

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024**

ST GERMAIN'S WELLBEING

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1206412

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

ST GERMAIN'S WELLBEING
(Charitable Incorporated Organisation)

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ST GERMAIN'S WELLBEING
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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1206412
DATE OF REGISTRATION	5th January 2024
START OF FINANCIAL YEAR	5th January 2024
END OF FINANCIAL YEAR	31st August 2024
TRUSTEES AT 31ST AUGUST 2024	Rev Sarah Hayes (Chair) Mariyam Ayub (Treasurer) David Guard Sophie Eaton Dr Oluwemimo Agboaye CPsych Margaret Strong Gemma Powell (Resigned 15th October 2024)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 5th January 2024
OBJECTS	<p>For the public benefit, to promote good physical, mental, spiritual and emotional health by the provision of a range of emotional health and wellbeing services in accordance with Christian principles and with sensitivity to the diverse communities we serve.</p>
CORRESPONDENCE ADDRESS	St. Germain's Church City Road Birmingham B17 8LE
PRIMARY BANKERS	Metro Bank Plc One Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

ST GERMAIN'S WELLBEING
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**TRUSTEES' REPORT
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024**

Objectives and Activities

Summary of the Main Activities

St Germain's Wellbeing offers free emotional support to anyone over 18 experiencing common mental health problems (e.g. anxiety or depression). People can access this support at our weekly Wellbeing Drop-In, they can register with us for a short course of one-to-one emotional support sessions, or join a variety of wellbeing workshops.

Trustees of St Germain's Wellbeing have complied with their duties to have due regard to the Charity Commission's public benefit guidance when exercising any power or duties to which the guidance is relevant.

Achievements and Performance

In the first few months transitioning from a project (operating as a sub-committee of the Parochial Church Council of St Germain's Church Edgbaston (the PCC)) to a fully-fledged independent charity, we have seen some key personnel changes. Interim CEO Alex Ballinger left the organisation in April 2024, being replaced by internal candidate and former volunteer Lyndsey Sinclair-Fallis in July 2024. Service Manager and project founder John Pearson left to pursue a qualification, with Emotional Wellbeing Practitioner Mica Gray being promoted to this position. Retaining and promoting internal candidates, while also widening our talent pool, will be a key part of St Germain's HR ethos as we move forward. We are now a woman led organisation, with the Chair, CEO and Service Manager all being female.

We received nearly 100 referrals in the months Jan-Aug 2024; this is down on the year prior but due to so many staff changes we have not been able to promote the service. However this has worked favourably due to being understaffed, and outcome data continues to show the positive impact of our work on clients. In this time period we delivered over 400 sessions face to face, over the phone and by video. The cancellation/no show rate was around 13%, with consultations by video having the lowest dropout rate – 8%. April showed the highest cancellation rate, where over a quarter of appointments were not attended- possibly aligning with the Easter period.

84.8% of clients who completed a course of 1:1 support sessions in this time demonstrated a clinically significant improvement by the end of their intervention. An improvement of 3-8 points on the Warwick-Edinburgh Mental Wellbeing Scale is considered evidence of meaningful change; the mean increase was 7.7. Furthermore, the number of clients experiencing a low feeling of wellbeing fell from 89% to 35%, with most of the 35% scoring close to the definition for moderate wellbeing. The percentage of clients experiencing moderate wellbeing went from 11% at the first session to 63% by the final session.

Workshops- we delivered 20 workshops on common mental health themes such as anxiety, low mood and anger, as well as facilitating sessions on writing and painting for wellbeing, with approximately 200 people attending these. Previously for workshops where there were more likely to be repeat attendees over a longer period of time, or where registration was a pre-requisite for attendance (and therefore data capture much easier) we have used the WEMWBS measure. However, its effectiveness is not clinically proven over such a short time scale (i.e. a standalone 2 hour workshop) so we instead asked participants to answer, using a Likehart 1-10 scale, a “before” and “after” question:

“How well did you cope with the challenges you are facing before the workshop?”

“How well do you feel you will cope with the challenges you are facing after the workshop?”

41% of clients showed a 1-2 point increase following their workshop, with 30% showing an improvement of 3 points or more. The remainder of clients remained the same and 1 experienced a decrease in a feeling of wellbeing, having to leave the session halfway through. However, this individual expressed their thanks to the facilitator in feedback, and also returned the following week.

Clients were also asked:

“Do you feel you are more likely to access other support services following this workshop?”

94% of respondents replied “yes” to this question- meaning even if someone hadn't experienced an immediate or conscious increase in wellbeing, the workshops provided a sense of motivation to seek further support, resulting in opportunities to increase or sustain their wellbeing over time.

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TRUSTEES' REPORT (Continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

Mindfulness courses- we held two 8 week courses, facilitated by our accredited Mindfulness Now practitioner. The WEMWBS Likert measure is used as it is in keeping with the NHS 5 Steps to Mental Wellbeing, which takes an holistic approach to improving mental health. 2 of these steps relate to social participation- "connect with other people" and "give to others". Of the 3 measures within WEMWBS which relate to social participation -Feeling interested in other people, Feeling close to other people, Feeling loved- collectively participants showed a average 30% increase by the end of the course- in particular in relation to "feeling loved", where the end score almost doubled.

Our group facilitator observed that this measured increase also translated into real life positive action. The majority of workshop attendees went to the community cafe together as a group following each session. In addition, 1 client attended the weekly singing group facilitated by St Germain's Community Hub, with another 2 attending clay modelling sessions. 1 client expressed a desire to begin 1:1 sessions with us. 2 clients will be attending the co-production meeting to help inform the next set of workshops.

All but 1 citizen who completed the beginning and end of intervention WEMWBS measures showed an increase in their wellbeing, with that 1 citizen's score remaining static rather than decreasing. The areas showing the biggest increase in scores were "feeling loved", "feeling relaxed", "feeling close to other people" and "feeling cheerful".

Financial Review

We end the year in a relatively healthy position, with approximately 10 months of running costs covered and a number of grants identified to apply for over the coming months. Just over 86% of the funds received in the period were restricted to spending on specific purposes- for example project delivery and core salary costs.

Reserves - SGW aims to maintain a general reserve of unrestricted funds sufficient to meet its financial, legal and moral obligations to its service users, employees and volunteers and to all relevant authorities. Currently we have up to 3 months reserves and aim to maintain between 4-6 months going forward. The reserves will cover the cost of staff and operational costs in case of a shortfall in income (for example if one of our funders withdrew funding) the reserve could be called upon to provide the necessary cash-flow until a replacement funder was found. The reserves will also meet the need for any unexpected expenditure (eg repairs, sickness cover etc). Currently we do not foresee any drop in income or unexpected expenditure.

Structure, Governance and Management

Trustee Selection Methods

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Nominated Trustee[s]

- (a) The Parochial Church Council of the Ecclesiastical Parish of St Germain's Church Edgbaston ("the appointing body") may appoint three charity trustees.
- (b) Any appointment must be made at a meeting held according to the ordinary practice of the appointing body.
- (c) Each appointment must be for a term of three years.
- (d) The appointment will be effective from the later of:
 - (i) the date of the vacancy; and
 - (ii) the date on which the charity trustees or their secretary or clerk are informed of the appointment.
- (e) The person appointed need not be a member of the appointing body.
- (f) A trustee appointed by the appointing body has the same duty under clause 9(1) as the other charity trustees to act in the way he or she decides in good faith would be most likely to further the purposes of the CIO.

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TRUSTEES' REPORT (Continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document 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, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

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

Approved by the Trustees on 27/02/2025

Signed on their behalf by Trustee 

Printed Name: **REV. SARAH HAYES**

ST GERMAIN'S WELLBEING
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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £
INCOMING RESOURCES				
Incoming Resources from Generated Funds				
Donations, Grants & Legacies	3a	67,450	29,017	96,467
TOTAL INCOMING RESOURCES		67,450	29,017	96,467
RESOURCES EXPENDED				
Costs of Generating Funds				
Cost of Charitable Activities	4a	18,967	13,008	31,975
Governance Costs	4b	900	-	900
TOTAL RESOURCES EXPENDED		19,867	13,008	32,875
NET INCOMING (OUTGOING) RESOURCES		47,583	16,009	63,592
Funds Brought Forward		-	-	-
TOTAL FUNDS CARRIED FORWARD		47,583	16,009	63,592

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

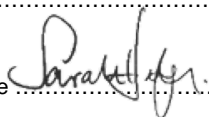
The notes on pages 9 to 14 form part of these financial statements.

ST GERMAIN'S WELLBEING
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BALANCE SHEET
AS AT 31ST AUGUST 2024

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Aug-24 £
Fixed Assets				
Tangible Assets	2	-	-	-
Investments	6	-	-	-
Total Fixed Assets		-	-	-
Current Assets				
Debtors & Prepayments	8	-	-	-
Cash at Bank and in Hand	7	48,483	16,009	64,492
Total Current Assets		48,483	16,009	64,492
Creditors: Amounts falling due within one year	9	900	-	900
NET CURRENT ASSETS		47,583	16,009	63,592
TOTAL ASSETS less current liabilities		47,583	16,009	63,592
Creditors: Amounts falling due in more than one year	10	-	-	-
NET ASSETS		47,583	16,009	63,592
Funds of the Charity				
General Funds		47,583	-	47,583
Restricted Funds	5	-	16,009	16,009
Total Funds		47,583	16,009	63,592

Approved by the Trustees on 27/02/2025

Signed on their behalf by Trustee 

Printed Name: REV SARAH HAYES

ST GERMAIN'S WELLBEING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The 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 Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £50.00. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives.

2. TANGIBLE FIXED ASSETS

The CIO held no tangible fixed assets during this initial financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st August 2024: None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £
a) Donations, Grants & Legacies			
Gifts & Donations	15,450	-	15,450
Grants Received	52,000	29,017	81,017
	67,450	29,017	96,467

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £
a) Cost of Charitable Activities			
Activities & Events	-	285	285
Administrative Expenses	-	109	109
Advertising & Publicity	-	246	246
Rent & Rates	668	580	1,248
Staff Costs	18,299	11,788	30,087
	18,967	13,008	31,975

b) Governance Costs

Independent Examiners Fees	9	900	-	900
		900	-	900

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

5. RESTRICTED FUNDS

CURRENT FINANCIAL PERIOD

	Balance 05-Jan-24 £	Income £	Expenditure £	Transfers £	Balance 31-Aug-24 £
Fairer Futures Fund	-	-	776	-	(776)
National Lottery Community Hub Fund	-	4,017	1,539	-	2,478
NNS Older Adults Fund	-	10,000	1,955	-	8,045
NNS Younger Adults Fund	-	10,000	1,955	-	8,045
Prevention & Communities Fund	-	5,000	6,783	-	(1,783)
	-	29,017	13,008	-	16,009

The restricted funds held are wholly represented by the CIO's cash reserves and are to be expended as specified above.

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

6. INVESTMENTS

The CIO held no fixed assets investments during this initial financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Aug-24 £
Cash at Bank & in Hand	48,483	16,009	64,492
	48,483	16,009	64,492

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Aug-24 £
Sundry Debtors	-	-	-
	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Aug-24 £
Independent Examiners Fees	900	-	900
	900	-	900

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this initial financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Aug-24 £
Fixed Asset Investments	-	-	-
Net Current Assets	47,583	16,009	63,592
Long Term Liabilities	-	-	-
	47,583	16,009	63,592

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST AUGUST 2024

12. STAFF COSTS AND NUMBERS

	TOTAL 2024 £
Gross Wages, Salaries & Fees	27,773
Employer's National Insurance Costs	1,830
Pension Contributions	484
	<u>30,087</u>

Employees who were engaged in each of the following activities:

	TOTAL 2024
Charitable Activities	3

The Charity operate a PAYE Scheme to pay all employed members of staff and no members of staff received emoluments of over £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial period Trustee Mr John Pearson received £9,223 in staff costs in relation to administrative services provided to St Germain's Wellbeing in furtherance of the Charity's objects. All conflicts of interest have been identified, documented and managed in accordance with the Charity's Governing Document.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

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INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of St Germain's Wellbeing on the accounts for the first period ended 31st August 2024 set out on pages 7 to 14.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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Date: 4th March 2025