



# 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.



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](http://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.

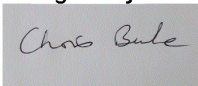
The Trustees confirm they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission’s general guidance on public benefit.

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

Signed on behalf of the charity’s trustee by:

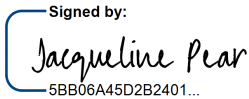
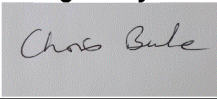
**Christine Burke**  
**Chair**  
**30th January 2025**

Signed by:



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[www.wellbodywellmindwellbeing.co.uk](http://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 12/2/22	To	Period end date 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	-		
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	
			Unrestricted funds	Restricted funds	Endowment funds	
	Details		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
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 liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities				-		
				-		
				-		
				-		
				-		
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name		Date of approval	
	<div>Signed by:  5BB06AA45D2B2401...</div>		Jacqueline Pear		30 January 2025	
	<div>Signed by:  1AEF710348E5447...</div>		Chris Burke		30 January 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 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