

Trustees' Annual Report for Well Body Group

For the year ended 01 April 2025

1. Introduction

The Trustees of Well Body Group present their Annual Report together with the financial statements for the year ended 01 April 2025. The report has been prepared in accordance with the Charities Act 2011, the charity's governing document, and the Statement of Recommended Practice (SORP) applicable to charities preparing accounts under FRS 102.

2. Objectives and Activities

Charitable Objectives

Well Body Group exists to promote and protect the physical and mental health of individuals and communities through education, support, and accessible wellbeing activities. The charity's purposes include:

Advancing health and wellbeing

Providing community-based programmes that reduce isolation

Supporting individuals to adopt healthier lifestyles

Offering targeted interventions for vulnerable or disadvantaged groups

Main Activities Undertaken

During the year, the charity delivered a range of activities aligned to its objectives, including:

Health education workshops

Health checks

Food distribution to help with nutrition

One-to-one wellbeing support

Outreach programmes for individuals experiencing social isolation

Partnerships with local organisations to expand access to health resources

All activities were undertaken to further the charity's public benefit.

Community fitness and wellbeing sessions

3. Public Benefit Statement

The Trustees confirm that they have complied with the duty set out in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. All programmes are designed to be accessible, inclusive, and responsive to community needs, with particular focus on individuals who may face barriers to maintaining good health.

4. Achievements and Performance

Key Achievements in the Year

Delivered a couple of community wellbeing sessions, reaching a diverse range of participants

Supported more than 200 individuals through targeted health and lifestyle interventions through health checks for common conditions such as high blood pressure and diabetes

Expanded partnerships with local health providers, community groups, and voluntary organisations

Introduced new wellbeing workshops focused on nutrition, stress management, and physical activity

Strengthened volunteer engagement and training

Impact

Feedback from participants indicates improved confidence, increased physical activity, and reduced feelings of isolation. The charity continues to refine its monitoring and evaluation processes to better capture long-term outcomes.

5. Financial Review

Income and Expenditure

The charity's income for the year was derived from donations and fundraising activities. Expenditure related primarily to programme delivery, staff and volunteer support, buying various nutritious food items and operational costs.

(Total receipts-£8023 Total Expenditure-£1025.)

Reserves Policy

The Trustees aim to maintain unrestricted reserves sufficient to cover 3–6 months of core operating costs to ensure financial stability and continuity of services. At year end, unrestricted reserves stood at £2000, which the Trustees consider above target.

Going Concern

The Trustees consider the charity to be in a stable financial position and have no reason to believe it will not continue its activities in the foreseeable future.

6. Structure, Governance and Management

Governing Document

Well Body Group is governed by a constitution adopted on 19th October, 2024. The charity is registered with the Charity Commission for England and Wales.

Trustee Recruitment and Appointment

Trustees are appointed in accordance with the governing document. New Trustees receive an induction covering governance responsibilities, safeguarding, financial oversight, and the charity's operational activities.

Management and Staffing

Day-to-day operations are delegated to the charity's management team and volunteers, under the strategic oversight of the Trustees.

Risk Management

The Trustees maintain a risk register and regularly review key risks, including:

Financial sustainability

Safeguarding

Compliance with regulatory requirements

Operational and reputational risks

Mitigation measures include internal controls, safeguarding policies, and regular monitoring.

7. Safeguarding

The charity maintains robust safeguarding policies for children and adults at risk. All staff and volunteers receive appropriate training, and safeguarding concerns are managed in line with statutory guidance.

8. Fundraising Statement

The charity complies with the Code of Fundraising Practice. No professional fundraisers or commercial participators were engaged during the year. All fundraising activities were conducted ethically and transparently.

9. Plans for the Future

Over the coming year, Well Body Group aims to:

Expand its wellbeing programmes to reach more communities

Strengthen partnerships with local health and social care providers

Develop new digital and in-person resources to support healthy living

Increase volunteer capacity and training

Secure grant funding to sustain and grow services

10. Trustees

The Trustees who served during the year were:

Dr Mohamed Sesay

Dr Amadu Dainkeh

Ms Salamatu Annita Kargbo

Ms Bintu Sesay

Mr Sanusi Koroma

11. Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and regulations. They must ensure the accounts give a true and fair view and comply with the Charities Act 2011 and the charity's governing document.

12. Approval

This report was approved by the Board of Trustees on 29.01.2026 and signed on its behalf by:

Dr Mohamed Sesay



Chair of Trustees Well Body Group



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Well Body Group

No (if any)
AR25-CIO-REM-

Receipts and payments accounts

CC16a

For the period
from

Period start date
7/1/2024

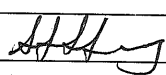
To

Period end date
4/1/2025

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					
JULY 2024 - Subscriptions	280	-	-	280	-
AUGUST 2024- Fund raising & Lunching	4,179	-	-	4,179	-
SEPTEMBER 2024 Income from fund raising	2,359	-	-	2,359	-
OCTOBER 2024 - Subscriptions	520	-	-	520	-
NOVEMBER 2024 - Subscriptions	215	-	-	215	-
DECEMBER 2024 - Subscription	200	-	-	200	-
JANUARY 2025 - Subscriptions	110	-	-	110	-
01/02/2025- Subscriptions	100	-	-	100	-
30 MARCH 2025 - Subscriptions	60	-	-	60	-
Sub total (Gross income for AR)	8,023	-	-	8,023	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,023	-	-	8,023	-
A3 Payments					
Jul-24	-	-	-	-	-
AUGUST 2024 - Expenditures for the Lunching	1,005	-	-	1,005	-
Sep-24	20	-	-	20	-
Oct-24	-	-	-	-	-
Nov-24	-	-	-	-	-
Dec-24	-	-	-	-	-
Jan-25	-	-	-	-	-
Feb-25	-	-	-	-	-
Mar-25	-	-	-	-	-
Sub total	1,025	-	-	1,025	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,025	-	-	1,025	-
Net of receipts/(payments)	6,998	-	-	6,998	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	6,998	-	-	6,998	-

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	N/A	-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	N/A		Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	N/A	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	N/A	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
			DR M O'HANNEID SEBAY	29.01.26