

# **Calderdale Wellbeing**

Charity number 1132316

A company limited by guarantee number 06828871

## **Annual Report and Financial Statements for the year ended 31 March 2016**



West Yorkshire Community Accounting Service

# **Calderdale Wellbeing**

## **Annual Report and Financial Statements for the year ended 31 March 2016**

<b>Contents</b>	<b>Page</b>
Trustees' report	2 to 9
Examiner's report	10
Statement of financial activities	11
Balance sheet	12
Notes to the accounts	13 to 16

**Prepared by West Yorkshire Community Accounting Service**

# Calderdale Wellbeing

## Trustees' report for the year ended 31 March 2016

### 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:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Jenny Fagan	Chair	
Jo Budgen	Vice-chair	
Freda Davis	Treasurer	
Daniel Redman		
Kate Siobhan		
Laura Able		
Sheila Coll		
Karen Newbigging		
Helen Wright		Resigned - August 2016
Beverley Smith		Appointed August 2015
Liz Broadley		Appointed August 2015
<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>	
Resource Centre	CAF Bank Ltd	
8B Hall Street	25 Kings Hill Avenue	
Halifax	Kings Hill	
HX1 5AY	West Mailing	
	Kent	
	ME19 4JQ	

### 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 2016

### 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

2014-15 saw significant expansion within Healthy Minds which has continued into 2015-16 with further growth and new developments. Services now include:

**Recovery & Support Team** – peer support groups continue to be a popular basis for many people's on-going support needs. We have also responded to demand by increasing activity groups (walking, allotment and yoga groups) as well as condition-based groups (such as depression and bipolar). We continue to deliver on-going training, support and management of a number of volunteer facilitators who all bring their own lived experience to the group space. This serves to exemplify the mutual/peer support and 'recovery' principles underlying how the groups function. Alongside the groups, a programme of recovery courses and workshops has proven successful, enabling people to choose elements to suit their own needs. We have further developed expertise around peer support in collaboration with Mind. Volunteer support has flourished, backed up by a training programme to help develop skills and experience across the project.

**Money in Mind** is a new partnership, incorporating our Welfare Rights Service to assist people to achieve financial and emotional resilience through co-ordinated support on different levels: money management, debt advice, welfare rights advice and representation, employment support, and emotional support, including counselling. The service continues to be in high demand and is often over-subscribed.

**Healthy Minds Forum / MH Recovery Network** – aims to ensure that people who experience mental distress are properly informed, represented and involved in decisions affecting them, particularly with regard to statutory mental health services and Calderdale's overall approach to mental health on a practical and strategic level.

**Open Minds: mental health education project (formerly "Mentality")** – another service in high demand, Open Minds provides workshops in schools and community groups to improve knowledge and tackle stigma around mental health. Now in its fourth year, Open Minds is increasingly integral to Calderdale Public Health's initiatives to promote resilience and early intervention.

**Roshani (Urdu for "Light")** was launched as a pilot project early in 2015, running alongside Open Minds, with a focus on raising awareness and challenging stigma within the Asian community. A resounding success, Roshani is now in its second year and has extended its approach to work with other BME groups.

**Mental Health Matters** – a forum for organisations in Calderdale with an interest in mental health. Healthy Minds convenes this forum, bringing organisations together for information-sharing, best practice and as a direct line of communication with decision-makers in the NHS and Local Authority. This year has seen the forum become established, with a wide membership represented at a local and regional strategic level.

### 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

#### Summary

Healthy Minds (Calderdale Wellbeing) is a user-led organisation working across the Calderdale borough in West Yorkshire to promote positive mental health and recovery for people affected by mental distress. We don't believe that a person should be defined by their mental health problems; they are one aspect of a person's life and we try to help people to identify their own strengths to address behaviours, triggers and life factors that affect them.

Capacity has grown further in the past year and we now have a staff team of 12 (7.8 FTE) across 9 project strands.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### Achievements and performance (continued)

#### Summary (continued)

- We have worked with 211 people across 12 support groups;
- 143 people have completed recovery courses and workshops;
- 355 people participated in Open Minds (mental health awareness & anti-stigma) workshops;
- 398 people participated in Roshani workshops and groups;
- We have worked with 42 volunteers across the whole organisation;
- Welfare Rights Advice Service has dealt with 105 people, many with multiple issues;
- The Employment Support Service has worked with 20 people;
- There were 79 attendances at Healthy Minds Forum meetings (average meeting attendance = 6 people). Forum members engaged with a range of issues nationally and locally;
- In total, we've worked with 1353 people across the whole project.

#### Open Minds: Mental Health Education Project

We reached the end of 3 year Comic Relief funding during this period, having over-performed against targets: 148% participants; 156% workshops; and 333% number of volunteers – figures that reflect the huge demand for mental health awareness and anti-stigma workshops, as well as the commitment of volunteers to share their experience. An average of 90% participants reported increased understanding of mental health, including how many people are affected and the impact of stigma.

Despite this success, and demand, we had a gap in funding towards the end of 2015 and had to stop project delivery. New funding was finally secured through Calderdale CCG's Care Closer to Home initiative, which includes prevention and early intervention among its workstreams – a strong fit for Open Minds. Linking with Public Health in Schools, we've been able to resurrect the project with increased capacity and an ambitious programme taking us into 2016-17.

Among the new developments is a train-the-trainer pilot through which we plan to create a network of Open Minds Approved Trainers, extending the reach of the project far beyond our own staff capacity; this will also, potentially, offer paid sessional work for volunteers who have been integral to the success of Open Minds so far.

#### Recovery & Support

Funded by Calderdale CCG, the Henry Smith Charity and Tudor Trust, the recovery and support team has become well-established, consisting of:

- 2 Recovery & Support project workers;
- A peer support groups worker;
- A volunteer co-ordinator;
- And a Team Leader.

During this period, we continued collaboration with Mind as one of eight projects selected nationally to lead on establishing the peer support model as a meaningful, evidence-based approach that runs through all that we do as new initiatives such as groups, courses and workshops developed.

Our peer support expertise has also led to Healthy Minds being shortlisted for national programmes by the Social Care Institute of Excellence (SCIE) and the NHS Realising the Value project – whilst we weren't selected in the end, being shortlisted against stiff competition is welcome recognition.

#### Support Groups

We now offer 12 peer support groups across Calderdale on a range of issues:

Bipolar support (Todmorden); depression (North Halifax); 3 anxiety & depression groups (Hebden Bridge and Elland and Todmorden); self-harm (Central Halifax); chronic pain (North Halifax); Wellbeing Works (Sowerby Bridge); and a men's group (Central Halifax). There has been expressed need for several new groups and we are developing further partnerships with others in order to provide these, subject to our own capacity needs, thus increasing attendance and expanding our provision.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### Achievements and performance (continued)

#### Support Groups continued

The groups provide a consistent presence. Numbers in groups (anywhere between 4 and 12) are managed effectively to ensure that members are able to get the space they need. The aim is not to get numbers up necessarily, but to be a quality, continuing and supportive presence in people's lives, in order that they can better self-manage and manage their own well-being. It is this continuing presence that undoubtedly provides a longer-term benefit and influence in people's lives.

"I think it's a lifeline. I wish it was every week"

"It doesn't make you feel as bad as if you were at home on your own"

"I think, 'well he's managed to get through a tough time....'"

"It takes me a long time to talk – groups make it easier eventually"

"It's comforting to see familiar faces – people who understand you"

"It's like a base, a focal point"

"It's a place to escape to every week"

"You retain your self-worth"

"It's acceptance of how you feel at any time – nobody judges you"

"No masks here"

"The communication and off-loading is a great thing"

"I've cried many times. I've never cried at funerals and things like that – but I've cried here"

People also told us that they wanted more activity-based groups, rather than groups for particular conditions, and this led to some groups being discontinued: a women's group, postnatal depression support and a Hearing Voices group – this meant we could develop 4 "Activity Groups", giving people the opportunity to improve wellbeing through an allotment, walking, arts, and yoga.

#### Disability Support

In partnership with Noah's Ark Centre & Disability Support Calderdale, this pilot offered mental health support for people with physical disabilities & long-term conditions. Healthy Minds' role in this was to develop an additional peer support group to complement a package that included one-to-one counselling, advice / information and advocacy. Although there was a strongly-identified need for such support, the project struggled to engage people and ended in December 2015. Pilots are all about learning, however, and we have continued to develop support for people with long-term conditions: *Beyond the Pain* was a 7-week course along the lines of our Well Aware programme (see below), with 6 people attending; and a new support group has emerged from this as we enter 2016-17, working alongside Calderdale & Huddersfield Foundation Trust (CHFT)'s Supported Self-Management team.

#### Well Aware recovery courses

The Well Aware course has been co-created by workers and volunteers with lived experience of mental distress. It helps people to explore their own experiences, identifying patterns and triggers and reflecting on their strengths to better understand themselves and find different ways to cope with life's ups and downs. Originally 12-week courses, feedback suggested that the course be re-structured, and now runs as a 6-week course supported by a workshop programme from which people can select those of interest – effectively building their own recovery course. We also offer a condensed "starter" course for 3 weeks, called *Headspace*. During 2015-16, we've run 3 Well Aware courses in Brighouse and Halifax (27 participants), 3 Headspace courses in Mixenden, Elland and Sowerby Bridge (14 participants) and 15 workshops (80 participants). An 8-week yoga and wellbeing course, developed by demand, ran 3 times in Halifax and Sowerby Bridge, with 22 participants; this has since become part of our groups programme.

*"The course was absolutely brilliant ... a very beneficial and valuable course."*

*"I have become massively more confident since beginning the course"*

*"I've found the group sessions have really helped ... energising and empowering...."*

*"I feel optimistic and full of promise ... I am in control of my reality..."*

*"I am more confident in myself ... I can deal with things I couldn't before..."*

*"I rate this course highly, it's helped me through my difficulties in life."*

*"I was a wreck when I first came to this but it has been very supportive and helpful. I leave with a more peaceful state of mind ... many thanks."*

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### Achievements and performance (continued)

#### Well Aware recovery courses (continued)

*"I've gained such an insight and can wear a smile knowing I am not alone..."*

*"Just excellent. A really worthwhile practice for anyone to undertake, not just for folk who feel they have a mental health condition."*

*"The course has been life-changing for me. It has also been challenging, as it made me acknowledge difficulties I was ignoring..."*

*"Thank you for running this course and supporting us on our journey to recovery."*

We've commissioned a Social Return on Investment (SROI) evaluation for recovery and support services, due for completion during 2016, to independently assess the impact of our work.

#### Healthy Minds Forum

Monthly forum meetings give people an opportunity to share experiences, discuss national and regional issues affecting mental health, and have a say in local mental health services. There are two forum meetings each month, one in the evening and one during the day.

The forum is an important avenue for service user consultation, particularly in an economic climate in which statutory services have to find efficiency savings against increased demand – there is no other patient / public involvement opportunity for mental health in Calderdale.

For those who can't attend meetings, for whatever reasons, there is a thriving Facebook community and the monthly Healthy Minds radio show on Phoenix FM continues to attract listeners, as evidenced by a consistent peak in visitors to the Healthy Minds website following each broadcast.

Forum members continue to be involved on a regional level in the Crisis Care Concordat (a national government initiative to improve responses to people in mental health crisis).

#### Money in Mind: Welfare Rights Advice Service & Employment Support

Offering specialist advice, support and representation in relation to benefits for people who have mental health as a primary issue, the welfare rights service is another project in very high demand and often over-subscribed, reflecting the huge impact of welfare reform in mental health.

In partnership with Noah's Ark Centre, which offers debt and money management advice, and Calderdale Carers we've piloted an approach to tackle financial resilience alongside emotional support; we call this *Money in Mind*. In addition to welfare rights advice, this has given us the opportunity to develop specialist employment support (beginning in June 2015), filling a gap in local provision that is not met by any other service.

The welfare rights service has worked with 105 people this year. Whilst issues are mainly around disability benefits (PIP and ESA), cases are usually complex, involving many factors that need to be addressed together to resolve difficulties. Representation at tribunal is a significant part of this work and no other local service offers this degree of support: this year.

The new employment support service helps people to identify personal goals and address the obstacles to achieving these. For some, this might be returning to employment after a prolonged period of mental ill health; some may be in employment but struggling to maintain it due to mental health problems. The service works with each person to develop plans, liaising with employers if necessary, writing CVs, preparing for interviews, exploring volunteering to gain experience and skills, etc. So far the service has supported 20 people, of whom 2 have gained employment, 4 have maintained employment and 7 taken up volunteering roles, with the remainder receiving ongoing support.

*"After feeling completely hopeless, worse than that ... I now feel that I have a team around me and because everything is so complicated it's not only getting help with different bits of it, but having it all understood. You [employment support worker] and Lesley [Noah's Ark debt advisor] and Billy [welfare rights] have been such a help thanks"*

#### Volunteer Support

Volunteers are the lifeblood of Healthy Minds and we are constantly amazed at how much they give, not just in time and dedication but in sharing their experiences with others in order to tackle stigma and engender hope in others.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### Achievements and performance (continued)

#### Volunteer Support (continued)

The volunteer coordinator has become a core role in the organisation, as volunteers could be involved at all levels – in facilitating groups, co-producing courses and workshops, co-delivering Open Minds workshops, writing for the newsletter, leading the organisation as part of the Board - and plenty besides.

For many, volunteering plays an important role in their own recovery, helping to build confidence, self-esteem and feeling that they make a difference to other people; 5 out of the 42 volunteers with whom we've worked during this period have gone on to employment or training.

Volunteers have told us:

*"Healthy Minds has helped me to rebuild my confidence after a terrible period of mental ill health. It has given me opportunities to relearn workshop skills in a supportive environment and feel better about myself as a result."*

*"I'm very much part of the Healthy Minds team ... I am so thankful and appreciate everything you have supported me with in my quest to get better, never thinking that would lead me to working again!"*

The volunteer coordinator has become a core role in the organisation, as volunteers could be involved at all levels – in facilitating groups, co-producing courses and workshops, co-delivering Open Minds workshops, writing for the newsletter, leading the organisation as part of the Board - and plenty besides.

For many, volunteering plays an important role in their own recovery, helping to build confidence, self-esteem and feeling that they make a difference to other people; 5 out of the 42 volunteers with whom we've worked during this period have gone on to employment or training.

Volunteers have told us:

*"Healthy Minds has helped me to rebuild my confidence after a terrible period of mental ill health. It has given me opportunities to relearn workshop skills in a supportive environment and feel better about myself as a result."*

*"I'm very much part of the Healthy Minds team ... I am so thankful and appreciate everything you have supported me with in my quest to get better, never thinking that would lead me to working again!"*

We offer training for volunteers, with 83% rating it as "excellent". Alongside this, we offer a 4-day training course on facilitation in peer support. This has evolved into a dedicated Volunteer Development Programme for 2016-17, with continued funding secured from Tudor Trust; we are exploring accreditation with the Workers Educational Association (WEA).

Sadly, in early March 2016, volunteer Sam Templeman passed away unexpectedly. Sam was a very active volunteer across Healthy Minds' activities since 2013 and his loss as a member of the team has been keenly felt. He was deeply involved in most projects, particularly working closely on development and delivery with Open Minds and the men's support group. Sam was very passionate about Healthy Minds' work – his dedication and enthusiasm inspired the Volunteer Development Programme to embrace volunteers' potential; as such, this is his legacy.

In reporting on significant events during the year, we could not omit paying tribute to this remarkable young man who was a friend, colleague and mentor to so many involved with Healthy Minds.

#### **Roshani: BME mental health education project**

*Roshani* (Urdu for "Light") is an extension of Open Minds, with a specific focus on raising awareness and tackling stigma around mental health in the Asian community, working alongside Women's Activity Centre (WAC) in Park Ward. Historically, efforts to address MH needs in BME communities have unsuccessfully tried to "correct" traditional and cultural beliefs; our approach is to work with cultural beliefs to develop a common understanding and vocabulary around mental health.

Whilst it hasn't all been easy getting *Roshani* started, the project eventually made the right connections and found its feet. Through workshops and community events to promote emotional wellbeing, *Roshani* tapped into a huge unmet need and the response has been enthusiastic: 398 people have participated in workshops (102% against the target), with 98% reporting a better understanding of how to identify problems and maintain their own mental health; 174 people attended community events and 6 volunteers have started training to work on *Roshani*.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### Achievements and performance (continued)

#### **Roshani: BME mental health education project (continued)**

The success of the approach meant that we've been able to secure funding through Community Foundation for Calderdale to further develop the project, providing culturally-sensitive peer support groups and extending into other BME groups, particularly refugees and asylum seekers. Entering its second year, *Roshani* now works in partnership with St. Augustine's Centre.

#### **Developments towards 2016-17**

We continue to strengthen existing partnerships as well as developing new ones. Noah's Ark Centre, in particular, has proven a very compatible and worthwhile partner for Healthy Minds; similarly, St. Augustine's Centre – a relatively new partner – shares much of our approach and ethos and we look forward to building on these collaborations. Informal partnerships also remain strong, particularly through the Mental Health Matters forum.

Our reputation and presence as Calderdale's main voluntary sector mental health provider continues to grow: we have good relationships with commissioners and funders, providing a voice for people who experience mental distress as well as promoting the value of the voluntary sector in the local health economy.

In the coming year we want to establish existing services on a firm footing and ensure that Healthy Minds' work connects more strongly with other providers and strategic priorities such as Calderdale CCG's Care Closer to Home programme.

We're commissioning an external evaluation of our recovery and support work to demonstrate the impact of what we do and produce a Social Return on Investment (SROI) analysis.

Full details and contact information for all services can be found on our website:

[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

#### **Financial review**

The net expenditure for the year was £21,426, including net expenditure of £24,878 on unrestricted funds and net income of £3,452 on restricted funds.

#### **Reserves policy**

The charity's free reserves, excluding fixed assets, at the year end were £21,640.

Our reserves policy is included within our Finance Policy (approved 23.04.2013) with the following wording: The organisation will develop a level of free reserves (i.e. unrestricted funds). These are intended to be set aside for contingencies and to meet the liabilities of the organisation in the event of closure.

It is proposed that in principle we should aim to build up reserves equivalent to 1 month's running costs, along with redundancy costs and any contractual obligations such as phone rental, office rental. The figure will be reviewed annually.

# Calderdale Wellbeing

## Trustees' report (continued) for the year ended 31 March 2016

### 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 (FRSSE)), 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 on the accounts of the charitable company for the year ended 31 March 2016, which are set out on pages 11 to 16.

### Respective responsibilities of the trustees and the examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to examine the accounts under section 145 of the 2011 Act, follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act and state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 386 of the Companies Act 2006; and

to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRSSE)).

have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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 2016

	Notes	2016 Unrestricted funds £	2016 Restricted funds £	2016 Total funds £	2015 Total funds £
<b>Income from:</b>					
Grants and donations	(2)	843	213,424	214,267	103,596
Fees and contract income		3,001	-	3,001	32,289
Bank interest		407	-	407	873
Other income		-	-	-	1,411
<b>Total income</b>		<b>4,251</b>	<b>213,424</b>	<b>217,675</b>	<b>138,169</b>
<b>Expenditure on:</b>					
Salaries and NIC	(3)	19,232	176,320	195,552	171,814
Telephone and internet		412	2,652	3,064	3,100
Travel expenses		1	1,459	1,460	823
Meeting expenses		20	78	98	836
Support group refreshments		84	1,234	1,318	400
Staff expenses		4	375	379	47
Recruitment expenses		-	120	120	-
Printing and publicity		392	1,076	1,468	2,037
Postage and stationery		318	1,272	1,590	2,135
Legal fees		48	516	564	419
Consultancy fees		2,823	69	2,892	558
Creche service		-	-	-	864
Independent examination		210	642	852	744
Equipment		630	1,447	2,077	4,247
Insurance		183	3,206	3,389	1,368
Office rent		1,424	5,045	6,469	6,000
Training		1,550	800	2,350	1,489
Venue hire		1,330	11,214	12,544	10,418
Website		-	51	51	288
Supervision		108	145	253	580
Volunteer expenses		169	1,739	1,908	2,094
IT Support		117	285	402	299
Governance		-	227	227	132
Subscriptions		69	-	69	101
Bank charges		5	-	5	150
Other expenses		-	-	-	7
<b>Total expenditure</b>		<b>29,129</b>	<b>209,972</b>	<b>239,101</b>	<b>210,950</b>
<b>Net (expenditure) / income</b>		<b>(24,878)</b>	<b>3,452</b>	<b>(21,426)</b>	<b>(72,781)</b>
<b>Fund balances brought forward</b>		<b>46,518</b>	<b>92,547</b>	<b>139,065</b>	<b>211,846</b>
<b>Fund balances carried forward</b>	(4)	<b>21,640</b>	<b>95,999</b>	<b>117,639</b>	<b>139,065</b>

All incoming resources and resources expended derive from continuing activities.

# Calderdale Wellbeing

## Balance sheet

as at 31 March 2016

	2016	2016	2016	2015
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Current assets</b>				
Debtors and prepayments	(5) 25	13,090	13,115	25,650
Cash at bank and in hand	(6) 22,795	196,508	219,303	264,709
<b>Total current assets</b>	<u>22,820</u>	<u>209,598</u>	<u>232,418</u>	<u>290,359</u>
<b>Current liabilities:</b>				
<b>amounts falling due within one year</b>				
Creditors and accruals	(7) 1,180	10,832	12,012	7,462
Deferred income	-	102,767	102,767	143,832
<b>Total current liabilities</b>	<u>1,180</u>	<u>113,599</u>	<u>114,779</u>	<u>151,294</u>
<b>Net current assets</b>	<u>21,640</u>	<u>95,999</u>	<u>117,639</u>	<u>139,065</u>
<b>Total assets less current liabilities</b>	<u>21,640</u>	<u>95,999</u>	<u>117,639</u>	<u>139,065</u>
<b>Net assets</b>	<u>21,640</u>	<u>95,999</u>	<u>117,639</u>	<u>139,065</u>
<b>Funds</b>				
Unrestricted funds	21,640	-	21,640	46,518
Restricted funds	-	95,999	95,999	92,547
<b>Total funds</b>	<u>21,640</u>	<u>95,999</u>	<u>117,639</u>	<u>139,065</u>

For the year ending 31 March 2016 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 the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the board of trustees on .....

Signed: .....

(Trustee)

Name .....

# **Calderdale Wellbeing**

## **Notes to the accounts**

### **for the year ended 31 March 2016**

#### **1 Accounting policies**

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

The financial statements have been prepared under the historical cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRSSE)) the Companies Act 2006 and Financial Reporting Standard for Smaller Entities (effective January 2015).

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

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

##### **Incoming resources**

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

##### **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.

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

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

##### **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.

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

Tangible fixed assets costing more than £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 2016**

<b>2 Grants and donations</b>	2016	2016	2016	2015
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
The Tudor Trust	-	30,000	30,000	28,932
Community Foundation for Calderdale (CFFC)	-	6,250	6,250	11,010
Henry Smith	-	14,083	14,083	23,000
Comic Relief	-	-	-	34,800
Mind	-	-	-	5,000
Calderdale MBC (CMBC)	-	6,892	6,892	-
The George A Moore Foundation	-	1,000	1,000	-
Clinical Commissing Group	-	155,199	155,199	-
Donations	843	-	843	854
	<u>843</u>	<u>213,424</u>	<u>214,267</u>	<u>103,596</u>

<b>3 Staff costs and numbers</b>	2016	2015
	£	£
Gross salaries	177,258	157,719
Social security costs	11,431	10,465
Employment allowance	(2,000)	(2,000)
Pensions	8,863	5,630
	<u>195,552</u>	<u>171,814</u>

The average number employees during the year was 12 (2015: 10.8).

There were no employees with emoluments above £60,000.

<b>Defined contribution pension scheme</b>	2016	2015
	£	£
Costs of the scheme to the charity for the year	8,863	5,630
Amount of any contributions outstanding at the year end	1,378	271

<b>4 Restricted funds</b>	Balance b/f	Incoming	Outgoing	Balance c/f
	£	£	£	£
The Tudor Trust (2)	3,961	30,000	28,367	5,595
CFFC - Grants for Health and Well Being	556	-	556	-
CFFC - Grants for Health	516	-	516	-
CFFC - Health Connections Scheme	11,010	6,250	17,260	-
Henry Smith Charity (1)	11,882	-	11,882	-
Comic Relief	16,383	-	16,383	-
Clinical Commissing Group (1)	45,577	143,832	114,947	74,461
Mind	2,662	-	2,662	-
CMBC - Financial Resilience	-	6,892	3,350	3,542
The George A Moore Foundation	-	1,000	222	778
Henry Smith Charity (2)	-	14,083	11,496	2,587
Clinical Commissing Group (2)	-	11,367	2,331	9,036
	<u>92,547</u>	<u>213,424</u>	<u>209,972</u>	<u>95,999</u>

# Calderdale Wellbeing

## Notes to the accounts continued

### for the year ended 31 March 2016

#### 4 Restricted funds continued

Fund name	Purpose of restriction
The Tudor Trust (2)	For volunteer support
CFFC - Grants for Health and Well Being	Towards the setting up of six new mental health support groups
CFFC - Grants for Health	Towards the mental health network
CFFC - Health Connections Scheme	To set up the Roshani project to promote awareness and challenge stigma around mental health in BME communities
Henry Smith Charity (1)	Towards the setting up of six new mental health support groups
Comic Relief	Towards an anti-stigma programme, office costs and the Roshani project
Clinical Commissing Group (1)	To provide mental health recovery and support sessions
Mind	Towards peer support
CMBC - Financial Resilience	For the 'Money In Mind' project
The George A Moore Foundation	Towards the allotment project
Henry Smith Charity (2)	Towards the setting up of six new mental health support groups and peer support
Clinical Commissing Group (2)	For the 'Open Minds Mental Health Education' project

#### 5 Debtors and prepayments

	2016	2015
	£	£
Debtors	13,090	25,650
Prepayments	25	-
	<u>13,115</u>	<u>25,650</u>

#### 6 Cash at bank and in hand

	2016	2015
	£	£
Current accounts	6,152	3,195
Saving accounts	213,054	261,415
Cash in hand	97	99
	<u>219,303</u>	<u>264,709</u>

#### 7 Creditors and accruals

	2016	2015
	£	£
Creditors	11,160	6,718
Accruals	852	744
	<u>12,012</u>	<u>7,462</u>

#### 8 Trustee expenses

During the year 1 trustee was paid a total of £19 in respect of travel (previous year: 1 trustee and £15).

**Calderdale Wellbeing**  
**Notes to the accounts continued**  
**for the year ended 31 March 2016**

**9 Related party transactions**

There were no related party transactions during this or the previous financial year.

**10 Operating leases**

Payments committed to in the next 12 months analysed into those which expire:

	Rent	Photocopier
	£	£
Within 1 year	1,500	-
2 to 5 years	-	360
	<u>1,500</u>	<u>360</u>