



Well Windsor

Trustees' Annual Report

For the period ended July 31st 2025

1. Reference and Administrative Details

Charity Name: Well Windsor

Charity Number: 1207021

Registered Address: 32 Clewer Hill Road, Windsor, SL44BW

Trustees:

Name	Appointed
Andrew Nuttall	8 th February 2024
Ina Chandler Brown	8 th February 2024
Daniel Finke	8 th February 2024
Carol Watkins	8 th February 2024
Dr Tania Murdoch	22 nd April 2024
Derna Grundon	29 th August 2024
Suzanne Hull	29 th August 2024
Jo Godsmark	23 rd April 2025
Lisa Furness	29 th October 2025

Independent Financial Review: Cheesmans Accountants

Well Windsor is a registered charity established in February 2024 to improve the mental health and wellbeing of children and young people in Windsor and the surrounding area.

Specifically: For the public benefit, the preservation and protection of good mental health for children and young people suffering from mental ill health within Windsor and the surrounding areas in particular, but not exclusively by the provision of grant funding for counselling, a mental health curriculum, a wellbeing networking hub and teacher and staff training.

2. Structure, Governance and Management

Well Windsor is governed by a Board of Trustees who are responsible for the charity's strategic direction, financial oversight and compliance with charity law.

The charity is entirely volunteer-led and has no paid staff. Trustees meet regularly throughout the year on a monthly basis to review strategy, programme delivery, safeguarding, finance and risk. The Board of Trustees brings together experience from education, psychology, safeguarding, business and community leadership.



New trustees are recruited based on the skills and expertise required to fulfil the charity's objectives and are provided with appropriate induction materials, including governing documents and relevant Charity Commission guidance. The Trustees are supported by an Advisors Group with additional skill-sets and experience who meet once a quarter with the trustees to review progress and provide any assistance required.

The Trustees confirm that they have had regard to the Charity Commission's guidance on public benefit when exercising their duties.

3. Objects and Public Benefit

The charity's object is to improve the mental health and wellbeing of children and young people in Windsor and the surrounding area.

Well Windsor delivers public benefit by focusing on four key pillars:

- Supporting early intervention and preventative mental health provision
- Strengthening the role of schools as anchors of wellbeing
- Empowering young people to shape the support around them
- Fostering stronger community connection

Our activities are designed to benefit young people of school age (4 to 18 years old) i.e. primary, middle and upper school pupils, college pupils, school staff, families and the wider community of Windsor. The charity's work is designed to be preventative and community-led as a primary focus, with the aim of reducing escalation of mental health challenges over time. Where appropriate, we also fund targeted and responsive support - including one-to-one and group counselling - to ensure children and young people can access timely help when they need it.

4. Strategic Aim in the First Year

Well Windsor was founded in response to growing concern among parents, educators and professionals that children's mental wellbeing was deteriorating. Conversations with young people, families and schools increasingly reflected anxiety, loneliness and pressure at an earlier age, alongside a sense that traditional sources of support were under strain. Many of those working closest to children felt they were responding to challenges after they had escalated, rather than being able to strengthen wellbeing proactively and collectively.

At the same time, local support systems often appeared fragmented and reactive, with schools carrying significant responsibility but limited coordination across the wider community.

As parents and professionals living and working in Windsor, the founding Trustees felt there was both a need and an opportunity to bring the town together around a shared commitment to children's wellbeing. Well Windsor was therefore established to take a



more preventative, joined-up and community-led approach - one that seeks not only to respond to difficulties, but to build the conditions in which children can thrive.

In its first year, the charity focused on:

- Establishing strong governance and financial systems
- Building trust and partnerships with local schools
- Funding practical, evidence-informed programmes
- Creating structures to improve coordination across the town

This was a foundational year focused on building credibility, systems and relationships that can support sustainable impact.

During the reporting period when the charity officially launched in September 2024, Well Windsor worked directly with 8 of the 20 state schools in Windsor and the surrounding area. From January 2025, this increased to 13 schools, reflecting strong demand for coordinated support.

5. Activities and Achievements

All activities were delivered under four strategic pillars.

5.1 Support Early

Early intervention and universal provision were central to our first-year strategy and our ongoing approach.

Preventative Programme Delivery

- A universal curriculum module, myHappymind was researched, purchased on behalf of participating schools and delivered by school staff reaching approximately 2,300 pupils in the Windsor area by the end of the reporting period.
- The programme focuses on equipping pupils with the skills, emotional awareness and mindset needed to self-regulate, build resilience and flourish both in school and beyond.
- Parents and carers were encouraged to engage with the myHappymind Parent App to reinforce learning at home with their young people.

Impact data provided by schools, alongside anecdotal feedback from staff and pupils, has been consistently positive. Schools report strong engagement, particularly among younger pupils, and improved emotional literacy and coping awareness.

As an example of one of the five modules, Meet Your Brain 95% of teachers said myHappymind has helped their class to understand their brain, 91% of teachers said Happy Breathing has benefitted their class and 96% of teachers said they are now having 1-3 conversations (formal or informal) about children's mental wellbeing each week. The data is

compelling and the full report is available here: <https://www.wellwindsor.org.uk/the-programmes>

Gemma Sharma, Head Teacher of Homer First School said the following when discussing the Well Windsor funded programme:

"Introducing myHappymind to our school has contributed to a more positive, resilient, and engaged school community, supporting pupils' mental health and wellbeing. The programme creates a consistent and reinforcing message about mental wellbeing. Pupils are learning to regulate their emotions, particularly in stressful situations, using techniques like 'Happy Breathing.' myHappymind is also contributing to a more positive and supportive school environment where pupils feel comfortable expressing their emotions and seeking help when needed. Language and concepts of myHappymind facilitate better communication between pupils, staff, and parents, fostering a stronger sense of community."

In terms of pupil feedback, we hear many comments such as the following:

"It helps me to reduce my anger and sadness. It helps me to calm down. I like the Happy Breathing. I have enjoyed learning about the science of the brain." Pupil, Homer First School

"I like myHappymind because I like knowing how your brain works, depending on how you are feeling." Year 2 Pupil, Oakfield First School.

Training and Capacity Building

To strengthen early identification and response within schools, Well Windsor funded and coordinated:

- 15 Youth Mental Health First Aiders trained through MHFA England (including one Trustee).
- 2 schools trained in responding to and managing self-harm (with additional schools scheduled for the following academic year).
- 4 First schools trained in Drawing & Talking therapy (with further schools offered training for 2025–26).
- A designated Self-Harm Lead trained through the Anna Freud Centre.

Schools demonstrated strong appetite for training and professional development, reflecting the scale of need and commitment to early support.

5.2 Schools as Anchors

Schools are central to children's daily lives and are often the first place emerging wellbeing concerns are identified. Well Windsor focused on strengthening schools' ability to act as local wellbeing anchors.

School Partnerships



We have formed close partnerships with the majority of schools in our town through funding of initiatives and providing extra support where possible. Our partnerships have been characterised by:

- Strong attendance and engagement from Wellbeing Leads
- Positive feedback on programme structure and relevance
- High willingness to participate in initiatives and training

The structure of half-termly Hub meetings, working parties and Youth Voice forums has proven effective and repeatable.

Additional Counselling Support

One of the key requests from schools has been to provide extra support with the growing need of counselling. Through existing third parties such as Number 22 Counselling and 4 Legged Therapies, we have been able to provide the following:

- 214 children and young people identified by schools as needing additional mental health support were able to access funded counselling provision.
- Therapy dog provision was piloted in three schools. Two schools reported positive impact and engagement, while learning from the third pilot has informed improvements to future implementation.

The Wellbeing Hub

The Wellbeing Hub brings together school Wellbeing Leads once every half term to provide peer support, shared learning and coordination.

Agreed objectives were:

- Providing support and a professional network for Wellbeing Leads
- Increasing shared understanding of mental health challenges
- Supporting monitoring and evaluation of programmes

Feedback indicates that the Hub is successfully providing peer support and professional connection. A structured self-harm response package (including training materials, policies and procedures) was developed, approved and published in a password-protected teacher area on the Well Windsor Resource Directory.

Further work is planned to deepen whole-school awareness and stakeholder engagement.

5.3 Youth Empowerment

Upper and Middle Schools selected Youth Voice representatives who met once every half term. Priorities were established directly by pupils.

Key themes emerging from the first round of prioritisation included:

- More accessible sport and free activities
- Lack of a centralised list of youth activities in the town
- The need for safe spaces outside school
- Academic pressure and phone use
- Peer support and understanding neurodiversity

In response:

- A bid was submitted with Sport in Mind to establish provision of free sport in Windsor.
- A new Youth Club was supported with funding and is currently being trialled.
- Discussions are ongoing to establish further provision for 12–15 year olds.
- Funding supported the training of 16 Year 12 students as Youth Mental Health First Aiders across local secondary schools.

This pupil-led model has strengthened the relevance and responsiveness of our work.

5.4 Community Connection

Well Windsor's strategy recognises that strong community connection acts as a protective factor for children's wellbeing.

During the year, we:

- Engaged local organisations and churches in youth provision
- Raised awareness of existing youth clubs and activities and supported them with grants
- Worked with local GP practices so that families presenting early signs of mental health challenge can be signposted to myHappymind parent app for early support
- Began exploring town-wide initiatives to increase participation and connection

Community mobilisation will be a key growth area in the coming year.

6. Enablers of Our Work

Fundraising and Activation

As a new charity, building sustainable funding streams was a core priority. Income was generated through grants, donations and community fundraising activities. The Trustees are grateful to all supporters whose contributions enabled delivery of first-year programmes. Specifically the following organisations provide grant funding and we thank them for their early support: The Prince Philip Trust Fund, Berkshire Community Foundation and the Royal Warrant Holders Association

Communication and Awareness



Raising awareness of children's mental wellbeing and building a shared narrative of collective responsibility has been essential. Throughout the year, Well Windsor engaged parents, schools, businesses and community organisations to strengthen understanding and participation.

Evidence and Evaluation

Well Windsor grounds its work in research and local insight. During the year, we tracked outputs from funded initiatives, gathered feedback from schools and pupils, and began developing a framework for longer-term impact measurement.

7. Financial Review

Total income for the period was £119,501. Income was primarily derived from grants, donations, fundraising and events. All income relates to unrestricted funds which is especially beneficial as it enables the charity to allocate resources where they can have the greatest impact.

Total expenditure for the period was £72,486, primarily allocated to programme delivery within schools and early intervention initiatives.

The charity reported a surplus of £47,015 for the year. As this was the charity's first year of operation, expenditure included both programme costs and initial establishment costs necessary to build fundraising capabilities and partnerships.

The trustees elected to maintain a substantial cash reserve to safeguard the delivery of multi-year programme commitments, given that long-term fundraising levels had not yet been established. At the year end, total reserves stood at £47,015.

8. Reserves Policy

The Trustees have established a reserves policy to ensure the charity maintains sufficient funds to:

- Meet committed programme expenditure
- Manage short-term income fluctuations
- Ensure orderly wind-down if required

Given the charity's volunteer-led structure and limited fixed costs, the reserves requirement remains proportionate and is reviewed annually.

9. Risk Management



The Trustees have considered the major risks to which the charity is exposed and have implemented appropriate mitigation measures. There is a Risk register that is reviewed and updated at every Trustee Meeting with support and feedback from our Advisors Group.

Key risks include:

- Variability in funding
- Reliance on volunteer capacity
- Safeguarding responsibilities
- Reputational risk

Mitigation measures include prudent financial oversight, safeguarding policies, strong governance procedures and regular trustee review.

10. Plans for the Future

After a successful first year of establishing the charity, we will look to build from our strong foundations in the coming year. Priorities include:

- Recruiting additional schools to increase town-wide coverage
- Building out our community connection pillar to embody a shared sense of responsibility for children's wellbeing in the town
- Developing a structured communications plan for Headteachers and Senior Leadership Teams to increase buy-in including Wellbeing Training for School Governors
- Increasing parental engagement with early intervention tools including the establishment of a Parent Speaker Programme
- Delivering a directory of activities for children to participate in in the town and look to expand it through volunteerism
- Expanding youth-led initiatives through the Youth Voice forum

The Trustees remain committed to a whole-town approach that brings schools, families, businesses and community organisations together to improve children's mental wellbeing.

11. Trustee Declaration

The Trustees declare that they have approved the Trustees' Annual Report.

Signed on behalf of the Trustees:

Name: Andrew Nuttall
Position: Chair of Trustees
Date: 24th February 2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name WELL WINDSOR	No (if any) 1207021
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Receipts and payments accounts



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For the period from	Period start date 14/02/2024	To	Period end date 31/07/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations/ Fundraising/ Grants	80,692	-	-	80,692	-
Events	38,809	-	-	38,809	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	119,501	-	-	119,501	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	119,501	-	-	119,501	-
A3 Payments					
Services provided	53,947	-	-	53,947	-
Merchandising	774	-	-	774	-
Overheads	866	-	-	866	-
Events	16,099	-	-	16,099	-
Marketing	515	-	-	515	-
Community grants	285	-	-	285	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	72,486	-	-	72,486	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	72,486	-	-	72,486	-
Net of receipts/(payments)	47,015	-	-	47,015	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	47,015	-	-	47,015	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Petty Cash	97	-	-
	Bank	46,918	-	-
		-	-	-
	Total cash funds	47,015	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Andrew Nuttall Carol Watkins	17/03/2026 19/03/2026	

Independent examiner's report to the trustees of Well Windsor

I report to the trustees on my examination of the accounts of Well Windsor (the Trust) for the period ended 31 July 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records:

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

Signed: 

Name: CAROL A CHEESMAN

Relevant professional qualification or membership of professional bodies (if any): FCA

Address: CHEESMANS, 4AZTEC ROW, BERNERS ROAD, LONDON, N1 0PW

Date: 18 December 2025