11 4NU

Bankers: NatWest Bank, 2a Charing Cross Road,
London, WC2

Independent Examiners: Thompson Accounting

Trustees: Christine Burke (Chairperson)
Jacqueline Pear
Katrina Holden
Samantha (Adcock) McDowell

"Excellent practices which have helped me enormously." Participant from Age Concern 2024

A Note from the Chair of Trustees

This report reflects on Wellbody Wellmind Wellbeing's second year as a registered Charitable Incorporated Organisation (CIO).

Over the past twelve months, our commitment has remained steadfast: to support those most in need who are often marginalised in society by promoting healthy habits for body and mind through inclusive wellbeing programmes.

Our approach is holistic and evidence-based, drawing on contemporary findings in psychology and neuroscience, while honouring the wisdom of ancient traditions. At the heart of our model remain are five interconnected pillars:

- Mindfulness and positive psychology practices
- Bodywork and movement
- Breathwork
- Relaxation techniques
- Healthy eating

Food plays a vital role in every course, from nourishing two-course meals and wholesome snacks, helping participants experience the link between nutrition and mental wellbeing. We also introduce reflective journaling on all our courses as a tool to foster compassionate self-awareness and emotional growth. Each element of the model complements the others, offering a truly integrated approach to wellbeing.

Programmes Delivered

During this period, we successfully delivered a range of programmes tailored to diverse needs, including:

- Children's holiday day camps
- Six-week Wellbeing Programmes
- Wellbeing Workshops
- Introductory Taster Sessions



Wellbody Wellmind Wellbeing

We are delighted that feedback continues to affirm the positive impact of our work. Participants report meaningful improvements in their wellbeing and an increased sense of community, outcomes that align closely with expected impacts from our Theory of Change.

Funding and Accessibility

A central priority this year has been securing funding to keep all programmes free of charge, ensuring equitable access for individuals and families who might otherwise be excluded. We are deeply grateful to the Sussex Community Foundation, The National Lottery, and the Pearce Foundation for their generous support throughout 2024/2025. Their contributions have been essential to the growth and sustainability of our work.

Acknowledgements

On behalf of the Board of Trustees, I would like to extend sincere thanks to our co-founders for their volunteer commitment, and to the delivery of our projects alongside our contractors and volunteers, whose dedication makes this work possible. Together, we are building healthier, more connected communities, one programme at a time.

A handwritten signature in black ink that reads "Christine Burke". The signature is fluid and cursive.

Christine Burke
Chair

Our Vision and Mission

We believe that everyone has the right to wellbeing, regardless of income, identity, or background. Our mission is to ensure that our services are free at the point of delivery to remove all financial barriers to access and reach those most often excluded, including marginalised and underserved communities.

Our Values

Our values of Connection, Compassion, and Integrity remain unchanged and underpin all of our work.

Our three-year strategy is being developed to align with the charity's overall aims, values, and objectives, ensuring our reach and delivery are focused on those most in need.

Charity Aims and Objectives

Our objectives as outlined in our constitution, which serves as our governing document are highlighted at a high level below:

Object 1: To advance the education of the public in the subject of physical, mental and social wellbeing among people residing permanently or temporarily in Sussex, Kent and London, and also online.

Object 2: The relief of sickness and the preservation of health among people residing permanently or temporarily in Sussex, Kent

and London, and online. Our services provide relief to those in need, by reason of ill health, primarily working with hospices, carehomes, organisations and community centres.

Object 3: The prevention or relief of poverty in Sussex, Kent and London, and also online, by providing services to individuals in need and/or charities or other organisations working to prevent or relieve poverty. Our services provide relief to those in need, by reason of financial problems.

Support to those most in need

Despite Sussex's overall affluence, significant pockets of deprivation persist, particularly in Brighton and Lewes. According to the Index of Multiple Deprivation (IMD), Brighton Kemptown ranks 138th out of 533 constituencies in England, placing it among the most deprived third nationally. Brighton Pavilion and Hove fall in the mid-range at 326th and 311th respectively, but within these constituencies, stark inequalities remain at the neighbourhood level. Several Lower Super Output Areas (LSOAs) in East Brighton, Whitehawk, and parts of Portslade and Moulsecoomb fall within the most deprived 20% nationally.

The following statement from the the late 10th Duke of Richmond, is still unfortunately true. '...there are areas in Sussex which are in the bottom 20 per cent of national measures of social deprivation'. The 10th Duke of Richmond - Founder of Sussex Community Foundation.

In the Lewes district, communities in Newhaven, Peacehaven, and parts of Seaford also rank within the bottom national quintile, highlighting persistent coastal deprivation. These areas experience long-term impacts on health and wellbeing, including higher rates of mental ill-health, chronic conditions, and poor life expectancy.

Our work is rooted in addressing these challenges. We support a diverse range of

individuals affected by social deprivation, including carers, foster families, those in temporary accommodation, homeless, asylum seekers, and older people. Many live in the hardest-hit areas of Brighton and Lewes, where targeted, inclusive support remains essential to tackling entrenched inequalities and promoting wellbeing for all.

The longer-lasting impacts of the COVID-19 pandemic have disproportionately affected those most in need in society in terms of education, job security and poverty levels.

Summary of our key programmes & events for 2024/25

Our team works with individuals and groups to encourage a growth mindset by challenging limiting beliefs and supporting the development of sustainable new perspectives through co-mentoring and cognitive practices. Working from the research evidence base, our freelancer team designs and delivers workshops that address the personal wellbeing and social issues that contribute to financial problems, both as preventative and ameliorative support.

We are incredibly thankful for the outstanding support from our trustees, funders, and partners, including The Pearce Foundation and 3VA (Voluntary Action) in Eastbourne, Lewes, and Wealden. Their commitment and collaboration have played a vital role in helping us reach key milestones in our early months of operation. Thanks to this shared effort, we have been able to offer over 550 free places across a range of tailored programmes, an achievement that reflects the strength of our partnerships and our shared dedication to making a lasting impact.

Below are highlights of the programmes and courses we delivered over the last 12 months, along with some of the programmes we are working on or planning over the following year.

1. HAF Camps Easter and Summer Holidays 2024

Our charity was once again fortunate to receive funding from East Sussex County Council through the Holiday Activities and Food Programme (HAF), the government initiative launched under the broader Levelling Up agenda. This programme aims to reduce inequality and support disadvantaged communities across the country. HAF specifically focuses on children from lower-income families, providing access to enriching holiday activities alongside free, nutritious meals. With this support, we delivered two engaging holiday camps for children eligible for free school meals. A total of 240 were filled across the two camps, which ran for 2 and 6 days, from 10am to 2pm, and offered a wide variety of activities, including yoga, arts and crafts, and interactive games. As part of our commitment to health and well-being, we also provided healthy snacks and wholesome two-course lunches each day.

On these camps, we also supported a wide range of emotional needs and challenges among the children and families, requiring strong risk-management practices, close teamwork, and robust

safeguarding throughout. Many of the children had additional needs, including autism, ADHD (attention deficit hyperactivity disorder), and type 1 diabetes, and we ensured tailored support was available throughout the camp.

Our ability to provide specialised care, particularly for children with type 1 diabetes, is a key strength. Few programmes have the staff expertise or confidence to accommodate such specific medical requirements, and this capability set our provision apart.

Feedback included:

- *'My son loves this club. He has attended many times and he always wants to go back. Maria and Nicole, and all the staff members are wonderful and caring. They always do so much'* Easter 2024 HAF Parent
- *'Please keep this going my children thrive so much when coming here'* Easter 2024 HAF Parent
- *'This club is amazing, and the staff are perfect. My daughter struggles with social situations and clubs in general, yet she thoroughly enjoys this club and always feels welcome. She has had the confidence to try new foods that she otherwise would not try.'* Summer 2024 HAF Parent

2. Age Concern Eastbourne Taster and 6-week course – July 2024

We successfully delivered our second Six-Week Programme, *Going Deeper, with Age Concern*, engaging 15 participants (90 places in total). Building on the success of our 2023 course, this initiative was grounded in the recognition that social isolation and poverty have a profound impact on health and well-being, along with the other issues older people face and the challenges this can bring.

The interactive, experiential programme was carefully designed to deepen the connections formed in the previous course and to further combat loneliness by fostering the opportunity to build on the meaningful relationships and supportive networks. Once again, feedback was overwhelmingly positive. Many participants expressed a strong desire for continued sessions, highlighting the value of the warm, non-judgmental environment we provide, one that encourages genuine connection and lasting friendships.

Nutritious food remained a key element of the programme, with some participants acknowledging that it was the only substantial meal they had each day.

Feedback from participants' responses included:

- *'It was lovely to meet friends again'*
- *'I found the breathing exercise very useful before I go to sleep...'*
- *'It was lovely to share different things with each other and to relate to any problems we had'*
- *The best thing was... 'friendship'*

3. Carers Support and Wellbeing (CSAW) – Sept/Oct 2024

The impact of caregiving on carers' physical and mental health remains profound. According to Carers UK's 2024 State of Caring report, which surveyed over 11,000 carers:

- 81% reported feeling more stressed due to their caring responsibilities
- 74% said their mental health had worsened
- 60% experienced feelings of loneliness and isolation
- 53% stated that their physical health had declined

These findings underscore the urgent need for programmes that support their health and wellbeing, providing safe, supportive spaces where carers can connect, reflect, and rebuild their resilience.

Participants' feedback highlighted notable improvements in overall wellbeing as a direct result of attending the course. Previous evaluations/feedback have shown strong evidence of sustained positive change, particularly in integrating wellbeing practices into daily routines and developing lasting, healthy habits.

Feedback from participants:

"This course has been amazing! I've learned to take the time to be in the now and notice the beautiful world around me"

"Your gentle and caring instructions were clear, and I was able to pass them on to others"

"100% wellbeing"

The group requested a dedicated wellbeing day, which we held in October 2025. This opportunity was especially meaningful given that many participants are currently facing

significant stress in their personal lives. A focused wellbeing day offers far more than a momentary break, it provides a safe, supportive space to pause, reflect, and reconnect with oneself and others.

The group recognises that such a day can reduce feelings of overwhelm, strengthen coping strategies, and enhance emotional regulation. It allows participants to step away from daily pressures and engage in grounding and restorative activities. Just as importantly, it creates a sense of shared experience and community, helping individuals feel less isolated in their challenges.



4. Just Friends Taster and 6-week course – July 2024

Just Friends is a charity dedicated to reducing the detrimental effects of loneliness. After a well-received taster session in Brighton in December, Just Friends invited us to deliver a 6-week programme in Newhaven, an area experiencing social and economic deprivation. We successfully delivered the Wellbeing Course. The impact on health and wellbeing was clear and the benefits included:

- Reduced feelings of loneliness and isolation: Participants reported feeling more connected, valued, and part of a supportive community, with the weekly sessions providing a reliable social anchor point in their week.
- Improved confidence and social engagement: Many individuals who arrived withdrawn or anxious gradually became more comfortable interacting with others, contributing to a sense of belonging and emotional safety.
- Enhanced mental wellbeing: Regular structured activities, positive social interactions, and a sense of achievement helped reduce stress and lift mood, contributing to better overall mental health.
- Opportunities for new friendships: The programme created a safe and informal environment for participants to build relationships, some of which have continued beyond the sessions.
- Stronger community resilience: By bringing people together in a deprived area, the programme helped strengthen local support networks, empowering participants to remain socially active and connected.

Feedback:

- *“We have all enjoyed the course so much”*
- *“So enjoyable, what to do with my Thursday mornings now?!”*

5. Homes for Ukrainians with 3VA

Since February 2022, local community organisations and volunteers from Wealden, Eastbourne and Lewes have worked together to welcome and support more than 1,800 Ukrainians seeking refuge in East Sussex. This year, our charity was invited to deliver a three-session programme for the Homes for Ukraine volunteer network. We tailored the workshops to the group’s needs, creating opportunities to strengthen connections, share locally sourced food, and explore practical wellbeing tools. As always, we focused not only on recognising existing wellbeing habits and learning new practices but on weaving them into everyday life to build sustainable wellbeing habits.

We greatly valued the chance to work with these dedicated volunteers and to gain deeper insight into the vital support they continue to provide. We are grateful to 3Va for their partnership in co-facilitating the workshops.

Feedback from participants was extremely positive. Highlights included:

- “A wonderfully relaxing opportunity to reflect and connect.”
- “A brilliant opportunity to relax and do some wellbeing practices.”
- “It was an amazing opportunity to connect to myself.”
- “A good balance of techniques were delivered and explored in depth.”
- “Well delivered and well prepared... the workshop was clearly beneficial for the group, who all engaged.” 3VA Coordinator



6. Taster Sessions

Just Life

Our trainers delivered a taster session for Just Life during the charity’s Wellbeing Day, offering participants much-needed respite, connection, and emotional support. Just Life is a charity that supports individuals experiencing homelessness or living in temporary or unstable accommodation, many of whom face significant stress, insecurity, and social isolation.

The session, held in May 2024, welcomed 12 attendees and provided a safe, calm space where participants could engage in gentle, mindful activities designed to reduce anxiety, build confidence, and foster a sense of community. For individuals navigating the challenges of homelessness, even a single session of structured



support can have a meaningful impact, helping people feel seen, valued, and better able to cope with daily pressures.

Overall, the taster session contributed to improved wellbeing for participants and reinforced the importance of accessible, wellbeing support for those living in highly vulnerable circumstances.

Refugee Buddy Project

A Wellbeing Taster Session was delivered in November 2024 in Eastbourne for Ukrainian Refugees. Around 25 people attended and enjoyed a short introduction to our wellbeing practices.

“Many many thanks again for joining us all yesterday, for meeting people and especially for your lovely wellbeing exercise taster.” Homes for Ukraine Team Programme Manager

7. Pearce Foundation

This past year has been a valuable period of growth and learning. Our collaboration with the Foundation enabled us to strengthen our existing practices and make meaningful progress in the areas identified for development. The support we received has had a lasting impact on our work and on the communities we serve.

Although this phase of our partnership concluded in September 2024, the Foundation played an instrumental role in empowering and supporting our fledgling charity, significantly enhancing our capacity to meet the needs of our beneficiaries. We are committed to building on this momentum and plan to reapply for further support in September 2025.

We are excited about the opportunity to work together again and have submitted a bid to be supported as a Returning Partner in 2026. This proposal outlines our focus on strategic development, organisational sustainability, and wider growth opportunities. We look forward to the possibility of continuing our work with such an inspiring and values-aligned organisation.

- The Pearce Foundation provided us with:
- support in writing our successful National Lottery application
- support in creating our Theory of Change
- support in a complete overhaul of our website, including the opportunity to have professional photographs taken for our website
- charity coaching support
- support in exploring our 3-year strategy

Future Plans and Activities in the Pipeline:

We are excited about the opportunity to bid again with the Pearce Foundation and have reapplied to be supported as a Returning Partner with Pearce in 2026, with a bid outlining key areas to focus on in the forthcoming year.

We will also partner with RISE (Refuge, Information, Support and Education) and launch our first Wellbeing Together course for parents and their children. The programme will focus on fostering connection between parent and child, creativity, and exploring practical wellbeing tools and calming practices they can continue to use and enjoy long after the course ends.

Following the success of our initial workshop with a group of carers supporting individuals affected by alcohol and drug misuse, CSAW have invited us to deliver a second Going Deeper six-week programme, specifically tailored to meet the unique challenges faced by this group.

Partnering again with Age Concern, an exciting new workshop, a reunion for 12 people to explore the longer-term impact of our work.

Ukrainian Refugee Buddy Project have requested two sessions, one in Uckfield and a second in Eastbourne, to be funded by the National Lottery.

Just Friends has requested additional courses for 2026, following previous participants' interest in follow-up sessions. They are also keen for us to expand our work into new areas, reflecting the strong engagement and positive impact of the initial course.

"This course is very important, especially for people in stressful situations" Participant,
Refugee Buddy Project

Governance and Operations

Wellbody Wellmind Wellbeing continues to operate primarily on a voluntary, pro bono basis, supported by our co-founders, who are also freelance associate trainers.

The Board of Trustees

The WbWmWb Board of Trustees continued to offer a broad and highly valuable range of skills that strengthen our work, providing strategic direction and governance to the organisation. They work closely with the co-founders to identify and support the charity's development.

The Trustees, supported by the Co-founders, also ensure the operational success of WbWmWb in the following areas:

- The engagement of contractors and sub-contractors (trainers and teachers)
- Safeguarding
- Finance
- Information technology
- Marketing and Communications
- Health and Wellbeing Courses

Together, they contribute strong financial and administrative expertise, a deep understanding of the key areas above, along with coaching skills, pastoral awareness, and excellent organisational abilities, which have helped drive our progress and ensure that we deliver high-quality, lasting-impact courses.

Trustee Recruitment

Following the Charity Commissions guidance, the recruitment process follows the following lines, having considered the need or pending vacancies and the number of trustees required in the governing documents:

- Need identified, particularly attention to the specific skills needed to help run the charity effectively.
- Trustees agree on what skills, experience and knowledge are needed and form a short job description and person specification.
- Trustees agree on responsibilities and a process for recruitment; in doing this, they take care to comply with any specific requirements set out in the charity's governing document. Some of the work may be delegated to a sub-group of trustees, but the whole trustee board remains in full control of the process and decisions.
- The trustees will consider the best methods of attracting a diverse range of candidates with the skills the charity needs.
- Shortlisting and interviews will take place against agreed-upon criteria. A small panel of trustees will conduct interviews, and each candidate will be asked similar questions to ensure a fair and objective approach. Notes are kept of each interview.
- Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest. All relevant parties, such as funders and the charity's solicitors and auditors, are notified of the new appointments.

Trustees meet quarterly to ensure regular oversight of the charity's operations, financial health, and strategic direction. In addition to these formal quarterly meetings, trustees may also hold additional meetings as needed for specific projects, events, or decisions that require immediate attention.

The Administration of the Charity

The charity's administration is carried out voluntarily by the trustees. The co-founders also play an active role in managing the organisation, with the majority of their time in 2024/25 dedicated to the organisation voluntarily.

Our trustees bring a broad and highly valuable range of skills that strengthen every aspect of our work. Their guidance and dedication have been central to our progress, helping us maintain high standards and deliver courses that create meaningful, lasting impact.

Programme Contractors, Trainers and Our Wider Support Team

This year, we had a small, core team, comprising of skilled training professionals, including trainers and teachers, with a wide range of relevant qualifications and experience.

Once again, we were fortunate to have the support of a dedicated small team of three volunteers who played a key role in the success of our HAF camps. Their enthusiasm and commitment added real value to the experience of the children and young people who attended.

Staff from our partner organisations also often join our sessions, bringing additional insight and support and helping us work more closely together.

Social Impact and Public Benefit

Our charity exists to enhance the wellbeing of individuals and communities who are most in need. Despite our modest income, we are proud to have made a meaningful and measurable difference through our grassroots initiatives. Our programmes are designed to support and empower individuals by promoting mental, emotional, and physical wellbeing in accessible, inclusive, and sustainable ways. Over the past year, we continued to focus on:

Community Engagement

We worked in partnership with local charities and community groups to deliver activities that bring people together, reduce isolation, and build a greater sense of connection and belonging. These collaborative efforts have enabled us to reach individuals who might otherwise be excluded from community support networks.

Wellbeing Programmes

Our free wellbeing training courses remained a cornerstone of our impact. Based on evidence-informed models, these sessions offered practical tools in areas such as breathwork, bodywork, mental wellbeing, healthy eating, and relaxation. By removing financial barriers to participation, we ensured that individuals from marginalised or under-resourced backgrounds could access life-enhancing support without cost.

Support Networks

We facilitated peer-led support groups that provided safe, welcoming spaces for individuals to share experiences, receive mutual support, and feel heard. These networks have become a vital lifeline for many, promoting resilience, connection, and long-term positive change.

Through all our work, we remain committed to creating healthier, happier individuals and stronger, more connected communities. Our activities align with our charitable purpose and meet the public benefit requirement by improving the mental and physical wellbeing of those we serve, particularly those who face disadvantage or social isolation.

We are grateful to our supporters, partners, and volunteers who make this work possible. With their continued help, we look forward to deepening our impact in the year ahead.

"The kindness from Maria and Nicole, the feeling of being cared for and feeling so wonderful that I feel that I want to do my best for others"
Programme Participant, Lewes, October 2024

Our Theory of Change document outlines the key outcomes our programmes aim to achieve for participants, including:

Medium-term

- Improved resilience
- Increased wellbeing
- Reduction in stress
- People empowered to explore practices
- Develop positive habits
- Increased sense of community

Longer-term

- Increased wellbeing
- Lifelong habits embedded
- More people access wellbeing practices
- Community wellbeing improved
- Wellbeing practices are valued more widely

Funding

Wellbody Wellmind Wellbeing is primarily funded by grants, which we have received since its inception. We are grateful for these grants and some donations from private individuals.

We do not receive any statutory funding, but we will continue to seek grants from funding bodies and through partnerships to expand our work.

Our funding came from the following sources:

- Grants
- Receipts from partners for programme delivery
- Individual Donations
- Gifts in kind through the voluntary and pro bono work of volunteers

As a small charity, we recognise the importance of building a sustainable funding base. In the year ahead, we will explore opportunities to diversify our income in line with our Governing Document, including:

- Community fundraising initiatives
- Developing a regular donor base
- Offering corporate well-being days
- Forming partnerships where organisations contribute to our services

These efforts will support the charity's long-term resilience and help us continue delivering impactful programmes.

"This course was amazing, gentle and caring instructions were clear and I was able to pass them on." Participant, carers group, October 2024

Financial review

Income and Expenditure

During the financial year, the charity generated a total income of £26,017, all of which was received through grant funding. This represents a slight increase compared with £25,355 in the previous reporting period (1 December 2022 to 31 March 2024).

Total expenditure for the year was £19,827, a slight reduction from £20,148 in the previous period. Of this, £18,444 was spent directly on charitable activities in furtherance of the charity's aims. Administration costs, including Trustees' Indemnity Insurance, amounted to £1,383, reflecting the charity's commitment to keeping overheads low. Although in future years this is expected to rise to a more reasonable level, ensuring the charity fully meets all overheads.

Financial Position

At year-end, the charity held £11,397 in cash, all of which was restricted funding. While these funds can only be used for their designated purposes, they provide sufficient resources to meet short-term commitments and support effective cash-flow management.

Insurance

The Trustees maintain a trustees' liability insurance policy, costing £226 for 2024. This qualifying third-party indemnity was in force throughout the financial year and continues into the current year. The policy provides appropriate cover for all trustees named in the Trustees' Annual Report and is considered adequate for the charity's risk profile.

Risk Management

Reserves

In our second year as a registered charity, WbWmWb continues to seek to strengthen its financial. Position. As we began with no reserves, building an appropriate level of general reserves remains an important priority. Establishing reserves will help safeguard the organisation against unforeseen fluctuations in income and expenditure and will enable us to respond effectively to any sudden challenges arising from our charitable activities. Reserves also protect temporary or permanent reductions in income, supporting the charity as it adapts its cost base and operating model when needed.

The Board of Trustees has agreed that WbWmWb will work towards developing a reserves fund, with a long-term goal of holding the equivalent of two months' running costs. This policy will continue to be reviewed annually.

The trustees are committed to ensuring the financial stability and sustainability of our programmes. We are pleased to report that the risk of financial uncertainty is minimal, as all grants for our courses and initiatives are secured prior to the commencement or delivery of any activities. This proactive approach allows us to focus entirely on achieving our mission and delivering high-quality services to those we support without concern for funding gaps.

Our applications include an element for overheads covering insurance, IT, and related running costs. As of October 2025, we are pleased to say that some applications are solely to support the charity's strategic planning, management, and administration.

Risk

The Board of Trustees ensures that effective risk management and internal control systems are in place to manage Wellbody Wellmind Wellbeing's risks. A nominated trustee undertakes these responsibilities, reviewing internal policies, ensuring compliance with financial and Charity Commission regulations.

Policies

As trustees we remain steadfast in our commitment to maintaining the highest standards of governance, transparency, and accountability in all our activities.

We are dedicated to ensuring the sustainability and impact of our programs, fostering an environment of inclusivity, respect, and compassion for all those we serve. Our focus continues to be on providing accessible and effective wellbeing support through evidence-based programs and resources, delivered by a passionate and skilled team of staff and volunteers.

We recognise the importance of upholding strong financial stewardship. As stated above, all funding for our programs is secured before delivery, ensuring a stable and secure financial

'Many thanks again for the absolutely wonderful session last week, it was just right in every way and really appreciated by every person I have spoken to since. What a beautiful and memorable experience to live, together with this group of people, and yourselves' Homes for Ukrainians with 3VA January 2024

foundation for our work. We continue to actively seek opportunities for growth and collaboration to expand our reach and enhance the lives of those who face challenges and will benefit from our services.

As trustees, we take our responsibility to guide the charity with integrity seriously, making decisions that align with our core values and the needs of those we support.

Supporting Our Work

If you feel inspired to make a regular donation that would really help us with our planning. UK bank account holders can set up direct debits via regular giving, and also claim Gift Aid for their donations. Donations can be cancelled at any time, so if your situation changes you can change your direct debit



One-off donation

You can make a one-off donation either by cheque or bank transfer (payable to 'Wellbody Wellmind Wellbeing or contact us for our bank details)

If you would like to find out more about how you make a donation or be part of our work, please contact: www.wellbodywellmindwellbeing.co.uk

Names of the charity trustees who manage the charity

Trustee name	Office (if applicable)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Christine Burke	Chair		Trustee Board
Jacqueline Pear			Trustee Board
Kat Holden			Trustee Board
Sam (Adcock) McDowell			Trustee Board

Statement of Trustees' responsibility

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgments and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity (CIO) will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose the charity's financial position with reasonable accuracy at all times and enable them to ensure that the financial statements comply with the legal requirements for charity (CIO).

They are also responsible for safeguarding the charity's assets and taking reasonable steps to prevent and detect fraud and other irregularities.

The Trustees confirm they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

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

Signed on behalf of the charity's trustee by:



Christine Burke

Chair

January 2025

www.wellbodywellmindwellbeing.co.uk

fb wellbodywellmindwellbeing

Wellbody Wellmind Wellbeing (CIO)					
Registered Charity Number 1201196				CC16a	
Receipts and payments accounts					
For the period from		Period start date	To	Period end date	
		1/4/2024		31/3/2025	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants		26,017	-	26,017	25,280
Donations		-	-	-	75
	- 0	-	-	-	-
Sub total(Gross income for AR)	- 0	26,017	-	26,017	25,355
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	- 0	26,017	- 0	26,017	25,355
A3 Payments					
Trainers		14,518	-	14,518	14,814
Venue, travel & meals		2,765	-	2,765	2,843
Materials		1,161	-	1,161	1,266
Administration		1,383	-	1,383	1,225
		-	-	-	-
Sub total	- 0	19,827	-	19,827	20,148
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total payments	- 0	19,827	- 0	19,827	20,148
Net of receipts/(payments)	- 0	6,190	-	6,190	5,207
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	- 0	5,207	-	5,207	-
Cash funds this year end	- 0	11,397	-	11,397	5,207
Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds					
	Cash at bank		11,397	-	
		-	-	-	
		-	-	-	
	Total cash funds	-	11,397	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
B2 Other monetary assets					
	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
B3 Investment assets					
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
B4 Assets retained for the charity's own use					
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
B5 Liabilities					
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval	
		J Pear	Jacqueline Pear	23 January 2026	
		Chris Burke	Chris Burke	23 January 2026	

**INDEPENDENT EXAMINATION REPORT TO TRUSTEES OF WELLBODY WELLMIND WELLBEING
CIO ON THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025.**

Respective responsibilities of the directors.

The trustees are responsible for the preparation of the accounts and consider that an audit is not required for this year.

I report on the accounts for the Wellbody Wellmind Wellbeing for the year Ended 31st March 2025.

This report is made solely to Wellbody Wellmind Wellbeing as a body. My review has been undertaken so that I might state, those matters I am required to state to them in a report and for no other purpose. To the fullest extent permitted by law. I do not accept or assume responsibility to anyone other than the Trustees as a body for my review, for this report or for the opinions I have formed.

It is our aim to:

- Examine the accounts:
- State whether particular matters have come to our attention.

Basis of independent report

Our review was carried out in accordance with the general Directions given by Companies House. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide any of the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a “true and fair view” and the report is limited to those matters set out in the statement below.

Independent statement

In connection with my inspection, no matter has come to my attention.

1. Which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section of the Act; and
- to prepare accounts which accord with the accounting records and to comply with the

accounting requirements of the Act have not been met; or

2. to which, in my opinion, attention shown be drawn in order to enable a proper understanding of the accounts to be reached.

P Okusi
Thompson Accountants
Approved Independent Examiner
336-338 London Road
Cricket Green
Mitcham
CR4 3UD Jan.29.,2026



WELLBODY WELLMIND WELLBEING

England & Wales - Charity number 1201196

Accounts



Wellbody Wellmind Wellbeing

Creating healthy habits in body and mind through wellbeing programmes and workshops

Wellbody Wellmind Wellbeing (Registered charity number 1201196)



ANNUAL REPORT
Year Ending 31st March 2024

Annual Report

Year ended 31st March 2024

Charity (registered) Name: Wellbody Wellmind Wellbeing

Registered Charity No: 1201196

Registered Office: 18 Longfellow Road, Worthing, BN11 4NU

Bankers: NatWest Bank, 2a Charing Cross Road, London, WC2

Independent Examiners: Thompson Accounting

Trustees: Christine Burke (Chairperson)
Jacqueline Pear
Katrina Holden
Sam (Adcock) McDowell

"Many thanks again for the absolutely wonderful session last week, it was just right in every way and really appreciated by every person I have spoken to since. What a beautiful and memorable experience to live, together with this group of people, and yourselves."

Participant from 3VA

A Note from the Chair of Trustees

We are pleased to share the first annual report about the work of Wellbody Wellmind Wellbeing in the year ended 31 March 2024.

Wellbody Wellmind Wellbeing became a registered Charitable Incorporated Organisation on the 2nd December 2022. This report covers the first sixteen months of this newly registered charity. The work of the charity strives to support the creation of healthy habits in body and mind for those most in need through the delivery of a variety of programmes. The training programmes are supported by research in psychology and neuroscience as well as ancient traditions. Elements within the model include five key areas: mindfulness and positive psychology practices, bodywork and movement practices, breathwork, and relaxation. Healthy eating also plays an important part, and food is included in all our training programmes, ranging from healthy meals of two courses to light healthy, tasty snacks. Journaling is also encouraged to help bring a compassionate awareness to our lives. All elements are intrinsically interrelated.



Wellbody Wellmind Wellbeing

The programmes include holiday day camps for children, six-week Wellbeing programmes, Wellbeing workshops, and Taster Sessions. It is heartening to see that feedback from participants consistently confirms that the programmes are meeting the outcomes detailed in the organisation's Theory of Change document, increasing wellbeing and a sense of community.

There has been a continued effort to seek grants for future programmes to be delivered in partnership with relevant charities and partners. The training is delivered free to participants to ensure those most in need are not excluded. It is a real pleasure to announce the success of the Sussex Community Foundation bid as well as the National Lottery bid for work in 2024/25

The Trustees join me in thanking the co-founders for their volunteer work for the organisation. Our thanks also go to our trainers and volunteer helpers, who support such important work for those most in need.

Christine Burke
Chair

Our Vision and Mission

We believe that everyone has the right to wellbeing. Our mission is to ensure that our services are free at the point of delivery in order to remove all financial barriers to access.

Our Values

Our values of Connection, Compassion, and Integrity underpin all of our work.

Our five-year strategy is developed to align with the charity's overall aims, values, and objectives, ensuring our reach and delivery are focused on those most in need.

This year has been a great year and much has been learnt on the way. Working with the Pearce Foundation has offered the chance to build on some of the good practices and work on areas for improvement, which we plan to continue in the future.

Charity Aims and Objectives

As this marks our first year as a registered charity, we have included the objectives as outlined in our constitution, which serves as our governing document:

Object 1: To advance the education of the public in the subject of physical, mental and social wellbeing among people residing permanently or temporarily in Sussex, Kent, and London, as well as online.

We support elementary and primary education by working with the head teacher, school teaching staff, parents and children to design and deliver

tailor-made wellbeing programmes for the teachers and the children.

Evidence: 'The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults' (WHO, 2019)

Object 2: The relief of sickness and the preservation of health among people residing permanently or temporarily in Sussex, Kent and London, and online. Our services provide relief to those in need, by reason of ill health, primarily working with hospices, carehomes, organisations and community centres.

Evidence: 38% of young carers report having a mental health problem, yet only half report receiving additional support from a member of staff at school. (Mental Health Foundation, 2016) Age UK research demonstrates the impact of the pandemic on the health and morale of a sizeable minority of older populations. "As many as a third of all older people really are struggling...fear of the virus, loss of mental and physical capacity, loneliness and isolation, and an inability to grieve as normal for those they have lost add up to a potential public health emergency affecting many older people." Although the pandemic has subsided there is a lasting impact on many elderly people, with feelings of loneliness, depression and isolation still high.

Object 3: The prevention or relief of poverty in Sussex, Kent and London, and also online, by providing services to individuals in need and/or charities or other organisations working to prevent or relieve poverty. Our services provide relief to those in need, by reason of financial problems.

Evidence: Those experiencing poverty show significantly lower levels of self-efficacy and confidence in their ability to succeed. This has negative physical and psychological health consequences, along with reduced educational and professional attainment. Resource scarcity induces a 'scarcity mindset', characterised by increased focus on immediate goals at the expense of peripheral tasks and long-term planning. This may contribute to perpetuating the cycle of poverty. (Fell and Hewstone, 2015).

The fallout from the Covid 19 Pandemic has disproportionately affected those most in need in society in terms of education, job security and poverty levels.

Our team is keen to work with individuals and groups to build and develop growth mindset thinking through various cognitive practices to compassionately challenge limiting beliefs that hold people back from their true potential and co-mentoring to help integrate and sustain new

thinking. Working from the research evidence base, our freelancer team designs and delivers workshops that address the personal wellbeing and social issues that contribute to financial problems, both as preventative and ameliorative support.



Support to those most in need

'There are areas in Sussex which are in the bottom 20 per cent of national measures of social deprivation'.
The 10th Duke of Richmond - Founder of Sussex Community Foundation

Social deprivation has a significant and lasting impact on both physical and mental health, affecting individuals' overall well-being. Our mission is to support those facing these challenges and help reverse the damage caused. We work with a diverse range of people, including carers, foster parents and their children, those experiencing homelessness or living in temporary accommodation, the elderly, children, and asylum seekers. Many of those we serve reside in areas with some of the highest levels of deprivation in Sussex, including towns such as Littlehampton, Bognor Regis, Eastbourne, Portslade, and Peacehaven

Our buddy system for adult participants is a key component of our programs, designed to foster connection, motivation, and community. By linking participants together, this system helps integrate the lessons learned from our courses and encourages the adoption of healthy, supportive practices. It promotes the development of lasting habits that keep individuals connected, strengthen their sense of community, and enhance their overall sense of purpose.

Summary of our key 2023/24 Programmes & Events

We are deeply grateful for the exceptional support we have received from our trustees, funders, The Pearce Foundation, 3VA—Voluntary Action in Eastbourne, Lewes, and Wealden, and all our valued partners. Their collaboration has been instrumental in enabling us to achieve significant milestones during our first 16 months. Notably, we have successfully offered nearly 500 free places across various tailored programmes, a testament to our collective efforts in advancing our mission.

Below are highlights of the programmes and courses we delivered in our first 16 months, along with some of the programmes we are working on or planning in our second year.

1. HAF Camps Summer and Winter 2024

In 2022/23, our charity was awarded funding from East Sussex County Council through the Holiday Activities and Food Programme (HAF) an initiative introduced by the UK government as part of its broader "Levelling Up" agenda, which aims to address inequalities and provide support to disadvantaged communities across the country. The HAF programme specifically targets children from lower-income families, ensuring they have access to enriching activities during school holidays, alongside free nutritious meals. We delivered three enriching holiday camps for children receiving free school meals. A total of 210 children participated in these camps, which were held over 3 to 4 days and featured a diverse range of activities, including yoga, arts and crafts, and engaging games. As part of our commitment to promoting well-being, we also provided healthy snacks and nutritious two-course lunches. Many of the children had additional needs, such as autism, ADHD, and type 1 diabetes, and received tailored support throughout the camps. Our ability to offer specialized care, particularly for children with type 1 diabetes, sets us apart, as very few programs are equipped with the expertise and staff to cater to such specific needs.

Feedback included:

'This club is amazing and the staff are perfect. My daughter struggles with social situations and clubs in general, yet she thoroughly enjoys this club and always feels welcome. She has had the confidence to try new foods that she otherwise would not try.'

'My daughter has once again absolutely loved this holiday provision. She goes in happily and is so proud of everything she had made when she comes out. She still has everything she made from the summer club on display in her room. She certainly feels safe and loves going to this holiday provision.'

'My daughter has SEN and thoroughly enjoys this club. The staff are excellent with all the children. My daughter thrives in a structured environment, and this is one of the few clubs that provide that. Looking forward to the next one!!'

'It's really fun here. I loved playing with the building bricks and friends'

'I would like to go back. It was fantastic.'

'I love doing yoga and playing hot potato and musical statues.'



2. Age Concern Eastbourne Taster and 6-week course: 9 Feb to 16 March 2023

We successfully delivered a Taster session followed by a comprehensive Six-Week Programme, engaging 15 participants (90 places in total). This initiative was rooted in the understanding that isolation can significantly affect our overall well-being. Our interactive and experiential wellbeing course was specifically designed to combat loneliness by encouraging meaningful connections and the development of supportive networks. Feedback from participants has been overwhelmingly positive, with many highlighting that the supportive, nonjudgmental environment we provide fosters enriching connections and lasting relationships.



When asked what one thing they would take into their lives after the 6-week course we ran at Age Concern Eastbourne, participant's responses included:

'I have learnt to be with other people and feel happy and relaxed.'

'The joy of friendship'

'A sense of comradeship with the group'

3. Carers Support and Wellbeing (CSAW) - June/July 2023

Having successfully delivered an initial workshop to this group of carers supporting individuals with alcohol and drug misuse, CSAW asked us to facilitate a six-week programme tailored specifically to their needs. The course was attended by 10 participants, all of whom experienced significant improvements in their wellbeing.

The impact of caregiving on the health and wellbeing of carers is profound. According to Carers UK's 2015 annual survey, over 5,000 carers reported the following statistics: 84% experience heightened stress, 71% report poor physical or mental health, 78% experience increased anxiety, and 55% suffer from depression as a direct result of their caregiving responsibilities—figures which represent a marked increase compared to similar findings in 2014.

Feedback from participants demonstrated notable improvements in their overall wellbeing as a result of attending the course. Additionally, we conducted a follow-up survey three months post-course, which provided further evidence of the lasting impact, particularly in areas such as the integration of wellbeing practices and the development of sustainable, positive habits, such as:

"The breathing practices are easy to remember and easy to do, especially the bee breath."

"I have since signed up to a sleep app to help with my relaxation"

"I find the journaling helpful."



The group requested a second follow-up course, which commenced in September 2024.

4. One-off taster sessions

Our trainers ran a free 45-minute taster session for the Cost-of-Living Service volunteers with 3VA on 24 February 2024. 18 people attended the session at the Hillcrest Community Centre in Newhaven, and feedback was again very positive. With the success of the first training session, we were asked to be part of a second training event.

5. Pearce Foundation 2023 /24

In September 2023, we were delighted to be selected for a year of support from The Pearce Foundation. This incredible foundation is dedicated to empowering small fledgling charities, helping them enhance their capacity to serve the needs of their beneficiaries better. We were excited about the opportunity to grow and strengthen our impact through this invaluable partnership.

The Pearce Foundation provided us with:

- support in writing our successful National Lottery application
- support in creating our Theory of Change
- support in a complete overhaul of our website, including the opportunity to have professional photographs taken for our website
- charity coaching support
- support in exploring our 3-year strategy

Projects completed since 1 April 2024

- Through the Holiday, Activities, and Food (HAF) programme funded through ESCC, we delivered a Spring Camp on 10 and 11 April 2024. There were 60 spaces for children, and all places were filled.
- Our trainers were requested to run a second free 45-minute taster session for Cost-of-Living service volunteers with 3VA, at the Linklater Centre in Lewes, which was delivered on 24 April 2024 for 16 people
- Our trainers ran a taster session for Just Life, a charity supporting people who are homeless or living in temporary accommodation in Brighton and Hove, on the 24 May 2024 for 12 people
- Age Concern taster and 5-week course: 20 June to the 25 July 2024 for 12 people
- HAF Summer camp: 31 July—7 August 2024 (6 days). 180 spaces were filled for children in receipt of free school meals.
- CSAW 6-week course - Going Deeper: 5 September - 10 October 2024 for 10 participants.

Other activities in the pipeline:

- We invited Just Friends to join our Age Concern course, and members were informed and attended the course. We now plan to run a taster Christmas session for the Brighton group with a view to running a six-week course for them in the New Year.
- A social prescriber in Lewes attended our first CSAW session, and we will meet with her and her team to explore working with the different groups they support.
- We have also made links with other organisations, such as Five Rivers Fostering and Age UK, which we will follow up on.
- Hailsham Foodbank, who supported by The Trussell Trust, are interested in partnering with us to deliver a range of wellbeing courses
- Just Life would like further wellbeing sessions delivered in 2025
- We are currently in the middle of running three workshops for Homes for Ukraine volunteers.

"So struck by the thoughtfulness and attention to detail – everything was done so beautifully and with such depth, yet so gentle and light... belissima!"

Kerry, participant



Governance and Operations

Wellbody Wellmind Wellbeing is run primarily on a voluntary pro/bono basis, with the support of the co-founders who are also freelance associate trainers.

The Board of Trustees

The WbWmWb Board of Trustees provides strategic direction and governance to the organisation. They work closely with the co-founders to identify and support the implementation of the charity's development.

The Trustees supported by the Co-founders also ensure the operational success of WbWmWb in the following areas:

- The engagement of contractors and sub-contractors (trainers and teachers)
- Safeguarding
- Finance
- Information technology
- Health and Wellbeing Programmes

Trustee Recruitment

Based on the Charity Commission's guidance, the recruitment process is conducted on the following lines, having considered the need or pending vacancies and the number of trustees required in the governing documents:

- Need identified, with particular attention to the specific skills needed to help run the charity effectively.
- Trustees agree on what skills, experience and knowledge are needed and form a short job description and person specification.
- Trustees agree on responsibilities and a process for recruitment; in doing this, they take care to comply with any specific requirements set out in the charity's governing document. Some of the work may be delegated to a sub-group of trustees, but the whole trustee board remains in full control of the process and decisions.
- The trustees will consider the best methods of attracting a diverse range of candidates with the skills the charity needs.
- Shortlisting and interviews will take place against agreed-upon criteria. Interviews will be conducted by a small panel of trustees, and each candidate will be asked similar questions to ensure a fair and objective approach. Notes are kept of each interview.
- Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest. All relevant parties, such as funders and the charity's solicitors and auditors, are notified of the new appointments.

Trustees meet quarterly, ensuring regular oversight of the charity's operations, financial health, and strategic direction. In addition to these formal quarterly meetings, trustees may also hold additional meetings as needed for specific projects, events, or decisions that require immediate attention.

The Administration of the Charity

The co-founders and trustees carry out the charity's administration on a voluntary basis.

Programme Contractors (Trainers)

This consists of a pool of skilled training professionals, including trainers and teachers, with a wide range of relevant qualifications.

The Wider WbWmWb Family

A small pool of volunteers based in Sussex undertakes different roles for WbWmWb, such as supporting the HAF Children's camps.

Social Impact and Public Benefit

Our charity is dedicated to enhancing the wellbeing of individuals and communities who are most in need through our tailored programmes that support and empower individuals.

We focus on:

- **Community Engagement:** Partnering with other charities and community groups to deliver programmes and activities that foster social connections, reduce isolation, and build a sense of belonging
- **Wellbeing Programmes:** Offering free training on wellbeing practices, ensuring that those who may face barriers to access can benefit from our programs without financial constraints. Our courses are built on an evidence-based core intervention model designed to empower participants with essential tools for improving their overall wellbeing. Through these courses, individuals will learn valuable techniques in breathwork, mental wellbeing, bodywork, healthy eating, and relaxation. By fostering healthier habits and promoting balanced lifestyles, we aim to foster lasting positive impacts on the physical and mental health of our participants
- **Support Networks:** Creating and facilitating support groups and peer networks that offer a safe space for sharing experiences and receiving mutual support. Through these initiatives, we aim to create a positive, lasting impact on the lives of those we serve, contributing to a healthier, happier individual and community.

"Many thanks again for the absolutely wonderful session last week, it was just right in every way and really appreciated by every person I have spoken to since. What a beautiful and memorable experience to live, together with this group of people, and yourselves" ...Programme Participant

Key outcomes from our programme for participants include:

Medium-term

- Improved resilience
- Increased wellbeing
- Reduction in stress
- People empowered to explore practices
- Develop positive habits
- Increased sense of community

Longer-term

- Increased wellbeing
- Lifelong habits embedded
- More people access wellbeing practices
- Community wellbeing improved
- Wellbeing practices are valued more widely

Funding

Wellbody Wellmind Wellbeing is primarily funded by grants, which we have received since its inception. We are grateful for these grants and some donations from private individuals.

We do not receive any statutory funding, but we will continue to seek grants from funding bodies and through partnerships to expand our work.

Our funding came from the following sources:

- Grants
- Receipts from partners for programme delivery
- Individual Donations
- Gifts in kind through the voluntary and pro bono work of volunteers

"Thank you so much for the wellbeing session it was fantastic!"
Karen, Participant at 3VA Wellbeing workshop

Financial review

Financial position at the end of the period to 31 March 2024

The following figures are taken from the financial accounts. The Annual Report and Accounts cover the 16-month period from 12 December 2022 to 31 March 2024.

We generated a total income of £25,355 comprised of grants totalling £25,280 and an unrestricted donation of £75. Total expenditure was £20,149, of which £18,924 was spent on charitable activities. Administration costs, including Trustees' Indemnity Insurance, accounted for 7.3% of the expenditure. The Trustees have the benefit at the cost of £402.97 for this sixteen-month period of trustees' liability insurance, which is a qualifying third-party indemnity. The indemnity was in force throughout the last financial year and continues into the current financial year. This policy covers all the trustees shown on the Trustees Annual Report.

Risk Management

Reserves

Since this is the first year of becoming a registered charity, WbWmWb previously held no reserves. In the future, WbWmWb plans to hold general reserves to provide for any unforeseen fluctuations in income and expenditure. Reserves will allow the charity to address sudden issues that might arise from charitable activities. They protect against a temporary or permanent loss of income, allowing the charity to adjust the cost base and business model.

The Board of Trustees have determined that WbWmWb will work towards building reserves in the future and that covering two months' running costs should be a long-term goal. This policy will be reviewed annually.

The trustees are committed to ensuring the financial stability and sustainability of our programmes. We are pleased to report that the risk of financial uncertainty is minimal, as all grants for our courses and initiatives are secured prior to the commencement or delivery of any activities. This proactive approach allows us to focus entirely on achieving our mission and delivering high-quality services to those we support without concern for funding gaps. Our applications include an element for overheads covering insurance, IT, and related running costs.

Risk

The Board of Trustees ensures that effective risk management and internal control systems are in place to manage Wellbody Wellmind Wellbeing's risks. A nominated trustee undertakes these responsibilities, reviewing internal policies and ensuring compliance with financial and Charity Commission regulations.

Policies

As trustees, we remain steadfast in our commitment to maintaining the highest standards of governance, transparency, and accountability in all our activities. We are dedicated to ensuring the sustainability and impact of our programs, fostering an environment of inclusivity, respect, and compassion for all those we serve. Our focus continues to be on providing accessible and effective wellbeing support through evidence-based programs and resources, delivered by a passionate and skilled team of staff and volunteers.

We recognize the importance of upholding strong financial stewardship. As stated above, all funding for our programs is secured before delivery, ensuring a stable and secure financial foundation for our work. We continue to actively seek out opportunities for growth and collaboration to expand our reach and enhance the lives of those who face challenges and will benefit from our services.

We hold policies for GDPR, safeguarding, health and safety, and complaints. Some of these can be found on our website; others can be requested and sent to you if needed.

As trustees, we take seriously our responsibility to guide the charity with integrity, making decisions that align with our core values and the needs of those we support.

Supporting Our Work

If you feel inspired to make a regular donation that would really help us with our planning. UK bank account holders can set up direct debits to facilitate regular giving. Donations can be cancelled at any time, so if your situation changes, you can change your direct debit.



One-off donation

You can make a one-off donation either by cheque or bank transfer (payable to 'Wellbody Wellmind Wellbeing' or contact us for our bank details). If you would like to find out more about how to make a donation or be part of our work, please contact: www.wellbodywellmindwellbeing.co.uk

Names of the charity trustees who manage the charity

Trustee name	Office (if applicable)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Christine Burke	Chair		Trustee Board
Jacqueline Pear			Trustee Board
Kat Holden		From 8th July 2023	Trustee Board
Donna Day Lafferty		From 12 Dec 2022 until 8 Jan 2023	Trustee Board
Sam (Adcock) McDowell		From 9th September 2023	Trustee Board

Statement of Trustees' responsibility

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgments and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity (CIO) will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose the charity's financial position with reasonable accuracy at all times and enable them to ensure that the financial statements comply with the legal requirements for charity (CIO).

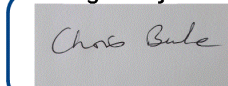
They are also responsible for safeguarding the charity's assets and taking reasonable steps to prevent and detect fraud and other irregularities.

The Trustees confirm they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

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

Signed on behalf of the charity's trustee by:


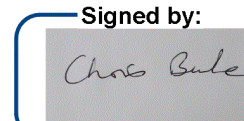
Christine Burke
Chair
30th January 2025

Signed by:


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www.wellbodywellmindwellbeing.co.uk

fb wellbodywellmindwellbeing

Wellbody Wellmind Wellbeing (CIO)				Accounts for 16 months. (CIO set up 2 December 2022)	CC16a
Registered Charity Number 1201196					
Receipts and payments accounts					
For the period from		Period start date	To	Period end date	
		12/2/22		3/31/24	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants		25,280	-	25,280	-
Donations	75	-	-	75	-
	- 0	-	-	-	-
Sub total(Gross income for AR)	75	25,280	-	25,355	-
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	75	25,280	- 0	25,355	- 0
A3 Payments					
Trainers		14,815	-	14,815	-
Venue, travel & meals		2,843	-	2,843	-
Materials		1,266	-	1,266	-
Administration	75	1,150		1,225	
		-	-	-	-
Sub total	75	20,074	-	20,149	-
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total payments	75	20,074	- 0	20,149	- 0
Net of receipts/(payments)	- 0	5,207	-	5,207	-
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	- 0	-	-	-	-
Cash funds this year end	- 0	5,207	-	5,207	-
Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds	Cash at bank		5,207	-	
		-	-	-	
		-	-	-	
	Total cash funds	-	5,207	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
B2 Other monetary assets	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)	
			-		
			-		
			-		
			-		
			-		
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval	
		Signed by:  5BB06A45D2B2401...	Jacqueline Pear	30 January 2025	
		Signed by:  1AEF710348E5447...	Chris Burke	30 January 2025	

INDEPENDENT EXAMINATION REPORT TO TRUSTEES OF WELLBODY WELLMIND WELLBEING CIO ON THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024.

Respective responsibilities of the directors.

The trustees are responsible for the preparation of the accounts and consider that an audit is not required for this year.

I report on the accounts for the Wellbody Wellmind Wellbeing for the year Ended 31st March 2024.

This report is made solely to Wellbody Wellmind Wellbeing as a body. My review has been undertaken so that I might state, those matters I am required to state to them in a report and for no other purpose. To the fullest extent permitted by law. I do not accept or assume responsibility to anyone other than the Trustees as a body for my review, for this report or for the opinions I have formed.

It is our aim to:

- Examine the accounts:
- State whether particular matters have come to our attention.

Basis of independent report

Our review was carried out in accordance with the general Directions given by Companies House. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide any of the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a “true and fair view” and the report is limited to those matters set out in the statement below.

Independent statement

In connection with my inspection, no matter has come to my attention.

1. Which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section of the Act; and
- to prepare accounts which accord with the accounting records and to comply with the

accounting requirements of the Act have not been met; or

2. to which, in my opinion, attention shown be drawn in order to enable a proper understanding of the accounts to be reached.

Pierre Okusi
Thompson Accountancy
Approved Independent Examiner
336-338 London Road
Cricket Green
Mitcham
CR4 3UD



Jan 28, 2025