

ICAN WELLBEING GROUP CIO

England & Wales · Charity number 1203783

Details

Other names ICAN HEALTH & FITNESS CIC

Status Registered

Legal form CIO

Registered 2023-06-28

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

Contact

Address Unit 17 & 18 The Malting
Bridge Street
Carlisle
Cumbria
CA2 5SR

Phone 01228819101

Email Julia@icanwellbeing.co.uk

Website www.icanwellbeing.co.uk

Activities

Objects: THE PROMOTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY:(1) PROVIDING COMMUNITY HEALTH SERVICES INCLUDING A WELLBEING CENTRE AND A MOBILE FITNESS ENGAGEMENT FACILITY;(2) UNDERTAKING RESEARCH INTO THE CAUSES, DIAGNOSIS, TREATMENT AND MANAGEMENT OF INACTIVITY THAT LEADS TO ILLNESS AND PUBLISHING THE USEFUL RESULTS OF THAT RESEARCH;(3) PROVIDING SERVICES FOR THE EARLY IDENTIFICATION OF CONDITIONS THAT MAY LEAD TO LIFESTYLE DISEASES, SUCH AS OBESITY AND TYPE 2 DIABETES;(4) PROVIDING ADVICE ON NUTRITION AND EXERCISE FOR PEOPLE WHO SUFFER FROM, OR WHO ARE AT RISK OF SUFFERING FROM A LIFESTYLE DISEASE;(5) REFERRING PEOPLE WHO ARE SUFFERING FROM LIFESTYLE DISEASES TO APPROPRIATE MEDICAL PROFESSIONALS FOR TREATMENT, IF NECESSARY, THROUGH SOCIAL LINK WORKERS AND APPROPRIATE PATHWAYS; AND(6) PROVIDING FREE HEALTH CHECKS TO PEOPLE WHO ARE UNABLE TO AFFORD IT THROUGH LACK OF MEANS.

Activities: iCan is a health, wellbeing and social support charitable organisation. Officially registered as a charity in June 2023, after 6 years previously operating as a CIC and over 10 year prior to that in the private sector. Our mission is to break down activity and mental wellbeing barriers from I can't to iCan with a focus on prevention before recovery.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** The General Public/mankind

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£409,212	£393,537	-	-
2024-05-31	£282,162	£358,748	-	-

Trustees

Name	Role	Appointed
Dr Neil Alexander Ford		2023-06-28
Dr Robert Westgate		2023-06-28
Helena Jane Jonsson		2024-02-12
Julia Clifford		2023-06-28
Nayyar Hayat		2026-02-19
Rebecca Gill		2026-02-19
Suzanne Yvonne Caldwell		2024-02-12

ICAN WELLBEING GROUP CIO

England & Wales - Charity number 1203783

Accounts

iCan Wellbeing Group CIO

Registration number: 1203783

**Annual Report and Financial
Statements**

31 May 2025



iCan Wellbeing Group CIO

Contents

Reference and Administrative Details	1
Trustees' report	2
Trustees' responsibilities	6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

iCan Wellbeing Group CIO
Reference and Administrative Details

Charity name	iCan Wellbeing Group CIO
Charity registration number	1203783
Principal office	Unit 17 & 18 The Malting Bridge Street CARLISLE CA2 5SR
Registered office	Unit 17 & 18 The Malting Bridge Street CARLISLE CA2 5SR
Trustees	J Clifford R Westgate A H Shekell (Resigned 1 December 2024) N A Ford H J Jonsson J S I Taylor (Resigned 1 December 2024) S Y Caldwell
Solicitor	Bendles solicitors Portland Building Cooper Way Kingstown CARLISLE CA3 0JG
Bankers	Virgin Money 82 English Street CARLISLE CA3 8HP
Accountant	Dodd & Co Limited FIFTEEN Rosehill Montgomery Way Rosehill Estate CARLISLE CA1 2RW

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2025

The financial statements have been prepared in accordance with the accounting policies set out in the accounts and comply with the charity's governing document, the Charities Act 2011 as amended by the Charities Act 2022 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland.

Structure, Governance and Management

Governing document

This financial year iCan continues as a CIO registered with the charity commission- number 1203783.

Appointment of Trustees

Trustees are selected based on their experience both within the commercial and/or the third sector and how this would benefit both the organisation and the trustee. Trustee applicants are voted for by the rest of the trustee board.

Each trustee, upon appointment is provided with a copy of the:

- Trustee handbook
- Staffing structure
- Constitution document
- Document of responsibilities

A personal induction is carried out to identify any gaps in the individual's knowledge specific to their trustee role.

Relationship with related parties

We are active members of the following bodies:

- Voluntary Community and Social Enterprises (i.e. the Third Sector)
- NHS Integrated Care Communities which are collaborations between the Primary care networks, NHS and the Third Sector.
- Steering Group member of Carlisle Community Group Network
- Julia Clifford (Trustee and CCO) is Governor of the Cumbria North Tyne and Wear NHS Mental Health Foundation
- Healthy Weight Cumberland Council working Group
- Social Prescribing Cumberland Board ICC
- Lisa Bridgewater (COO) is a board member of the Cumbria economic growth board
- Providing community health services including a wellbeing centre and a mobile fitness engagement facility.

Objectives and Activities

iCan is a health, wellbeing and social support charitable organisation promoting good physical and mental health for public benefit by:

- Undertaking research into the causes, diagnosis, treatment and management of inactivity that leads to illness and publishing the results of that research.
- Providing services for the early identification of conditions that may lead to lifestyle diseases such as obesity and type 2 diabetes.
- Providing advice on nutrition and exercise for people who suffer from, or at risk of suffering from, a lifestyle disease.

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2025

- Referring people who are suffering from lifestyle diseases to appropriate medical professionals for treatment, if necessary, through social link workers and appropriate pathways.
- Providing free health checks to people who are unable to afford them through lack of means.

Our mission is to break down activity and mental wellbeing barriers from I can't to "iCan" with a focus on prevention before recovery within the County of Cumberland

Main Activities are:

- Education/training
- The advancement of health or saving of lives
- Recreation

These are delivered by providing:

- Health and wellbeing Services
- Advocacy, advice and information
- Sponsoring or undertaking research

We have 3 key service areas:

- iCan Fitness located in Carlisle with a community fitness centre
- iCan Wellness located in Carlisle with a community wellness centre
- iCan Outreach offering fitness and wellness services across the county with our schools and community programmes and courses and Wheels of Wellness mobile facility

In determining these objectives and activities the Trustees have paid due regard to the Charity Commission guidance on public benefit.

Achievements and performance

In the last financial year, we have helped more than 5,500 people, often seeing more than 500 per month through the 19 live projects we have ran. We are currently working on 17 projects including:

- Fitness gym
- Fitness- NHS Waiting Well Y2
- Fitness- Bellicon rehabilitation project
- Fitness- Bellicon over 65s project
- Fitness- Arnold Clark- equipment fund
- Fitness and wellness- NLCF community fund- free memberships and Young Farmers support.
- Outreach- Better care CBE in Brampton hospital
- Outreach- Wheels of Wellness Mid Copeland WOW Healthy Happy Neighbours' programme
- Outreach- Hope Haven
- Outreach- West Cumbria Mental Health Partnership
- Outreach- Resilience gathering
- Outreach- Brampton supporting in hospitals and community settings
- Operational- Western Charity awards

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2025

- Wellness CCF Cancer coffee mornings
- Wellness centre
- Wellness Walk to Talk
- Wellness community investment

Our customers tell us that we have greatly improved their lives through enhanced mental well-being and fitness and confidence levels.

We have successfully partnered with North Cumbria Primary Care in an R&D project to assess staff wellbeing in the workplace and identify improvements.

We have been successful in fundraising for the charity in the financial year 2024 to 2025.

To achieve our grants and donations we:

- Apply for grant funding from local and national donors including private donors.
- We raise funds through fundraisers such as community activities and social nights.
- We accept voluntary donations from the public or service users.

These funds can be restricted to a specific project or service or for the generic use of iCan wellbeing group CIO.

Social Investment policy

Our external professional research from "LynchPinn support" paid for in 2023 indicates that for every £1 we invest in our programmes we deliver a return of £6.15 to the wider community, including savings to the NHS and social services.

Contribution made by volunteers

Our volunteers undertake several valuable roles within the organisation, including assisting in:

- Fund raising events
- Delivery of activity programmes
- Assistance at events
- Volunteer as support for a range of our services daily
- Performing roles as Trustees

Financial Review

Trustees and senior management have a duty to apply the charity's income for the benefit of its beneficiaries. This usually means income should be spent rather than invested. However, it is possible that some traded income/ funds will be retained within the context of a reserves policy.

At the year end, the Charity had reserves of £283,600 of which £36,765 was held in Restricted Funds and £246,835 was Unrestricted. There were free reserves as at 31 May 2025 of £160,492. This is considered to be an appropriate level of reserves.

Risks

iCan Wellbeing Group faces several risks including staffing changes, which can disrupt operations and continuity.

Reliance on short-term contracts and self-employed contractors may lead to instability and loss of experienced staff.

Political changes can affect funding policies and regulations, impacting our operations and financial stability.

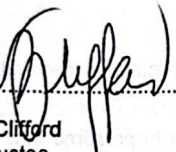
iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2025

Additionally, delays or reductions in funds and donations from larger grant donors can hinder our ability to execute programmes and support our beneficiaries effectively.

Managing these risks requires strategic planning and adaptability to ensure sustainable growth and impact.

Change in employment law may have a negative effect on the company and how we maintain and manage staff in the future.

Approved by the Trustees on 4 November 2025 and signed on their behalf by:


.....
J Clifford
Trustee

iCan Wellbeing Group CIO

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

The law applicable to charities in England and Wales 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 charity and of the incoming resources and application of resources of the charity for that period. 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 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 as amended by the Charities Act 2022, the Charity (Accounts and Reports) Regulations and the provisions of the trust deed. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Independent Examiner's Report to the Trustees of
iCan Wellbeing Group CIO**

I report on the accounts of the charity for the year ended 31 May 2025, which are set out on pages 8 to 21.

Your attention is drawn to the fact that the Charity has prepared the financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 as amended by the Charities Act 2022 (the Act) and that an independent examination is needed.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011 as amended by the Charities Act 2022; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Act

have not been met; or

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


.....
Joanne Thomlinson FCA
Dodd & Co Limited
Chartered Accountants

4 November 2025

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

iCan Wellbeing Group CIO
Statement of Financial Activities for the Year Ended 31 May 2025

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
Note	£	£	£	£
Income and endowments from:				
Donations and legacies	2	5,461	218,925	224,386
Charitable activities	3	184,826	-	184,826
Total income		<u>190,287</u>	<u>218,925</u>	<u>409,212</u>
Expenditure on:				
Charitable activities		45,734	347,803	393,537
Total expenditure		<u>45,734</u>	<u>347,803</u>	<u>358,748</u>
Net incoming/(outgoing) resources before transfers		144,553	(128,878)	15,675
Transfers				
Gross transfers between funds		588	(588)	-
Net movements in funds		145,141	(129,466)	15,675
Reconciliation of funds				
Total funds brought forward		101,694	166,231	267,925
Total funds carried forward		<u>246,835</u>	<u>36,765</u>	<u>283,600</u>
		<u>283,600</u>	<u>283,600</u>	<u>283,600</u>

The notes on pages 10 to 21 form an integral part of these financial statements.

ICan Wellbeing Group CIO
Balance Sheet as at 31 May 2025

		2025		2024	
	Note	£	£	£	£
Fixed assets					
Intangible assets	10		1,008		1,584
Tangible assets	11		<u>85,335</u>		<u>91,919</u>
			<u>86,343</u>		<u>93,503</u>
Current assets					
Stocks and work in progress		2,980		12,483	
Debtors	12	46,297		3,421	
Cash at bank and in hand		<u>175,670</u>		<u>172,951</u>	
		<u>224,947</u>		<u>188,855</u>	
Creditors: Amounts falling due within one year	13	<u>(27,690)</u>		<u>(14,433)</u>	
Net current assets			<u>197,257</u>		<u>174,422</u>
Net assets			<u>283,600</u>		<u>267,925</u>
The funds of the charity:					
Restricted funds in surplus			36,819		166,231
Restricted funds in deficit					
Garfield Weston			<u>(54)</u>		<u>-</u>
Total restricted funds			<u>36,765</u>		<u>166,231</u>
Unrestricted funds					
Unrestricted income funds			<u>246,835</u>		<u>101,694</u>
Total charity funds			<u>283,600</u>		<u>267,925</u>

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 4 November 2025 and signed on its behalf by:

.....
 J Clifford
 Trustee

The notes on pages 10 to 21 form an integral part of these financial statements.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2025

1 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 as amended by the Charities Act 2022.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities:Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 17.

Income and endowments

Donations and legacies including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract.

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

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

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost.

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

Other intangible assets	20% straight line basis
-------------------------	-------------------------

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Land and buildings	12 years straight line basis
Motor vehicles	15% reducing balance basis
Furniture, fittings and office equipment	20% reducing balance basis

Cash and Cash Equivalents

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

Stock

Stock is valued at the lower of cost and net realisable value, after due regard for obsolete and slow moving stocks. Net realisable value is based on selling price less anticipated costs to completion and selling costs. Items donated for resale or distribution are not included in the financial statements until they are sold or distributed.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations and legacies				
Appeals and donations	2,961	-	2,961	2,330
Grants				
Grants - other agencies	2,500	218,925	221,425	230,455
	<u>5,461</u>	<u>218,925</u>	<u>224,386</u>	<u>232,785</u>

Of the donations and legacies income in 2024 £21,749 related to unrestricted funds and £211,036 related to restricted funds.

3 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
iCan Wellbeing				
Fees and supplies	182,082	-	182,082	46,806
Rental income	2,545	-	2,545	2,182
Other income	199	-	199	389
	<u>184,826</u>	<u>-</u>	<u>184,826</u>	<u>49,377</u>

Of the income from charitable activities in 2024 £48,232 related to unrestricted funds and £1,145 related to restricted funds.

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

4 Expenditure

	iCan Wellbeing	Total 2025	Total 2024
	£	£	£
Direct costs			
Opening stock	12,483	12,483	18,604
Purchases	20,617	20,617	25,514
Closing stock	(2,980)	(2,980)	(12,483)
Employment costs	266,025	266,025	227,983
	<u>296,145</u>	<u>296,145</u>	<u>259,618</u>
Support costs			
Travelling	17,441	17,441	17,297
Rent and rates	19,400	19,400	20,631
Light, heat and power	2,320	2,320	2,702
Insurance	5,493	5,493	4,843
Repairs and maintenance	988	988	1,385
Telephone and fax	2,956	2,956	464
Computer software and maintenance costs	358	358	220
Office costs	3,049	3,049	5,741
Sundry expenses	3,053	3,053	4,930
Advertising	19,041	19,041	18,528
Accountancy fees	4,171	4,171	2,603
Independent examiner's fee	525	525	500
Legal and professional fees	4,452	4,452	2,248
Bank charges	82	82	299
Amortisation of goodwill	576	576	576
Depreciation of short leasehold property	4,041	4,041	4,041
Depreciation of fixtures and fittings	4,691	4,691	6,528
Depreciation of motor vehicles	4,755	4,755	5,594
	<u>97,392</u>	<u>97,392</u>	<u>99,130</u>
	<u>393,537</u>	<u>393,537</u>	<u>358,748</u>

Of the expenditure in 2024 £71,159 related to unrestricted funds and £287,589 related to restricted funds.

5 Governance costs

	2025	2024
	£	£
Accountancy fees	4,171	2,603
Independent examiner's fee	525	500
Legal and professional fees	4,452	2,248
	<u>9,148</u>	<u>5,351</u>

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

6 Trustees' remuneration and expenses

During the year Julia Clifford was paid for her work as an employee of the charity. Remuneration totalling £49,199 (2024 - £44,185) and £1,138 (2024 - £759) of pension contributions were paid during the year.

7 Net incoming/(outgoing) resources

Net incoming/(outgoing) resources is stated after charging:

	2025	2024
	£	£
Depreciation of owned assets	9,446	12,122
Amortisation	576	576
	576	576

8 Employees' remuneration

The monthly average number of persons (including senior management) employed by the charity during the year was as follows:

	2025	2024
	No.	No.
Charitable activities	6	6
	6	6

The aggregate payroll costs of these persons were as follows:

	2025	2024
	£	£
Wages and salaries	160,673	129,590
Social security	9,718	6,331
Other pension costs	3,728	2,167
	174,119	138,088

No employee received emoluments of more than £60,000 during the year.

The key management personnel comprises all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total employee benefits including employer pension contributions of the key management personnel were £100,676 (2024 - £98,315).

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

9 Taxation

The registered charity is exempt from taxation on income and gains.

10 Intangible fixed assets

	Other intangibles £
Cost	
As at 1 June 2024 and 31 May 2025	2,880
Amortisation	
As at 1 June 2024	1,296
Charge for the year	576
As at 31 May 2025	1,872
Net book value	
As at 31 May 2025	1,008
As at 31 May 2024	1,584

11 Tangible fixed assets

	Land and buildings £	Motor vehicles £	Furniture, fittings and office equipment £	Total £
Cost				
As at 1 June 2024	48,487	45,018	60,767	154,272
Additions	-	-	6,903	6,903
As at 31 May 2025	48,487	45,018	67,670	161,175
Depreciation				
As at 1 June 2024	16,164	13,321	32,868	62,353
Charge for the year	4,041	4,755	4,691	13,487
As at 31 May 2025	20,205	18,076	37,559	75,840
Net book value				
As at 31 May 2025	28,282	26,942	30,111	85,335
As at 31 May 2024	32,323	31,697	27,899	91,919

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

12 Debtors

	2025	2024
	£	£
Trade debtors	41,302	1,238
Prepayments and accrued income	4,995	2,183
	<u>46,297</u>	<u>3,421</u>

13 Creditors: Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	1,347	312
Other creditors	-	686
Accruals and deferred income	26,343	13,435
	<u>27,690</u>	<u>14,433</u>

Creditors amounts falling due within one year includes deferred income:

	2025	2024
	£	£
Amount deferred in the year	15,227	-
As at 31 May 2025	<u>15,227</u>	<u>-</u>

14 Operating lease commitments

As at 31 May 2025 the charity had total future minimum lease payments under non-cancellable operating leases as follows:

	Land and Buildings		Other	
	2025	2024	2025	2024
	£	£	£	£
Within one year	1,200	-	-	-
Within two and five years	-	-	4,269	-
Over five years	132,000	100,000	-	-
	<u>133,200</u>	<u>100,000</u>	<u>4,269</u>	<u>-</u>

15 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £3,728 (2024 - £2,167).

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

Contributions totalling £nil (2024 - £686) were payable to the scheme at the end of the period and are included in creditors.

16 Related parties

Controlling entity

The charity is controlled by the trustees.

17 Analysis of funds

	At 1 June 2024	Incoming resources	Resources expended	Transfers	At 31 May 2025
	£	£	£	£	£
General Funds					
Unrestricted income fund	101,694	190,287	(45,734)	588	246,835
Restricted Funds					
WCMHP	10,310	-	(10,310)	-	-
NCLF Sustainability	12,603	-	(12,603)	-	-
Midcopeland GDF	-	62,355	(56,532)	-	5,823
LWBC	41,842	500	(42,342)	-	-
NHS Waiting Well (previously Preparing Well)	32,088	-	(30,338)	(1,750)	-
MCST Dementia	3,109	-	(3,109)	-	-
MOG CYA	1,129	9,686	(9,240)	-	1,575
Bellicon Rehab	9,653	17,096	(19,397)	-	7,352
Wecan Pop	5,588	-	(6,120)	532	-
Jamie Hendry	4,629	10,679	(8,106)	-	7,202
Awards for All	19,268	-	(16,000)	-	3,268
Brampton Hospital ABC	2,729	8,000	(8,708)	-	2,021
ABC 23	340	-	(340)	-	-
Childhood obesity	1,642	-	(1,642)	-	-
MOG Copeland	3,208	-	-	-	3,208
MOG Allerdale	2,853	-	-	-	2,853
YPOF	317	-	(317)	-	-
National Lottery Community Fund	3,128	67,209	(65,820)	(1,000)	3,517
MOG/MOJ	10,167	-	(10,167)	-	-
Walk to talk	1,628	2,500	(4,139)	11	-
Arnold Clark	-	1,000	(200)	(800)	-
Garfield Weston	-	-	(54)	-	(54)
UKSPF	-	39,900	(42,319)	2,419	-
	<u>166,231</u>	<u>218,925</u>	<u>(347,803)</u>	<u>(588)</u>	<u>36,765</u>
	<u>267,925</u>	<u>409,212</u>	<u>(393,537)</u>	<u>-</u>	<u>283,600</u>

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2025

..... *continued*

WCMHP - A project on the West Cumbria Mental Health Partnership Fund. The project was to provide 12 Wheels of wellness bookings for events in West Cumbria alongside offering free copies of our Live Well guide to participants.

NLCF Sustainability - A 5 year project to support the running of our wellness and fitness centres and offer free fitness and wellbeing provision to all in Carlisle. Alongside working with the Young Farmers charity to offer bespoke peer created wellness support in rural communities.

Midcopeland GDF - A project to deliver health, wellbeing, and neighbourliness activities in the Mid Copeland area. Activities include our Wheels of wellness provision or chair based exercise and neighbourliness communication and delivery of our healthy happy neighbour guides.

LWBC - A project to support people living with and after a cancer diagnosis. Providing peer to peer support, counselling, holistic therapies and talking services.

NHS Waiting Well (previously Preparing Well) - A project funded by the NHS to get people who are waiting for elective surgery to become healthier and fitter to aid their recovery post surgery. This includes working closely with 3 Carlisle based PCN's and the NHS waiting well national project.

MCST Dementia - Continuation funding for our previously run MCST social activities for Dementia project. To support people who are living with mild to moderate dementia to socialise and engage in social activities which may benefit the brain and memory.

MOG CYA - A project where two team members visit primary schools across Cumbria to offer Wellness and wellbeing support directly in the schools to improve the education and knowledge for children of good self care and wellbeing.

Bellicon rehab - To provide Bellicon (trampoline) activity to people who cannot or would not normally exercise due to ill health or medical need. Delivered in our centre by 2 staff members. The programme is free to attend. Each programme is 6 weeks in length and includes the exercise and a socialising cuppa after where we work through our ikigai finding your purpose workbook.

WeCan Pop - A project aimed at 16-24 year olds to improve their purpose finding explorations including socialisation skills, activities and interests, exercise and movement and educational skills and money management.

Jamie Hendry - A project to engage people of Carlisle in external and internal wellness activities., these include weekly meditation sessions and monthly soundbath sessions at our centre and two hired in activities called healing hikes- taking people into the countryside to enjoy the healing powers of walking and meditation.

Awards for All - A project to support the running of 4 wellness groups in the wellness centre. These include Writing for Wellbeing, art for wellbeing, ikigai and persistent pain. The groups run for 24 weeks of the year across 2 years and are free to attend. Located at our centre in Carlisle.

Brampton Hospital ABC - 2 staff visiting Brampton hospital once a week for 8 hours to deliver chair based exercises and rehabilitation support for those in short term beds with the aim of getting the patients home quicker and healthier.

ABC 23 - To provide chair based exercises to the community of Carlisle for those over the age of 50. Delivered in our premises. Including a specially organised trip and activity for the benefit of socialisation.

Childhood obesity- A project funded by the old Carlisle Council to support KS2 children in Carlisle based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2025

..... *continued*

MOG Copeland- A project funded by Cumbria Youth Alliance to support KS2 children in Copeland based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

MOG Allerdale- - A project funded by Cumbria Youth Alliance to support KS2 children in Allerdale based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

YPOF- Young Persons Opportunity fund- A programme funded by CCF to engage people aged 16-24 to improve their health and wellbeing through support networks, wellness coaching and outdoor activity trips and experiences.

National Lottery Community Fund - Reaching Communities/Partners - A 5 year project funded by the National Lottery to support people in Carlisle to access free health and wellbeing services including a fitness centre. Also to support young farmers mental wellbeing in the eden area.

MOG/MOJ- Projects to support KS2 and KS3 children in Cumbrian based schools to improve their health and wellbeing. Featuring our My Own Guide to.....for KS2 and My Own Journal to Live well for KS3 publications and 6 week courses.

Walk to talk- Our popular walking group which meets weekly for a short walk round bitts park and a cuppa in our wellness centre.

UKSPF - Our Workwell project empowers individuals facing employment barriers by offering tailored support to boost confidence, develop skills, and explore opportunities. The programme encourages positive steps towards work readiness, volunteering, and sustainable, fulfilling employment including access to work support, living well workshops, activity provision and ikigai.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

Prior period

	At 1 June 2023	Incoming resources	Resources expended	Transfers	At 31 May 2024
	£	£	£	£	£
General Funds		-			
Unrestricted income fund	107,255	69,981	(71,159)	(4,383)	101,694
Restricted Funds					
WCMHP	9,513	5,344	(4,547)	-	10,310
NCLF Sustainability	4,857	23,535	(15,789)	-	12,603
Fibrus fund	-	2,000	(2,252)	252	-
Midcopeland GDF	14,343	40,438	(58,910)	4,129	-
LWBC	66,197	4,000	(28,355)	-	41,842
NHS Preparing Well	65,207	58,116	(91,235)	-	32,088
MCST Dementia	8,424	4,423	(9,738)	-	3,109
MOG CYA	-	9,686	(8,557)	-	1,129
Bellicon Rehab	-	16,100	(6,447)	-	9,653
Wecan Pop	-	8,494	(2,906)	-	5,588
Jamie Hendry	-	5,634	(1,005)	-	4,629
Awards for All	-	19,836	(568)	-	19,268
Brampton Hospital ABC	-	6,000	(3,271)	-	2,729
ABC 23	-	500	(160)	-	340
Better Care Fund	15,560	-	(15,562)	2	-
Childhood obesity	1,642	-	-	-	1,642
We can Lads night	9,823	-	(9,823)	-	-
MOG Copeland	4,152	-	(944)	-	3,208
MOG Allerdale	4,160	-	(1,307)	-	2,853
YPOF	13,930	-	(13,613)	-	317
Wecan Podcast	290	-	(290)	-	-
Men supporting men	326	-	(326)	-	-
NL Community Fund	3,137	-	(9)	-	3,128
ABC Carehomes	1,685	-	(1,685)	-	-
MOG/MOJ	10,159	6,390	(6,382)	-	10,167
Walk to talk	3,851	1,685	(3,908)	-	1,628
	<u>237,256</u>	<u>212,181</u>	<u>(287,589)</u>	<u>4,383</u>	<u>166,231</u>
	<u>344,511</u>	<u>282,162</u>	<u>(358,748)</u>	<u>-</u>	<u>267,925</u>

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2025

..... continued

18 Transfers

A transfer of £4,330 has been made from unrestricted funds to the following restricted funds to fund overspends on the restricted funds:

Wecan Pop - £532
 Walk to talk - £11
 UKSPF - £3,787

A transfer of £4,918 has been made to unrestricted funds from the following restricted funds. This represents restricted funds received to purchase fixed assets. Once the assets were purchased the original restriction on the funds was met and the funds were therefore transferred to unrestricted, in line with the SORP.

NHS Preparing Well - £1,750
 NL Community Fund - £1,000
 Arnold Clark - £800
 UKSPF - £1,368

19 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Intangible assets	1,008	-	1,008	1,584
Tangible assets	85,335	-	85,335	91,919
Current assets	188,182	36,765	224,947	188,855
Creditors: Amounts falling due within one year	(27,690)	-	(27,690)	(14,433)
Net assets	<u>246,835</u>	<u>36,765</u>	<u>283,600</u>	<u>267,925</u>

Prior period

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Intangible assets	1,584	-	1,584	2,160
Tangible assets	91,919	-	91,919	104,710
Current assets	22,624	166,231	188,855	262,184
Creditors: Amounts falling due within one year	(14,433)	-	(14,433)	(24,543)
Net assets	<u>101,694</u>	<u>166,231</u>	<u>267,925</u>	<u>344,511</u>

ICAN WELLBEING GROUP CIO

England & Wales - Charity number 1203783

Accounts

iCan Wellbeing Group CIO

Registration number: 1203783

**Annual Report and Financial
Statements**

31 May 2024



iCan Wellbeing Group CIO
Contents

Reference and Administrative Details	1
Trustees' report	2
Trustees' responsibilities	6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

iCan Wellbeing Group CIO
Reference and Administrative Details

Charity name	iCan Wellbeing Group CIO
Charity registration number	1203783
Principal office	Unit 17 & 18 The Malting Bridge Street CARLISLE CA2 5SR
Registered office	Unit 17 & 18 The Malting Bridge Street CARLISLE CA2 5SR
Trustees	J Clifford R Westgate A H Shekell N A Ford H J Jonsson (Appointed 12 February 2024) J S I Taylor (Appointed 12 February 2024) S Y Caldwell (Appointed 12 February 2024)
Solicitor	Bendles solicitors Portland Building Cooper Way Kingstown CARLISLE CA3 0JG
Bankers	Virgin Money 82 English Street CARLISLE CA3 8HP
Accountant	Dodd & Co Limited FIFTEEN Rosehill Montgomery Way Rosehill Estate CARLISLE CA1 2RW

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2024

The financial statements have been prepared in accordance with the accounting policies set out in the accounts and comply with the charity's governing document, the Charities Act 2011 as amended by the Charities Act 2022 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland.

Structure, Governance and Management

Governing document

This financial year iCan has converted from a CIC (iCan Health and Fitness CIC) to a CIO (iCan Wellbeing group CIO) in June 2023.

Appointment of Trustees

Trustees are selected on the basis of their experience both within the commercial and/or the third sector and how this would benefit both the organisation and the trustee. Trustee applicants are voted for by the rest of the trustee board.

Each trustee, upon appointment is provided with a copy of the:

- Trustee handbook
- Staffing structure
- Constitution document
- Other relevant information

A personal induction is carried out to identify any gaps in the individuals knowledge specific to their trustee role.

Relationship with related parties

We are active members of the following bodies:

- Voluntary Community and Social Enterprises (i.e. the Third Sector)
- NHS Integrated Care Communities which are collaborations between the Primary care networks, NHS and the Third Sector.
- Steering Group member of Carlisle Community Group Network
- Steering Group member of Cancer North.
- Governor of the Cumbria North Tyne and Wear NHS Mental Health Foundation
- Healthy Weight Cumberland Council working Group
- Social Prescribing Cumberland Board ICC

Objectives and Activities

iCan is a health, wellbeing and social support charitable organisation promoting good physical and mental health for public benefit by:

- Providing community health services including a wellbeing centre and a mobile fitness engagement facility.
- Undertaking research into the causes, diagnosis, treatment and management of inactivity that leads to illness and publishing the results of that research.
- Providing services for the early identification of conditions that may lead to lifestyle diseases such as obesity and type 2 diabetes.
- Providing advice on nutrition and exercise for people who suffer from, or at risk of suffering from, a lifestyle disease.

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2024

- Referring people who are suffering from lifestyle diseases to appropriate medical professionals for treatment, if necessary, through social link workers and appropriate pathways.
- Providing free health checks to people who are unable to afford them through lack of means.

Our mission is to break down activity and mental wellbeing barriers from I can't to "iCan" with a focus on prevention before recovery within the County of Cumberland.

Main Activities are:

- Education/training
- The advancement of Health or Saving of Lives
- Recreation

These are delivered by providing:

- Services
- Advocacy, advice and information
- Sponsoring or undertaking research

We have 3 key service areas:

- iCan fitness located in Carlisle with a community fitness centre
- iCan Wellness located in Carlisle with a community wellness centre
- iCan outreach offering fitness and wellness services across the county with our schools and community programmes and courses and Wheels of Wellness mobile

In determining these objectives and activities the Trustees have paid due regard to the Charity Commission guidance on public benefit.

Achievements and performance

In the last financial year, we have helped in excess of 15,447 individuals, some 1,287 per month through the 28 live projects we have run. We are currently working on 18 live projects including:

- iCan fitness gym
- Digital inclusion for over 60s
- Memory Lane-Living with Dementia
- NHS Preparing Well Better care CBE in Brampton hospital
- Bellicon rehabilitation project
- WeCan Walk to Talk
- WeCan Young men's mental health
- WeCan Young Persons Opportunity Fund
- WeCan Living With And Beyond Cancer
- Wheels Of Wellness Mid Copeland WOW
- Healthy Happy Neighbours' programme
- West Cumbria Mental Health Partnership
- Low level Mental Health Partnership

iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2024

- NHS Healthier Together App promotion
- Cumbria Youth Partnership- delivery to schools
- 2 School Provision projects in West Cumbria and Allerdale

Our customers tell us that we have greatly improved their lives through enhanced mental well-being and fitness and confidence levels.

We have successfully partnered with North Cumbria Primary Care in an R&D project to assess staff wellbeing in the workplace and identify improvements.

We have been successful in fundraising for the charity in the financial year 2023 to 2024.

To achieve our grants and donations we:

- Apply for grant funding from local and national donors including private donors.
- We raise funds through fundraisers such as community activities and social nights.
- We accept voluntary donations from the general public or service users.

These funds can be restricted to a specific project or service or for the generic use of iCan wellbeing group CIO.

Social Investment policy

Our external professional research from "LynchPinn support" paid for in 2023 indicates that for every £1 we invest in our programmes we deliver a return of £6.15 to the wider community, including savings to the NHS and social services.

Contribution made by volunteers

Our volunteers undertake a number of valuable roles within the organisation, including assisting in:

- Fund raising events
- Delivery of activity programmes
- Assistance at events
- Performing roles as Trustees

Financial Review

Trustees and senior management have a duty to apply the charity's income for the benefit of its beneficiaries. This usually means income should be spent rather than invested. However, it is possible that some traded income/ funds will be retained within the context of a reserves policy.

At the year end, the Charity had reserves of £267,925 of which £166,231 was held in Restricted Funds and £101,694 was Unrestricted. There were free reserves as at 31 May 2024 of £8,191. This is considered to be an appropriate level of reserves.

Risks

iCan Wellbeing Group faces several risks including staffing changes, which can disrupt operations and continuity. Reliance on short-term contracts and self-employed contractors may lead to instability and loss of experienced staff.

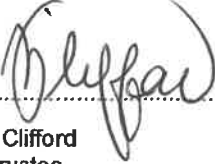
Political changes can affect funding policies and regulations, impacting our operations and financial stability.

Additionally, delays or reductions in funds and donations from larger grant donors can hinder our ability to execute programmes and support our beneficiaries effectively.

Managing these risks requires strategic planning and adaptability to ensure sustainable growth and impact.

**iCan Wellbeing Group CIO
Trustees' Report for the Year Ended 31 May 2024**

Approved by the Trustees on 3 September 2024 and signed on their behalf by:



.....

**J Clifford
Trustee**

iCan Wellbeing Group CIO

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

The law applicable to charities in England and Wales 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 charity and of the incoming resources and application of resources of the charity for that period. 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 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 as amended by the Charities Act 2022, the Charity (Accounts and Reports) Regulations and the provisions of the trust deed. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Independent Examiner's Report to the Trustees of
iCan Wellbeing Group CIO**

I report on the accounts of the charity for the year ended 31 May 2024, which are set out on pages 8 to 21.

Your attention is drawn to the fact that the Charity has prepared the financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 as amended by the Charities Act 2022 (the Act) and that an independent examination is needed.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

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


Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011 as amended by the Charities Act 2022; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Act

have not been met; or

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


.....
Joanne Thomlinson FCA
Dodd & Co Limited
Chartered Accountants

3 September 2024

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

iCan Wellbeing Group CIO
Statement of Financial Activities for the Year Ended 31 May 2024

		Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023 as restated
	Note	£	£	£	£
Income and endowments from:					
Donations and legacies	2	21,749	211,036	232,785	382,772
Charitable activities	3	48,232	1,145	49,377	44,410
Total		<u>69,981</u>	<u>212,181</u>	<u>282,162</u>	<u>427,182</u>
Expenditure on:					
Charitable activities		71,159	287,589	358,748	290,600
Total		<u>71,159</u>	<u>287,589</u>	<u>358,748</u>	<u>290,600</u>
Net (outgoing)/incoming resources before transfers		(1,178)	(75,408)	(76,586)	136,582
Transfers					
Gross transfers between funds		<u>(4,383)</u>	<u>4,383</u>	<u>-</u>	<u>-</u>
Net movements in funds		(5,561)	(71,025)	(76,586)	136,582
Reconciliation of funds					
Total funds brought forward		107,255	237,256	344,511	207,929
Total funds carried forward		<u>101,694</u>	<u>166,231</u>	<u>267,925</u>	<u>344,511</u>

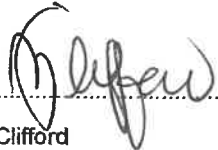
The notes on pages 10 to 21 form an integral part of these financial statements.

iCan Wellbeing Group CIO
Balance Sheet as at 31 May 2024

		2024		2023 <i>as restated</i>	
	Note	£	£	£	£
Fixed assets					
Intangible assets	10		1,584		2,160
Tangible assets	11		91,919		104,710
			<u>93,503</u>		<u>106,870</u>
Current assets					
Stocks and work in progress		12,483		18,604	
Debtors	12	3,421		60,449	
Cash at bank and in hand		172,951		183,131	
		<u>188,855</u>		<u>262,184</u>	
Creditors: Amounts falling due within one year	13	<u>(14,433)</u>		<u>(24,543)</u>	
Net current assets			<u>174,422</u>		<u>237,641</u>
Net assets			<u>267,925</u>		<u>344,511</u>
The funds of the charity:					
Restricted funds			166,231		237,256
Unrestricted funds					
Unrestricted income funds			<u>101,694</u>		<u>107,255</u>
Total charity funds			<u>267,925</u>		<u>344,511</u>

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 3 September 2024 and signed on its behalf by:



 J Clifford
 Trustee

The notes on pages 10 to 21 form an integral part of these financial statements.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

1 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 as amended by the Charities Act 2022.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 17.

Income and endowments

Donations and legacies including donations, legacies and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

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

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... continued

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost.

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

Other intangible assets	20% straight line basis
-------------------------	-------------------------

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Land and buildings	12 years straight line basis
Motor vehicles	15% reducing balance basis
Furniture, fittings and office equipment	20% reducing balance basis

Cash and Cash Equivalents

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

Stock

Stock is valued at the lower of cost and net realisable value, after due regard for obsolete and slow moving stocks. Net realisable value is based on selling price less anticipated costs to completion and selling costs. Items donated for resale or distribution are not included in the financial statements until they are sold or distributed.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

Prior period restatement

As a result of the CIC converting to a CIO on 28 June 2023, the year end accounts have been prepared under the Charity SORP 2019. The prior period included deferred income which is not permitted by the SORP and the prior period has therefore been restated to remove this deferred income. This has resulted in opening reserves in 2023 increasing from £80,487 to £207,929 and carried forward reserves increasing from £54,620 to £344,511.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... continued

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £ as restated
Donations and legacies				
Appeals and donations	2,280	50	2,330	8,017
Grants				
Grants - other agencies	19,469	210,986	230,455	374,755
	<u>21,749</u>	<u>211,036</u>	<u>232,785</u>	<u>382,772</u>

Of the donations and legacies income in 2023 £30,881 related to unrestricted funds and £343,874 related to restricted funds.

3 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
iCan Wellbeing				
Fees and supplies	45,661	1,145	46,806	39,817
Rental income	2,182	-	2,182	4,480
Other income	389	-	389	113
	<u>48,232</u>	<u>1,145</u>	<u>49,377</u>	<u>44,410</u>

All of the income from charitable activities in 2023 related to unrestricted funds.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... continued

4 Expenditure

	iCan Wellbeing	Total 2024	Total 2023
	£	£	£
Direct costs			
Opening stock	18,604	18,604	7,145
Purchases	25,514	25,514	28,092
Closing stock	(12,483)	(12,483)	(18,604)
Employment costs	227,983	227,983	197,962
	<u>259,618</u>	<u>259,618</u>	<u>214,595</u>
Support costs			
Travelling	17,297	17,297	8,937
Rent and rates	20,631	20,631	19,738
Light, heat and power	2,702	2,702	2,157
Insurance	4,843	4,843	6,060
Repairs and maintenance	1,385	1,385	1,397
Telephone and fax	464	464	248
Computer software and maintenance costs	220	220	289
Printing, postage and stationery	5,741	5,741	2,376
Sundry expenses	4,930	4,930	2,035
Advertising	18,528	18,528	9,349
Accountancy fees	2,603	2,603	5,736
Independent examiner's fee	500	500	-
Legal and professional fees	2,248	2,248	329
Bank charges	299	299	469
Amortisation of goodwill	576	576	576
Depreciation of short leasehold property	4,041	4,041	4,041
Depreciation of fixtures and fittings	6,528	6,528	6,015
Depreciation of motor vehicles	5,594	5,594	6,253
	<u>99,130</u>	<u>99,130</u>	<u>76,005</u>
	<u>358,748</u>	<u>358,748</u>	<u>290,600</u>

Of the expenditure in 2023 £133,198 related to unrestricted funds and £157,402 related to restricted funds.

5 Governance costs

	2024	2023
	£	£
Accountancy fees	2,603	5,736
Independent examiner's fee	500	-
Legal and professional fees	2,248	329
	<u>5,351</u>	<u>6,065</u>

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

6 Trustees' remuneration and expenses

During the year Julia Clifford was paid for her work as an employee of the charity. Remuneration totalling £44,185 and £759 of pension contributions were paid during the year.

7 Net (outgoing)/incoming resources

Net (outgoing)/incoming resources is stated after charging:

	2024	2023
	£	£
Depreciation of owned assets	12,122	12,268
Amortisation	576	576
	<u>12,698</u>	<u>12,844</u>

8 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2024	2023
	£	£
Wages and salaries	129,590	93,029
Social security	6,331	4,640
Other pension costs	2,167	80
	<u>138,088</u>	<u>97,749</u>

No employee received emoluments of more than £60,000 during the year.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

9 Taxation

The registered charity is exempt from taxation on income and gains.

10 Intangible fixed assets

	Other intangibles
	£
Cost	
As at 1 June 2023 and 31 May 2024	2,880
Amortisation	
As at 1 June 2023	720
Charge for the year	576
As at 31 May 2024	1,296
Net book value	
As at 31 May 2024	1,584
As at 31 May 2023	2,160

11 Tangible fixed assets

	Land and buildings	Motor vehicles	Furniture, fittings and office equipment	Total
	£	£	£	£
Cost				
As at 1 June 2023	48,487	45,018	57,395	150,900
Additions	-	-	3,372	3,372
As at 31 May 2024	48,487	45,018	60,767	154,272
Depreciation				
As at 1 June 2023	12,123	7,727	26,340	46,190
Charge for the year	4,041	5,594	6,528	16,163
As at 31 May 2024	16,164	13,321	32,868	62,353
Net book value				
As at 31 May 2024	32,323	31,697	27,899	91,919
As at 31 May 2023	36,364	37,291	31,055	104,710

iCan Wellbeing Group CIO
Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

12 Debtors

	2024	2023
	£	as restated
		£
Trade debtors	1,238	58,473
Prepayments and accrued income	2,183	1,976
	<u>3,421</u>	<u>60,449</u>

13 Creditors: Amounts falling due within one year

	2024	2023
	£	as restated
		£
Trade creditors	312	546
Taxation and social security	-	1,655
Other creditors	686	-
Accruals and deferred income	13,435	22,342
	<u>14,433</u>	<u>24,543</u>

14 Operating lease commitments

As at 31 May 2024 the charity had total future minimum lease payments under non-cancellable operating leases as follows:

	Land and Buildings	
	2024	2023
	£	£
Over five years	<u>100,000</u>	<u>112,000</u>

15 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £2,167 (2023 - £80).

Contributions totalling £686 (2023 - £nil) were payable to the scheme at the end of the period and are included in creditors.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... continued

16 Related parties

Controlling entity

The charity is controlled by the trustees.

17 Analysis of funds

	At 1 June 2023	Incoming resources	Resources expended	Transfers	At 31 May 2024
	£	£	£	£	£
General Funds					
Unrestricted income fund	107,255	69,981	(71,159)	(4,383)	101,694
Restricted Funds					
WCMHP	9,513	5,344	(4,547)	-	10,310
NCLF Sustainability	4,857	23,535	(15,789)	-	12,603
Fibrus fund	-	2,000	(2,252)	252	-
Midcopeland GDF	14,343	40,438	(58,910)	4,129	-
LWBC	66,197	4,000	(28,355)	-	41,842
NHS Preparing Well	65,207	58,116	(91,235)	-	32,088
MCST Dementia	8,424	4,423	(9,738)	-	3,109
MOG CYA	-	9,686	(8,557)	-	1,129
Bellicon Rehab	-	16,100	(6,447)	-	9,653
Wecan Pop	-	8,494	(2,906)	-	5,588
Jamie Hendry	-	5,634	(1,005)	-	4,629
Awards for All	-	19,836	(568)	-	19,268
Brampton Hospital ABC	-	6,000	(3,271)	-	2,729
ABC 23	-	500	(160)	-	340
Better Care Fund	15,560	-	(15,562)	2	-
Childhood obesity	1,642	-	-	-	1,642
We can Lads night	9,823	-	(9,823)	-	-
MOG Copeland	4,152	-	(944)	-	3,208
MOG Allerdale	4,160	-	(1,307)	-	2,853
YPOF	13,930	-	(13,613)	-	317
Wecan Podcast	290	-	(290)	-	-
Men supporting men	326	-	(326)	-	-
NL Community Fund	3,137	-	(9)	-	3,128
ABC Carehomes	1,685	-	(1,685)	-	-
MOG/MOJ	10,159	6,390	(6,382)	-	10,167
Walk to talk	3,851	1,685	(3,908)	-	1,628
	<u>237,256</u>	<u>212,181</u>	<u>(287,589)</u>	<u>4,383</u>	<u>166,231</u>
	<u>344,511</u>	<u>282,162</u>	<u>(358,748)</u>	<u>-</u>	<u>267,925</u>

ICan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

WCMHP - A project on the West Cumbria Mental Health Partnership Fund. The project was to provide 12 Wheels of wellness bookings for events in West Cumbria alongside offering free copies of our Live Well guide to participants.

NLCF Sustainability - A 5 year project to support the running of our wellness and fitness centres and offer free fitness and wellbeing provision to all in Carlisle. Alongside working with the Young Farmers charity to offer bespoke peer created wellness support in rural communities.

Fibrus fund - A digital inclusion programme to support people over the age of 50 to use technology more confidentially and stay connected online.

Midcopeland GDF - A project to deliver health, wellbeing, and neighbourliness activities in the Mid Copeland area. Activities include our Wheels of wellness provision or chair based exercise and neighbourliness communication and delivery of our healthy happy neighbour guides.

LWBC - A project to support people living with and after a cancer diagnosis. Providing peer to peer support, counselling, holistic therapies and talking services.

Preparing Well - A project funded by the NHS to get people who are waiting for elective surgery to become healthier and fitter to aid their recovery post surgery. This includes working closely with 3 Carlisle based PCN's and the NHS waiting well national project.

MCST Dementia - Continuation funding for our previously run MCST social activities for Dementia project. To support people who are living with mild to moderate dementia to socialise and engage in social activities which may benefit the brain and memory.

MOG CYA - A project where two team members visit primary schools across Cumbria to offer Wellness and wellbeing support directly in the schools to improve the education and knowledge for children of good self care and wellbeing.

Bellicon rehab - To provide Bellicon (trampoline) activity to people who cannot or would not normally exercise due to ill health or medical need. Delivered in our centre by 2 staff members. The programme is free to attend. Each programme is 6 weeks in length and includes the exercise and a socialising cuppa after where we work through our ikigai finding your purpose workbook.

WeCan Pop - A project aimed at 16-24 year olds to improve their purpose finding explorations including socialisation skills, activities and interests, exercise and movement and educational skills and money management.

WeCan Jamie Hendry - A project to engage people of Carlisle in external and internal wellness activities., these include weekly meditation sessions and monthly soundbath sessions at our centre and two hired in activities called healing hikes- taking people into the countryside to enjoy the healing powers of walking and meditation.

Awards for All - A project to support the running of 4 wellness groups in the wellness centre. These include Writing for Wellbeing, art for wellbeing, ikigai and persistent pain. The groups run for 24 weeks of the year across 2 years and are free to attend. Located at our centre in Carlisle.

Brampton Hospital ABC - 2 staff visiting Brampton hospital once a week for 8 hours to deliver chair based exercises and rehabilitation support for those in short term beds with the aim of getting the patients home quicker and healthier.

ABC 23 - To provide chair based exercises to the community of Carlisle for those over the age of 50. Delivered in our premises. Including a specially organised trip and activity for the benefit of socialisation.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

Better Care Fund - A project where two team members visit a variety a variety of hospitals and care homes across Cumbria offering chair based exercise and wellness support to those in short term beds in order to increase health and wellbeing. Get them home quicker and healthier if possible.

Childhood obesity- A project funded by the old Carlisle Council to support KS2 children in Carlisle based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

We can lads night- A project to support young men to talk about their mental health with like minded others. Running weekly in our centres featuring health by stealth methods such as games, computers, walks, sports.

MOG Copeland- A project funded by Cumbria Youth Alliance to support KS2 children in Copeland based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

MOG Allerdale- A project funded by Cumbria Youth Alliance to support KS2 children in Allerdale based schools to improve their health and wellbeing. Featuring our My Own Guide to....publications and 6 week courses.

YPOF- Young Persons Opportunity fund- A programme funded by CCF to engage people aged 16-24 to improve their health and wellbeing through support networks, wellness coaching and outdoor activity trips and experiences.

Wecan Podcast- A podcast hosted on Buzzsprout to talk about mental health and wellness

Men supporting men- A project to support men aged 18+ to talk about their mental health with like minded others. Running weekly in our centres featuring health by stealth methods such as games, computers, walks, sports.

NL Community Fund- National Lottery community fund- A 5 year project funded by the National Lottery to support people in Carlisle to access free health and wellbeing services including a fitness centre. Also to support young farmers mental wellbeing in the eden area.

ABC Carehomes- A project funded by Active Cumbria to support older people living in Care homes to become more active through chair based exercise. 4 care homes across Carlisle and Brampton received support weekly for 24 weeks.

MOG/MOJ- Projects to support KS2 and KS3 children in Cumbrian based schools to improve their health and wellbeing. Featuring our My Own Guide to.....for KS2 and My Own Journal to Live well for KS3 publications and 6 week courses.

Walk to talk- Our popular walking group which meets weekly for a short walk round bitts park and a cuppa in our wellness centre.

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

Prior period

	At 1 June 2022	Incoming resources	Resources expended	At 31 May 2023
	<i>as restated</i>	<i>as restated</i>	<i>as restated</i>	<i>as restated</i>
	£	£	£	£
General Funds			-	
Unrestricted income fund	157,145	83,308	(133,198)	107,255
Restricted Funds				
CCG-CCF Wecan hub	264	-	(264)	-
WOW - iCan be me	320	-	(320)	-
Arnold Clarke community fund	2,000	-	(2,000)	-
MOG Longtown	2,150	-	(2,150)	-
We Can Grow	1,000	-	(1,000)	-
We can awards for all	3,850	-	(3,850)	-
We can - CCF YPOF	10,648	-	(10,648)	-
Pappagallino Fund - Bellicose Rehab	9,062	-	(9,062)	-
COMF MOG 21 - Carlisle Eden Mind	6,848	-	(6,848)	-
WOW - iCan be happy	-	1,000	(1,000)	-
Wow - neighbourliness	-	1,000	(1,000)	-
WCMHP	-	16,895	(7,382)	9,513
NLCF Sustainability	-	20,100	(15,243)	4,857
Midcopeland GDF	-	45,928	(31,585)	14,343
LWBC	-	73,875	(7,678)	66,197
Better Care Fund	-	29,017	(13,457)	15,560
NHS Preparing Well	-	81,251	(16,044)	65,207
MSCT Dementia	-	14,888	(6,464)	8,424
Childhood obesity	2,122	-	(480)	1,642
Wecan lads night	-	12,000	(2,177)	9,823
MOG Copeland	-	4,800	(648)	4,152
MOG Allerdale	-	4,800	(640)	4,160
YPOF	-	15,940	(2,010)	13,930
Wecan Podcast	3,600	-	(3,310)	290
Men supporting men	-	5,000	(4,674)	326
National Lottery Community fund	3,250	-	(113)	3,137
ABC Carehomes	-	7,040	(5,355)	1,685
MOG/MOJ	5,670	6,390	(1,901)	10,159
Walk to talk	-	3,950	(99)	3,851
	<u>50,784</u>	<u>343,874</u>	<u>(157,402)</u>	<u>237,256</u>
	<u>207,929</u>	<u>427,182</u>	<u>(290,600)</u>	<u>344,511</u>

iCan Wellbeing Group CIO

Notes to the Financial Statements for the Year Ended 31 May 2024

..... *continued*

18 Transfers

The transfer of £4,383 from unrestricted funds to restricted funds relates to overspends on restricted funds which have been covered by unrestricted funds.

19 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Intangible assets	1,584	-	1,584	2,160
Tangible assets	91,919	-	91,919	104,710
Current assets	26,982	166,231	188,855	262,184
Creditors: Amounts falling due within one year	(18,791)	-	(14,433)	(24,543)
Net assets	<u>101,694</u>	<u>166,231</u>	<u>267,925</u>	<u>344,511</u>

Prior period

	Unrestricted Funds <i>as restated</i>	Restricted Funds <i>as restated</i>	Total Funds 2023 <i>as restated</i>	Total Funds 2022 <i>as restated</i>
	£	£	£	£
Intangible assets	2,160	-	2,160	2,736
Tangible assets	104,710	-	104,710	106,757
Current assets	24,928	237,256	262,184	111,262
Creditors: Amounts falling due within one year	(24,543)	-	(24,543)	(12,826)
Net assets	<u>107,255</u>	<u>237,256</u>	<u>344,511</u>	<u>207,929</u>