

Mindful Movers

Charity number: 1204625

Annual Report and Financial Statements for the year ended 31 March 2023



Annual Report and Financial Statements for the year ended 31 March 2023

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Prepared by Rachel Hale – Mindful Movers Charity Manager using WYCAS template.

These account have been signed off by:

Hannah West

Chair of trustees

Signature:

Date:

Accounts presented at the Mindful Movers AGM 24th January 2025.

Trustees' report for the year ended 31 March 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Hannah West	Chair	
Kelly Hall	Treasurer	
Joanne Mitchell		
John Gandy	GDPR specialist	Resigned 9 th Sept 2024

Charity number: 1083458 Registered in England and Wales

Registered and principal address:

7 Castle Grove
Horbury
WF4 5DX

Bankers:

Lloyds business banking (2018-2023) & Co-operative bank (2024 – ongoing)

Lloyds was used until the end of December 2023 when the charity bank account was finalised, and funds moved across to the Co-operative bank from January 2024.

Structure, governance and management:

The charity is governed by a charitable constitution adopted on 7th September 2023; this replaced the constitution used previously when Mindful Movers was a community organisation.

Method of recruitment and appointment of trustees for Mindful Movers:

The trustees of the charity were appointed when the constituted community organisation became a charity on 7th September 2023.

Mindful Movers Trustees' report (continued) for the year ended 31 March 2023

Objectives and activities

The charity's objects:

FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF THOSE LIVING WITH ILL-MENTAL HEALTH WITHIN THE WAKEFIELD DISTRICT AND SURROUNDING AREAS BY THE PROVISION OF EDUCATIONAL PROGRAMMES, WELLBEING ACTIVITIES, THERAPEUTIC INTERVENTION PROGRAMMES, PHYSICAL ACTIVITY, AND PEER TO PEER SUPPORT.

The charity's main activities:

The charity delivers weekly peer support sessions focused on wellbeing (mental, physical and social / emotional health). Using nature, moving more and the outdoors as a vehicle to support positive wellbeing.

The charity also delivers additional 'on tour' sessions where other venues are visited and activities undertaken including participation in the YHA walking festival.

The charity also delivers a range of courses including accredited learning course through the Leadership skills Foundation and TRIBE wilderness therapeutic approaches based personal development programmes.

Public benefit statement:

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and support for people with ill-mental health and wellbeing.

Achievements and performance:

Between 7th September 2023 – 31st March 2024 we saw a total 303 attendances at our weekly walk and talk session, pre walk fitness sessions and 'on tour' activities.

This financial year started with a group 'on tour' trip to the seaside. Our 'on tour' sessions are delivered using National Lottery Awards for All funding (2021). We visited Saltburn-on-sea for a walk on the pier and beach, some crazy golf and fish and chip lunch.

Also, in September we participated in the YHA (England) walking festival. After receiving YHA funding, we took 8 of our group to YHA Hartington in the Peak District for an overnight stay and some glorious walking. We also used some of the funding to purchase group equipment such as maps, rucksacks and water bottles.

We planned a Making Strides course for the end of 2023 but unfortunately the course fell through due to reduced learner numbers and tutor illness.

We have walked in alternative venues including: Newmillerdam country park and Langsett Reservoir.

We held our annual charity Christmas meal at a local Italian restaurant with 15 people attending.

We also worked with our local National trust site (Nostell Priory) to develop their Wellbeing Trail around the grounds and began an additional co-curation project with them exploring the life of Sabine Winn one of the ladies of the house who struggled with her own wellbeing.

Our charity manager Rachel Hale attended the Outdoor Citizens conference at YHA Chester Trafford Hall on 2nd March 2024 to represent Mindful Movers - to learn, connect and support other organisations working in the outdoor and wellbeing arena.

In March we also visited Cannon Hall farm park with the group as one of our 'On tour' sessions.

We continued to be able to fund our volunteers' expenses for the sessions using funding from Live Well small grants (2021 & 2022, YHA walking festival)

Financial review

The net receipts for the year were £8,631.80, including net receipts of £250 on unrestricted funds and net expenditure of £8,381.80 on restricted funds, after transfers.

We had a £9.10 discrepancy from previous accounting years with Lloyds. The spreadsheet is £9.10 higher than the amount shown in our co-operative bank account. This is shown on the Year End accounts in Account 1 (Lloyds sheet)

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Projected Income should be sufficient to cover outgoings.

We continued using our original banking provider Lloyds until January 2024 when the new Charity account had been finalised with Co-operative Bank we transferred funds across to the new account.

Accordingly, these are the closing accounts for Mindful Movers (CIO) incorporated charity.

Reserves policy

Mindful Movers – Annual report & financial statements 7/9/23 – 31/3/24

Currently the charity does not hold any reserves. This decision is based on their being no paid staff and no venue hire to pay for on a regular basis. The level of reserves should be calculated and monitored every 12 months by the Treasurer. This policy shall be reviewed every 3 years and whenever there are significant changes in staff numbers or new projects.

Receipts and payments account for the year ended 31 March 2023

Account 1 – Lloyds account with balance of £10,566.50 transferred to new Co-operative account in January 2024.

Receipts & Payments Account										
Account 1										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
Receipts										
Income - Grants	652.80	-	-	-	-	-	-	-	652.80	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income- Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	11,960.86	250.00	665.91	4,078.77	59.81	4,342.81	198.17	1,023.21	-	1,342.18
Income - Refund	64.77	-	-	-	64.77	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
	12,678.43	250.00	665.91	4,078.77	124.58	4,342.81	198.17	1,023.21	652.80	1,342.18
Payments										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	21.60	-	-	21.60	-	-	-	-	-	-
Payment - Volunteer expenses	367.06	-	106.01	55.80	-	-	-	-	150.25	55.00
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	37.35	-	-	-	11.96	25.39	-	-	-	-
Payment - Group equipment	678.42	-	-	34.42	-	-	-	422.40	221.60	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	259.60	-	-	252.00	-	-	-	-	7.60	-
Payment - Refreshments	349.80	-	-	194.45	-	-	-	-	155.35	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	65.00	-	-	65.00	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	324.00	-	-	-	-	324.00	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
	2,102.83	-	106.01	623.27	11.96	349.39	-	422.40	534.80	55.00
Net receipts / (payments)	10,575.60	250.00	559.90	3,455.50	112.62	3,993.42	198.17	600.81	118.00	1,287.18
Transfer	(10,566.50)	(10,566.50)	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
Balance carried forward	9.10	(10,316.50)	559.90	3,455.50	112.62	3,993.42	198.17	600.81	118.00	1,287.18
Checks - this should equal zero	0.00									

Account 2 – Co-operative savings account (£8,000).

Receipts & Payments Account										
Account 2										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
Receipts										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income - Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
Payments										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	-	-	-	-	-	-	-	-	-	-
Payment - Volunteer expenses	-	-	-	-	-	-	-	-	-	-
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	-	-	-	-	-	-	-	-	-	-
Payment - Refreshments	-	-	-	-	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-	-	-	-	-
Transfer	8,000.00	8,000.00	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
Balance carried forward	8,000.00	8,000.00	-	-	-	-	-	-	-	-
Checks - this should equal zero	0.00									

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Account 3 – Cash account (£7.85)

Receipts & Payments Account										
Account 3										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
Receipts										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income- Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-
Payments										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	-	-	-	-	-	-	-	-	-	-
Payment - Volunteer expenses	-	-	-	-	-	-	-	-	-	-
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	-	-	-	-	-	-	-	-	-	-
Payment - Refreshments	-	-	-	-	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-	-	-	-	-
Transfer	-	-	-	-	-	-	-	-	-	-
Balance brought forward	7.85	-	-	-	7.85	-	-	-	-	-
Balance carried forward	7.85	-	-	-	7.85	-	-	-	-	-
Checks - this should equal zero	0.00									

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Account 4 – Co-operative bank account used from January 2024 – end of March 2024 (£619.71 at end of the financial period)

Receipts & Payments Account										
Account 4										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
Receipts										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income - Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-
Payments										
Payment - Website	598.68	-	460.80	-	-	-	-	-	-	137.88
Payment - Jackets / clothing	21.60	-	-	-	-	-	-	-	-	21.60
Payment - Volunteer expenses	71.85	-	-	-	-	-	-	-	-	71.85
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	280.24	-	-	280.24	-	-	-	-	-	-
Payment - Refreshments	111.85	-	-	111.85	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	714.63	-	-	-	-	-	-	-	-	714.63
Payment - Room hire	50.00	-	-	-	-	-	-	50.00	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	94.95	-	94.95	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
	1,943.80	-	555.75	392.09	-	-	-	50.00	-	945.96
Net receipts / (payments)	(1,943.80)	-	(555.75)	(392.09)	-	-	-	(50.00)	-	(945.96)
Transfer	2,563.51	2,563.51	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
Balance carried forward	619.71	2,563.51	(555.75)	(392.09)	-	-	-	(50.00)	-	(945.96)
Checks - this should equal zero	0.00									

Year-end accounts Sept 7th 2023 – March 31st 2024

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	Unrestricted	Restricted	Total	Previous year	Budget	Variance
Receipts						
Income - Grants	-	652.80	652.80			652.80
Income - Fundraising	-	-	-			-
Income - Members subs	-	-	-			-
Income- Bank interest	-	-	-			-
Income - Expenses reimbursement	-	-	-			-
Transfer from unincorporated associatic	250.00	11,710.86	11,960.86			11,960.86
Income - Refund	-	64.77	64.77			64.77
Receipt account 8	-	-	-			-
Receipt account 9	-	-	-			-
Receipt account 10	-	-	-			-
Receipt account 11	-	-	-			-
Receipt account 12	-	-	-			-
Receipt account 13	-	-	-			-
Receipt account 14	-	-	-			-
Receipt account 15	-	-	-			-
Total receipts	250.00	12,428.43	12,678.43	-	-	12,678.43
Payments						
Payment - Website	-	598.68	598.68			(598.68)
Payment - Jackets / clothing	-	43.20	43.20			(43.20)
Payment - Volunteer expenses	-	438.91	438.91			(438.91)
Payment - Training	-	-	-			-
Payment - Stationary, printing, postage	-	37.35	37.35			(37.35)
Payment - Group equipment	-	678.42	678.42			(678.42)
Payment - Community transport	-	-	-			-
Payment - Activities	-	539.84	539.84			(539.84)
Payment - Refreshments	-	461.65	461.65			(461.65)
Payment - Refunds	-	-	-			-
Payment - Insurance	-	714.63	714.63			(714.63)
Payment - Room hire	-	50.00	50.00			(50.00)
Payment - IT equipment	-	65.00	65.00			(65.00)
Payment - Logo	-	-	-			-
Payment - First Aid kit	-	-	-			-
Payment - Special occasions	-	-	-			-
Payment - First Aid equipment	-	-	-			-
Payment - Qualifications (SLQ)	-	324.00	324.00			(324.00)
Payment - Staff mileage	-	94.95	94.95			(94.95)
Payment - Staff invoices	-	-	-			-
Payment adjustment	-	-	-			-
Payment account 22	-	-	-			-
Payment account 23	-	-	-			-
Payment account 24	-	-	-			-
Payment account 25	-	-	-			-
Payment account 26	-	-	-			-
Payment account 27	-	-	-			-
Payment account 28	-	-	-			-
Payment account 29	-	-	-			-
Payment account 30	-	-	-			-
Total payments	-	4,046.63	4,046.63	-	-	(4,046.63)
Net receipts / (payments)	250.00	8,381.80	8,631.80	-	-	16,725.06
Transfer	(2.99)	-	(2.99)	-		2.99
Balance brought forward	-	7.85	7.85			7.85
Balance carried forward	247.01	8,389.65	8,636.66	-	-	16,735.90
Made up of:						
Account 1	9.10					
Account 2	8,000.00					
Account 3	7.85					
Account 4	619.71					
Account 5	-					
	8,636.66					

Notes to the accounts for the year ended 31 March 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

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

Taxation

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

2 Unrestricted funding

Fund	Use	Income	Outgoings	Remainin g
Unrestricted	Unrestricted funding from NOVA Wakefield for survey participation	250	2.99	247.01

3 Restricted funding

Fund	Use	Income	Outgoings	Remainin g
Live Well small grant 2021	Website, training, vol expenses	665.91	661.76	4.15
Lottery 2019	Group equipment, insurance, training	124.58	11.96	112.62 +£7.85 cash
Lottery 2021	On Tour activities & visits, group equipment	4,078.77	1,015.36	3,063.41
Live Well Grant March 2022	Making Strides – accredited course delivery	4,342.81	349.39	3,993.42

Live Well summer 2022	Volunteer expenses, group jackets & clothing	1,342.18	1,000.96	341.22
ESF Groundwork grant	TRIBE 8-week intervention delivery and assessment	198.17	0	198.17
PMHN Xmas packs	Holding funds on behalf of the Positive Mental Health Network as they do not have their own bank account	1,023.21	472.40	550.81
YHA Festival of walking	To participate in the festival of walking – overnight YHA trip and walks.	652.80	534.80	118.00

4 Related party transactions

Trustee expenses Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

No trustee received any expenses during this year or the previous year.