

# **Calderdale Wellbeing**

Charity number 1132316

A company limited by guarantee number 06828871

## **Annual Report and Financial Statements for the year ended 31 March 2020**



West Yorkshire Community Accounting Service

# **Calderdale Wellbeing**

## **Annual Report and Financial Statements for the year ended 31 March 2020**

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**Prepared by West Yorkshire Community Accounting Service**

# Calderdale Wellbeing

## Trustees' report for the year ended 31 March 2020

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

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

Name	Position	Dates
Paul Hunt	Chair	Appointed April 2019
Freda Davis	Treasurer - to October 2019	
Jonathan Morrish		
Jenny Fagan		
Daniel Redman		
Beverley Smith		Resigned February 2020
Lydia Blundell		
Carla Harrison		
Lindsay Manning		
Naomi Sutcliffe		
Jonathan Stephen		
Steven Redman		Resigned February 2020
Kate Hallitt		
Gemma Edkins		Appointed May 2020
Martin Roberts		Appointed April 2019 Resigned May 2020
<b>Charity number</b>	1132316	Registered in England and Wales
<b>Company number</b>	06828871	Registered in England and Wales
<b>Registered and principal address</b>	<b>Bankers</b>	
1 King Street	CAF Bank Ltd	Shawbrook Bank
Halifax	25 Kings Hill Avenue	Lutea House
HX1 1SR	Kings Hill	Warley Hill Business Park
	West Mailing	The Drive
	Kent	Great Warley
	ME19 4JQ	Brentwood
		Essex
		CH13 3BE

### Independent examiner

Helen Galvin FCCA

### West Yorkshire Community Accounting Service

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

The charity is a company limited by guarantee and was formed on 24 February 2009. It is governed by a memorandum and articles of association which were adopted on 24 February 2009 and amended by special resolution on 30 July 2009. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £10.

### Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

# **Calderdale Wellbeing**

## **Trustees' report (continued) for the year ended 31 March 2020**

### **Objectives and activities**

#### **The charity's objects**

The preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

#### **The charity's main activities**

Healthy Minds is the operating name of Calderdale Wellbeing, a registered Charity based in Halifax and Todmorden. Led by people who have personal experience of emotional distress, Healthy Minds creates opportunities for people to understand and build on their strengths to better achieve what they want from their lives. We work with Calderdale residents from primary school age upwards, raising awareness of emotional wellbeing and providing support through groups, courses and workshops alongside one-to-one support to manage life factors such as welfare rights and employment support.

#### **Public benefit statement**

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

### **Achievements and performance**

#### **Chair's Foreword**

It is some 18 months since I took over chairing Healthy Minds. It has been a privilege to follow Jen Fagan, who has made a massive and unique contribution to the health and wellbeing of the Calderdale population. In the past 18 months we have continued to grow in projects, to expand our offer, welcome new staff and volunteers, welcome new trustees.

During 2019/20 the board has established individual trustee connection with individual projects and has appreciated presentations by projects at the beginning of many of its meetings. We have worked hard on strengthening our governance and, whilst we have more to do on this, we are well-placed to prioritise and promote new developments.

Healthy Minds has responded so impressively to the challenge of covid-19, right at the end of the year covered by this annual report. We have been widely and rightly praised for the ways in which we have rapidly and safely adjusted our service offer, so as to continue to meet the needs of our population. Our ability to do so is, again, testimony to the committed, creative, responsive and caring organisation I found on assuming the chair, in April 2019.

Although this is a report about 2019/20, it is I hope of interest to note that, in 2020/21, we are seeking to make progress on a number of specific initiatives. We want to improve our monitoring and reporting on impact. This is important because we must focus on delivering improved outcomes for the people we serve: having a positive impact, improving health and wellbeing, is at the heart of what we do. Our second initiative is focussed on diversifying our income. We have been successful in gaining grant income, but relying on this alone is risky. We need to have other sources of income, to provide increasing financial security. Our third and fourth initiatives, are being delivered through an inclusion programme, with two main projects: developing and implementing an Equity, Equality, Diversity and Inclusion (EEDI) Strategy; and, confirming Healthy Minds as a Membership organisation.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2020

### Achievements and performance (continued)

#### Chair's Foreword

I want to thank: Jonny and Anne, on whose shoulders is the main burden for preparing this report; Helen, for examining our report and accounts; all trustees for their hard work in overseeing our delivery; all staff, and volunteers, for their untiring work and commitment, creativity and care; all who are connected with Healthy Minds, as founder members or friends; our stakeholders and funders, for the vision that we share and the resources in order to realise our vision; and, above all, for those who use our services, whom it is a privilege to serve. We have had a good year.

I hope you find this report of interest and welcome any comments or observations that you have.

**Paul Hunt**

**Chair of trustees**

[Email: paul@healthymindscalderdale.co.uk](mailto:paul@healthymindscalderdale.co.uk)

#### Chief Officer's Report

Healthy Minds entered 2019-20 with two significant developments:

A new Chair, Paul Hunt, took over from Jenny Fagan, who stepped down for a well-earned rest after founding the organisation and seeing us through our first 10 years, during which over 27,000 people have engaged with our services. Jen remains with us as a trustee and Paul brings with him a wealth of experience, including as a commissioner in the NHS. With a relatively stable financial position this year, Paul's guidance has enabled us to concentrate more on our strategic direction, ensuring that the organisation has the right 'behind the scenes' support for the increasing range and capacity of frontline services.

Healthy Minds was also among ten organisations selected nationally for a GSK / Kings' Fund Impact Award, a national programme that recognises and rewards charities that are "doing excellent work to improve people's health and wellbeing in communities across the UK". Their statement said:

"The judges were impressed with how Healthy Minds works with the local community and the impact of its work. The organisation is led by the people who use its services and it has been able to identify where there are gaps in support.

"As a small charity, Healthy Minds has helped a huge number of people in Calderdale. Its creative response to emerging needs and ability to reach all parts of the community has meant that support is there for people who most need it."

This was welcome recognition in our tenth anniversary year, and testament to the efforts of everyone involved with Healthy Minds as it has developed.

From such positive notes at the beginning of the financial year, 2019-20 ended in extraordinarily challenging circumstances; more on that later. Growing uncertainty in the early months of 2020 meant that we worked with fewer people overall than in the previous year but, nevertheless, during 2019-20, we worked with over 8400 people across all services.

We conducted our first Healthy Minds "census" to give us additional insights about who comes to us for support and what difference this makes. This has provided valuable information to guide our strategic direction and demonstrate impact. The headline results are:

- 80% people reported improvements in such areas as self-worth, coping with life's ups and downs, feeling less isolated, having opportunities and achievable goals, contentment and confidence.
- 95% people felt that Healthy Minds is a vital part of mental health support in Calderdale.

Actions following census results include plans to revive our membership base; 79% people said they would sign up as Healthy Minds members. We have also identified that we could do better to reach a more diverse client group. Whilst there has been some change since we last performed the census in 2018, white, heterosexual women are still by far the predominant client group. As we consider Healthy Minds to be for everyone in Calderdale, this is a priority in our revised strategy.

# **Calderdale Wellbeing**

## **Trustees' report (continued) for the year ended 31 March 2020**

### **Achievements and performance (continued)**

#### **Statement on approach to risk management**

The board takes a strategic approach to identifying, assessing, managing and monitoring major risks. Risks are assessed against strategic objectives. The board maintains and routinely reviews its risk register, and considers, at each board meeting, whether any new and significant risks have been identified. Staff have the opportunity to add risks to the risk register. The board seeks to mitigate risks, in order to ensure delivery of our strategic objectives.

#### **Service activity for 2019-20**

##### **Recovery & Support**

The basis of Healthy Minds' work and ethos, our recovery & support service is now in its second year of National Lottery funding. A thriving programme includes regular peer support and activity groups, and courses and workshops from which people can build their own recovery package according to their individual needs. Over 500 people attended groups, courses and workshops delivered by the Halifax-based recovery and support team.

Our main office in Halifax has become more prominent and recognised, leading to an increase in visitors: a relatively new development for Healthy Minds. This increased demand led to dedicated drop-in sessions so that we can properly receive visitors, and they have proven popular. The Monday drop-in serves as an overspill of Safespace, so that issues arising over the weekend can be followed up, as well as providing information, signposting and a social space that people value as a good way to start the week. 221 people attended the drop-in sessions in this period.

Partnerships and community development have been a growing element of the service this year, with a more geographical approach to reach areas in Calderdale that may have historically been under-served. We have had some presence across the borough and this approach has meant that we can build on that, working with communities and locally-based organisations to understand needs and develop responses.

##### **Todmorden**

The Todmorden project is now in its fourth year. It was instigated to respond to the emotional impact of the floods, but we take a wider view of resilience: if our emotional wellbeing is stronger overall, we are better able to handle adverse life events. The Todmorden team provide advice and information drop-ins, peer support groups, courses and workshops from which people can build their own recovery programme to suit their own needs. The Healthy Minds allotment in Todmorden, operated on land donated by a local resident, is popular and growing (in all senses).

To April 2020, 3346 people have accessed support from the Healthy Minds Todmorden team. Of these, 75% have reported improvements across a number of wellbeing measures: emotional resilience; confidence; having opportunities and goals; being less isolated; and understanding their own mental health needs. The average degree of improvement is 63%.

A crucial aspect of the Todmorden work has been to create a Wellbeing Network, bringing together over 50 community groups and organisations to collaborate on community wellbeing as "everybody's business". This has taken previously disjointed, uncoordinated bits and pieces of good work in the community and encouraged communication and partnerships to form something that is greater than the sum of its parts.

##### **Hebden & Hilltops**

As the localised approach in Todmorden became established and proved its impact, the work was extended into Hebden Bridge, Mytholmroyd and Luddenden (we call it Hebden & Hilltops), with Community Foundation for Calderdale awarding funding for 2 years (ending December 2020). The Hebden & Hilltops team launched in January 2019 and has adapted the localised approach to the needs of communities who have been similarly, but differently, affected by flooding: in Mytholmroyd, for example, rebuilding has caused ongoing disruption for residents and businesses. We were keen to get beyond the perception that Hebden Bridge has a relatively affluent and resourceful population: there is deprivation and inequality in the area, and communities who feel left behind, outside the "Hebden culture". To April 2020, 623 people have accessed support from the Hebden & Hilltops team, through a programme of advice drop-ins, peer support groups, courses and workshops; informal partnerships to strengthen the local offer continue to grow.

# **Calderdale Wellbeing**

## **Trustees' report (continued) for the year ended 31 March 2020**

### **Achievements and performance (continued)**

#### **Safespace**

Offering out-of-hours emotional support, Safespace really hit its stride this year as the service became more established as part of Calderdale's crisis support. There have been almost 1200 contacts from people accessing Safespace as an alternative to NHS crisis and emergency services. People contact Safespace for all sorts of issues: for some, it is a valuable source of support to maintain their emotional wellbeing, knowing they can talk with staff when needed; it has also proved its worth in supporting and safeguarding people who are in crisis and despair.

During this year, we increased Safespace opening from Friday – Sunday evenings to include Monday and Wednesday evenings; this further met demand, and a Monday morning drop-in created another opportunity for contact and following-up from the weekend.

Towards the end of the financial year, as the pandemic lockdown came into force, Calderdale CCG requested that we extend to 7-day opening, to better meet increased demand for emotional support. The existing Safespace team mobilised quickly, and staff from other Healthy Minds services moved their working patterns to take on Safespace shifts. Demand increased rapidly: a 112% increase in one month from March to April. This was challenging for the staff team, and the organisation, but the impressive flexibility and dedication of staff ensured that emotional support remained available when most needed, and as we entered the 2020-21 financial year, Safespace secured a two-year contract for a 7-day service.

#### **Time Out**

Another project that has continued on a forceful trajectory this year, Time Out provides emotional wellbeing education workshops in schools across Calderdale, alongside an activity programme available to all 10-19 year-olds and direct emotional support through targeted courses and drop-in sessions delivered in a number of schools. With an ambitious scope, this is an ever-evolving service and Time Out is now embedded as part of Calderdale's wider offer on children and young people's emotional health and wellbeing: the Open Minds partnership includes other service providers like Barnardo's and the former CAMHS offer. The partnership was successful in obtaining 3-year funding from Dept. of Health, which is some measure of Calderdale's innovative approach to improving children's emotional health. Wider partnerships are a valued element of Time Out and its network, bringing together a wide range of organisations working with children and young people, has 200 members sharing practice and collaborating to generate activities. 4497 children and young people have engaged with Time Out's services during the year, with 95.6 % reporting increased knowledge and confidence (it is worth noting that the remainder felt they already had good knowledge, so didn't report an increase).

#### **Roshani**

Roshani, which brings a culturally-sensitive approach to our recovery and support ethos, was particularly highlighted in our GSK/King's Fund Impact Award as an example of innovative work reaching into the heart of often-excluded communities.

Roshani provides a regular, well-attended women's peer support group and recovery courses, with this feedback typical: "The support group is a great place to go. I enjoy being a member of the group, I find it very informative and the people are very friendly. I have had problems in other groups but felt this group is a great fit for me as it has provision for my cultural issues."

Roshani also links with Time Out, providing culturally-sensitive workshops and drop-ins in schools with a high BAME student cohort.

During this year, the project worker Neelam has also enlisted volunteers to co-develop and deliver training workshops on BAME mental health for other providers, including University of Huddersfield.

With just one part-time project worker, Roshani is a good example of wide impact achieved with modest resources. There is much untapped potential in the "Roshani approach" and this remains an area for development, to better address widely recognised health inequalities in BAME populations.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2020

### Achievements and performance (continued)

#### Money in Mind

Our specialist welfare rights and employment support service works intensively with people for whom emotional distress is a barrier to financial security. The relationship between money and mental health is well-established. Money in Mind works in partnership with Noah's Ark Centre, St. Augustine's Centre and Christians Together Calderdale to assist some of Calderdale's most vulnerable people. Across the partnership, over 3000 people have accessed support this year, with over £2.4 million in problem debt written off, giving people a better chance of a brighter future. Healthy Minds' services in Money in Mind worked with 705 people this year to maximise their income through benefit entitlement and employment opportunities.

#### Core funding

We have been fortunate to be awarded funding for core services from Henry Smith Charity and Lloyds Foundation over three years, which enables us to strengthen the organisation to better support frontline operations. This covers things like administration, premises and management so that project staff can devote more time to what we're all about: delivering support in communities.

As ever, the contribution of volunteers in all aspects of Healthy Minds' work is invaluable and we have continued to develop support and opportunities for people who have personal experience of emotional distress. The experience, insight, time and energy that volunteers bring is beyond measure. We're entering 2020-21 with much to be positive about, including a new peer support service that will work in partnership with NHS mental health crisis services and brings the progress achieved on volunteering to a new level, with a team of trained, supervised volunteer peer supporters working one-to-one with crisis service clients. We look forward to saying more about this in next year's Annual Report.

Of course, 2019-20 ended with us entering lockdown as the Covid-19 pandemic emerged as an unforeseen challenge. Last year's Annual Report (2018-19) opened with this:

*It has been another year of development and growth for Healthy Minds, although with difficult times and periods of uncertainty that have tested our resilience. That we have come through it is testament to the dedication and tenacity of the team, and the organisation as a whole.*

The impact of the pandemic, at the time of writing, continues to test everyone's resilience and gives added resonance to the above statement. Our 2020-21 report will more fully describe that process along with the longer-term consequences for Healthy Minds, those who come to us for support, and the wider community in Calderdale and beyond.

**Jonny Richardson Glenn**  
Chief Officer

#### Financial review

The net income for the year after transfers was £95,029, including net income of £54,834 on unrestricted funds and net income of £40,195 on restricted funds after transfers.

At the time of signing these accounts the charity has been impacted by the global Covid-19 virus. The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.



# **Calderdale Wellbeing**

## **Trustees' report (continued) for the year ended 31 March 2020**

### **Reserves policy**

Healthy Minds Trustees exercise their power to hold income in reserves, in accordance with our constitution, which states:

the Charity has the following powers in order to further the Objects ... To set aside income as a reserve against future expenditure but only in accordance with a written policy about reserves [4(1)(k)] and in line with Charities Commission guidance CC19 (5.2):

Some charities have a power to hold reserves in their governing document – all others can rely on powers implicit in the law. Trustees can use these powers where they are satisfied that to do so is in the best interests of the charity: their charity's reserves policy should reflect their reasoning.

Our policy is that, where possible, project budgets will include a proportionate contribution to reserves; this is stated in budgets submitted in funding applications and in subsequent reports to funders. When the purpose for which grants received has been discharged, any small residual balances may be transferred into reserves, with funders' agreement (implicit or explicit) as grants are finalised or signed-off on acceptance of a final grant report, which includes a detailed breakdown of expenditure showing the contribution to reserves.

'Free' reserves are held to mitigate risks against loss of income or unforeseen adverse events which could mean we need extra flexibility temporarily or longer-term to meet increased demand for services and/or redeploy staff; they might also be used for cash-flow in the event that we expect to receive funds but there is a shortfall between existing and imminent resources.

Once a year the Board will consider the level of reserves that it is prudent for the organisation to hold.

Consideration will be given to redundancy liabilities, lease agreements, cash flow requirements, significant factors and key risks that should be taken into account if the organisation were to close. This will be reviewed annually before the AGM, and agreed as part of the budget setting for the next financial year.

We calculate that the minimum level of reserves that we need to hold is £25,000. The trustees have placed an upper limit on the reserves to be held at 3 months of future budgeted expenditure. This is in the region of £125,000.

The charity's actual free reserves at the year end were £89,348.

### **Funds held as custodian trustee on behalf of others**

Grant income was received from the Bearders Charitable Trust for people to start their own businesses and get back into work. Calderdale Wellbeing acts as an agent in relation to these funds therefore the income and expenditure is excluded from the accounts. Note 10 provides further information in relation to these funds.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2020

### Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees:

Signed..... (Trustee)

Name.....

Date.....

# Calderdale Wellbeing

## Independent examiner's report to the trustees of Calderdale Wellbeing

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 31 March 2020, which are set out on pages 11 to 21.

### Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act.

I confirm that I am qualified to undertake the examination because I am a member of ACCA which is one of the listed bodies.

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

- 1 accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- 2 the accounts do not accord with those records; or
- 3 the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- 4 the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Signed: ..... Name: Helen Galvin

Relevant professional qualification or body: FCCA

Date: .....

### West Yorkshire Community Accounting Service

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

# Calderdale Wellbeing

## Statement of Financial Activities

(including summary income and expenditure account)

for the year ended 31 March 2020

	Notes	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £	2019 Total funds £
<b>Income from:</b>					Restated
Grants and donations	(2)	72,068	545,393	617,461	499,477
Bank interest		788	-	788	237
Other income		31,969	-	31,969	5,445
<b>Total income</b>		<u>104,825</u>	<u>545,393</u>	<u>650,218</u>	<u>505,159</u>
<b>Expenditure on:</b>					
Salaries and NI	(3)	28,553	413,724	442,277	362,823
Telephone and internet		3,693	5,074	8,767	6,123
Travel expenses		28	2,750	2,778	2,610
Venue hire and meeting expenses		137	11,041	11,178	5,935
Support group refreshments		18	2,542	2,560	2,181
Staff expenses		73	743	816	479
Printing and publicity		-	4,260	4,260	2,940
Postage and stationery		986	2,559	3,545	1,175
Legal fees		27	8	35	511
Consultancy fees		-	6,656	6,656	10,266
Independent examination		1,214	586	1,800	1,680
Equipment		1,210	7,872	9,082	4,084
Insurance		1,423	1,150	2,573	2,142
Office rent and service charges		10,709	13,158	23,867	19,894
Building alterations and repairs		2,564	2,355	4,919	2,265
Training		-	716	716	1,873
Website		14	201	215	151
Volunteer expenses		137	4,101	4,238	2,431
IT Support		31	535	566	770
Governance		125	-	125	172
Subscriptions		-	80	80	75
Bank and other charges		266	212	478	249
Utilities		1,090	3,779	4,869	3,161
Partnership working		4	16,212	16,216	16,193
Fundraising expenses		-	-	-	164
CRB checks		562	438	1,000	216
Sessional workers		-	1,573	1,573	840
Monitoring		-	-	-	4,090
<b>Total expenditure</b>		<u>52,864</u>	<u>502,325</u>	<u>555,189</u>	<u>455,493</u>
<b>Net income</b>		<u>51,961</u>	<u>43,068</u>	<u>95,029</u>	<u>49,666</u>
<b>Transfers between funds</b>		<u>2,873</u>	<u>(2,873)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>54,834</u>	<u>40,195</u>	<u>95,029</u>	<u>49,666</u>
<b>Fund balances brought forward</b>		<u>34,514</u>	<u>142,239</u>	<u>176,753</u>	<u>127,087</u>
<b>Fund balances carried forward</b>	(4)	<u>89,348</u>	<u>182,434</u>	<u>271,782</u>	<u>176,753</u>

All incoming resources and resources expended derive from continuing activities.

# Calderdale Wellbeing

## Balance sheet

as at 31 March 2020

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Current assets</b>				Restated
Debtors and prepayments	(5) 5,125	18,851	23,976	12,289
Cash at bank and in hand	(6) 95,152	176,259	271,411	182,734
<b>Total current assets</b>	<u>100,277</u>	<u>195,110</u>	<u>295,387</u>	<u>195,023</u>
<b>Current liabilities:</b>				
<b>amounts falling due within one year</b>				
Creditors and accruals	(7) 10,929	12,676	23,605	18,270
<b>Total current liabilities</b>	<u>10,929</u>	<u>12,676</u>	<u>23,605</u>	<u>18,270</u>
<b>Net assets</b>	<u>89,348</u>	<u>182,434</u>	<u>271,782</u>	<u>176,753</u>
<b>Funds</b>				
Unrestricted funds	89,348	-	89,348	34,514
Restricted funds	-	182,434	182,434	142,239
<b>Total funds</b>	<u>89,348</u>	<u>182,434</u>	<u>271,782</u>	<u>176,753</u>

For the year ending 31 March 2020 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on

Date: .....

Signed: .....

(Trustee)

Name .....

**Calderdale Wellbeing**  
**Statement of cash flows**  
**for the year ended 31 March 2020**

	2020 £	2019 £
<b>Cash flows from operating activities:</b>		
<b>Net cash provided by (used in) operating activities</b>	<u>87,889</u>	<u>44,243</u>
<b>Cash flows from investing activities:</b>		
Dividends and interest	788	237
Purchase of tangible fixed assets	-	-
<b>Net cash provided by (used in) investing activities</b>	<u>788</u>	<u>237</u>
Change in cash and cash equivalents in the reporting period	88,677	41,980
Cash and cash equivalents at the beginning of the reporting period	<u>182,734</u>	<u>140,754</u>
<b>Cash and cash equivalents at the end of the reporting period</b>	<u>271,411</u>	<u>182,734</u>
<b>Reconciliation of net movement in funds to net cash flow from operating activities</b>		
	2020	2019
	£	£
Net movement in funds for the reporting period (as per the statement of financial activities)	95,029	49,666
Adjustments for:		
Depreciation charges	-	-
Other interest receivable and similar income	(788)	(237)
(Increase) / decrease in debtors and prepayments	(11,687)	(5,880)
Increase / (decrease) in creditors and accruals	5,335	694
<b>Net cash provided by (used in) operating activities</b>	<u>87,889</u>	<u>44,243</u>
<b>Analysis of cash and cash equivalents</b>		
	2020	2019
	£	£
Cash in hand	322	111
Notice deposits (less than 30 days)	<u>271,089</u>	<u>182,623</u>
<b>Total cash and cash equivalents</b>	<u>271,411</u>	<u>182,734</u>

# **Calderdale Wellbeing**

## **Notes to the accounts**

### **for the year ended 31 March 2020**

#### **1 Accounting policies**

##### **Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

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

There has been one change to the comparative figures for the previous year. In the previous year's accounts grant income totalling £49,527 had been deferred. This treatment was not in accordance with the Charities SORP FRS102 and the comparative figures for grant income on the SOFA and Deferred income on the Balance sheet have been restated accordingly.

No other changes have been made to the accounts for the previous year.

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

##### **Going concern**

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

##### **Incoming resources**

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

##### **Grants and donations**

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

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Donated goods for resale are valued at the amount actually realised upon their sale.

Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

##### **Expenditure and liabilities**

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

##### **Taxation**

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

# **Calderdale Wellbeing**

## **Notes to the accounts**

### **for the year ended 31 March 2020**

#### **1 Accounting policies continued**

##### **Tangible fixed assets**

Tangible fixed assets costing more than £1,500 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

##### **Pensions**

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

##### **Fund accounting**

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

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

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

##### **Leases**

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.



# Calderdale Wellbeing

## Notes to the accounts continued

### for the year ended 31 March 2020

2 Grants and donations	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £	2019 Total funds £
Community Foundation for Calderdale (CFFC)	-	119,152	119,152	124,597
Calderdale MBC (CMBC)	-	134,902	134,902	140,761
Clinical Commissioning Group (CCG)	-	67,500	67,500	55,400
The Brelms Trust	-	-	-	5,000
Natwest Bank	-	-	-	1
Halifax Opportunities Trust	-	-	-	2,912
National Lottery Community Fund	-	124,654	124,654	118,864
BBC Children in Need	-	9,708	9,708	9,519
Together Housing	-	2,732	2,732	2,843
Santander Foundation	-	-	-	4,355
Co-operative Community Fund	-	8,659	8,659	-
Crookhill Windfarm	-	5,000	5,000	-
Henry Smith	60,000	-	60,000	-
Lloyds TSB	-	33,333	33,333	-
Police and Crime Commissioner for West	-	6,000	6,000	-
Northpoint Wellbeing Ltd	-	30,728	30,728	-
Donations	12,068	3,025	15,093	35,225
	<u>72,068</u>	<u>545,393</u>	<u>617,461</u>	<u>499,477</u>

3 Staff costs and numbers	2020 £	2019 £
Gross salaries	405,201	338,915
Social security costs	23,048	11,963
Employment allowance	(3,000)	(3,000)
Pensions	17,028	14,945
	<u>442,277</u>	<u>362,823</u>

The average number employees during the year was 29.3 (2019: 23.8). There were no employees with emoluments above £60,000.

Defined contribution pension scheme	2020 £	2019 £
Costs of the scheme to the charity for the year	17,028	14,945
Amount of any contributions outstanding at the year end	1,486	2,239

# Calderdale Wellbeing

## Notes to the accounts continued for the year ended 31 March 2020

<b>4 Restricted funds</b>	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
The George A Moore Foundation	79	-	79	-	-
The Brelms Trust	2,649	-	2,649	-	-
CFFC - Flood Relief Fund (1)	1,154	60,075	61,038	(191)	-
Safespace (1)	4,750	-	-	(4,750)	-
CMBC (1)	4,848	36,662	35,009	-	6,501
CMBC (2)	-	75,025	54,367	(236)	20,422
Safespace (2)	2,079	-	2,079	-	-
CCG (1)	29,152	73,500	89,424	-	13,228
CAMHS	876	2,000	2,876	-	-
CMBC (3)	(236)	21,113	20,341	(70)	466
CFFC - Youth Social Action	1,699	-	1,699	-	-
National Lottery Community Fund	56,240	121,242	106,624	(371)	70,489
BBC Children in Need	5,062	9,708	9,110	-	5,660
Santander Foundation	2,551	-	2,551	-	-
Restricted donation	3,674	3,000	814	3,000	8,860
CFFC - Flood Relief Fund (2)	27,663	50,342	65,843	(232)	11,930
Together Housing	-	2,732	2,723	(9)	-
Crookhill Windfarm	-	5,000	4,167	-	833
Todmorden Windfarm	-	4,982	4,956	(14)	12
Co-operative Community Fund	-	8,659	1,190	-	7,469
Northpoint Wellbeing Ltd (1)	-	23,333	15,801	-	7,532
Northpoint Wellbeing Ltd (2)	-	7,395	4,078	-	3,317
CFFC - Hardship	-	1,000	295	-	705
#iwill Fund	-	4,965	653	-	4,312
Todmorden Community Fund	-	1,200	-	-	1,200
Elphin court	-	127	-	-	127
Lloyds TSB	-	33,333	13,962	-	19,371
	<u>142,239</u>	<u>545,393</u>	<u>502,325</u>	<u>(2,873)</u>	<u>182,434</u>

# Calderdale Wellbeing

## Notes to the accounts continued

### for the year ended 31 March 2020

#### 4 Restricted funds continued

Fund name	Purpose of restriction
The George A Moore Foundation	Towards the allotment project.
The Brelms Trust	For the Roshani project.
CFFC - Flood Relief Fund (1)	To run support groups, drop in advice and information, along with education projects in schools, which are all in Todmorden.
Safespace (1)	For out of hours emotional support. The transfer relates to 2018/19 expenditure being coded to unrestricted expenditure rather than this restricted fund.
CMBC (1)	For welfare rights and employment support.
CMBC (2)	For children and young peoples emotional wellbeing.
Safespace (2)	To develop the Safespace.
CCG (1)	To provide mental health recovery and support sessions.
CAMHS	For the provision of school drop-ins.
Northpoint Wellbeing Ltd (2)	Support groups for BME's.
CFFC - Youth Social Action	Training young people to deliver workshops to increase their skills and self confidence.
Big Lottery	To provide a recovery and support service.
BBC Children in Need	For children and young people workshops.
Santander Foundation	For IT Support.
Restricted donation	For the Forum project. The transfer relates to an agreement to move unrestricted funds into this project.
CFFC - Flood Relief Fund (2)	To run support groups, drop in advice and information. Along education projects in schools in the Upper Valley.
Together Housing	For welfare rights and employment support.
Crookhill Windfarm	For local community emotional rights and employment support.
Todmorden Windfarm	Towards salaries for the Money In Mind project.
Co-operative Community Fund	For the Todmorden allotment and outdoor space.
Northpoint Wellbeing Ltd	Towards the Time Out project.
Northpoint Wellbeing Ltd (2)	For parents and carers mental health awareness.
CFFC - Hardship	For people suffering hardship.
#iwill Fund	To help young people get involved in social action.
Todmorden Community Fund	For recovery and support workshops.
Elphin court	To run activities fro the Elphin Court residents group.
Lloyds TSB	For salary costs.

The other transfer figures are in relation to the management charges on the individual projects.

# Calderdale Wellbeing

## Notes to the accounts continued

### for the year ended 31 March 2020

5 Debtors and prepayments	2020	2019
	£	£
Debtors	18,976	7,514
Prepayments	5,000	4,775
	<u>23,976</u>	<u>12,289</u>

6 Cash at bank and in hand	2020	2019
	£	£
Current accounts	3,997	3,299
Saving accounts	267,092	179,324
Cash in hand	322	111
	<u>271,411</u>	<u>182,734</u>

7 Creditors and accruals	2020	2019
	£	£
Creditors	21,805	16,590
Accruals	1,800	1,680
	<u>23,605</u>	<u>18,270</u>

#### 8 Related party transactions

##### Trustee expenses

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

Trustee expenses	2020	2019
	£	£
Total amount paid	983	139
Number of trustees who were paid expenses	3	2
Nature of the expenses	Travel	Travel

##### Trustee remuneration and benefits

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

##### Remuneration and benefits received by key management personnel

The key management personnel of the charity comprises the Chief Executive Officer only. The total employee benefits of the key management personnel of the charity were £43,774 (2019: £42,127).

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

**Calderdale Wellbeing**  
**Notes to the accounts continued**  
**for the year ended 31 March 2020**

**9 Operating leases**

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:

	Telephone	Rent	Photocopier
		£	£
Within one year	2,477	9,500	579
In the second to fifth years inclusive	9,288	-	2,177
Over five years from the balance sheet date	-	-	148
	<u>11,765</u>	<u>9,500</u>	<u>2,904</u>

**10 Funds held for third parties**

	Balance b/f	Incoming	Outgoing	Balance c/f
		£	£	£
Bearder Charitable Trust	<u>2,542</u>	<u>515</u>	<u>490</u>	<u>2,567</u>

## Calderdale Wellbeing

### Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 March 2020

	2020 Unrestricted funds £	2019 Unrestricted funds £	2020 Restricted funds £	2019 Restricted funds £ Restated	2020 Total funds £	2019 Total funds £ Restated
<b>Income</b>						
Grants and donations	72,068	33,610	545,393	465,867	617,461	499,477
Bank interest	788	237	-	-	788	237
Other income	31,969	5,445	-	-	31,969	5,445
<b>Total income</b>	<b>104,825</b>	<b>39,292</b>	<b>545,393</b>	<b>465,867</b>	<b>650,218</b>	<b>505,159</b>
<b>Expenditure</b>						
Salaries and NI	28,553	57,481	413,724	305,342	442,277	362,823
Telephone and internet	3,693	627	5,074	5,496	8,767	6,123
Travel expenses	28	235	2,750	2,375	2,778	2,610
Venue hire and meeting expenses	137	1,039	11,041	4,896	11,178	5,935
Support group refreshments	18	272	2,542	1,909	2,560	2,181
Staff expenses	73	61	743	418	816	479
Printing and publicity	-	521	4,260	2,419	4,260	2,940
Postage and stationery	986	186	2,559	989	3,545	1,175
Legal fees	27	38	8	473	35	511
Consultancy fees	-	-	6,656	10,266	6,656	10,266
Independent examination	1,214	1,033	586	647	1,800	1,680
Equipment	1,210	234	7,872	3,850	9,082	4,084
Insurance	1,423	769	1,150	1,373	2,573	2,142
Office rent and service charges	10,709	2,665	13,158	17,229	23,867	19,894
Building alterations and repairs	2,564	254	2,355	2,011	4,919	2,265
Training	-	316	716	1,557	716	1,873
Website	14	-	201	151	215	151
Volunteer expenses	137	195	4,101	2,236	4,238	2,431
IT Support	31	331	535	439	566	770
Governance	125	-	-	172	125	172
Subscriptions	-	75	80	-	80	75
Bank and other charges	266	95	212	154	478	249
Utilities	1,090	1,633	3,779	1,528	4,869	3,161
Partnership working	4	484	16,212	15,709	16,216	16,193
Fundraising expenses	-	164	-	-	-	164
CRB checks	562	-	438	216	1,000	216
Sessional workers	-	450	1,573	390	1,573	840
Monitoring	-	-	-	4,090	-	4,090
<b>Total expenditure</b>	<b>52,864</b>	<b>69,158</b>	<b>502,325</b>	<b>386,335</b>	<b>555,189</b>	<b>455,493</b>
<b>Net income / (expenditure)</b>	<b>51,961</b>	<b>(29,866)</b>	<b>43,068</b>	<b>79,532</b>	<b>95,029</b>	<b>49,666</b>
<b>Transfers between funds</b>	<b>2,873</b>	<b>36,647</b>	<b>(2,873)</b>	<b>(36,647)</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>54,834</b>	<b>6,781</b>	<b>40,195</b>	<b>42,885</b>	<b>95,029</b>	<b>49,666</b>
<b>Fund balances brought forward</b>	<b>34,514</b>	<b>27,733</b>	<b>142,239</b>	<b>99,354</b>	<b>176,753</b>	<b>127,087</b>
<b>Fund balances carried forward</b>	<b>89,348</b>	<b>34,514</b>	<b>182,434</b>	<b>142,239</b>	<b>271,782</b>	<b>176,753</b>