

THE OLD BANK WELLBEING TRUST

England & Wales · Charity number 1201806

Details

Status Registered

Legal form Charitable company

Company number [12082101](#)

Registered 2023-02-02

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

Contact

Address 23-25 Brassey Avenue
Eastbourne
East Sussex
BN22 9NH

Phone 01323502827

Email info@theoldbankwellbeing.org.uk

Website www.theoldbankwellbeing.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND PROMOTION OF GOOD MENTAL HEALTH FOR THE PUBLIC BENEFIT BY:- THE PROVISION OF ACCESSIBLE, EVIDENCE BASED PSYCHOTHERAPEUTIC SERVICES;- SUPPORT FOR TRAINING AND DEVELOPMENT IN COUNSELLING AND RELATED SKILLS.

Activities: a) The provision of accessible psychotherapeutic services and;b) Support for training and development in counselling and related skills.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£320,096	£314,716	-	-
2024-06-30	£351,468	£296,384	-	-
2023-06-30	£274,727	£253,119	-	-

Trustees

Name	Role	Appointed
Dr Stephanie Jean Morgan	Chair	2025-07-08
Andrew John Cox		2026-02-02
Beruk Berhane		2023-05-17
CARL GUY		2023-02-02
Claire Margaret Howell		2023-02-02
Daniella Guy		2019-07-03
Dr Connor Cummings		2026-02-02
Natalie Graham		2023-06-01
Nicholas Robert Hazell		2023-02-02

THE OLD BANK WELLBEING TRUST

England & Wales - Charity number 1201806

Accounts

Company registration number 12082101 (England and Wales)

Charity registration number 1201806 (England and Wales)

THE OLD BANK WELLBEING TRUST
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025



Caladine
Chartered Certified Accountants

THE OLD BANK WELLBEING TRUST

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Carl Guy (Chair) Daniella Guy Claire Howell (Deputy Chair) Beruk Berhane Natalie Graham Nicholas Hazell (Secretary) Dr Stephanie Jean Morgan	(Appointed 8 July 2025)
Country of incorporation	United Kingdom (England and Wales)	
Company registration number	12082101	
Charity number (England and Wales)	1201806	
Principal address	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH	
Registered office	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH	
Independent examiner	John Caladine FCCA CTA FCIE Caladine Limited Chantry House 22 Upperton Road Eastbourne East Sussex BN21 1BF	

THE OLD BANK WELLBEING TRUST

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THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW

FOR THE YEAR ENDED 30 JUNE 2025

Overview from the Outgoing Chair

We continue to see a growing demand for our services, arising largely from personal recommendations. Feedback from clients remains overwhelmingly positive, with many commenting on the warmth of welcome and the quality of the counselling provided. Demand has at times exceeded our capacity, with the need to introduce a small waiting list for the first time this year. We continue to see an increasing number of clients presenting with complex issues, requiring longer-term work but with limited funding; finding sufficient funding for these clients remains challenging.

We are grateful for the pro-bono consultancy support of Professor Stephanie Morgan via the Cranfield Trust who has been advising with governance and trustee and management structure this year. As you will see, Stephanie was so impressed with the value of our work she applied to become a Trustee and indeed take over as chair.

Team Overview

This year has seen a rise in our counselling team to just over 80 counsellors. This together with the number of clients steadily on the rise has meant that we have had a busy year. The management team remains consistent which includes Emily (Counselling Manager), Christina (Counselling Manager), Jacqui (Office Manager) and Alan (Development Manager), and four members of the team providing administrative support.

Financial Sustainability

We remain committed to achieving financial sustainability within the next few years. This year we have seen donations rise from the Eastbourne Lottery, shopping donations from EasyFundraising and others choosing to donate to us each month through setting up direct debits. Our aim is still to reduce our reliance on grant funding for core costs, with a view to increasing the amount of grant funding available to provide affordable counselling to those in need.

Thank you

We wish to express our thanks to the following organisations for their kind and generous donations:

- Clarke Roofing Southern Ltd
- Cornerstone Chiropractic Ltd
- Eastbourne Lottery
- P J Skips
- ShanFitness

Thanks also go to the following organisations for providing us with grants:

- The Ernest Kleinwort Charitable Trust
- The 7 Stars Foundation
- The Homity Trust
- Screwfix
- Veterans Foundation

THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

We are also grateful for the support and collaboration of the following organisations:

- A Band of Brothers
- Bramber Bakehouse
- Cranfield Trust
- EasyFundraising
- Enthum Foundation
- Kingdom Way Trust
- Mankind
- Morrisons (Community Champion)
- New Maudsley Carers
- Pivotal Recovery
- Ratton School Academy Trust
- Sanctuary
- Southern Wellness Action Group
- The Hampden Park Shed Project
- The Women's Institute (Willingdon)
- Wave Leisure

We look forward to partnering with these organisations and others in the future.

Thanks also go to our various private donors who have chosen to give each month by direct debit or a one-off donation. We are very grateful for your generosity.



.....
Mr C Guy
Chairman

Date: 11/01/26
.....

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 JUNE 2025

The trustees of The Old Bank Wellbeing Trust present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

The vision of TOB is that it becomes a significant source of affordable counselling to the Public using bursary funding to help cover some of the cost of receiving timely treatment. TOB is here to assist clients, who are in need, in order to help those beneficiaries experience a better quality of life.

Its objects are as follows:

- The relief of sickness and promotion of good mental health for the public benefit by: - The provision of accessible, evidence based psychotherapeutic services.
- Support for training and development in counselling and related skills.

Values

Compassion & Accessibility: This dual value speaks to the heart of the charity's mission. Compassion is the driving force behind providing TOB's mental health services to those who need them the most. Coupled with accessibility, it ensures that the services are not only available to all but also provided in a manner that is empathetic and understanding of individual circumstances.

Financial Sustainability & Support: Financial sustainability is crucial for the charity to continue its mission over the long term. It includes being wise with funds, fundraising effectively, and ensuring that services can be offered at low or no cost through a bursary or sliding scale system. This value also communicates to donors and clients that their investment or use of services contributes to a stable, ongoing resource in the community.

Professionalism & Trustworthiness: A charity that offers specialist mental health therapy must be seen as professional and trustworthy. This means employing qualified therapists, maintaining confidentiality, and ensuring a safe and supportive environment for clients. Professionalism in this context does not only mean having the right qualifications but also refers to the manner in which services are delivered—consistently, competently, and with care.

Tailored Care & Individual Focus: Recognising that each client is unique and not just another client in the system reflects a commitment to individualised care and something TOB do well. This value encompasses the tailored matching of therapists to clients, the thoughtful consideration of each person's needs, and the flexible approach to therapy. It ensures that clients feel seen, heard, and cared for on a personal level.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Achievements and performance

Public benefit & impact

(1) Counselling Appointments

580 active counselling clients (seen by 68 counsellors)

Total Individual Appointments	6724	97%
Total Couples Appointments	<u>179</u>	03%
Total Counselling Appointments	6903	

Total Student Counsellor Appointments	2551	35%
Total Qualified Counsellor Appointments	3933	55%
Total Assessment Appointments	309	04%
Total Specialist Counsellor Appointments	<u>419</u>	06%
	7212	

Total Bursary Appointments	1895	45%
Total Student/No Bursary	1985	47%
Free Assessments	<u>309</u>	07%
Total Subsidised Appointments	4189	

Full price Appointments	3023	42%
Subsidised Appointments	<u>4189</u>	58%
	7212	

(2) Assessments

Assessment Adult	226	73%
Assessment CYP	77	25%
Assessments YP (16-25)	<u>6</u>	02%
Total Assessments	309	

(3) Supervision (TOB)

QC (Qualified Counsellor; SC Student Counsellor)		
113 TOB QC	£2,825	
4 TOB (newly QC)	£60	
18 TOB (volunteer QC)	£0	
231 TOB SC (free)	£0	

(4) Reflective Practice Supervision & Counselling Supervision (1-1)

External including TOB counsellors in private practice	
19 counselling supervision sessions	
90 reflective practice supervision individual sessions	
11 reflective practice supervision group sessions	

Financial review

Income during the year ended 30th June 2025 was £320,096 (2024: £351,468). Net movement in funds for the year was a surplus of £5,380 (2024: £55,084).

As at 30th June 2025 unrestricted funds including amounts designated were £85,259 and restricted funds stood at £14,194

Reserves policy

The Old Bank currently maintains a reserves aim of three months' worth of expenditure, (approximately £80,000). This amount has been determined as a suitable level to provide a buffer against uncertainties.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

Major risks

The trustees have assessed the major risks to which the Trust is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The Old Bank Wellbeing Trust (TOB) is a charitable company limited by guarantee and not having a share capital, with registration number 12082101. It is recognised as a charity for tax purposes by HMRC and is registered with the Charity Commission under charity number 1201806.

Key points relating to governance are as follows:

- TOB has a Memorandum and Articles of Association which establish the objects and powers of the charitable company and is governed under its Articles of Association of February 2023.
- TOB is governed by its Board of Trustees.
- The Trustees meet on a periodic basis to consider items such as achievements, partnerships, risk management, regulations and finances.
- All Trustees' meetings can now be held in person at a dedicated site or by recorded online meetings. Minutes are taken at all meetings and are available to the Charity Commission as is set out in governance.
- Given that TOB is responsible for allocating funds donated by the public, the Trustees place the utmost importance on good governance. We continue to monitor best practice in charity governance and adapt as necessary.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Carl Guy (Chair)

Daniella Guy

Claire Howell (Deputy Chair)

Beruk Berhane

Dr Timothy Caroe (Treasurer)

(Resigned 17 September 2025)

Natalie Graham

Nicholas Hazell (Secretary)

Dr Stephanie Jean Morgan

(Appointed 8 July 2025)

Organisational structure

A new senior leadership team was formed in July 2024 consisting of Alan Smithson (Development Manager), Emily Heseltine (Counselling Manager) and Jacqui Thornett (Office Manager). The senior leadership team work with the trustees and report directly to them on all activities and issues. There are a further 5 members staff working within the administration team.

The trustee's report was approved by the Board of Trustees.



Daniella Guy

Trustee

Date: 11/01/26

THE OLD BANK WELLBEING TRUST

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

FOR THE YEAR ENDED 30 JUNE 2025

The trustees, who are also the directors of The Old Bank Wellbeing Trust for the purpose of company law, are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Trust and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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 judgements 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE OLD BANK WELLBEING TRUST
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF THE OLD BANK WELLBEING TRUST

I report to the trustees on my examination of the financial statements of The Old Bank Wellbeing Trust (the Trust) for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the Trust (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the Trust are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the Trust's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the Trust's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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

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

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



John Caladine FCCA CTA FCIE

Caladine Limited
Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Date: 14/01/2026

THE OLD BANK WELLBEING TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

Current financial year		Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
	Notes					
Income from:						
Donations and legacies	3	10,386	-	-	10,386	65,936
Charitable activities	4	276,140	-	32,990	309,130	285,532
Investments	5	580	-	-	580	-
Total income		287,106	-	32,990	320,096	351,468
Expenditure on:						
Charitable activities	6	232,733	32,871	49,112	314,716	296,384
Total expenditure		232,733	32,871	49,112	314,716	296,384
Net income/(expenditure)		54,373	(32,871)	(16,122)	5,380	55,084
Transfers between funds	15	(35,130)	35,125	5	-	-
Net movement in funds		19,243	2,254	(16,117)	5,380	55,084
Reconciliation of funds:						
Fund balances at 1 July 2024		63,762	-	30,311	94,073	38,989
Fund balances at 30 June 2025		83,005	2,254	14,194	99,453	94,073

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 11 to 21 form part of these financial statements.

THE OLD BANK WELLBEING TRUST

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

Prior financial year	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:				
Donations and legacies	3	61,961	3,975	65,936
Charitable activities	4	238,032	47,500	285,532
Total income		299,993	51,475	351,468
Expenditure on:				
Charitable activities	6	262,076	34,308	296,384
Total expenditure		262,076	34,308	296,384
Net income		37,917	17,167	55,084
Transfers between funds	15	7,936	(7,936)	-
Net movement in funds		45,853	9,231	55,084
Reconciliation of funds:				
Fund balances at 1 July 2023		17,909	21,080	38,989
Fund balances at 30 June 2024		63,762	30,311	94,073

THE OLD BANK WELLBEING TRUST

BALANCE SHEET

AS AT 30 JUNE 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	11		1,543		1,170
Current assets					
Debtors	12	710		645	
Cash at bank and in hand		100,570		96,594	
		<u>101,280</u>		<u>97,239</u>	
Creditors: amounts falling due within one year	13	<u>(3,370)</u>		<u>(4,336)</u>	
Net current assets			<u>97,910</u>		<u>92,903</u>
Total assets less current liabilities			<u>99,453</u>		<u>94,073</u>
Net assets			<u><u>99,453</u></u>		<u><u>94,073</u></u>
The funds of the Trust					
Restricted income funds	15		14,194		30,311
Unrestricted funds - general	17		83,005		63,762
Unrestricted funds - designated	16		2,254		-
			<u>99,453</u>		<u>94,073</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 11.1.26



Daniela Guy
Trustee



Claire Howell (Deputy Chair)
Trustee

Company registration number 12082101 (England and Wales)

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Company information

The Old Bank Wellbeing Trust is a private company limited by guarantee incorporated in England and Wales. The registered office is The Old Bank, 23-25 Brassey Avenue, Eastbourne, East Sussex, BN22 9NH.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Trust's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Trust is a Public Benefit Entity as defined by FRS 102.

The Trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the Trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Donated goods and services given for use by the Trust are recognised when receivable, and are valued at a best estimate of market value. Stocks of undistributed donated goods are not valued for balance sheet purposes.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies (Continued)

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis:

Fixtures, fitting and computer equipment	25% Straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Trust's balance sheet when the Trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Trust's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Trust is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Deferred income

Where income is received for a specific project, the income is deferred until that project commences, in order for the income to be matched with the corresponding expenditure.

2 Critical accounting estimates and judgements

In the application of the Trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	9,876	-	9,876	60,406	3,975	64,381
Donated goods and services	510	-	510	1,555	-	1,555
	<u>10,386</u>	<u>-</u>	<u>10,386</u>	<u>61,961</u>	<u>3,975</u>	<u>65,936</u>

Donated goods and services above includes various items that have been gifted to the Trust, including office equipment and training services.

The above figure does not include the estimate of time donated by volunteers. Three of the trustees offer clinical services free of charge, and it is estimated that this equated to around 595 hours of combined time, with an estimated value of £34,515 for the year and fifteen other qualified counsellors offered their time for free for 884 hours totaling £23,165.

No provision has been made for the premises provided rent free by The Guy & Co Charitable Trust, as referenced in note 17.

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable activities						
Counselling fees	276,140	9,320	285,460	238,032	2,500	240,532
Grants	-	23,670	23,670	-	45,000	45,000
	<u>276,140</u>	<u>32,990</u>	<u>309,130</u>	<u>238,032</u>	<u>47,500</u>	<u>285,532</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	580	-
	<u>580</u>	<u>-</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

6 Expenditure on charitable activities

	Charitable activities	Charitable activities
	2025	2024
	£	£
Direct costs		
Staff costs	149,211	138,326
Depreciation and impairment	713	480
Marketing	223	39
Training	792	3,197
Travel and staff expenses	866	261
Insurance	1,127	950
Telephone and IT	1,956	3,133
Utilities	11,475	7,076
Bank Fees	4,291	2,710
Printing, postage and stationery	467	969
Sundry expenses	1,373	1,451
Cleaning	3,731	2,501
Small equipment, repairs and maintenance	5,065	4,430
Counsellors fees	125,890	121,318
Resources	572	2,746
Licences and subscriptions	2,061	1,915
	<u>309,813</u>	<u>291,502</u>
Share of support and governance costs (see note 7)		
Governance	4,903	4,882
	<u>314,716</u>	<u>296,384</u>
Analysis by fund		
Unrestricted funds - general	232,733	262,076
Unrestricted funds - designated	32,871	-
Restricted funds	49,112	34,308
	<u>314,716</u>	<u>296,384</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

7 Support costs allocated to activities

	Charitable activities	Total
	2025	2024
	£	£
Governance	4,903	4,882
	<u>4,903</u>	<u>4,882</u>
	2025	2024
	£	£
Governance costs comprise:		
Accountancy	4,066	3,804
Legal and professional	837	1,078
	<u>4,903</u>	<u>4,882</u>

8 Trustees

Two trustees received reimbursement of expenses in the year totalling £5,702 (2024: £7,160), relating to charity running costs.

Total donations from trustees and their related parties amounted to £Nil (2024: £52,025).

9 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	9	8
	<u>9</u>	<u>8</u>
	2025	2024
	£	£
Employment costs		
Wages and salaries	140,900	131,726
Social security costs	5,024	4,571
Other pension costs	3,287	2,029
	<u>149,211</u>	<u>138,326</u>

There were no employees whose annual remuneration was more than £60,000.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

9 Employees (Continued)

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Aggregate compensation	96,944	85,931

Key management personnel comprises the senior leadership team of Alan Smithson (Development Manager), Emily Heseltine (Counselling Manager) and Jacqui Thornett (Office Manager).

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Tangible fixed assets

	Fixtures, fitting and computer equipment £
Cost	
At 1 July 2024	4,960
Additions	1,085
At 30 June 2025	6,045
Depreciation and impairment	
At 1 July 2024	3,789
Depreciation charged in the year	713
At 30 June 2025	4,502
Carrying amount	
At 30 June 2025	1,543
At 30 June 2024	1,170

12 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	710	645

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	586	1,696
Accruals and deferred income	2,784	2,640
	<u>3,370</u>	<u>4,336</u>

14 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	3,287	2,029
	<u>3,287</u>	<u>2,029</u>

The Trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Trust in an independently administered fund.

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024 £	Incoming resources £	Resources expended £	Transfers £	At 30 June 2025 £
Mankind fund	492	7,000	(5,138)	-	2,354
Bursary fund	2,239	-	(2,239)	-	-
Chalk Cliff Trust fund	4,700	-	(4,705)	5	-
SWAG fund	470	2,500	(2,370)	-	600
Homity Trust fund	-	1,000	(1,000)	-	-
Adfam fund	1,200	-	(1,200)	-	-
National Lottery fund	200	-	(200)	-	-
Albert Hunt fund	350	-	(350)	-	-
John Jackson Trust fund	2,050	-	(2,050)	-	-
Veterans Foundation fund	18,610	10,000	(21,915)	-	6,695
7 Stars Foundation	-	2,500	(1,400)	-	1,100
Ernest Kleinwort	-	5,000	(4,500)	-	500
Ratton School	-	990	(495)	-	495
Screwfix	-	4,000	(1,550)	-	2,450
	<u>30,311</u>	<u>32,990</u>	<u>(49,112)</u>	<u>5</u>	<u>14,194</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

15 Restricted funds (Continued)

Previous year:	At 1 July 2023	Incoming resources	Resources expended	Transfers	At 30 June 2024
	£	£	£	£	£
Guy Charitable Trust fund	7,936	-	-	(7,936)	-
Mankind fund	1,550	2,500	(3,558)	-	492
Bursary fund	7,284	2,225	(7,270)	-	2,239
Chalk Cliff Trust fund	-	5,000	(300)	-	4,700
SWAG fund	660	1,750	(1,940)	-	470
Homity Trust fund	1,000	-	(1,000)	-	-
Adfam fund	2,650	-	(1,450)	-	1,200
National Lottery fund	-	10,000	(9,800)	-	200
Albert Hunt fund	-	4,000	(3,650)	-	350
John Jackson Trust fund	-	4,000	(1,950)	-	2,050
Magdalen Trust fund	-	2,000	(2,000)	-	-
Veterans Foundation fund	-	20,000	(1,390)	-	18,610
	<u>21,080</u>	<u>51,475</u>	<u>(34,308)</u>	<u>(7,936)</u>	<u>30,311</u>

Mankind Fund - this fund contains receipts to provide additional support to clients referred from the local Mankind support group.

Bursary Fund - In earlier years funds were received specifically to assist clients who were unable to fund the cost of sessions in full. The cost of subsidised sessions was met from these monies. During the year all restricted funds were expended and the fund closed. The charity continues to offer subsidised appointments for those in need and allocates funds from unrestricted reserves to meet the cost of these sessions. As the nature of this arrangement is no longer restricted, these transactions are shown as a designated bursary fund and details can be found at note 16.

Chalk Cliff Trust - this is an additional fund towards bursaries.

SWAG fund - contains funds for referrals from the Southern Wellness Action Group.

Homity fund - this contains monies to enable us to provide bursaries.

Adfam fund - this relates to monies for the provision of addiction support referrals.

National Lottery fund - this relates to monies for the provision of support for emotional support for families in financial hardship.

Albert Hunt fund - this relates to monies for the provision of support to children and young people under 16.

John Jackson Trust fund - this relates to monies for the overhead costs.

Magdalen Trust fund - this relates to monies for the provision of support to children and young people under 25.

Veterans Foundation fund - this relates to monies for the provision of support to clients referred from specific Armed Forces Organisations.

7 Stars Foundation - this relates to monies for the provision of support specifically 8-16-year-olds with experience of trauma/ abuse in the home.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

15 Restricted funds (Continued)

Ernest Kleinwort - this relates to monies for the provision of long term therapeutic support for children and young people.

Ratton School - this relates to monies for the provision of reflective practice supervision for Ratton School employees.

Screwfix - this relates to monies for painting and decorating of the building, lighting, sensory and flooring for the vault.

Guy Charitable Trust fund - during 2024 it was decided this fund was not actually a restricted fund and the balance was transferred to the unrestricted fund.

Due to the way that costs have been allocated against the relevant restricted fund, some funds had a negative balance in 2025. Transfers have therefore been included to reimburse these negative funds from unrestricted reserves.

16 Unrestricted funds - designated

These are unrestricted funds which are material to the Trust's activities.

	At 1 July 2024	Resources expended	Transfers	At 30 June 2025
	£	£	£	£
Bursary Fund	-	(32,871)	35,125	2,254
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Bursary Fund - The charity offers subsidised appointments for those in need and allocates funds from unrestricted reserves to meet the cost of these sessions. Transfers into the fund and associated costs are shown above. The Trustees decide the level of funding available for these sessions each year.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024	Incoming resources	Resources expended	Transfers	At 30 June 2025
	£	£	£	£	£
General funds	63,762	287,106	(232,733)	(35,130)	83,005
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 July 2023	Incoming resources	Resources expended	Transfers	At 30 June 2024
	£	£	£	£	£
General funds	17,909	299,993	(262,076)	7,936	63,762
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

18 Analysis of net assets between funds

	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £
At 30 June 2025:				
Tangible assets	1,543	-	-	1,543
Current assets/(liabilities)	81,462	2,254	14,194	97,910
	<u>83,005</u>	<u>2,254</u>	<u>14,194</u>	<u>99,453</u>
	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
At 30 June 2024:				
Tangible assets	1,170	-	-	1,170
Current assets/(liabilities)	62,592	-	30,311	92,903
	<u>63,762</u>	<u>-</u>	<u>30,311</u>	<u>94,073</u>

19 Related party transactions

The Trust was founded by The Guy & Co Charitable Trust with two common directors/trustees. The Trust use premises provided by The Guy & Co Charitable Trust under a 25 year lease dated 1st July 2024 with an annual rent of £1. The Trust received no donations from The Guy & Co Charitable Trust during the year (2024: £50,000 was received).

THE OLD BANK WELLBEING TRUST

England & Wales - Charity number 1201806

Accounts

Charity registration number 1201806

Company registration number 12082101 (England and Wales)

THE OLD BANK WELLBEING TRUST
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024



Caladine

Chartered Certified Accountants

THE OLD BANK WELLBEING TRUST

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Carl Guy (Chair) Daniella Guy Claire Howell (Deputy Chair) Beruk Berhane Dr Timothy Caroe (Treasurer) Natalie Graham Nicholas Hazell (Secretary)
Charity number	1201806
Company number	12082101
Principal address	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH
Registered office	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH
Independent examiner	John Caladine FCCA CTA FCIE Caladine Limited Chantry House 22 Upperton Road Eastbourne East Sussex BN21 1BF

THE OLD BANK WELLBEING TRUST

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Independent examiner's report	7
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THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW

FOR THE YEAR ENDED 30 JUNE 2024

The year began with our newly restructured management team which now includes Emily (Counselling Manager), Jacqui (Office Manager) and Alan (Development Manager). Our team of counsellors, who received a pay increase in June, has now risen to 70 members. In addition to the £6,800 grant from The Mayor's Charity at the end of our last financial year, we continue to benefit from the grant support from the Veteran's Foundation awarded last year. In our first two months of the current financial year, we have secured £6K in grant funding from Chalk Cliff Trust (£5K) and Homity Trust (£1K). A further 15 grant applications have been submitted, of which 9 are still pending a response.

We remain committed to achieving financial sustainability within the next 3 years, which we hope to reach by implementing a range of new initiatives including:

- Promoting the Eastbourne Local Lottery.
- Pushing the 'Friends of The Old Bank' scheme, with the aim of increasing direct debits by 120 per year with potential growth to £40K over five years.
- Encourage online shopping donations with EasyFundraising – now integrated into our exit survey along with Friends of The Old Bank.
- A revised assessment donation strategy to encourage larger contributions, though recent feedback suggests further adjustments may be needed.

Together, these initiatives should begin to reduce our reliance on grant funding from approximately £40K to a target of less than £10K annually, thus ensuring more reliable sustainability for the future.

Thanks to the following organisations for their grants/donations:

- The Guy Charitable Trust
- Chalk Cliff Trust
- The National Lottery/Eastbourne Lottery
- Albert Hunt
- John Jackson Trust
- Magdalen Trust
- Veteran's Foundation
- Hazell Forums
- Stage Coach
- Victoria Baptist Church

THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW (CONTINUED)

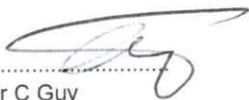
FOR THE YEAR ENDED 30 JUNE 2024

Thanks to the following organisations for their collaboration:

- Adfam
- Mankind CIC
- Southern Wellness Action Group
- Bourne Out LGBTQ+
- Morrisons (Community Champion)
- Kingdom Way Trust
- Bramber Bakehouse
- Sanctuary
- The Hampden Park Shed Project
- The Women's Institute (Willingdon)
- Enthum House
- Charlie Waller
- A Band of Brothers
- New Maudsley Carers

We look forward to furthering our partnership with these and other organisations in the future.

Private donations – while many of our private donors over the year wish to remain anonymous, we wish to thank you publicly here, you know who you are!



.....
Mr C Guy
Chairman

Date: 28/3/25

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 JUNE 2024

The trustees of The Old Bank Wellbeing Trust present their annual report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The vision of the TOB is that it becomes a significant source of affordable counselling to the Public using bursary funding to help cover some of the cost of receiving timely treatment. TOB is here to assist clients, who are in need, in order to help those beneficiaries experience a better quality of life.

Its objects are as follows:

- The relief of sickness and promotion of good mental health for the public benefit by: - The provision of accessible, evidence based psychotherapeutic services.
- Support for training and development in counselling and related skills.

Values

Compassion & Accessibility: This dual value speaks to the heart of the charity's mission. Compassion is the driving force behind providing TOB's mental health services to those who need them the most. Coupled with accessibility, it ensures that the services are not only available to all but also provided in a manner that is empathetic and understanding of individual circumstances.

Financial Sustainability & Support: Financial sustainability is crucial for the charity to continue its mission over the long term. It includes being wise with funds, fundraising effectively, and ensuring that services can be offered at low or no cost through a bursary or sliding scale system. This value also communicates to donors and clients that their investment or use of services contributes to a stable, ongoing resource in the community.

Professionalism & Trustworthiness: A charity that offers specialist mental health therapy must be seen as professional and trustworthy. This means employing qualified therapists, maintaining confidentiality, and ensuring a safe and supportive environment for clients. Professionalism in this context does not only mean having the right qualifications but also refers to the manner in which services are delivered—consistently, competently, and with care.

Tailored Care & Individual Focus: Recognising that each client is unique and not just another client in the system reflects a commitment to individualised care and something TOB do well. This value encompasses the tailored matching of therapists to clients, the thoughtful consideration of each person's needs, and the flexible approach to therapy. It ensures that clients feel seen, heard, and cared for on a personal level.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

Achievements and performance

Public benefit & impact

(1) Counselling Appointments

533 active counselling clients (seen by 70 counsellors)

Total Individual Appointments	5887	95%
Total Couples Appointments	<u>306</u>	05%
Total Counselling Appointments	6193	

Total Student Counsellor Appointments	2261	37%
Total Qualified Counsellor Appointments	3437	55%
Total Specialist Counsellor Appointments	<u>495</u>	08%
	6193	

Total Bursary Appointments	1334	22%
Total Student/No Bursary	<u>1846</u>	29%
Total Subsidised Appointments	3180	51%

(2) Assessments

Assessment Adult	213	70%
Assessment CYP	<u>91</u>	30%
Total Assessments	304	

(3) Supervision (TOB)

QC (Qualified Counsellor; SC Student Counsellor)		
86 TOB QC	£1,500	
156 TOB SC (free)	£0	

(4) Reflective Practice Supervision & Counselling Supervision (1-1)

External including TOB counsellors in private practice		
17 counselling supervision sessions	£ 855	
31 reflective practice supervision individual sessions	£1,615	
23 reflective practice supervision group sessions	£ 725	

Financial review

Income during the year ended 30th June 2024 was £351,468 (2023: £274,727). Net movement in funds for the year was a surplus of £55,084 (2023: £21,608).

As at 30th June 2024 unrestricted funds were £63,762 and restricted funds stood at £30,311.

Reserves policy

TOB currently maintains a small amount of reserves, which might not be sufficient to address potential risks or changes in circumstances that could affect TOB's operations and TOB's ability to fulfil its charitable objectives.

To mitigate these risks and ensure the stability of TOB's operations, TOB has decided to aim for reserves of three months' worth of expenditure, currently approximately £74,000. This amount has been determined as a suitable level to provide a buffer against uncertainties.

Major risks

The trustees have assessed the major risks to which the Trust is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

Structure, governance and management

The Old Bank Wellbeing Trust (TOB) is a charitable company limited by guarantee and not having a share capital, with registration number 12082101. It is recognised as a charity for tax purposes by HMRC and is registered with the Charity Commission under charity number 1201806.

Key points relating to governance are as follows:

- TOB has a Memorandum and Articles of Association which establish the objects and powers of the charitable company and is governed under its Articles of Association of February 2023.
- TOB is governed by its Board of Trustees.
- The Trustees who served during the year and up to the signing of the financial statements were: Carl Guy (Chair), Claire Howell (Deputy Chair), Dr Timothy Caroe (Treasurer), Daniella Guy, Nicholas Hazell (Secretary), Natalie Graham and Beruk Berhane.
- The Trustees meet on a periodic basis to consider items such as achievements, partnerships, risk management, regulations and finances.
- All Trustees' meetings can now be held in person at a dedicated site or by recorded online meetings. Minutes are taken at all meetings and are available to the Charity Commission as is set out in governance.
- Given that TOB is responsible for allocating funds donated by the public, the Trustees place the utmost importance on good governance. We continue to monitor best practice in charity governance and adapt as necessary.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Carl Guy (Chair)
Daniella Guy
Claire Howell (Deputy Chair)
Beruk Berhane
Dr Timothy Caroe (Treasurer)
Natalie Graham
Nicholas Hazell (Secretary)

Organisational structure

A new senior leadership team was formed in July 2024 consisting of Alan Smithson (Development Manager), Emily Heseltine (Counselling Manager) and Jacqui Thornett (Office Manager). The senior leadership team work with the trustees and report directly to them on all activities and issues. There are a further 5 members staff working within the administration team.

The trustee's report was approved by the Board of Trustees.



Daniella Guy
Trustee

Date: 24/3/25

THE OLD BANK WELLBEING TRUST

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

FOR THE YEAR ENDED 30 JUNE 2024

The directors are responsible for preparing the annual report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the or of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE OLD BANK WELLBEING TRUST

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE OLD BANK WELLBEING TRUST

I report to the trustees on my examination of the financial statements of The Old Bank Wellbeing Trust (the Trust) for the year ended 30 June 2024.

Responsibilities and basis of report

As the trustees of the Trust (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Trust are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Trust's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

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



John Caladine FCCA CTA FCIE

Caladine Limited
Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Dated: 26 March 2025

THE OLD BANK WELLBEING TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	61,961	3,975	65,936	23,093	21,229	44,322
Charitable activities	4	238,032	47,500	285,532	211,405	19,000	230,405
Total income		<u>299,993</u>	<u>51,475</u>	<u>351,468</u>	<u>234,498</u>	<u>40,229</u>	<u>274,727</u>
Expenditure on:							
Charitable activities	5	262,076	34,308	296,384	202,422	50,697	253,119
Total expenditure		<u>262,076</u>	<u>34,308</u>	<u>296,384</u>	<u>202,422</u>	<u>50,697</u>	<u>253,119</u>
Net income		37,917	17,167	55,084	32,076	(10,468)	21,608
Transfers between funds	14	7,936	(7,936)	-	(31,548)	31,548	-
Net movement in funds		<u>45,853</u>	<u>9,231</u>	<u>55,084</u>	<u>528</u>	<u>21,080</u>	<u>21,608</u>
Reconciliation of funds:							
Fund balances at 1 July 2023		17,909	21,080	38,989	17,381	-	17,381
Fund balances at 30 June 2024		<u>63,762</u>	<u>30,311</u>	<u>94,073</u>	<u>17,909</u>	<u>21,080</u>	<u>38,989</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE OLD BANK WELLBEING TRUST

BALANCE SHEET

AS AT 30 JUNE 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	10		1,170		812
Current assets					
Debtors	11	645		3,143	
Cash at bank and in hand		96,594		37,674	
		97,239		40,817	
Creditors: amounts falling due within one year	12	(4,336)		(2,640)	
Net current assets			92,903		38,177
Total assets less current liabilities			94,073		38,989
The funds of the Trust					
Restricted income funds	14		30,311		21,080
Unrestricted funds	15		63,762		17,909
			94,073		38,989

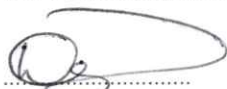
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

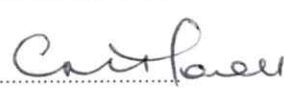
The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on ...24/3/25



Daniella Guy
Trustee



Claire Howell (Deputy Chair)
Trustee

Company registration number 12082101 (England and Wales)

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

This is the first period of account since the company was registered as a charity.

Company information

The Old Bank Wellbeing Trust is a private company limited by guarantee incorporated in England and Wales. The registered office is The Old Bank, 23-25 Brasseley Avenue, Eastbourne, East Sussex, BN22 9NH.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Trust's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Trust is a Public Benefit Entity as defined by FRS 102.

The Trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the Trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Donated goods and services given for use by the Trust are recognised when receivable, and are valued at a best estimate of market value. Stocks of undistributed donated goods are not valued for balance sheet purposes.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies (Continued)

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis:

Fixtures, fitting and computer equipment	25% Straight line
--	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Trust's balance sheet when the Trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Trust's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Trust is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Deferred income

Where income is received for a specific project, the income is deferred until that project commences, in order for the income to be matched with the corresponding expenditure.

2 Critical accounting estimates and judgements

In the application of the Trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	60,406	3,975	64,381	22,668	21,229	43,897
Donated goods and services	1,555	-	1,555	425	-	425
	<u>61,961</u>	<u>3,975</u>	<u>65,936</u>	<u>23,093</u>	<u>21,229</u>	<u>44,322</u>

Donated goods and services above includes various items that have been gifted to the Trust, including office equipment and training services.

The above figure does not include the estimate of time donated by volunteers. Two of the trustees offer clinical services free of charge, and it is estimated that this equated to around 346 hours of combined time, with an estimated value of £15,330 for the year and two other qualified counsellors offered their time for free for 389 hours totaling £6,915.

No provision has been made for the premises provided rent free by The Guy & Co Charitable Trust, as referenced in note 17.

4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Charitable activities						
Counselling fees	238,032	2,500	240,532	211,405	1,250	212,655
Grants	-	45,000	45,000	-	17,750	17,750
	<u>238,032</u>	<u>47,500</u>	<u>285,532</u>	<u>211,405</u>	<u>19,000</u>	<u>230,405</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

5 Expenditure on charitable activities

	Charitable activities	Charitable activities
	2024	2023
	£	£
Direct costs		
Staff costs	138,326	93,086
Depreciation and impairment	480	1,031
Marketing	39	259
Training	3,197	200
Travel and staff expenses	261	-
Insurance	950	1,149
Telephone and IT	3,133	4,047
Utilities	7,076	7,774
Bank Fees	2,710	2,533
Building maintenance	-	336
Printing, postage and stationery	969	1,072
Sundry expenses	1,451	2,501
Cleaning	2,501	2,614
Small equipment, repairs and maintenance	4,430	2,855
Counsellors fees	121,318	119,115
Resources	2,746	6,360
Licences and subscriptions	1,915	2,413
	<u>291,502</u>	<u>247,345</u>
Share of support and governance costs (see note 6)		
Governance	4,882	5,774
	<u>296,384</u>	<u>253,119</u>
Analysis by fund		
Unrestricted funds	262,076	202,422
Restricted funds	34,308	50,697
	<u>296,384</u>	<u>253,119</u>

6 Support costs allocated to activities

	Charitable activities	Total
	2024	2023
	£	£
Governance	4,882	5,774
	<u>4,882</u>	<u>5,774</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

6 Support costs allocated to activities (Continued)

	2024	2023
	£	£
Governance costs comprise:		
Accountancy	3,804	5,739
Legal and professional	1,078	35
	<u>4,882</u>	<u>5,774</u>

7 Trustees

Two trustees received reimbursement of expenses in the year totaling £7,160, relating to charity running costs.

Total donations from trustees and their related parties amounted to £52,025.

8 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	8	8

Employment costs

	2024	2023
	£	£
Wages and salaries	131,726	92,195
Social security costs	4,571	-
Other pension costs	2,029	891
	<u>138,326</u>	<u>93,086</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024	2023
	£	£
Aggregate compensation	<u>73,922</u>	<u>8,400</u>

Key management personnel comprises the senior leadership team of Alan Smithson (Development Manager), Emily Heseltine (Counselling Manager) and Jacqui Thornett (Office Manager).

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Fixtures, fitting and computer equipment £
Cost	
At 1 July 2023	4,122
Additions	837
	<hr/>
At 30 June 2024	4,959
	<hr/>
Depreciation and impairment	
At 1 July 2023	3,309
Depreciation charged in the year	480
	<hr/>
At 30 June 2024	3,789
	<hr/>
Carrying amount	
At 30 June 2024	1,170
	<hr/> <hr/>
At 30 June 2023	812
	<hr/> <hr/>

11 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	645	3,143
	<hr/> <hr/>	<hr/> <hr/>

12 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	1,696	-
Accruals and deferred income	2,640	2,640
	<hr/>	<hr/>
	4,336	2,640
	<hr/> <hr/>	<hr/> <hr/>

13 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	2,029	891
	<hr/> <hr/>	<hr/> <hr/>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

13 Retirement benefit schemes (Continued)

The Trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Trust in an independently administered fund.

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2023	Incoming resources	Resources expended	Transfers	At 30 June 2024
	£	£	£	£	£
Guy Charitable Trust fund	7,936	-	-	(7,936)	-
Mankind fund	1,550	2,500	(3,558)	-	492
Bursary fund	7,284	2,225	(7,270)	-	2,239
Chalk Cliff Trust fund	-	5,000	(300)	-	4,700
SWAG fund	660	1,750	(1,940)	-	470
Homity Trust fund	1,000	-	(1,000)	-	-
Adfam fund	2,650	-	(1,450)	-	1,200
National Lottery fund	-	10,000	(9,800)	-	200
Albert Hunt fund	-	4,000	(3,650)	-	350
John Jackson Trust fund	-	4,000	(1,950)	-	2,050
Magdalen Trust fund	-	2,000	(2,000)	-	-
Veterans Foundation fund	-	20,000	(1,390)	-	18,610
	<u>21,080</u>	<u>51,475</u>	<u>(34,308)</u>	<u>(7,936)</u>	<u>30,311</u>
Previous year:	At 1 July 2022	Incoming resources	Resources expended	Transfers	At 30 June 2023
	£	£	£	£	£
Guy Charitable Trust fund	-	20,000	(12,122)	59	7,937
Mankind fund	-	5,000	(4,415)	965	1,550
Bursary fund	-	1,229	(14,270)	20,324	7,283
Chalk Cliff Trust fund	-	5,000	(5,000)	-	-
SWAG fund	-	3,000	(2,340)	-	660
Homity Trust fund	-	1,000	(215)	215	1,000
Langney Community Centre fund	-	-	(1,000)	1,000	-
Adfam fund	-	5,000	(2,350)	-	2,650
National Lottery fund	-	-	(8,985)	8,985	-
	<u>-</u>	<u>40,229</u>	<u>50,697</u>	<u>31,548</u>	<u>21,080</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

14 Restricted funds (Continued)

Mankind Fund - this fund contains receipts to provide additional support to clients referred from the local Mankind support group.

Chalk Cliff Trust - this is an additional fund towards bursaries.

SWAG fund - contains funds for referrals from the Southern Wellness Action Group.

Homity fund - this contains monies to enable us to provide bursaries.

Langey fund - this represents monies towards the support of Langey residents.

Adfam fund - this relates to monies for the provision of addiction support referrals.

Albert Hunt fund - this relates to monies for the provision of support to children and young people under 16.

John Jackson Trust fund - this relates to monies for the overhead costs.

Magdalen Trust fund - this relates to monies for the provision of support to children and young people under 25.

Veterans Foundation fund - this relates to monies for the provision of support to clients referred from specific Armed Forces Organisations.

National Lottery fund - this relates to monies for the provision of support for emotional support for families in financial hardship.

Guy Charitable Trust fund - during the year it was decided this fund was not actually a restricted fund and the balance was transferred to the unrestricted fund.

Due to the way that costs have been allocated against the relevant restricted fund, some funds had a negative balance in 2023. Transfers have therefore been included to reimburse these negative funds from unrestricted reserves.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2023	Incoming resources	Resources expended	Transfers	At 30 June 2024
	£	£	£	£	£
General funds	17,909	299,993	(262,076)	7,936	63,762
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 July 2022	Incoming resources	Resources expended	Transfers	At 30 June 2023
	£	£	£	£	£
General funds	17,381	234,498	(202,422)	(31,548)	17,909
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 30 June 2024:			
Tangible assets	1,170	-	1,170
Current assets/(liabilities)	62,592	30,311	92,903
	<u>63,762</u>	<u>30,311</u>	<u>94,073</u>
	<u><u>63,762</u></u>	<u><u>30,311</u></u>	<u><u>94,073</u></u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 30 June 2023:			
Tangible assets	812	-	812
Current assets/(liabilities)	17,097	21,080	38,177
	<u>17,909</u>	<u>21,080</u>	<u>38,989</u>
	<u><u>17,909</u></u>	<u><u>21,080</u></u>	<u><u>38,989</u></u>

17 Related party transactions

The Trust was founded by The Guy & Co Charitable Trust with two common directors/trustees. The Trust use premises provided by The Guy & Co Charitable Trust under a 25 year lease dated 1st July 2024 with an annual rent of £1. The Trust received donations of £50,000 from The Guy & Co Charitable Trust during the year.

THE OLD BANK WELLBEING TRUST

England & Wales - Charity number 1201806

Accounts

Charity registration number 1201806

Company registration number 12082101 (England and Wales)

THE OLD BANK WELLBEING TRUST
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023



Caladine

Chartered Certified Accountants

THE OLD BANK WELLBEING TRUST

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Guy Mrs D Guy Mrs C Howell Mr B Berhane Dr T Caroe Miss N Graham Mr N Hazell	(Appointed 17 May 2023) (Appointed 18 April 2023) (Appointed 1 June 2023) (Appointed 2 February 2023)
Charity number	1201806	
Company number	12082101	
Principal address	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH	
Registered office	The Old Bank 23-25 Brassey Avenue Eastbourne East Sussex BN22 9NH	
Independent examiner	John Caladine FCCA CTA FCIE Caladine Limited Chantry House 22 Upperton Road Eastbourne East Sussex BN21 1BF	

THE OLD BANK WELLBEING TRUST

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THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW

FOR THE YEAR ENDED 30 JUNE 2023

I am delighted to provide an overview of a significant achievement that has transpired for The Old Bank Wellbeing Trust, marking a pivotal milestone in our journey. As the Chairman, I am pleased to report that we were granted charity status in February of 2023, a momentous development that holds profound significance for both our organisation and the communities we serve.

The attainment of charity status signifies a moment of triumph and renewal for our dedicated board and committed team. It enables us to forge ahead with renewed vigour and a steadfast commitment to expanding the horizons of The Old Bank (TOB) Wellbeing Trust. With this newfound status, we are better positioned to catalyse growth, enhance financial stability, and elevate our governance standards to even greater heights.

In addressing a query that may arise, some might wonder why we did not pursue charity status from the outset. The answer, straightforward and candid, lies in the unprecedented challenges that unfolded with the global pandemic. As the pandemic raged, our paramount focus was to provide immediate support to those grappling with consequences of lockdowns and other related disruptions. The urgency of the situation dictated that expediting charity status, although desirable, would have entailed an extensive timeframe. Hence, we embarked on the mission to provide swift aid to as many individuals as possible as a not for profit.

As circumstances gradually began to stabilise and a normalcy returned, we set our plan into motion to secure charity status. This endeavour was not without its trials; countless days were devoted to meticulous preparations, comprehensive revisions, and collaborative dialogues with the Charity Commission. I am proud to announce that our efforts bore fruit, culminating in the formal recognition of our organisation as The Old Bank Wellbeing Trust.

Importantly, this transition has been seamless for our clients, as we have maintained our commitment to service excellence. The trust we have cultivated, the programs we have meticulously designed, and the support we have consistently provided remain intact. Our clients' experience continues undisturbed, a testament to the careful planning and dedication of our remarkable team.

Internally, the change to charity status has brought around a series of structural enhancements. New Trustees have joined our esteemed board, infusing fresh perspectives and rich expertise. Likewise, an experienced management team has been assembled to lead us into this exciting new chapter. These changes, born from our pursuit of greater impact and effectiveness, set the stage for continued growth and transformation of TOB.

Over the past year, our focus has been on navigating the challenges and ensuring our survival and planned expansion. The vital grants received from the following organisations have been instrumental in enabling us to stand by our clients at every juncture. We extend our heartfelt gratitude to these unwavering supporters for their assistance over the past 12 months. As we step into this new chapter, we eagerly anticipate continued collaboration and growth.

THE OLD BANK WELLBEING TRUST

CHAIRPERSON'S OVERVIEW (CONTINUED)


FOR THE YEAR ENDED 30 JUNE 2023

We would like to express our sincere appreciation to the following organisations:

- 1 Guy Charitable Trust
- 2 Mankind CIC
- 3 Chalk Cliff Trust
- 4 Southern Wellness Action Group
- 5 Homity Trust
- 6 Langney Community Centre
- 7 Adfam
- 8 National Lottery
9. Bourne Out LGBTQ+
10. Morrisons (Community Champion)
11. Waves (Seaford)
12. Kingdom Way Trust
13. Bramber Bakehouse
14. NetworX
15. Sanctuary Café
16. The Hampden Park Shed Project
17. The Womens Institute (Willingdon)
18. Enthum House
19. Eastbourne Foodbank

Your steadfast support has been integral to our ability to provide assistance and make a meaningful impact. We look forward to furthering our partnership as we embark on this exciting journey ahead.

Private donations – while many of our private donors over the year wish to remain anonymous, we wish to thank you publicly here, you know who you are!


.....
Mr C Guy
Chairman

Date: 13/2/24

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 JUNE 2023

The trustees of The Old Bank Wellbeing Trust present their annual report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The vision of the TOB is that it becomes a significant source of affordable counselling to the Public using bursary funding to help cover some of the cost of receiving timely treatment. TOB is here to assist clients, who are in need, in order to help those beneficiaries experience a better quality of life.

Its objects are as follows:

- 1 The relief of sickness and promotion of good mental health for the public benefit by: - The provision of accessible, evidence based psychotherapeutic services.
- 2 Support for training and development in counselling and related skills.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Trust should undertake.

Achievements and performance

Significant activities and achievements against objectives

TOB has held 5,718 individual and 251 couples' sessions in this financial year. Approximately 30% of our client are under the age of 18.

TOB has seen an improvement on in particular males seeking assistance, with men now representing approximately 40% of our client base.

Financial review

Income during the year ended 30th June 2023 was £274,727 (2022: £127,630).

Net movement in funds for the year was a surplus of £21,608 (2022: £6,499).

As at 30th June 2023 unrestricted funds were £17,909 and restricted funds stood at £21,080.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

Reserves policy

TOB currently maintains a small amount of reserves, which might not be sufficient to address potential risks or changes in circumstances that could affect the TOB's operations and TOB ability to fulfil its charitable objectives.

To mitigate these risks and ensure the stability of the TOB's operations, TOB has decided to aim for a specific target for reserves, which is £200,000. This amount has been determined as a suitable level to provide a buffer against uncertainties.

TOB has established a policy outlining the target reserve amount of £200,000. This policy is designed to guide financial decisions and ensure that the TOB has a sufficient financial cushion to manage potential challenges and changes.

The reserve policy is not set in stone and will be periodically reviewed and adjusted as TOB grows and the TOB's operations expand. This flexibility ensures that the reserve target remains relevant and effective in different stages of TOB's development.

The main purpose of setting a reserve policy and aiming for a specific reserve amount is to safeguard the TOB's operations and its charitable activities. By maintaining a healthy reserve, TOB can address unforeseen circumstances, changes in the business environment, or potential risks that could impact the TOB's ability to generate income for its charitable endeavours.

Overall, the reserve policy reflects a proactive approach to financial management and risk mitigation within the context of the TOB's charitable mission.

Major risks

The trustees have assessed the major risks to which the Trust is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

Plans for future periods

In the upcoming year, the strategic focus for TOB centres around several key objectives aimed at bolstering our operations and reputation.

Client Expansion and Reserves Growth:

Our primary objective is to ensure that the clients we work with get the best service available while we also intend to increase the number of clients we serve. By doing so, we aim to steadily augment our reserves over the course of the year. This financial reinforcement will empower us to navigate unforeseen circumstances more effectively and sustain our charitable initiatives.

Strengthened Outreach Efforts:

We are committed to intensifying our efforts in reaching out to new clients. Through proactive and enhanced outreach initiatives, we seek to extend our reach and impact to a wider audience. This endeavour aligns with our dedication to creating a positive ripple effect through our work with the public and esteemed partner organisations, further elevating the already well-regarded reputation of TOB.

Leading South East Bursary Provider:

We are committed to increasing the amount of bursary support we can provide to clients who otherwise would not be able to access the counselling support they require. This will require strengthening the existing bursary assessment and allocation process (already in hand), developing further partnerships with other charities and increasing the level of grant funding we currently receive.

Expanded Engagement with Children and Young People:

30% of our clients are under the age of 18 and we are aware of the pressing need for additional support within Children and Young People (CYP). In response, TOB is strategically positioning itself to collaborate with various facets of the CYP Sector. By strengthening the CYP team and extending our involvement to address these pertinent challenges, we envision bolstering industry progress while concurrently furthering our mission.

Targeted Engagement with Male Clients:

A particular focal point for the next year is our dedicated engagement with male clients. We have identified an ongoing issue of these clients not engaging at an early stage. TOB is resolutely committed to bridging this gap by tailoring initiatives specifically aimed at addressing and resolving the barriers preventing timely engagement.

In conclusion, the TOB strategy for the upcoming year is underpinned by a multi-pronged approach encompassing client expansion, financial strengthening, outreach enhancement, and targeted sectoral collaborations. But our highest priority must be focusing on building our CYP programme for the benefit of the community we serve. These endeavours converge to amplify our reputation, extend our societal impact, and advance our vision of fostering inclusivity and positive change.

Structure, governance and management

The Old Bank Wellbeing Trust (TOB) is a charitable company limited by guarantee and not having a share capital, with registration number 12082101. It is recognised as a charity for tax purposes by HMRC and is registered with the Charity Commission under charity number 1201806.

Key points regarding governance are as follows: TOB has a Memorandum and Articles of Association which establish the objects and powers of the charitable company and is governed under its Articles of Association of February 2023.

TOB did not raise funds in this year but will raise funds using the Fundraising Regulator guidelines.

TOB is governed by its Board of Trustees.

THE OLD BANK WELLBEING TRUST

TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Guy	
Mrs D Guy	
Mrs C Howell	
Mr B Berhane	(Appointed 17 May 2023)
Dr T Caroe	(Appointed 18 April 2023)
Miss N Graham	(Appointed 1 June 2023)
Mr N Hazell	(Appointed 2 February 2023)

Recruitment and appointment of trustees

The Trustees meet on a periodic basis to consider items such as achievements, partnering arrangements, risks, regulations and finances, as well as to confirm the allocation of bursary grants. They occasionally consider matters out of committee.

All Trustees' Board Meetings can now be held in person at a dedicated site or by recorded online meetings. Minutes are taken at all meetings and are available to the Charity Commission as is set out in governance.

TOB recruits its Trustees after advertising, using appropriate procedures to ensure it has the breadth of experience among the Trustees to suit the requirements of TOB.

New Trustees can be appointed following decisions by the Trustees, who are the only Members of TOB, at Board Meetings. Given that TOB is responsible for allocating funds donated by the public, the Trustees place the utmost importance on good governance. We continue to monitor best practice in charity governance and adapt as necessary.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Organisational structure

TOB Management team came together in July 2023 and were selected for experience in the sector, the management team consists of Operations Manager Jason Stevens, Office Manager Jacqui Thornett, Clinical Manager Emily Heseltine and a further five staff members working within administration. The Operations Manager of the TOB works with the Chair of the Board and reports directly to them on all activities and issues. TOB will continue to develop as a leader in this area and will expand and grow in a manageable way in the Third Sector.

TOB communicates through its website at www.theoldbankwellbeing.org.uk, newsletters and on other social media, particularly Facebook, Instagram and Twitter.

The trustee's report was approved by the Board of Trustees.



Mrs D Guy
Trustee

Date: 14-2-2024

THE OLD BANK WELLBEING TRUST

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

FOR THE YEAR ENDED 30 JUNE 2023

The directors are responsible for preparing the annual report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the or of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE OLD BANK WELLBEING TRUST

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE OLD BANK WELLBEING TRUST

I report to the trustees on my examination of the financial statements of The Old Bank Wellbeing Trust (the Trust) for the year ended 30 June 2023.

Responsibilities and basis of report

As the trustees of the Trust (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Trust are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Trust's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

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



John Caladine FCCA CTA FCIE

Caladine Limited
Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Dated: 16/2/24

THE OLD BANK WELLBEING TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £
Income from:					
Donations and legacies	3	425	-	425	-
Charitable activities	4	234,073	40,229	274,302	127,630
Total income		234,498	40,229	274,727	127,630
Charitable activities	5	202,422	50,697	253,119	121,131
Net income/(expenditure)		32,076	(10,468)	21,608	6,499
Transfers between funds	15	(31,548)	31,548	-	-
Net movement in funds		528	21,080	21,608	6,499
Reconciliation of funds:					
Fund balances at 1 July 2022		17,381	-	17,381	10,882
Fund balances at 30 June 2023		17,909	21,080	38,989	17,381

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE OLD BANK WELLBEING TRUST

BALANCE SHEET

AS AT 30 JUNE 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	10		812		759
Current assets					
Debtors	11	3,143		-	
Cash at bank and in hand		37,674		37,772	
		<u>40,817</u>		<u>37,772</u>	
Creditors: amounts falling due within one year	12	2,640		21,150	
Net current assets			<u>38,177</u>		<u>16,622</u>
Total assets less current liabilities			<u>38,989</u>		<u>17,381</u>
The funds of the Trust					
Restricted income funds	15	21,080		-	
Unrestricted funds		17,909		17,381	
		<u>38,989</u>		<u>17,381</u>	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 16 February 2024



Mrs D Guy
Trustee



Mrs C Howell
Trustee

Company registration number 12082101 (England and Wales)

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies

This is the first period of account since the company was registered as a charity.

Company information

The Old Bank Wellbeing Trust is a private company limited by guarantee incorporated in England and Wales. The registered office is The Old Bank, 23-25 Brassey Avenue, Eastbourne, East Sussex, BN22 9NH.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Trust's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Trust is a Public Benefit Entity as defined by FRS 102.

The Trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the Trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Donated goods and services given for use by the Trust are recognised when receivable, and are valued at a best estimate of market value. Stocks of undistributed donated goods are not valued for balance sheet purposes.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies (Continued)

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis:

Fixtures, fitting and computer equipment	25% Straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Trust's balance sheet when the Trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Trust's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Trust is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Deferred income

Where income is received for a specific project, the income is deferred until that project commences, in order for the income to be matched with the corresponding expenditure.

2 Critical accounting estimates and judgements

In the application of the Trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Donated goods and services	425	=

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

3 Income from donations and legacies (Continued)

Donated goods and services above includes various items that have been gifted to the Trust, including office equipment and training services.

The above figure does not include the estimate of time donated by volunteers. Two of the trustees offer clinical services free of charge, and it is estimated that this equated to around 96 days of combined time, with an estimated value of £14,400 for the year.

No provision has been made for the premises provided rent free by The Guy & Co Charitable Trust, as referenced in note 18.

4 Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Charitable activities						
Counselling fees	22,668	21,229	43,897	13,170	-	13,170
Services provided under contract	211,405	1,250	212,655	94,460	-	94,460
Grants	-	17,750	17,750	20,000	-	20,000
	<u>234,073</u>	<u>40,229</u>	<u>274,302</u>	<u>127,630</u>	<u>-</u>	<u>127,630</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

5 Expenditure on charitable activities

	Charitable activities	Charitable activities
	2023	2022
	£	£
Direct costs		
Staff costs	93,086	50,049
Depreciation and impairment	1,031	760
Marketing	259	-
Training	200	6,391
Travel and staff expenses	-	179
Insurance	1,149	781
Accountancy and payroll	-	3,236
Telephone and IT	4,047	4,784
Utilities	7,774	4,563
Bank fees	2,533	868
Building maintenance	336	-
Printing, postage and stationery	1,072	732
Sundry expenses	2,501	1,968
Cleaning	2,614	2,754
Small equipment, repairs and maintenance	2,855	3,396
Counsellors	119,115	37,724
Resources	6,360	1,241
Licences and subscriptions	2,413	1,705
	<u>247,345</u>	<u>121,131</u>
Share of support and governance costs (see note 6)		
Governance	5,774	-
	<u>253,119</u>	<u>121,131</u>
Analysis by fund		
Unrestricted funds	202,422	121,131
Restricted funds	50,697	-
	<u>253,119</u>	<u>121,131</u>
6 Support costs allocated to activities	2023	2022
	£	£
Governance costs	5,774	-
Analysed between:		
Charitable activities	<u>5,774</u>	<u>-</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

7 Trustees

Trustee, Claire Howell, received remuneration of £8,400 in the year, as permitted by the governing document.

Three trustees received reimbursement of expenses in the year totaling £10,980, relating to charity running costs.

Total donations from trustees and their related parties amounted to £20,667.

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	8	6
	<u>8</u>	<u>6</u>
Employment costs	2023 £	2022 £
Wages and salaries	92,195	48,627
Other pension costs	891	1,422
	<u>93,086</u>	<u>50,049</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023 £	2022 £
Aggregate compensation	8,400	-
	<u>8,400</u>	<u>-</u>

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

10 Tangible fixed assets

	Fixtures, fitting and computer equipment £
Cost	
At 1 July 2022	3,038
Additions	1,084
	<u>4,122</u>
At 30 June 2023	<u>4,122</u>
Depreciation and impairment	
At 1 July 2022	2,279
Depreciation charged in the year	1,031
	<u>3,310</u>
At 30 June 2023	<u>3,310</u>
Carrying amount	
At 30 June 2023	<u>812</u>
At 30 June 2022	<u>759</u>

11 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	3,143	-
	<u>3,143</u>	<u>-</u>

12 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Deferred income	13	-	20,000
Accruals and deferred income		2,640	1,150
		<u>2,640</u>	<u>21,150</u>

The Trust received a grant of £40,000 in 2020/21 to pay for the accommodation and services of a fully trained counsellor, enabling free sessions for 2021/22 and beyond to be offered to those needing help. The sum of £20,000 was released to the General fund in 2021/22 with the balance released in 2022/23.

13 Deferred income

	2023 £	2022 £
Other deferred income	-	20,000
	<u>-</u>	<u>20,000</u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

13 Deferred income (Continued)

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
Deferred income is included within:		
Current liabilities	-	20,000
Movements in the year:		
Deferred income at 1 July 2022	20,000	40,000
Released from previous periods	(20,000)	(20,000)
Deferred income at 30 June 2023	-	20,000

14 Retirement benefit schemes

Defined contribution schemes

The Trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Trust in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £891 (2022 - £1,422).

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2022 £	Incoming resources £	Resources expended £	Transfers £	At 30 June 2023 £
Guy Charitable Trust fund	-	20,000	(12,122)	59	7,937
Mankind fund	-	5,000	(4,415)	965	1,550
Bursary fund	-	1,229	(14,270)	20,324	7,283
Chalk Cliff Trust fund	-	5,000	(5,000)	-	-
SWAG fund	-	3,000	(2,340)	-	660
Homity Trust fund	-	1,000	(215)	215	1,000
Langney Community Centre fund	-	-	(1,000)	1,000	-
Adfam fund	-	5,000	(2,350)	-	2,650
National Lottery fund	-	-	(8,985)	8,985	-
	-	40,229	(50,697)	31,548	21,080

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

15 Restricted funds (Continued)

Mankind Fund - this fund contains receipts to provide additional support to clients referred from the local Mankind support group.

Chalk Cliff Trust - this is an additional fund towards bursaries.

SWAG fund - contains funds for referrals from the Southern Wellness Action Group.

Homity fund - this contains monies to enable us to provide bursaries.

Langey fund - this represents monies towards the support of Langney residents.

Adfam fund - this relates to monies for the provision of addiction support referrals.

Due to the way that costs have been allocated against the relevant restricted fund, some funds had a negative balance. Transfers have therefore been included to reimburse these negative funds from unrestricted reserves.

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2022	Incoming resources	Resources expended	Transfers	At 30 June 2023
	£	£	£	£	£
General funds	17,381	234,498	(202,422)	(31,548)	17,909
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 July 2021	Incoming resources	Resources expended	Transfers	At 30 June 2022
	£	£	£	£	£
General funds	10,882	127,630	(121,131)	-	17,381
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

17 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2023	2023	2023
	£	£	£
Fund balances at 30 June 2023 are represented by:			
Tangible assets	812	-	812
Current assets/(liabilities)	17,097	21,080	38,177
	<u> </u>	<u> </u>	<u> </u>
	17,909	21,080	38,989
	<u> </u>	<u> </u>	<u> </u>

THE OLD BANK WELLBEING TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

17 Analysis of net assets between funds (Continued)

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 30 June 2022 are represented by:			
Tangible assets	759	-	759
Current assets/(liabilities)	16,622	-	16,622
	<u>17,381</u>	<u>-</u>	<u>17,381</u>

18 Related party transactions

The Trust was founded by The Guy & Co Charitable Trust with two common directors/trustees. The Trust use premises free of charge provided by The Guy & Co Charitable Trust. This has been reflected in the accounts as a donation-in-kind. The Trust received donations of £20,000 from The Guy & Co Charitable Trust during the year.