

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland · Charity number 107322

Details

Status Received

Company number [71963](#)

Registered 2020-03-24

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

Contact

Address Centre For Health & Well Being
689 Springfield Road
Belfast
Unit 1 689 Springfield Road
Bt12 7fp
BT12 7FP

Phone 07784526626

Email therapies@chwbbelfastni.org

Website www.chwbbelfastni.org

Activities

Purposes: The objects of the company shall be to: (a) advance the physical and mental health of people of all ages in Northern Ireland (the "area of benefit"), with a particular focus on the Upper Springfield area of Belfast, by the provision of complimentary therapies and other support services, information and advice with the aim of protecting and improving people's health; (b) advance the education and training of people in matters relating to health issues and the techniques, knowledge and skills required for delivering alternative therapies, stress management and relaxation; (c) carry out such other charitable purposes as the Trustees may from time to time determine.

What the charity does: The advancement of health or the saving of lives, Other charitable purposes

How the charity works: Counselling/support, Education/training, Medical/health/sickness

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Carers, Interface communities, Men, Mental health, Older people, Victim support, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£212,076	£224,646	£0	2

Trustees

Name	Role	Appointed
Bernadette Mcglade		
Miss Lorraine Mills		
Mrs Linda Doherty Riley		
Ms Katherine Orr		
Ms Margaret Hyland		

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Accounts

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

COMPANY REGISTRATION NUMBER NI 071963

REGISTERED CHARITY NUMBER XR 32202

CHARITY REGISTRATION NUMBER NIC 107322

O'HARA SHEARER
CHARTERED ACCOUNTANTS AND STATUTORY AUDITORS
547 FALLS ROAD
BELFAST
BT11 9AB

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

CONTENTS

	Page
Members and Professional Advisors	1
Trustees Annual Report (including the Statement of Directors Responsibilities in respect of financial statements)	2-4
Report of the Independent Auditors to the Members'	5-7
Accounting Policies	8-10
Statement of Financial Activities (incorporating the income and expenditure account	11
Balance Sheet	12
Statement of Cash Flows	13
Notes to the Financial Statements	14-19

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE DIRECTORS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

OFFICERS AND OTHER INFORMATION

Directors and Trustees'	Lorraine Mills (Co-Chairperson) Bernadette McGlade (Treasurer) Ciara McGrath (Appointed 1st August 2025) Karen Lavery (Resigned 22nd January 2025) Margaret Hyland (Appointed 23rd January 2025) Raymond Blaney (Resigned 28th August 2025) Hannah Burton (Resigned 23rd January 2025) Linda Doherty Riley Katherine Orr (Resigned 27th August 2025) Emma Watson (Appointed 1st August 2025)
Company Secretary	Margaret Hyland (Appointed 5th February 2025)
Project Co-Ordinator	Nigel McClure
Registered Office	Unit 1 689 Springfield Road Belfast Co. Antrim BT12 7FP
Auditors	O'Hara Shearer Chartered Accountants & Statutory Auditors 547 Falls Road Belfast, BT11 9AB
Bankers	AIB NI 36 University Road Belfast BT7 1ND
Company Registration Number	NI 071963
Charity Registration Number	XR 32202
Charity Commission for Northern Ireland Registration Number	NIC 107322
Registered Charity Name	Centre for Health and Well Being

Trustee's Annual Report

April 2024 – March 2025

It has been a pleasure to serve another year as a Trustee, and Chair, of the Centre For Health and Wellbeing. During this accounting period we have thanked and said goodbye to Karen Laverty, Hanna Burton and Cara Cash-Marley who all made valuable contributions to the continued progress of the Centre for Health and Wellbeing. In the interest of adding to the oversight of the organisation we have welcomed Margaret Hyland who will be assuming the role of Company Secretary. The Centre will continue to strengthen the governance capacity by adding Trustees with particular skill sets that will contribute to the direction of travel of the Centre in it's service to the community.

Thanks are due to the Department for Communities and the Victims and Survivors Service, for continuing to provide funding, supporting the Centre and it's service users, despite the political uncertainty around the Northern Ireland Executive and the lack of a three year budgeting cycle.

The annual accounts reflect a significant increase in income, £7,104, received from the Department of Communities which is very welcome in light of ever rising costs that the Centre has to meet. The accounts also indicate a significant increase in income from Belfast Health and Social Care Trust from approximately £43,500 last year to £65,800 this year. This is reflective of the Centre's ability to respond to increasing numbers of Carer referrals over a wider geographic area of Belfast. The Centre is now delivering approximately 1,600 therapies to Carers from an initial base of 450 therapies. Surplus generated from this increasing income makes a valuable contribution to the Centre's ability to cover costs, and to the sustainability of the therapists delivering at the Centre, bringing employment and resources to the area.

I would like to thank the Halifax Foundation for Northern Ireland for their continued support and to the LFT Charitable Trust for their support of the Centre's counselling service for which there is a steady demand. The Centre is not a counselling organisation but we are proud of the fact that we were able to step up and respond to client need through the provision of counselling. This would not be possible without the funding support provided. The Centre during the year continued to provide much needed support to victims and survivors with the support of the Victims and Survivors Service.

In total during the year with complementary therapies, counselling, personal development classes, outreach activities and a listening ear service telephone service to vulnerable carers, the Centre for Health and Wellbeing provided a positive mental wellbeing service to approximately 700 people, which is a considerable achievement.

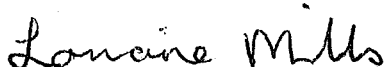
The services cannot be delivered without the dedicated work of staff, Nigel and Christine, and our team of 14 complementary therapists and 2 counsellors, all of whom are highly valued by the charity and its service users.

At the Centre we are acutely aware of our client needs and it is our focus to respond in a timely and meaningful way. Speaking with our clients it is clear to me how much they appreciate the service and how highly staff and therapists are thought of. This has been the case since the Centre opened its doors and is something we are justly proud of.

I would also express my thanks to Tony Clarke and his team from Clarke & Co for their support with financial administration and to Lawrence Shearer from O'Hara Shearer for the audit and presentation of financial statements.

Speaking with Tony and Lawrence, I know that despite funding and financial challenges, the Centre's financial health is robust, depending on continued funding support, ensuring we remain viable and in a position to continue to serve the mental wellbeing needs of the local community.

The ongoing delivery from the NI Executive I hope will provide stability to Northern Ireland and to the voluntary and community groups, through the provision of multi-year budgets, that play such a vital role within the community. The demands on the Health Service and limited budgets will always be there but I do know that, with continued funding, the Centre for Health and Wellbeing will continue to respond to community need for improved mental and physical wellbeing.



Lorraine Mills 27th January 2026

Chairperson

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF DIRECTORS RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company Law requires the directors to prepare financial statements for each financial year. The Trustees, who are also directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31st March 2025. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- 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 company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the board:

Bernadette McGlade

BERNADETTE McGLADE
DIRECTOR

27th January 2026

DATE

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Opinion

We have audited the financial statements of Centre for Health and Well Being (the 'charity') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC'S Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the Charity.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charity and considered that the most significant are the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102).
- Enquiry of management, those charged with governance and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of entity staff in compliance functions to identify any instances of any non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

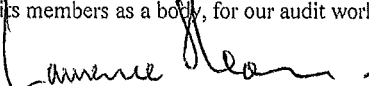
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.


LAWRENCE SHEARER F.C.A., Senior Statutory Auditor
FOR AND ON BEHALF OF O'HARA SHEARER, Statutory Auditor
O'HARA SHEARER
CHARTERED ACCOUNTANTS
AND STATUTORY AUDITORS
547 Falls Road
Belfast
BT11 9AB

Dated: 27th January 2026

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES

Accounting Convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard which applies in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Going Concern

At the time of approving the financial statements, the trustees' have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees' continue to adopt the going concern basis of accounting in preparing the financial statements.

Income Recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest Receivable

Interest on funds held is included when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the Bank.

Resources Expended

All expenditure is accounted for on an accruals basis and is classified under headings that aggregate all costs related to the category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material, and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated with the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity.

Fixed Assets

All tangible fixed assets are recorded at cost.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Office refurbishment	25% on cost
Office equipment	25% on cost

Repairs and Renewals

All repairs and renewals are written off as incurred

Pension Costs

The charity does currently operate a pension scheme.

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the net movement in funds.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund Accounting

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

Designated funds are unrestricted funds set aside by the trustees out of unrestricted funds for specific future purposes.

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

The income received from funders depends on the charity meeting detailed criteria on expenses plans.

Grants given under such conditions are also given subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income is only deferred when the donor specifies that the grant/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 received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support performance activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income is deferred when: fees/performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2025

	NOTES	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	TOTAL 2025 £	TOTAL 2024 £
INCOME AND ENDOWMENTS FROM:						
Donations and legacies	1	-	-	-	-	-
Income from investments	2	-	-	-	-	-
Income from charitable activities	3	36,625	175,451	-	212,076	190,665
Income from other trading activities	4	-	-	-	-	-
TOTAL INCOME AND ENDOWMENTS		36,625	175,451	-	212,076	190,665
EXPENDITURE ON:						
Expenditure on raising funds	5	-	-	-	-	-
Expenditure on charitable activities	6	45,000	179,646	-	224,646	198,686
Other expenditure		-	-	-	-	-
Net gains/(losses) on investments		-	-	-	-	-
TOTAL RESOURCES EXPENDED		45,000	179,646	-	224,646	198,686
NET INCOME/(EXPENDITURE)		(8,375)	(4,195)	-	(12,570)	(8,021)
Transfers between funds		-	-	-	-	-
NET MOVEMENT IN FUNDS		(8,375)	(4,195)	-	(12,570)	(8,021)
RECONCILIATION OF FUNDS						
TOTAL FUNDS BROUGHT FORWARD		44,939	9,665	-	54,604	62,625
TOTAL FUNDS CARRIED FORWARD		36,564	5,470	-	42,034	54,604

The Statement of Financial Activities includes all gains and losses in the year and therefore a
Statement of Total Recognised Gains and Losses has not been prepared

All of the above amounts relate to continuing activities

The accompanying accounting policies and the notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
BALANCE SHEET
AS AT 31ST MARCH 2025

	NOTES	2025 £	2024 £
FIXED ASSETS			
Tangible assets	9	504	2,837
CURRENT ASSETS			
Debtors and prepayments	11	836	12,906
Cash at bank		44,683	40,478
Cash in hand		-	-
		<u>45,519</u>	<u>53,384</u>
Creditors: amounts falling due within one year	12	(3,989)	(1,617)
		<u>41,530</u>	<u>51,767</u>
NET CURRENT ASSETS/(LIABILITIES)		41,530	51,767
TOTAL ASSETS LESS CURRENT ASSETS/(LIABILITIES)		42,034	54,604
Creditors: amounts falling due after more than one year		-	-
		<u>42,034</u>	<u>54,604</u>
NET ASSETS/(LIABILITIES)		<u>42,034</u>	<u>54,604</u>
FUNDS:			
ENDOWMENT FUNDS			
		-	-
UNRESTRICTED INCOME FUNDS	13/14	36,564	44,939
RESTRICTED INCOME FUNDS	13/15	5,470	9,665
		<u>42,034</u>	<u>54,604</u>

These financial statements were approved by the Trustees on 27th January 2026 and are signed on their behalf by:

Bernadette McGlade
 BERNADETTE McGLADE
 DIRECTOR

DATE 27th January 2026

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31ST MARCH 2025

	NOTES	2025 £	2024 £
CASHFLOWS FROM OPERATING ACTIVITIES			
Cash generated from operations	10	4,704	(17,295)
Net cash inflow/(outflow) from operating activities		4,704	(17,295)
Investing activities			
Investment income		-	-
Purchase of tangible fixed assets		(499)	-
Acquisition of investments		-	-
Disposal of investments		-	-
Disposal of tangible fixed assets		-	-
Net cash from investing activities		(499)	-
Increase/(decrease) in cash and cash equivalents in the year		4,205	(17,295)
Cash and cash equivalents at the beginning of the year		40,478	57,773
Cash and cash equivalents at the end of the year		44,683	40,478
Relating to:			
Cash at bank and in hand		44,683	40,478

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

1. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
	-	-	-	-	-	-

2. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Income from UK listed investments	-	-	-	-	-	-
Income from cash	-	-	-	-	-	-
	-	-	-	-	-	-

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Department for Communities/BRO	-	65,140	65,140	-	58,036	58,036
Victims & Survivors Service	-	54,311	54,311	-	58,137	58,137
Victims & Survivors Service - Environmental Improvement Grant	-	-	-	-	-	-
LFT Charitable Trust	-	1,920	1,920	-	-	-
Halifax Foundation	-	4,700	4,700	-	3,600	3,600
The Edward Gostling Foundation	-	-	-	-	10,000	10,000
Income generation	20,145	-	20,145	17,309	-	17,309
Income generation - BHSCT Carer's Therapies	16,480	49,380	65,860	43,583	-	43,583
Less: Deferred income	-	-	-	-	-	-
	36,625	175,451	212,076	60,892	129,773	190,665

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Fundraising	-	-	-	-	-	-
	-	-	-	-	-	-

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Promotional and fundraising costs	-	-	-	-	-	-
	-	-	-	-	-	-

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Wages and salaries (See Note 8)	2,610	54,081	56,691	-	53,937	53,937
Social security costs (See Note 8)	-	2,741	2,741	-	1,293	1,293
Postage, printing and stationery	3,173	-	3,173	1,050	320	1,370
Travel expenses	-	-	-	-	-	-
Programme costs	480	4,685	5,165	4,194	12,210	16,404
Repairs and maintenance	2,218	-	2,218	1,836	92	1,928
Finance service outsource team	2,596	4,192	6,788	524	4,976	5,500
Therapies	19,678	96,264	115,942	37,975	52,699	90,674
Capital equipment costs	-	-	-	-	-	-
Networking, advertising and event costs	-	-	-	-	-	-
Hospitality	-	-	-	773	-	773
Sundry expenses	-	-	-	-	-	-
Depreciation	2,832	-	2,832	3,554	-	3,554
	33,587	161,963	195,550	49,906	125,527	175,433

Support Costs and Governance costs

Training	400	-	400	318	-	318
Membership and affiliation fees	145	-	145	153	-	153
Telephone and internet	1,443	-	1,443	1,513	343	1,856
IT maintenance	828	-	828	513	-	513
Light and heat	1,900	3,900	5,800	989	3,199	4,188
Rent, rates and services	6,337	9,058	15,395	2,502	10,162	12,664
Insurance	-	2,796	2,796	-	1,307	1,307
Audit fees	-	1,422	1,422	150	1,272	1,422
Other professional fees	-	-	-	-	-	-
Bank interest and charges	360	507	867	832	-	832
	11,413	17,683	29,096	6,970	16,283	23,253

TOTAL EXPENDITURE ON CHARITABLE ACTIVITIES

	45,000	179,646	224,646	56,876	141,810	198,686
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CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

9. TANGIBLE FIXED ASSETS

	Office Refurbishment £	Office Equipment £	Total £
COST			
As at 1st April 2024	118,488	22,678	141,166
Additions	-	499	499
Disposals	-	-	-
As at 31st March 2025	118,488	23,177	141,665
DEPRECIATION			
As at 1st April 2024	118,487	19,842	138,329
Charge for year	-	2,832	2,832
Eliminated on disposal	-	-	-
As at 31st March 2025	118,487	22,674	141,161
Net book value 2025	1	503	504
Net book value 2024	1	2,836	2,837

10. RECONCILIATION OF OPERATING PROFIT TO NET CASH FLOW FROM OPERATING ACTIVITIES FROM OPERATING ACTIVITIES

	2025 £	2024 £
Operating Surplus/(Deficit) for the year	(12,570)	(8,021)
Depreciation	2,832	3,554
Movement in debtors	12,070	(12,906)
Movement in creditors	2,372	78
Gain on investments	-	-
(Profit)/Loss on disposal of Fixed Assets	-	-
Investment income	-	-
Net cash inflow/(outflow) from operating activities	4,704	(17,295)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Debtors	836	12,906
Prepayments	-	-
	836	12,906
	836	12,906

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Social security costs and other taxes	1,751	556
Credit card account	(1,352)	310
Other Creditors	3,590	751
Accrued expenses	-	-
Deferred income	-	-
	3,989	1,617
	3,989	1,617

13. MOVEMENT IN FUNDS

	Opening Balance	Net Movement in Funds	Transfers between Funds	2025	2024
	£	£	£	£	£
Unrestricted Income Funds					
General fund	44,939	(8,375)	-	36,564	44,939
	44,939	(8,375)	-	36,564	44,939
	44,939	(8,375)	-	36,564	44,939
Restricted Income Funds					
Department for Communities/BRO	-	-	-	-	-
Halifax Foundation	-	140	-	140	-
Awards for All	750	(750)	-	-	750
The Albert Hunt Trust	3,655	(1,340)	-	2,315	3,655
LFT Charitable Trust	-	1,920	-	1,920	-
The Edward Gostling Foundation	5,260	(4,165)	-	1,095	5,260
	9,665	(4,195)	-	5,470	9,665
	9,665	(4,195)	-	5,470	9,665

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

14. UNRESTRICTED INCOME FUNDS	2025	2024
	£	£
Balance at 1st April 2024	44,939	40,923
Incoming resources for the year	36,625	60,892
Resources expended for the year	(45,000)	(56,876)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2025	<u>36,564</u>	<u>44,939</u>

15. RESTRICTED INCOME FUNDS	2025	2024
	£	£
Balance at 1st April 2024	9,665	21,702
Incoming resources for the year	175,451	129,773
Resources expended for the year	(179,646)	(141,810)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2025	<u>5,470</u>	<u>9,665</u>

16. LEGAL STATUS

Centre for Health and Well Being is a Company Limited by Guarantee.
Each member has agreed to contribute £1 in the event of a compulsory winding up.

Centre for Health and Well Being is a recognised Charity within the definition of Section 360(3) Income and Corporation Taxes Act 1970 by the Commissioners of the Inland Revenue.

Centre for Health and Well Being is a registered Charity with the Charity Commission for Northern Ireland. The registration number is NIC 107322.

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Accounts

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

COMPANY REGISTRATION NUMBER NI 071963

REGISTERED CHARITY NUMBER XR 32202

CHARITY REGISTRATION NUMBER NIC 107322

O'HARA SHEARER
CHARTERED ACCOUNTANTS AND STATUTORY AUDITORS
547 FALLS ROAD
BELFAST
BT11 9AB

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

CONTENTS

	Page
Members and Professional Advisors	1
Trustees Annual Report (including the Statement of Directors Responsibilities in respect of financial statements)	2-4
Report of the Independent Auditors to the Members'	5-7
Accounting Policies	8-10
Statement of Financial Activities (incorporating the income and expenditure account)	11
Balance Sheet	12
Statement of Cash Flows	13
Notes to the Financial Statements	14-19

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE DIRECTORS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

OFFICERS AND OTHER INFORMATION

Directors and Trustees'	Lorraine Mills (Co-Chairperson) Bernadette McGlade (Treasurer) Cara-Cash Marley (Resigned 11th June 2024) Karen Laverty Caoimhin McNulty (Resigned 23rd March 2024) Raymond Blaney Hannah Burton Linda Doherty Riley Katherine Orr
Company Secretary	Karen Laverty
Project Co-Ordinator	Nigel McClure
Registered Office	Unit 1 689 Springfield Road Belfast Co. Antrim BT12 7FP
Auditors	O'Hara Shearer Chartered Accountants & Statutory Auditors 547 Falls Road Belfast, BT11 9AB
Bankers	AIB NI 36 University Road Belfast BT7 1ND
Company Registration Number	NI 071963
Charity Registration Number	XR 32202
Charity Commission for Northern Ireland Registration Number	NIC 107322
Registered Charity Name	Centre for Health and Well Being

Trustee's Annual Report

April 2023 – March 2024

It has been a pleasure to serve another year as a Trustee, and Co-Chair, of the Centre For Health and Wellbeing. At the beginning of the year we welcomed Raymond Blaney; Hanna Burton; Linda Doherty Riley and Katherine Orr to join the existing Trustees Cara Cash Marley (Co-Chair); Bernie McGlade (Treasurer) and Karen Laverty (Secretary) and Caoimhin McNulty. Throughout the year each Trustee has brought skills and experience that has made a valuable contribution to the governance and direction of travel of the Centre. Cara's skill set and experience has been missed during her time on maternity leave, as has Caoimhin's who resigned as a Trustee due to the demands of his employment.

Overall it has been a calm year, the uncertainty and fear instilled in the community from the pandemic has receded, and the Centre has continued to serve the needs of the community, the level of service delivered only restricted by the amount of funds available.

Thanks are due to the Department for Communities and the Victims and Survivors Service, for continuing to provide funding, supporting the Centre and it's service users, despite the inactivity and uncertainty around the Northern Ireland Executive for most of the year.

The annual accounts reflect a significant increase in income received from Belfast Health and Social Care Trust from approximately £22,000 last year to £43,000 this year. This is reflective of the Centre's ability to respond to increasing numbers of Carer referrals over a wider geographic area of Belfast. Surplus generated from this increasing income makes a valuable contribution to the Centre's ability to cover costs, and to the sustainability of the therapists delivering at the Centre, bringing employment and resources to the area.

I would like to thank the Halifax Foundation for Northern Ireland and the Edward Gostling Foundation for their support of the Centre's counselling service for which there is a steady demand. The Centre is not a counselling organisation but we are proud of the fact that we were able to step up and respond to client need through the provision of counselling. This would not be possible without the funding support provided. Additional in year funding was supplied by the Victims and Survivors Service to for complementary therapies in response to client need.

In total during the year with complementary therapies, counselling, personal development classes, outreach activities and a listening ear service telephone service to vulnerable carers, the Centre for Health and Wellbeing provided a positive mental wellbeing service to approximately 700 people, which is a considerable achievement.

The services cannot be delivered without the dedicated work of staff, Nigel and Patricia, and our team of 12 complementary therapists and 2 counsellors, all of whom are highly valued by the charity and its service users.

At the Centre we are acutely aware of our client needs and it is our focus to respond in a timely and meaningful way. Speaking with our clients it is clear to me how much they appreciate the service and how highly staff and therapists are thought of. This has been the case since the Centre opened its doors and is something we are justly proud of.

I would also express my thanks to Tony Clarke and his team from Clarke & Co for their support with financial administration and to Lawrence Shearer from O'Hara Shearer for the audit and presentation of financial statements.

Speaking with Tony and Lawrence, I know that despite funding and financial challenges, the Centre's financial health is robust, depending on continued funding support, ensuring we remain viable and in a position to continue to serve the mental wellbeing needs of the local community.

The return of the NI Executive I hope will provide stability to Northern Ireland and to the voluntary and community groups that play such a vital role within the community. The demands on the Health Service and limited budgets will always be there but I do know that, with continued funding, the Centre for Health and Wellbeing will continue to respond to community need for improved mental and physical wellbeing.

Lorraine Mills 15th January 2025

Co-Chairperson

A handwritten signature in blue ink that reads "L Mills". The signature is written in a cursive style with a large initial "L" and a distinct "Mills" following.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF DIRECTORS RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company Law requires the directors to prepare financial statements for each financial year. The Trustees, who are also directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31st March 2024. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:


- select suitable accounting policies and then apply them consistently;
- 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 company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the board:


BERNADETTE McGLADE
DIRECTOR

23rd January 2025

DATE

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Opinion

We have audited the financial statements of Centre for Health and Well Being (the 'charity') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC'S Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the Charity.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charity and considered that the most significant are the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102).
- Enquiry of management, those charged with governance and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of entity staff in compliance functions to identify any instances of any non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

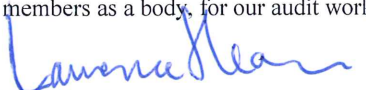
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.


LAWRENCE SHEARER F.C.A., Senior Statutory Auditor
FOR AND ON BEHALF OF O'HARA SHEARER, Statutory Auditor
O'HARA SHEARER
CHARTERED ACCOUNTANTS
AND STATUTORY AUDITORS
547 Falls Road
Belfast
BT11 9AB

Dated: 23rd January 2025

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF ACCOUNTING POLICIES

Accounting Convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard which applies in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Going Concern

At the time of approving the financial statements, the trustees' have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees' continue to adopt the going concern basis of accounting in preparing the financial statements.

Income Recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest Receivable

Interest on funds held is included when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the Bank.

Resources Expended

All expenditure is accounted for on an accruals basis and is classified under headings that aggregate all costs related to the category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material, and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated with the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity.

Fixed Assets

All tangible fixed assets are recorded at cost.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Office refurbishment	25% on cost
Office equipment	25% on cost

Repairs and Renewals

All repairs and renewals are written off as incurred

Pension Costs

The charity does currently operate a pension scheme.

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the net movement in funds.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund Accounting

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

Designated funds are unrestricted funds set aside by the trustees out of unrestricted funds for specific future purposes.

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

The income received from funders depends on the charity meeting detailed criteria on expenses plans. Grants given under such conditions are also given subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income is only deferred when the donor specifies that the grant/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 received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support performance activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income is deferred when: fees/performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2024

	NOTES	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	TOTAL 2024 £	TOTAL 2023 £
INCOME AND ENDOWMENTS FROM:						
Donations and legacies	1	-	-	-	-	-
Income from investments	2	-	-	-	-	-
Income from charitable activities	3	60,892	129,773	-	190,665	193,940
Income from other trading activities	4	-	-	-	-	-
TOTAL INCOME AND ENDOWMENTS		60,892	129,773	-	190,665	193,940
EXPENDITURE ON:						
Expenditure on raising funds	5	-	-	-	-	-
Expenditure on charitable activities	6	56,876	141,810	-	198,686	199,185
Other expenditure		-	-	-	-	-
Net gains/(losses) on investments		-	-	-	-	-
TOTAL RESOURCES EXPENDED		56,876	141,810	-	198,686	199,185
NET INCOME/(EXPENDITURE)		4,016	(12,037)	-	(8,021)	(5,245)
Transfers between funds		-	-	-	-	-
NET MOVEMENT IN FUNDS		4,016	(12,037)	-	(8,021)	(5,245)
RECONCILIATION OF FUNDS						
TOTAL FUNDS BROUGHT FORWARD		40,923	21,702	-	62,625	67,870
TOTAL FUNDS CARRIED FORWARD		44,939	9,665	-	54,604	62,625

The Statement of Financial Activities includes all gains and losses in the year and therefore a Statement of Total Recognised Gains and Losses has not been prepared

All of the above amounts relate to continuing activities

The accompanying accounting policies and the notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
BALANCE SHEET
AS AT 31ST MARCH 2024

	NOTES	2024 £	2023 £
FIXED ASSETS			
Tangible assets	9	2,837	6,391
CURRENT ASSETS			
Debtors and prepayments	11	12,906	-
Cash at bank		40,478	57,773
Cash in hand		-	-
		53,384	57,773
Creditors: amounts falling due within one year	12	(1,617)	(1,539)
		51,767	56,234
NET CURRENT ASSETS/(LIABILITIES)		51,767	56,234
TOTAL ASSETS LESS CURRENT ASSETS/(LIABILITIES)		54,604	62,625
Creditors: amounts falling due after more than one year		-	-
		54,604	62,625
NET ASSETS/(LIABILITIES)		54,604	62,625
FUNDS:			
ENDOWMENT FUNDS			
		-	-
UNRESTRICTED INCOME FUNDS	13/14	44,939	40,923
RESTRICTED INCOME FUNDS	13/15	9,665	21,702
		54,604	62,625
		54,604	62,625

These financial statements were approved by the Trustees on 23rd January 2025
and are signed on their behalf by:

Bernadette McGlade
BERNADETTE McGLADE
DIRECTOR

DATE 23rd January 2025

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31ST MARCH 2024

	NOTES	2024 £	2023 £
CASHFLOWS FROM OPERATING ACTIVITIES			
Cash generated from operations	10	(17,295)	9,547
Net cash inflow/(outflow) from operating activities		<u>(17,295)</u>	<u>9,547</u>
Investing activities			
Investment income		-	-
Purchase of tangible fixed assets		-	-
Acquisition of investments		-	-
Disposal of investments		-	-
Disposal of tangible fixed assets		-	-
Net cash from investing activities		<u>-</u>	<u>-</u>
Increase/(decrease) in cash and cash equivalents in the year		(17,295)	9,547
Cash and cash equivalents at the beginning of the year		57,773	48,226
Cash and cash equivalents at the end of the year		<u><u>40,478</u></u>	<u><u>57,773</u></u>
Relating to:			
Cash at bank and in hand		<u><u>40,478</u></u>	<u><u>57,773</u></u>

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

1. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
	-	-	-	-	-	-

2. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Income from UK listed investments	-	-	-	-	-	-
Income from cash	-	-	-	-	-	-
	-	-	-	-	-	-

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Department for Communities/BRO	-	58,036	58,036	-	63,217	63,217
Victims & Survivors Service	-	58,137	58,137	-	65,430	65,430
Victims & Survivors Service - Environmental Improvement Grant	-	-	-	-	-	-
Victims & Survivors Service - Peace	-	-	-	-	-	-
Awards for All	-	-	-	-	10,000	10,000
Community Foundation Northern Ireland	-	-	-	-	9,900	9,900
Halifax Foundation	-	3,600	3,600	-	-	-
The Edward Gostling Foundation	-	10,000	10,000	-	-	-
Albert Street Community Centre	-	-	-	204	-	204
Income generation	17,309	-	17,309	11,605	-	11,605
Income generation - BH&SCT Outsource Work	43,583	-	43,583	22,074	-	22,074
Income generation - Newington Day Centre	-	-	-	1,750	-	1,750
Income generation - Families Beyond Conflict	-	-	-	5,760	-	5,760
Income generation - The Albert Hunt Trust	-	-	-	-	4,000	4,000
Income generation - Other	-	-	-	-	-	-
Less: Deferred income	-	-	-	-	-	-
	60,892	129,773	190,665	41,393	152,547	193,940

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Fundraising	-	-	-	-	-	-
	-	-	-	-	-	-

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Promotional and fundraising costs	-	-	-	-	-	-
	-	-	-	-	-	-

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2024 £	Unrestricted Funds £	Restricted Funds £	2023 £
Wages and salaries (See Note 8)	-	53,937	53,937	673	55,720	56,393
Social security costs (See Note 8)	-	1,293	1,293	-	1,815	1,815
Postage, printing and stationery	1,050	320	1,370	203	1,000	1,203
Travel expenses	-	-	-	-	-	-
Programme costs	4,194	12,210	16,404	13,779	4,542	18,321
Repairs and maintenance	1,836	92	1,928	1,706	127	1,833
Finance service outsource team	524	4,976	5,500	1,635	4,782	6,417
Therapies	37,975	52,699	90,674	27,425	59,359	86,784
Capital equipment costs	-	-	-	-	-	-
Networking, advertising and event costs	-	-	-	35	-	35
Hospitality	773	-	773	220	-	220
Sundry expenses	-	-	-	-	-	-
Depreciation	3,554	-	3,554	3,554	-	3,554
	49,906	125,527	175,433	49,230	127,345	176,575

Support Costs and Governance costs

Training	318	-	318	203	-	203
Membership and affiliation fees	153	-	153	-	-	-
Telephone and internet	1,513	343	1,856	1,131	500	1,631
IT maintenance	513	-	513	463	-	463
Light and heat	989	3,199	4,188	2,327	1,915	4,242
Rent, rates and services	2,502	10,162	12,664	2,270	10,060	12,330
Insurance	-	1,307	1,307	-	1,593	1,593
Audit fees	150	1,272	1,422	102	1,272	1,374
Other professional fees	-	-	-	-	-	-
Bank interest and charges	832	-	832	774	-	774
	6,970	16,283	23,253	7,270	15,340	22,610

TOTAL EXPENDITURE ON CHARITABLE ACTIVITIES

	56,876	141,810	198,686	56,500	142,685	199,185
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CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

7. NET (OUTGOING)/ INCOMING RESOURCES FOR THE YEAR	2024	2023
This is stated after charging/(crediting)	£	£
Auditors remuneration	1,422	1,374
Depreciation	3,554	3,554
	5,976	4,928

8. SALARY COSTS AND EMOLUMENTS	2024	2023
	£	£
Total staff costs were as follows:		
Wages and salaries - key management personnel	32,097	34,022
Wages and salaries - other staff	21,840	22,371
Employer social security costs - key management personnel	4,467	4,901
Employer social security costs - other staff	1,762	1,914
HMRC Employment Allowance	(4,936)	(5,000)
	55,230	58,208

The average monthly number of employees during the year was as follows:	2024	2023
	Number	Number
	2	2

No employees had emoluments in excess of £60,000 (2023: £Nil)

Trustees' remuneration and benefits

There was no trustees' remuneration or other benefits for the year ended 31st March 2024. (2023: £Nil)

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st March 2024. (2023: £Nil)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

9. TANGIBLE FIXED ASSETS

	Office Refurbishment £	Office Equipment £	Total £
COST			
As at 1st April 2023	118,488	22,678	141,166
Additions	-	-	-
Disposals	-	-	-
As at 31st March 2024	118,488	22,678	141,166
DEPRECIATION			
As at 1st April 2023	118,487	16,288	134,775
Charge for year	-	3,554	3,554
Eliminated on disposal		-	-
As at 31st March 2024	118,487	19,842	138,329
Net book value 2023	1	2,836	2,837
Net book value 2022	1	6,390	6,391

10. RECONCILIATION OF OPERATING PROFIT TO NET CASH FLOW FROM OPERATING ACTIVITIES FROM OPERATING ACTIVITIES

	2024 £	2023 £
Operating Surplus/(Deficit) for the year	(8,021)	(5,245)
Depreciation	3,554	3,554
Movement in debtors	(12,906)	11,789
Movement in creditors	78	(551)
Gain on investments	-	-
(Profit)/Loss on disposal of Fixed Assets	-	-
Investment income	-	-
Net cash inflow/(outflow) from operating activities	(17,295)	9,547

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Debtors	12,906	-
Prepayments	-	-
	12,906	-
	12,906	-

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security costs and other taxes	556	(462)
Credit card account	310	1,076
Other Creditors	751	925
Accrued expenses	-	-
Deferred income	-	-
	1,617	1,539
	1,617	1,539

13. MOVEMENT IN FUNDS

	Opening Balance	Net Movement in Funds	Transfers between Funds	2024	2023
	£	£	£	£	£
Unrestricted Income Funds					
General fund	40,923	4,016	-	44,939	40,923
	40,923	4,016	-	44,939	40,923
	40,923	4,016	-	44,939	40,923
Restricted Income Funds					
Department for Communities/BRO	-	-	-	-	-
Halifax Foundation	-	-	-	-	-
Awards for All	11,690	(10,940)	-	750	11,690
The Albert Hunt Trust	4,000	(345)	-	3,655	4,000
Community Foundation Northern Ireland	6,012	(6,012)	-	-	6,012
The Edward Gostling Foundation	-	5,260	-	5,260	-
	21,702	(12,037)	-	9,665	21,702
	21,702	(12,037)	-	9,665	21,702

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

14. UNRESTRICTED INCOME FUNDS	2024	2023
	£	£
Balance at 1st April 2023	40,923	56,030
Incoming resources for the year	60,892	41,393
Resources expended for the year	(56,876)	(56,500)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2024	<u>44,939</u>	<u>40,923</u>

15. RESTRICTED INCOME FUNDS	2024	2023
	£	£
Balance at 1st April 2023	21,702	11,840
Incoming resources for the year	129,773	152,547
Resources expended for the year	(141,810)	(142,685)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2024	<u>9,665</u>	<u>21,702</u>

16. LEGAL STATUS

Centre for Health and Well Being is a Company Limited by Guarantee.
Each member has agreed to contribute £1 in the event of a compulsory winding up.

Centre for Health and Well Being is a recognised Charity within the definition of Section 360(3) Income and Corporation Taxes Act 1970 by the Commissioners of the Inland Revenue.

Centre for Health and Well Being is a registered Charity with the Charity Commission for Northern Ireland. The registration number is NIC 107322.

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Annual report

Trustee's Annual Report

April 2023 – March 2024

It has been a pleasure to serve another year as a Trustee, and Co-Chair, of the Centre For Health and Wellbeing. At the beginning of the year we welcomed Raymond Blaney; Hanna Burton; Linda Doherty Riley and Katherine Orr to join the existing Trustees Cara Cash Marley (Co-Chair); Bernie McGlade (Treasurer) and Karen Laverty (Secretary) and Caoimhin McNulty. Throughout the year each Trustee has brought skills and experience that has made a valuable contribution to the governance and direction of travel of the Centre. Cara's skill set and experience has been missed during her time on maternity leave, as has Caoimhin's who resigned as a Trustee due to the demands of his employment.

Overall it has been a calm year, the uncertainty and fear instilled in the community from the pandemic has receded, and the Centre has continued to serve the needs of the community, the level of service delivered only restricted by the amount of funds available.

Thanks are due to the Department for Communities and the Victims and Survivors Service, for continuing to provide funding, supporting the Centre and it's service users, despite the inactivity and uncertainty around the Northern Ireland Executive for most of the year.

The annual accounts reflect a significant increase in income received from Belfast Health and Social Care Trust from approximately £22,000 last year to £43,000 this year. This is reflective of the Centre's ability to respond to increasing numbers of Carer referrals over a wider geographic area of Belfast. Surplus generated from this increasing income makes a valuable contribution to the Centre's ability to cover costs, and to the sustainability of the therapists delivering at the Centre, bringing employment and resources to the area.

I would like to thank the Halifax Foundation for Northern Ireland and the Edward Gostling Foundation for their support of the Centre's counselling service for which there is a steady demand. The Centre is not a counselling organisation but we are proud of the fact that we were able to step up and respond to client need through the provision of counselling. This would not be possible without the funding support provided. Additional in year funding was supplied by the Victims and Survivors Service to for complementary therapies in response to client need.

In total during the year with complementary therapies, counselling, personal development classes, outreach activities and a listening ear service telephone service to vulnerable carers, the Centre for Health and Wellbeing provided a positive mental wellbeing service to approximately 700 people, which is a considerable achievement.

The services cannot be delivered without the dedicated work of staff, Nigel and Patricia, and our team of 12 complementary therapists and 2 counsellors, all of whom are highly valued by the charity and its service users.

At the Centre we are acutely aware of our client needs and it is our focus to respond in a timely and meaningful way. Speaking with our clients it is clear to me how much they appreciate the service and how highly staff and therapists are thought of. This has been the case since the Centre opened its doors and is something we are justly proud of.

I would also express my thanks to Tony Clarke and his team from Clarke & Co for their support with financial administration and to Lawrence Shearer from O'Hara Shearer for the audit and presentation of financial statements.

Speaking with Tony and Lawrence, I know that despite funding and financial challenges, the Centre's financial health is robust, depending on continued funding support, ensuring we remain viable and in a position to continue to serve the mental wellbeing needs of the local community.

The return of the NI Executive I hope will provide stability to Northern Ireland and to the voluntary and community groups that play such a vital role within the community. The demands on the Health Service and limited budgets will always be there but I do know that, with continued funding, the Centre for Health and Wellbeing will continue to respond to community need for improved mental and physical wellbeing.

Lorraine Mills 15th January 2025

Co-Chairperson

A handwritten signature in black ink that reads "L Mills". The signature is written in a cursive, slightly slanted style.

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Annual return

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Opinion

We have audited the financial statements of Centre for Health and Well Being (the 'charity') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC'S Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the Charity.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charity and considered that the most significant are the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)).
- Enquiry of management, those charged with governance and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of entity staff in compliance functions to identify any instances of any non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

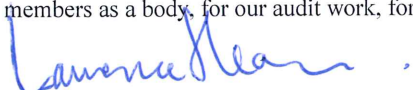
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.


LAWRENCE SHEARER F.C.A., Senior Statutory Auditor
FOR AND ON BEHALF OF O'HARA SHEARER, Statutory Auditor
O'HARA SHEARER
CHARTERED ACCOUNTANTS
AND STATUTORY AUDITORS
547 Falls Road
Belfast
BT11 9AB

Dated: 23rd January 2025

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Accounts

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

COMPANY REGISTRATION NUMBER NI 071963

REGISTERED CHARITY NUMBER XR 32202

CHARITY REGISTRATION NUMBER NIC 107322

O'HARA SHEARER
CHARTERED ACCOUNTANTS AND STATUTORY AUDITORS
547 FALLS ROAD
BELFAST
BT11 9AB

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

CONTENTS

	Page
Members and Professional Advisors	1
Trustees Annual Report (including the Statement of Directors Responsibilities in respect of financial statements)	2-4
Report of the Independent Auditors to the Members'	5-7
Accounting Policies	8-10
Statement of Financial Activities (incorporating the income and expenditure account)	11
Balance Sheet	12
Statement of Cash Flows	13
Notes to the Financial Statements	14-19

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE DIRECTORS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

OFFICERS AND OTHER INFORMATION

Directors and Trustees'	Lorraine Mills (Co-Chairperson) Bernadette McGlade (Treasurer) Cara-Cash Marley (Co-Chairperson) Karen Laverty Danielle Dawson (Resigned 30th January 2023) Caoimhin McNulty Raymond Blaney (Appointed 24th April 2023) Hannah Burton (Appointed 24th April 2023) Linda Doherty Riley (Appointed 24th April 2023) Katherine Orr (Appointed 24th April 2023)
Company Secretary	Karen Laverty
Project Co-Ordinator	Nigel McClure
Registered Office	Unit 1 689 Springfield Road Belfast Co. Antrim BT12 7FP
Auditors	O'Hara Shearer Chartered Accountants & Statutory Auditors 547 Falls Road Belfast, BT11 9AB
Bankers	AIB NI 36 University Road Belfast BT7 1ND
Company Registration Number	NI 071963
Charity Registration Number	XR 32202
Charity Commission for Northern Ireland Registration Number	NIC 107322
Registered Charity Name	Centre for Health and Well Being

Trustee's Annual Report

April 2022 – March 2023

It has been a pleasure to serve another year as a Trustee of the Centre For Health and Wellbeing. At the time of writing I am aware that the COVID – 19 inquiry features prominently on the news along with a new variant that threatens to occupy hospital staff over the Christmas and New Year period. All a reminder of the pandemic and also that the Centre responded admirably to the needs of our service users in the worst of times.

I would like to thank our previous Chairperson Thomas McCullough for his service to the Centre, Thomas made a valuable contribution to the governance and direction of travel of the Centre prior to resigning for health reasons on 26th May 2022. As a result of his resignation an Extraordinary General Meeting was held on 21 June 2022 which resulted in the election of the following Honorary Officers: Lorraine Mills – Co Chairperson; Cara Cash-Marley – Co Chairperson; Bernie McGlade – Treasurer and Karen Laverty - Secretary

I am delighted to report that during the year (March 2023) we welcomed four new Trustees, Raymond Blaney; Hanna Burton; Linda Doherty-Riley and Katherine Orr, each of whom have brought new skills and experience to the Board and I look forward to the contributions they will make in the years to come.

We would like to thank our main funders namely the Department for Communities and the Victims and Survivors Service, and the financial support from Belfast Health and Social Care Trust for providing complementary therapies for carers. Funding provided by the Department for Communities and the Victims and Survivors Service rolled over for the year due to inactivity by the Northern Ireland Executive.

In addition during the year we received an additional £7,500 from VSS to provide extra complementary therapies, an additional £12,800 to deliver a social support programme to combat isolation and loneliness, Spring/Summer and Autumn/Winter, and a contribution towards increasing overhead costs. The social support programmes which are so important to mental wellbeing especially after COVID included: visits to Mount Stewart, Ulster American Folk Park, Titanic Experience and Crumlin Road Gaol, trips to the Opera House for Blood Brothers and the Hunchback of Notre Dame, craft classes, walking tours and finally 'Forest Bathing' in Finnebrogue Woods, Downpatrick. All activities were fully supported by service users and contributed significantly to improvements in mental wellbeing.

A mill

The Centre also benefitted from the support carried forward from last year including the Carers Fund, £5,500, to help us continue with the counselling service, to provide additional complementary therapies and to provide personal development opportunities through the provision of extra classes. The counselling service also received support, £2,700 carried forward, from the Halifax Foundation for Northern Ireland and £9,110 carried forward from Awards for All. I am pleased to say that the Centre was able to respond to the cost of living crisis being experienced by our service users. The successful application to Awards for All, £10,000, meant that starting in February 2023 we were able to begin to provide £50.00 and £100.00 electricity top ups to those experiencing difficulty in being able to afford energy cost in their homes. In total 191 service users were supported in this way.

Perhaps one of the most rewarding experiences during the year, in so many ways, was when the Centre partnered with Families Beyond Conflict from the Shankill to avail of PEACE IV funding, administered by VSS, to undertake a 'Lived Experience' creative writing project. What resulted was a publication where two groups of women from across the divide, Shankill and Upper Springfield / Whiterock, reflected upon their lives, experiences, memories and the city that they live in – a city that shaped them and, in turn, been shaped by them. All the participants, including myself, thoroughly enjoyed the sessions at Farset International expertly facilitated by playwright Fionnuala Kennedy who nurtured the creativity in the room. We are very proud of the publication which is archived in the Linen Hall Library and on display in the Shankill and Whiterock libraries. Thanks is due to Andrew and the team at the Victims and Survivor Service for having the vision, trust and commitment to obtain the funding to support victims and survivors in such an innovative way.

In total during the year with complementary therapies, counselling, personal development classes, activities to reduce social isolation and help with cost of living pressures, and a listening ear service to vulnerable carers, the Centre for Health and Wellbeing provided a positive mental wellbeing service to over 800 people, something we are justly proud of. The services cannot be delivered without the dedicated work of staff, Nigel and Patricia, and our team of complementary therapists and counsellors all of whom are highly valued by the charity and its service users.

I would like to express my thanks to my colleagues and volunteer Trustees who have ensured that good governance, and support when needed, remains a priority.

I would also express my thanks to Tony Clarke and his team from Clarke & Co for their support with financial administration and to Lawrence Shearer from O'Hara Shearer for the audit and presentation of financial statements. In speaking with Lawrence, I know that despite funding and financial challenges, the Centre's financial health is robust, depending on continued funding support, ensuring we remain viable and in a position to continue to serve the mental wellbeing needs of the local community.

With continued political uncertainty I do not know what the forthcoming year will bring in terms of service delivery and funding, but I do know that the Centre for Health and Wellbeing will continue to respond to community need for improved mental and physical wellbeing.

A handwritten signature in cursive script that reads "L Mills".

Lorraine Mills
Co-Chairperson

18 December 2023

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF DIRECTORS RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company Law requires the directors to prepare financial statements for each financial year. The Trustees, who are also directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31st March 2023. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- 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 company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the board:

Bernadette McGlade
BERNADETTE McGLADE
DIRECTOR

18th December 2023

DATE

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Opinion

We have audited the financial statements of Centre for Health and Well Being (the 'charity') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC'S Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the Charity.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charity and considered that the most significant are the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102).
- Enquiry of management, those charged with governance and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of entity staff in compliance functions to identify any instances of any non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

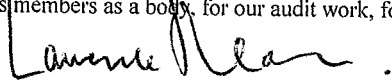
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.



LAWRENCE SHEARER F.C.A., Senior Statutory Auditor
FOR AND ON BEHALF OF O'HARA SHEARER, Statutory Auditor
O'HARA SHEARER
CHARTERED ACCOUNTANTS
AND STATUTORY AUDITORS
547 Falls Road
Belfast
BT11 9AB

Dated: 18th December 2023

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES

Accounting Convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard which applies in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Going Concern

At the time of approving the financial statements, the trustees' have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees' continue to adopt the going concern basis of accounting in preparing the financial statements.

Income Recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest Receivable

Interest on funds held is included when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the Bank.

Resources Expended

All expenditure is accounted for on an accruals basis and is classified under headings that aggregate all costs related to the category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material, and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated with the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity.

Fixed Assets

All tangible fixed assets are recorded at cost.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Office refurbishment	25% on cost
Office equipment	25% on cost

Repairs and Renewals

All repairs and renewals are written off as incurred

Pension Costs

The charity does currently operate a pension scheme.

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the net movement in funds.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund Accounting

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

Designated funds are unrestricted funds set aside by the trustees out of unrestricted funds for specific future purposes.

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

The income received from funders depends on the charity meeting detailed criteria on expenses plans. Grants given under such conditions are also given subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income is only deferred when the donor specifies that the grant/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 received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support performance activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income is deferred when: fees/performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2023

	NOTES	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	TOTAL 2023 £	TOTAL 2022 £
INCOME AND ENDOWMENTS FROM:						
Donations and legacies	1	-	-	-	-	-
Income from investments	2	-	-	-	-	-
Income from charitable activities	3	41,393	152,547	-	193,940	174,821
Income from other trading activities	4	-	-	-	-	-
TOTAL INCOME AND ENDOWMENTS		41,393	152,547	-	193,940	174,821
EXPENDITURE ON:						
Expenditure on raising funds	5	-	-	-	-	-
Expenditure on charitable activities	6	56,500	142,685	-	199,185	159,063
Other expenditure		-	-	-	-	-
Net gains/(losses) on investments		-	-	-	-	-
TOTAL RESOURCES EXPENDED		56,500	142,685	-	199,185	159,063
NET INCOME/(EXPENDITURE)		(15,107)	9,862	-	(5,245)	15,758
Transfers between funds		-	-	-	-	-
NET MOVEMENT IN FUNDS		(15,107)	9,862	-	(5,245)	15,758
RECONCILIATION OF FUNDS						
TOTAL FUNDS BROUGHT FORWARD		56,030	11,840	-	67,870	52,112
TOTAL FUNDS CARRIED FORWARD		40,923	21,702	-	62,625	67,870

The Statement of Financial Activities includes all gains and losses in the year and therefore a
Statement of Total Recognised Gains and Losses has not been prepared

All of the above amounts relate to continuing activities

The accompanying accounting policies and the notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
BALANCE SHEET
AS AT 31ST MARCH 2023

	NOTES	2023 £	2022 £
FIXED ASSETS			
Tangible assets	9	6,391	9,945
CURRENT ASSETS			
Debtors and prepayments	11	-	11,789
Cash at bank		57,773	48,226
Cash in hand		-	-
		<u>57,773</u>	<u>60,015</u>
Creditors: amounts falling due within one year	12	(1,539)	(2,090)
		<u>56,234</u>	<u>57,925</u>
NET CURRENT ASSETS/(LIABILITIES)		56,234	57,925
TOTAL ASSETS LESS CURRENT ASSETS/(LIABILITIES)		62,625	67,870
Creditors: amounts falling due after more than one year		-	-
		<u>62,625</u>	<u>67,870</u>
NET ASSETS/(LIABILITIES)		<u>62,625</u>	<u>67,870</u>
FUNDS:			
ENDOWMENT FUNDS			
		-	-
UNRESTRICTED INCOME FUNDS	13/14	40,923	56,030
RESTRICTED INCOME FUNDS	13/15	21,702	11,840
		<u>62,625</u>	<u>67,870</u>

These financial statements were approved by the Trustees on 18th December 2023 and are signed on their behalf by:

Bernadette McGlade
BERNADETTE McGLADE
DIRECTOR

DATE 18th December 2023

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31ST MARCH 2023

	NOTES	2023 £	2022 £
CASHFLOWS FROM OPERATING ACTIVITIES			
Cash generated from operations	10	9,547	(1,147)
Net cash inflow/(outflow) from operating activities		9,547	(1,147)
Investing activities			
Investment income		-	-
Purchase of tangible fixed assets		-	-
Acquisition of investments		-	-
Disposal of investments		-	-
Disposal of tangible fixed assets		-	-
Net cash from investing activities		-	-
Increase/(decrease) in cash and cash equivalents in the year		9,547	(1,147)
Cash and cash equivalents at the beginning of the year		48,226	49,373
Cash and cash equivalents at the end of the year		57,773	48,226
Relating to:			
Cash at bank and in hand		57,773	48,226

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

1. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
	-	-	-	-	-	-

2. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Income from UK listed investments	-	-	-	-	-	-
Income from cash	-	-	-	-	-	-
	-	-	-	-	-	-

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Department for Communities/BRO	-	63,217	63,217	-	60,960	60,960
Victims & Survivors Service	-	65,430	65,430	-	35,294	35,294
Victims & Survivors Service - Environmental Improvement Grant	-	-	-	-	18,241	18,241
Victims & Survivors Service - Peace	-	-	-	-	4,200	4,200
Awards for All	-	10,000	10,000	-	10,000	10,000
Community Foundation Northern Ireland	-	9,900	9,900	-	-	-
Halifax Foundation	-	-	-	-	3,600	3,600
Co-Operation Ireland	-	-	-	-	4,447	4,447
Belfast City Council	-	-	-	-	1,490	1,490
Albert Street Community Centre	204	-	204	688	-	688
Income generation	11,605	-	11,605	5,599	-	5,599
Income generation - BH&SCT Outsource Work	22,074	-	22,074	12,703	-	12,703
Income generation - Newington Day Centre	1,750	-	1,750	2,100	-	2,100
Income generation - Holy Trinity Centre	-	-	-	1,800	-	1,800
Income generation - Families Beyond Conflict	5,760	-	5,760	7,300	-	7,300
Income generation - Federation of Family Practitioners	-	-	-	2,310	-	2,310
Income generation - The Albert Hunt Trust	-	4,000	4,000	-	-	-
Income generation - Other	-	-	-	4,089	-	4,089
Less: Deferred income	-	-	-	-	-	-
	41,393	152,547	193,940	36,589	138,232	174,821

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Fundraising	-	-	-	-	-	-
	-	-	-	-	-	-

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Promotional and fundraising costs	-	-	-	-	-	-
	-	-	-	-	-	-

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Wages and salaries (See Note 8)	673	55,720	56,393	948	54,344	55,292
Social security costs (See Note 8)	-	1,815	1,815	30	1,691	1,721
Postage, printing and stationery	203	1,000	1,203	-	1,657	1,657
Travel expenses	-	-	-	-	-	-
Programme costs	13,779	4,542	18,321	103	5,717	5,820
Repairs and maintenance	1,706	127	1,833	318	1,572	1,890
Finance service outsource team	1,635	4,782	6,417	2,083	2,500	4,583
Therapies	27,425	59,359	86,784	19,047	26,432	45,479
Capital equipment costs	-	-	-	-	16,595	16,595
Networking, advertising and event costs	35	-	35	503	-	503
Hospitality	220	-	220	-	-	-
Sundry expenses	-	-	-	938	-	938
Depreciation	3,554	-	3,554	4,008	-	4,008
	49,230	127,345	176,575	27,978	110,508	138,486
Support Costs and Governance costs						
Training	203	-	203	470	-	470
Membership and affiliation fees	-	-	-	682	-	682
Telephone and internet	1,131	500	1,631	424	1,150	1,574
IT maintenance	463	-	463	98	-	98
Light and heat	2,327	1,915	4,242	605	1,200	1,805
Rent, rates and services	2,270	10,060	12,330	600	11,709	12,309
Insurance	-	1,593	1,593	984	553	1,537
Audit fees	102	1,272	1,374	102	1,272	1,374
Other professional fees	-	-	-	-	-	-
Bank interest and charges	774	-	774	728	-	728
	7,270	15,340	22,610	4,693	15,884	20,577
TOTAL EXPENDITURE ON CHARITABLE ACTIVITIES	56,500	142,685	199,185	32,671	126,392	159,063

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

7. NET (OUTGOING)/ INCOMING RESOURCES FOR THE YEAR	2023	2022
This is stated after charging/(crediting)	£	£
Auditors remuneration	1,374	1,374
Depreciation	3,554	4,008

8. SALARY COSTS AND EMOLUMENTS	2023	2022
	£	£
Total staff costs were as follows:		
Wages and salaries - key management personnel	34,022	34,707
Wages and salaries - other staff	22,371	20,585
Employer social security costs - key management personnel	4,901	4,375
Employer social security costs - other staff	1,914	1,559
HMRC Employment Allowance	(5,000)	(4,213)
	58,208	57,013

The average monthly number of employees during the year was as follows:	2023	2022
	Number	Number
	2	3

No employees had emoluments in excess of £60,000 (2022: £Nil)

Trustees' remuneration and benefits

There was no trustees' remuneration or other benefits for the year ended 31st March 2023. (2022: £Nil)

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st March 2023. (2022: £Nil)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

9. TANGIBLE FIXED ASSETS

	Office Refurbishment £	Office Equipment £	Total £
COST			
As at 1st April 2022	118,488	22,678	141,166
Additions	-	-	-
Disposals	-	-	-
As at 31st March 2023	118,488	22,678	141,166
DEPRECIATION			
As at 1st April 2022	118,487	12,734	131,221
Charge for year	-	3,554	3,554
Eliminated on disposal		-	-
As at 31st March 2023	118,487	16,288	134,775
Net book value 2023	1	6,390	6,391
Net book value 2022	1	9,944	9,945

10. RECONCILIATION OF OPERATING PROFIT TO NET CASH FLOW FROM OPERATING ACTIVITIES FROM OPERATING ACTIVITIES

	2023 £	2022 £
Operating Surplus/(Deficit) for the year	(5,245)	15,758
Depreciation	3,554	4,008
Movement in debtors	11,789	(9,759)
Movement in creditors	(551)	(11,154)
Gain on investments	-	-
(Profit)/Loss on disposal of Fixed Assets	-	-
Investment income	-	-
Net cash inflow/(outflow) from operating activities	9,547	(1,147)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Debtors	-	11,789
Prepayments	-	-
	-	-
	-	11,789

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security costs and other taxes	(462)	-
Credit card account	1,076	-
Other Creditors	925	642
Accrued expenses	-	1,448
Deferred income	-	-
	-	-
	1,539	2,090

13. MOVEMENT IN FUNDS

	Opening Balance	Net Movement in Funds	Transfers between Funds	2023	2022
	£	£	£	£	£
Unrestricted Income Funds					
General fund	56,030	(15,107)	-	40,923	56,030
	56,030	(15,107)	-	40,923	56,030
Restricted Income Funds					
Department for Communities/BRO	-	462	-	462	-
Halifax Foundation	2,730	(2,730)	-	-	2,730
Awards for All	9,110	2,580	-	11,690	9,110
The Albert Hunt Trust	-	4,000	-	4,000	-
Community Foundation Northern Ireland	-	5,550	-	5,550	-
	11,840	9,862	-	21,702	11,840
	11,840	9,862	-	21,702	11,840

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

14. UNRESTRICTED INCOME FUNDS	2023	2022
	£	£
Balance at 1st April 2022	56,030	52,112
Incoming resources for the year	41,393	36,589
Resources expended for the year	(56,500)	(32,671)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2023	<u>40,923</u>	<u>56,030</u>

15. RESTRICTED INCOME FUNDS	2023	2022
	£	£
Balance at 1st April 2022	11,840	-
Incoming resources for the year	152,547	138,232
Resources expended for the year	(142,685)	(126,392)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2023	<u>21,702</u>	<u>11,840</u>

16. LEGAL STATUS

Centre for Health and Well Being is a Company Limited by Guarantee.
Each member has agreed to contribute £1 in the event of a compulsory winding up.

Centre for Health and Well Being is a recognised Charity within the definition of Section 360(3) Income and Corporation Taxes Act 1970 by the Commissioners of the Inland Revenue.

Centre for Health and Well Being is a registered Charity with the Charity Commission for Northern Ireland. The registration number is NIC 107322.

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Annual report

Trustee's Annual Report

April 2022 – March 2023

It has been a pleasure to serve another year as a Trustee of the Centre For Health and Wellbeing. At the time of writing I am aware that the COVID – 19 inquiry features prominently on the news along with a new variant that threatens to occupy hospital staff over the Christmas and New Year period. All a reminder of the pandemic and also that the Centre responded admirably to the needs of our service users in the worst of times.

I would like to thank our previous Chairperson Thomas McCullough for his service to the Centre, Thomas made a valuable contribution to the governance and direction of travel of the Centre prior to resigning for health reasons on 26th May 2022. As a result of his resignation an Extraordinary General Meeting was held on 21 June 2022 which resulted in the election of the following Honorary Officers: Lorraine Mills – Co Chairperson; Cara Cash-Marley – Co Chairperson; Bernie McGlade – Treasurer and Karen Laverty - Secretary

I am delighted to report that during the year (March 2023) we welcomed four new Trustees, Raymond Blaney; Hanna Burton; Linda Doherty-Riley and Katherine Orr, each of whom have brought new skills and experience to the Board and I look forward to the contributions they will make in the years to come.

We would like to thank our main funders namely the Department for Communities and the Victims and Survivors Service, and the financial support from Belfast Health and Social Care Trust for providing complementary therapies for carers. Funding provided by the Department for Communities and the Victims and Survivors Service rolled over for the year due to inactivity by the Northern Ireland Executive.

In addition during the year we received an additional £7,500 from VSS to provide extra complementary therapies, an additional £12,800 to deliver a social support programme to combat isolation and loneliness, Spring/Summer and Autumn/Winter, and a contribution towards increasing overhead costs. The social support programmes which are so important to mental wellbeing especially after COVID included: visits to Mount Stewart, Ulster American Folk Park, Titanic Experience and Crumlin Road Gaol, trips to the Opera House for Blood Brothers and the Hunchback of Notre Dame, craft classes, walking tours and finally 'Forest Bathing' in Finnebrogue Woods, Downpatrick. All activities were fully supported by service users and contributed significantly to improvements in mental wellbeing.

✶ m.l.h

The Centre also benefitted from the support carried forward from last year including the Carers Fund, £5,500, to help us continue with the counselling service, to provide additional complementary therapies and to provide personal development opportunities through the provision of extra classes. The counselling service also received support, £2,700 carried forward, from the Halifax Foundation for Northern Ireland and £9,110 carried forward from Awards for All. I am pleased to say that the Centre was able to respond to the cost of living crisis being experienced by our service users. The successful application to Awards for All, £10,000, meant that starting in February 2023 we were able to begin to provide £50.00 and £100.00 electricity top ups to those experiencing difficulty in being able to afford energy cost in their homes. In total 191 service users were supported in this way.

Perhaps one of the most rewarding experiences during the year, in so many ways, was when the Centre partnered with Families Beyond Conflict from the Shankill to avail of PEACE IV funding, administered by VSS, to undertake a 'Lived Experience' creative writing project. What resulted was a publication where two groups of women from across the divide, Shankill and Upper Springfield / Whiterock, reflected upon their lives, experiences, memories and the city that they live in – a city that shaped them and, in turn, been shaped by them. All the participants, including myself, thoroughly enjoyed the sessions at Farset International expertly facilitated by playwright Fionnuala Kennedy who nurtured the creativity in the room. We are very proud of the publication which is archived in the Linen Hall Library and on display in the Shankill and Whiterock libraries. Thanks is due to Andrew and the team at the Victims and Survivor Service for having the vision, trust and commitment to obtain the funding to support victims and survivors in such an innovative way.

In total during the year with complementary therapies, counselling, personal development classes, activities to reduce social isolation and help with cost of living pressures, and a listening ear service to vulnerable carers, the Centre for Health and Wellbeing provided a positive mental wellbeing service to over 800 people, something we are justly proud of. The services cannot be delivered without the dedicated work of staff, Nigel and Patricia, and our team of complementary therapists and counsellors all of whom are highly valued by the charity and its service users.

I would like to express my thanks to my colleagues and volunteer Trustees who have ensured that good governance, and support when needed, remains a priority.

I would also express my thanks to Tony Clarke and his team from Clarke & Co for their support with financial administration and to Lawrence Shearer from O'Hara Shearer for the audit and presentation of financial statements. In speaking with Lawrence, I know that despite funding and financial challenges, the Centre's financial health is robust, depending on continued funding support, ensuring we remain viable and in a position to continue to serve the mental wellbeing needs of the local community.

With continued political uncertainty I do not know what the forthcoming year will bring in terms of service delivery and funding, but I do know that the Centre for Health and Wellbeing will continue to respond to community need for improved mental and physical wellbeing.

A handwritten signature in black ink, appearing to read 'L Mills'.

Lorraine Mills
Co-Chairperson

18 December 2023

CENTRE FOR HEALTH AND WELLBEING

Northern Ireland - Charity number 107322

Annual return

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

COMPANY REGISTRATION NUMBER NI 071963

REGISTERED CHARITY NUMBER XR 32202

CHARITY REGISTRATION NUMBER NIC 107322

O'HARA SHEARER
CHARTERED ACCOUNTANTS AND STATUTORY AUDITORS
547 FALLS ROAD
BELFAST
BT11 9AB

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

CONTENTS

	Page
Members and Professional Advisors	1
Trustees Annual Report (including the Statement of Directors Responsibilities in respect of financial statements)	2-4
Report of the Independent Auditors to the Members'	5-7
Accounting Policies	8-10
Statement of Financial Activities (incorporating the income and expenditure account)	11
Balance Sheet	12
Statement of Cash Flows	13
Notes to the Financial Statements	14-19

CENTRE FOR HEALTH AND WELL BEING
REPORT OF THE DIRECTORS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

OFFICERS AND OTHER INFORMATION

Directors and Trustees'	Lorraine Mills (Co-Chairperson) Bernadette McGlade (Treasurer) Cara-Cash Marley (Co-Chairperson) Karen Laverty Danielle Dawson (Resigned 30th January 2023) Caoimhin McNulty Raymond Blaney (Appointed 24th April 2023) Hannah Burton (Appointed 24th April 2023) Linda Doherty Riley (Appointed 24th April 2023) Katherine Orr (Appointed 24th April 2023)
Company Secretary	Karen Laverty
Project Co-Ordinator	Nigel McClure
Registered Office	Unit 1 689 Springfield Road Belfast Co. Antrim BT12 7FP
Auditors	O'Hara Shearer Chartered Accountants & Statutory Auditors 547 Falls Road Belfast, BT11 9AB
Bankers	AIB NI 36 University Road Belfast BT7 1ND
Company Registration Number	NI 071963
Charity Registration Number	XR 32202
Charity Commission for Northern Ireland Registration Number	NIC 107322
Registered Charity Name	Centre for Health and Well Being

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF DIRECTORS RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company Law requires the directors to prepare financial statements for each financial year. The Trustees, who are also directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31st March 2023. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- 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 company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the board:

BERNADETTE McGLADE
DIRECTOR

18th December 2023

DATE

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Opinion

We have audited the financial statements of Centre for Health and Well Being (the 'charity') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC'S Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the Charity.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charity and considered that the most significant are the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102).
- Enquiry of management, those charged with governance and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of entity staff in compliance functions to identify any instances of any non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

REPORT OF THE INDEPENDENT AUDITOR TO THE MEMBERS'

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

LAWRENCE SHEARER F.C.A., Senior Statutory Auditor
FOR AND ON BEHALF OF O'HARA SHEARER, Statutory Auditor
O'HARA SHEARER
CHARTERED ACCOUNTANTS
AND STATUTORY AUDITORS
547 Falls Road
Belfast
BT11 9AB

Dated: 18th December 2023

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES

Accounting Convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard which applies in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Going Concern

At the time of approving the financial statements, the trustees' have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees' continue to adopt the going concern basis of accounting in preparing the financial statements.

Income Recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest Receivable

Interest on funds held is included when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the Bank.

Resources Expended

All expenditure is accounted for on an accruals basis and is classified under headings that aggregate all costs related to the category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material, and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated with the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity.

Fixed Assets

All tangible fixed assets are recorded at cost.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Office refurbishment	25% on cost
Office equipment	25% on cost

Repairs and Renewals

All repairs and renewals are written off as incurred

Pension Costs

The charity does currently operate a pension scheme.

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the net movement in funds.

CENTRE FOR HEALTH AND WELL BEING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund Accounting

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

Designated funds are unrestricted funds set aside by the trustees out of unrestricted funds for specific future purposes.

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

The income received from funders depends on the charity meeting detailed criteria on expenses plans.

Grants given under such conditions are also given subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income is only deferred when the donor specifies that the grant/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 received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support performance activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income is deferred when: fees/performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2023

	NOTES	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	TOTAL 2023 £	TOTAL 2022 £
INCOME AND ENDOWMENTS FROM:						
Donations and legacies	1	-	-	-	-	-
Income from investments	2	-	-	-	-	-
Income from charitable activities	3	45,393	148,547	-	193,940	174,821
Income from other trading activities	4	-	-	-	-	-
TOTAL INCOME AND ENDOWMENTS		45,393	148,547	-	193,940	174,821
EXPENDITURE ON:						
Expenditure on raising funds	5	-	-	-	-	-
Expenditure on charitable activities	6	56,500	142,685	-	199,185	159,063
Other expenditure		-	-	-	-	-
Net gains/(losses) on investments		-	-	-	-	-
TOTAL RESOURCES EXPENDED		56,500	142,685	-	199,185	159,063
NET INCOME/(EXPENDITURE)		(11,107)	5,862	-	(5,245)	15,758
Transfers between funds		-	-	-	-	-
NET MOVEMENT IN FUNDS		(11,107)	5,862	-	(5,245)	15,758
RECONCILIATION OF FUNDS						
TOTAL FUNDS BROUGHT FORWARD		56,030	11,840	-	67,870	52,112
TOTAL FUNDS CARRIED FORWARD		44,923	17,702	-	62,625	67,870

**The Statement of Financial Activities includes all gains and losses in the year and therefore a
Statement of Total Recognised Gains and Losses has not been prepared**

All of the above amounts relate to continuing activities

The accompanying accounting policies and the notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
BALANCE SHEET
AS AT 31ST MARCH 2023

	NOTES	2023 £	2022 £
FIXED ASSETS			
Tangible assets	9	6,391	9,945
CURRENT ASSETS			
Debtors and prepayments	11	-	11,789
Cash at bank		57,773	48,226
Cash in hand		-	-
		<u>57,773</u>	<u>60,015</u>
Creditors: amounts falling due within one year	12	(1,539)	(2,090)
		<u>56,234</u>	<u>57,925</u>
NET CURRENT ASSETS/(LIABILITIES)		56,234	57,925
TOTAL ASSETS LESS CURRENT ASSETS/(LIABILITIES)		62,625	67,870
Creditors: amounts falling due after more than one year		-	-
		<u>62,625</u>	<u>67,870</u>
NET ASSETS/(LIABILITIES)		<u>62,625</u>	<u>67,870</u>
FUNDS:			
ENDOWMENT FUNDS			
		-	-
UNRESTRICTED INCOME FUNDS	13/14	44,923	56,030
RESTRICTED INCOME FUNDS	13/15	17,702	11,840
		<u>62,625</u>	<u>67,870</u>

These financial statements were approved by the Trustees on 18th December 2023 and are signed on their behalf by:

BERNADETTE McGLADE
DIRECTOR

DATE 18th December 2023

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31ST MARCH 2023

	NOTES	2023 £	2022 £
CASHFLOWS FROM OPERATING ACTIVITIES			
Cash generated from operations	10	9,547	(1,147)
Net cash inflow/(outflow) from operating activities		9,547	(1,147)
Investing activities			
Investment income		-	-
Purchase of tangible fixed assets		-	-
Acquisition of investments		-	-
Disposal of investments		-	-
Disposal of tangible fixed assets		-	-
Net cash from investing activities		-	-
Increase/(decrease) in cash and cash equivalents in the year		9,547	(1,147)
Cash and cash equivalents at the beginning of the year		48,226	49,373
Cash and cash equivalents at the end of the year		57,773	48,226
Relating to:			
Cash at bank and in hand		57,773	48,226

The accompanying accounting policies and notes form part of these financial statements

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

1. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
	-	-	-	-	-	-

2. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Income from UK listed investments	-	-	-	-	-	-
Income from cash	-	-	-	-	-	-
	-	-	-	-	-	-

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Department for Communities/BRO	-	63,217	63,217	-	60,960	60,960
Victims & Survivors Service	-	65,430	65,430	-	35,294	35,294
Victims & Survivors Service - Environmental Improvement Grant	-	-	-	-	18,241	18,241
Victims & Survivors Service - Peace	-	-	-	-	4,200	4,200
Awards for All	-	10,000	10,000	-	10,000	10,000
Community Foundation Northern Ireland	-	9,900	9,900	-	-	-
Halifax Foundation	-	-	-	-	3,600	3,600
Co-Operation Ireland	-	-	-	-	4,447	4,447
Belfast City Council	-	-	-	-	1,490	1,490
Albert Street Community Centre	204	-	204	688	-	688
Income generation	11,605	-	11,605	5,599	-	5,599
Income generation - BH&SCT Outsource Work	22,074	-	22,074	12,703	-	12,703
Income generation - Newington Day Centre	1,750	-	1,750	2,100	-	2,100
Income generation - Holy Trinity Centre	-	-	-	1,800	-	1,800
Income generation - Families Beyond Conflict	5,760	-	5,760	7,300	-	7,300
Income generation - Federation of Family Practitioners	-	-	-	2,310	-	2,310
Income generation - The Albert Hunt Trust	4,000	-	4,000	-	-	-
Income generation - Other	-	-	-	4,089	-	4,089
Less: Deferred income	-	-	-	-	-	-
	45,393	148,547	193,940	36,589	138,232	174,821

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Fundraising	-	-	-	-	-	-
	-	-	-	-	-	-

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	2023 £	Unrestricted Funds £	Restricted Funds £	2022 £
Promotional and fundraising costs	-	-	-	-	-	-
	-	-	-	-	-	-

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2022 £	Unrestricted Funds £	Restricted Funds £	2021 £
Wages and salaries (See Note 8)	673	55,720	56,393	948	54,344	55,292
Social security costs (See Note 8)	-	1,815	1,815	30	1,691	1,721
Postage, printing and stationery	203	1,000	1,203	-	1,657	1,657
Travel expenses	-	-	-	-	-	-
Programme costs	13,779	13,564	27,343	103	5,717	5,820
Repairs and maintenance	1,706	127	1,833	318	1,572	1,890
Finance service outsource team	1,635	4,782	6,417	2,083	2,500	4,583
Therapies	27,425	50,337	77,762	19,047	26,432	45,479
Capital equipment costs	-	-	-	-	16,595	16,595
Networking, advertising and event costs	35	-	35	503	-	503
Hospitality	220	-	220	-	-	-
Sundry expenses	-	-	-	938	-	938
Depreciation	3,554	-	3,554	4,008	-	4,008
	49,230	127,345	176,575	27,978	110,508	138,486
Support Costs and Governance costs						
Training	203	-	203	470	-	470
Membership and affiliation fees	-	-	-	682	-	682
Telephone and internet	1,131	500	1,631	424	1,150	1,574
IT maintenance	463	-	463	98	-	98
Light and heat	2,327	1,915	4,242	605	1,200	1,805
Rent, rates and services	2,270	10,060	12,330	600	11,709	12,309
Insurance	-	1,593	1,593	984	553	1,537
Audit fees	102	1,272	1,374	102	1,272	1,374
Other professional fees	-	-	-	-	-	-
Bank interest and charges	774	-	774	728	-	728
	7,270	15,340	22,610	4,693	15,884	20,577
TOTAL EXPENDITURE ON CHARITABLE ACTIVITIES	56,500	142,685	199,185	32,671	126,392	159,063

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

7. NET (OUTGOING)/ INCOMING RESOURCES FOR THE YEAR	2023	2022
This is stated after charging/(crediting)	£	£
Auditors remuneration	1,374	1,374
Depreciation	3,554	4,008
	<hr/> <hr/>	

8. SALARY COSTS AND EMOLUMENTS	2023	2022
	£	£
Total staff costs were as follows:		
Wages and salaries - key management personnel	34,022	34,707
Wages and salaries - other staff	22,371	20,585
Employer social security costs - key management personnel	4,901	4,375
Employer social security costs - other staff	1,914	1,559
HMRC Employment Allowance	(5,000)	(4,213)
	<hr/> <hr/>	<hr/> <hr/>
	58,208	57,013

The average monthly number of employees during the year was as follows:	2023	2022
	Number	Number
	2	3
	<hr/> <hr/>	<hr/> <hr/>

No employees had emoluments in excess of £60,000 (2022: £Nil)

Trustees' remuneration and benefits

There was no trustees' remuneration or other benefits for the year ended 31st March 2023. (2022: £Nil)

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st March 2023. (2022: £Nil)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

9. TANGIBLE FIXED ASSETS

	Office Refurbishment £	Office Equipment £	Total £
COST			
As at 1st April 2022	118,488	22,678	141,166
Additions	-	-	-
Disposals	-	-	-
As at 31st March 2023	118,488	22,678	141,166
DEPRECIATION			
As at 1st April 2022	118,487	12,734	131,221
Charge for year	-	3,554	3,554
Eliminated on disposal		-	-
As at 31st March 2023	118,487	16,288	134,775
Net book value 2023	1	6,390	6,391
Net book value 2022	1	9,944	9,945

10. RECONCILIATION OF OPERATING PROFIT TO NET CASH FLOW FROM OPERATING ACTIVITIES FROM OPERATING ACTIVITIES

	2023 £	2022 £
Operating Surplus/(Deficit) for the year	(5,245)	15,758
Depreciation	3,554	4,008
Movement in debtors	11,789	(9,759)
Movement in creditors	(551)	(11,154)
Gain on investments	-	-
(Profit)/Loss on disposal of Fixed Assets	-	-
Investment income	-	-
Net cash inflow/(outflow) from operating activities	9,547	(1,147)

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2023	2022
	£	£
Debtors	-	11,789
Prepayments	-	-
	<hr/>	<hr/>
	-	11,789
	<hr/> <hr/>	<hr/> <hr/>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2023	2022
	£	£
Social security costs and other taxes	(462)	-
Credit card account	1,076	-
Other Creditors	925	642
Accrued expenses	-	1,448
Deferred income	-	-
	<hr/>	<hr/>
	1,539	2,090
	<hr/> <hr/>	<hr/> <hr/>

13. MOVEMENT IN FUNDS

	Opening Balance	Net Movement in Funds	Transfers between Funds	2023	2022
	£	£	£	£	£
Unrestricted Income Funds					
General fund	56,030	(11,107)	-	44,923	56,030
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	56,030	(11,107)	-	44,923	56,030
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Restricted Income Funds					
Department for Communities/BRO	-	462	-	462	-
Halifax Foundation	2,730	(2,730)	-	-	2,730
Awards for All	9,110	2,580	-	11,690	9,110
Community Foundation Northern Ireland	-	5,550	-	5,550	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	11,840	5,862	-	17,702	11,840
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

CENTRE FOR HEALTH AND WELL BEING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

14. UNRESTRICTED INCOME FUNDS	2023	2022
	£	£
Balance at 1st April 2022	56,030	52,112
Incoming resources for the year	45,393	36,589
Resources expended for the year	(56,500)	(32,671)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2023	<u>44,923</u>	<u>56,030</u>

15. RESTRICTED INCOME FUNDS	2023	2022
	£	£
Balance at 1st April 2022	11,840	-
Incoming resources for the year	148,547	138,232
Resources expended for the year	(142,685)	(126,392)
Transfer between finds	-	-
	<hr/>	<hr/>
Balance at 31st March 2023	<u>17,702</u>	<u>11,840</u>

16. LEGAL STATUS

Centre for Health and Well Being is a Company Limited by Guarantee.
Each member has agreed to contribute £1 in the event of a compulsory winding up.

Centre for Health and Well Being is a recognised Charity within the definition of Section 360(3) Income and Corporation Taxes Act 1970 by the Commissioners of the Inland Revenue.

Centre for Health and Well Being is a registered Charity with the Charity Commission for Northern Ireland. The registration number is NIC 107322.