



CALDERDALE WELLBEING

**Company Limited by Guarantee
FINANCIAL STATEMENTS**

31 MARCH 2022

Company registration number: 06828871

Charity registration number: 1132316



Spenser Wilson
Chartered Accountants & Business Advisers

**CALDERDALE WELLBEING
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022**

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TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name	Calderdale Wellbeing
Operating name	Healthy Minds
Charity registration number	1132316
Company registration number	06828871
Principal office and registered office	1 King Street Halifax England HX1 1SR
The trustees	Paul Hunt Freda Davis (Resigned 31 May 2022) Jonathan Morrish Jenny Fagan Daniel Redman Lydia Blundell Carla Harrison Lindsay Manning (Resigned 5 October 2021) Naomi Sutcliffe Jonathan Stephen Kate Hallitt (Resigned 5 October 2021) Gemma Edkins (Resigned 5 December 2021) Lynnette Cassidy (Appointed 30 March 2022) David Sharman (Appointed 30 March 2022) Emily Turner (Appointed 30 March 2022)
Auditor	Spenser Wilson Ltd Chartered accountants & statutory auditor Equitable House 55 Pellon Lane Halifax West Yorkshire HX1 5SP
Bankers	CAF Bank 25 Kings Hill Avenue West Malling ME19 4JQ

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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.

Method of recruitment and appointment of trustees

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

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.

Aims and Objectives

Our Vision

People who have lived experience of mental distress are central to the realisation of our vision, which is to improve the mental health of people of all ages in Calderdale and the quality of life of those people who experience poor mental health. We seek to fulfil this by:

- Increasing opportunities, choice and control;
- Raising awareness of mental health & reducing stigma;
- Being an effective and influential voice for mental health in Calderdale.

This is no small ambition. Calderdale has a higher prevalence of mental health needs than nationally; it is a relatively large geographic area with a smaller population than neighbouring areas, presenting a challenge for borough-wide coverage. Calderdale's population is not particularly diverse compared to other areas but that can mean certain communities do not receive the focus required to effectively address inequalities.

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As Calderdale's main voluntary sector organisation with a dedicated mental health focus, Healthy Minds has become a trusted and reputable provider of emotional health and wellbeing services. Healthy Minds' established presence in communities and within the wider system is among our assets. We are well-placed to develop approaches that meet the emotional health and wellbeing needs of people in Calderdale and must ensure that we have the infrastructure and resources to support frontline activity.

We believe in working within a system that respects the expertise of each provider so that people who need support can more readily access it at an appropriate level and in a timely manner. We are increasingly valued as an element of Calderdale's mental health offer, supporting statutory provision and/or as a viable alternative for people who cannot or choose not to engage with statutory provision.

Healthy Minds recognises that clinical, biomedical treatment of mental illness is not the only option. Our approach is focused around empowering and supporting people to manage their own mental health, and live the best lives that they can.

Our approach is person-centred and values the support that people provide for themselves and their peers.

Our work broadly fits within three themes:

- Prevention - reducing stigma and educating people about emotional health;
- Early intervention - timely access to support so that people's needs do not escalate;
- Recovery - helping people develop the resources to achieve and maintain emotional health.

Our 2019-22 strategy identified a number of key management priorities to help develop Healthy Minds as an organisation and safeguard our ability to provide our valued support services:

Priority 1: Healthy Minds to have the financial and organisational structures to ensure sustainability

- Consolidate organisational structure, systems, services and governance to improve efficiency.
- Explore opportunities for income generation that move away from a donor driven model and provide more unrestricted funds in order to increase capacity and flexibility and combat financial volatility and instability.

Priority 2: Healthy Minds to build a high profile organisation in Calderdale to attract users and donors

- Increase brand awareness, raise our business profile and engage (relationship build) with our target audiences through increased use of digital marketing.
- Generate more income through online fundraising and donations.
- Use digital marketing to improve service delivery.

Priority 3: Healthy Minds to visibly demonstrate the impact that it is making to the lives of people in Calderdale

- Publicise the benefits and impact of Healthy Minds' services to attract users and donors.
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- Work closely with the NHS and other public sector organisations to demonstrate that Healthy Minds can, and does, provide solutions which ease the pressure on the increasing demand for public mental health services, particularly around reducing demand for those services and early intervention.
- Use thorough impact assessments to inform decision making within Healthy Minds to ensure that the services we provide meet the needs of the local communities, are in line with national trends and make the best use of available funds.

Priority 4: Healthy Minds to provide services and deliver projects that most effectively meet the needs of the population

- Understand the needs for services and projects through local consultation and analysis of published research to inform decision making.
- Provide services which meet the needs of the local population, mirroring the needs expressed by national and local policy makers where appropriate.

Actions arising from the strategy are set out in our annual Business Plan, linking with the Risk Register, and informing service operational plans.

STRATEGIC REPORT

The following sections for achievements and performance and financial review form the strategic report of the charity.

ACHIEVEMENTS AND PERFORMANCE

This report covers the period from April 2021 to March 2022 inclusive. Last year's report outlined the challenges arising from the Covid-19 pandemic, and we were still very much in the thick of the pandemic for much of this year.

The worldwide population has confronted a uniquely shared experience in the Covid-19 pandemic and its emotional impacts have highlighted how mental health affects us all. To various degrees, everyone has felt fearful, anxious, isolated and destabilised by uncertainty. In the year covered by this report, lockdowns and restrictions to manage infection rates were easing somewhat thanks to a massive vaccination programme and people began adjusting to a "new normal" (and trying to figure out just what that was supposed to mean). By February 2022, UK government guidance set out that we were "living with Covid". Its effects linger, however, for people individually and for society. It has changed things - some for the better - and presented unforeseen challenges that came to bear during the course of this year.

Last year's annual report included this comment, which remains pertinent for this year: "the team's determination, flexibility and ingenuity has seen us through a very tough year but has ensured that people who need it have had access to support."

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Working through delivery challenges and ongoing uncertainty to continue to provide support, this year has had its difficulties. Nevertheless, we've kept services open and introduced additional services through the year that respond to Calderdale's needs.

Across all services, Healthy Minds worked with 4,240 individuals. This is a significant increase on last year (2020-21: 1,123 beneficiaries) and shows the impact of our efforts to reopen the programme as much and as quickly as possible: this year's total is 50% of pre-pandemic activity (2019-20: 8,400 beneficiaries).

Community Emotional Health and Wellbeing Team (EHWB)

Healthy Minds was among the organisations involved in early discussions with NHS England about the Voluntary and Community Sector (VCS) role in mental health transformation (October 2019). In what some might consider a refreshing surprise, the initiative took hold and NHS England launched the national community mental health transformation initiative, with a requirement that the voluntary sector is given greater recognition for what we contribute to the mental health "system". Over several months, our Chief Officer remained involved in developing the regional and local transformation programme with West Yorkshire Health Care Partnership - the regional NHS authority - and Calderdale Clinical Commissioning Groups.

Almost inevitably in a system already under pressure dealing with a pandemic, progress was slowed but the regional bid was approved in February 2021 (against an expected start date of April 2021!). Healthy Minds was selected as Calderdale's main VCS partner in the transformation, to develop a Community Emotional Health and Wellbeing team. Inspired by community health initiatives started in Brazil, this pilot will see workers recruited from the communities in which they work, acting as a point of contact, providing advice, information and support for households. The model is that each worker has a designated 'patch' comprising of 200 households and the team works across Calderdale

In partnership with neighbourhood NHS mental health teams. Healthy Minds will host a team of 10 workers (covering 2000 households). The overall aim is to improve access to mental health support.

With (understandable but frustrating) delays in funds and plans being approved by NHS England, the project got the go-ahead late in 2021. A new Operational Manager, Lisa Dunne, joined us in February 2022 (replacing Peter Boyle who left in November 2021), along with the first of the new Community EHWB workers; recruitment for the rest of the team continued over the following months through several rounds, with the frontline team finally complete in July 2022.

Although we have other services that are connected to the wider mental health system, this marks a significant step-change in our (and the VCS's across West Yorkshire) relationship with the statutory sector. There remain big issues to work through on integration across sectors but this reflects the scale of ambition, and challenge, in achieving true transformation. Next year's annual report will have much more to say about how this service progresses.

Calderdale Cares 4 Us (CC4Us)

We enjoy a good relationship with statutory partners and commissioners and Healthy Minds is a trusted VCS provider. We were invited to host an ambitious programme to provide emotional wellbeing support for public sector workers in Calderdale, in recognition of extraordinary pressures in the pandemic. With £500,000 investment from Calderdale Public Health, Calderdale Cares 4 Us launched in May 2021 with a small project team establishing the offer remarkably quickly: services were available from July.

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Healthy Minds did not directly provide the programme activities; our role was to build a programme delivered by independent practitioners and partner organisations. A lively menu of services offered counselling, yoga and other therapies alongside opportunities for creative activities, physical exercise and more - a total of 4,500 places available; 2,500 hours of activity across 70 services and 50 providers, free to access and available to workers in health, education, Police and Fire Service, as well as VCS staff and volunteers.

Over 1,100 people benefited from CC4Us. 58% had not previously accessed mental health support. 98% reported that their emotional wellbeing had improved (72% a lot; 26% a little); 91% improved resilience (60% a lot; 31% a little); and 95% that they felt more able to manage their wellbeing (64% a lot; 31% a little).

"It came at a period in my life when I felt I might be approaching crisis and this has helped to steer what was deteriorating mental health back on the right track... facilitators were brilliant, really engaging, interesting and very enthusiastic."
(participant from West Yorkshire Police)

The project also gave a boost to practitioners whose businesses had been hit hard by the pandemic. In enabling a flow of clients for funded places, providers reported the project had helped them not just to keep going but to grow:

"I have had access to very high calibre clients who have given me very good testimonials which I will be able to use to build my website and start my online presence and journey. So many thanks."
(provider).

Another provider found that 40% of CC4Us clients had chosen to pay privately to continue attending following their funded places.

Going into the next financial year, we intend to continue to develop the CC4Us offer as a sustainable model (this level of investment was a one-off), given its success and enthusiastic reception.

Link

Another brand-new service in Calderdale, Link is a pilot that aims to address behaviour that leads to frequent use of emergency services such as 999, Accident & Emergency, and NHS crisis services.

Sometimes referred to as "high intensity users", these are people who may contact services several times a day unnecessarily: they can be stuck in a "crisis loop", and the Link team offers more intensive, one-to-one support to understand this, and seek achievable change for that person.

Link works with system partners to ensure a coordinated approach. One example is of a person who regularly self-injured in order to attend A&E. The Link team suggested a more perfunctory approach from the A&E department - for example, not offering a cup of tea - and that person has reduced their A&E visits.

The service started in July 2021 and has worked with 32 people in its first year. This is complex work with people who have sometimes deeply entrenched distress and behaviour. Some people have reduced their 999 ambulance calls by up to 28%; another significantly increased 999 calls, reacting against perceived restrictions. Link has been commissioned for three years so that this approach can be fully

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evaluated on how effectively it diverts people from other services in the long-term. This is another good example of innovative, cross-system working in which VCS organisations like Healthy Minds can provide solutions.

Like Minds: peer support for people in crisis

Our peer support service extends one-to-one support and befriending for people who have come through the NHS Intensive Home-Based Treatment Team (IHBTT, informally known as the "crisis team"). The Like Minds project worker supports and supervises trained volunteer peer supporters who are matched to people referred for around 12 weeks.

Peer support training, for the volunteers and supervisor, has been made available by Health Education England and ImROC. (Implementing Recovery through Organisational Change) Including training, volunteers gave 250 hours to the service.

In its first year, 8 Like Minds peer supporters completed training. The service had 17 referrals.

"In the past, talking to the other services had felt like they were monitoring me. Talking to a Peer Supporter was different, as I could tell she could relate to my experience as she had gone through similar troubles. So having that relationship made it better, as she was not just doing a job, she understood me a lot and so it was a closer relationship. My Peer Supporter gave me ideas from research that she'd done outside the session. I tried some of the ideas I'd been given and she found me courses I could go on. She helped me do the things I felt too down to do myself, which kept encouraging me and helped me to keep trying to get a job and feel hopeful about the future. She was very patient with me and understood when I didn't wake up for appointments and didn't make me feel bad about it ... This is the best mental health service I've used in a long time. It felt like counselling with someone who actually cares. And I start my job on Monday!"

Although Like Minds' development has been hampered by the pandemic, affecting referrals and volunteers' availability, there is confidence in the model and it has been recommissioned for a further two years, expanding its referral criteria beyond IHBTT (Intensive Home Based Treatment Team - (Calderdale) clients to make the service more widely available.

Safespace

As reported last year, although Safespace started in 2018, it has particularly shown its value during the pandemic as an accessible source of out-of-hours support. In response to the first lockdown, Safespace extended to opening every evening through the week and this has continued. It is now completing its first year of a two-year commission from Calderdale CCG as a 7 days per week service.

Safespace has handled 3,013 calls in the year, supporting up to 28 individuals per week; at its peak, the service took 83 calls in one week against an average of around 60. Safespace gives support "in the moment" to keep people safe and avert crisis but a number of people find the consistent presence of the Safespace team fulfils their support needs and contact the service often; one person made over 580 calls as even a brief check-in with Safespace, knowing that they are available, helps that person to feel more secure. 207 individuals have been supported through the year. The main issues presented have been low mood, depression, anxiety and panic; 51 callers felt suicidal. Perhaps unsurprisingly during the pandemic, isolation was the highest-reported social need, and Safespace remains an important means of contact and connection.

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Calderdale has one of the highest suicide rates in the country (15.6 per 100,000 people, significantly higher than national, and regional rates). Access to support is among the contributing factors and something Healthy Minds strives to provide. People presenting at A&E in mental health need has been identified as a significant pressure on the department: these are often inappropriate (people not knowing where else to go) and result in long waiting times in a department already under immense pressure. When the opportunity arose to propose initiatives to reduce mental health demand on A&E, we successfully pitched an idea to place Safespace workers in A&E to divert people, with an offer of immediate access to support.

Safespace in A&E was developed at speed, with at least two workers and a volunteer present in the department from February 2022. Despite the Safespace team's and A&E staff's best efforts, it became apparent that there were several barriers to delivering the service in A&E: a wariness around risk and trust meant that the team saw only one person in the first month. Rather than squander the resource, we agreed to relocate the team at our Halifax premises and open the offer: anyone could now get immediate access to Safespace support in the daytime as well as in evenings. This proved an instant success: from one referral in February, 51 people contacted the service in March. The need was present, but the location was wrong. We have eked out the budget to maintain the service - now called Daytime Safespace - through to September 2022 (outside the scope of this report) and having dedicated capacity has already proven valuable: a simple but effective measure that fulfils our aim to provide better access to emotional support without referral criteria and waiting lists.

Time Out

Our children and young people (CYP) service provides emotional health and wellbeing education sessions in schools alongside a varied programme of activities to help CYP "find their thing" to feel good and stay well.

The delivery model of workshops in schools was inevitably hindered in the earlier part of the year as schools were unable to host sessions: this showed in the first quarter of the year, with fewer sessions than usual. The team had concentrated on reviewing and coproducing new workshop content (see below) and developing holiday activities, which built over the year, both in terms of what the offer and the take-up. Time Out delivered a huge range of free activities - from the physical (boxing, cricket, yoga and dance) to the creative (imaginative writing, cartoons, digital art, theatre sessions) to the fun and fantastical (potion making, cooking, Christmas games, parties in the park). We've made brilliant new partnerships with Outback community garden, Hebden Bridge Arts, Todmorden Book Festival and Woolshops.

We ran a four week project with Hebden Bridge Arts called Underlands, which took the young people on a fungi-related foraging and creative arts adventure, culminating in an exhibition at Gibson Mill in Hardcastle Crag.

Young people tell us they love our activities, but also love the chance to form new friendships outside of school:

"I love coming to Time Out groups. At school, people think I'm weird but I can be myself here and have made lots of friends"
(YP with autism and movement disorder).

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"The activities on offer are brilliant, my kids always have a really good time. My eldest loves that she is allowed to help set up as it makes her feel grown up, useful and responsible. We all recently suffered a traumatic event which left my girls with low self-esteem. My youngest became really withdrawn and her confidence was knocked. She was anxious about attending at first, but absolutely loves Time Out groups and has made lots of new friends. I'm amazed at the difference in her, so thank you."
(parent).

"As a parent, I feel this provision is a brilliant asset to the young people of Calderdale and is very much needed. Sometimes meeting new people and doing a new activity is as meaningful to mental health as talking therapies. My daughter is so much more confident and much better at meeting new people than before she visited Time Out."

While face-to-face school work was not happening, we took the opportunity to coproduce a new workshop based around issues that teachers told us they were encountering in the classroom. Kindness, Friendship & Social Media has gone on to be our most popular workshop, in both primary and high schools. We have also recently coproduced other new workshops: Step up your Self- Esteem, Sleep Superheroes and Resilience.

"It was an amazing lesson", "I learned how to be a better friend", "I never thought about how kindness spreads".

Once schools reopened their doors in September, we were deluged with demand, particularly in primary schools. As well as one-off workshops, we offer six week creative wellbeing courses where young people with particular needs get the chance to work in a small group in a more sustained way, often to transformative effect. These courses are also proving popular in high schools.

"I have learned to be calm when I feel angry and sad."

"I love coming to these sessions, they really help me with my wellbeing too!"
(Teaching Assistant).

From 98 participants in the first quarter of the year, Time Out grew steadily as delivery opened: 241 in quarter 2, rising to 995 in quarter 4. A total of 2,292 CYP engaged with the programme in school workshops and the activity programme. 92% said they had learned something new about mental health.

Time Out is part of the Open Minds Partnership, with Northpoint Wellbeing, Barnardo's and Noah's Ark, together forming Calderdale's mental health offer for CYP.

Roshani

It is well-recognised that many people of Black and Minority Ethnic backgrounds face barriers in accessing mental health support: language barriers and a lack of understanding about mental health stigma in a socio-cultural context mean that, for many, statutory mental health services don't offer what people need. Roshani extends culturally-sensitive emotional support, predominantly to women of South Asian heritage. There is a long way to go in properly addressing this aspect of health inequality but Neelam Singh, the Roshani project worker, is an essential source of support that is not otherwise available to the same extent in Calderdale.

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On just 18 hours per week, funded by Calderdale Council's Stronger Neighbourhoods programme, Neelam supports women individually and in peer support groups, often in distressing situations for which help can be hard to find. The pandemic meant that venues for support groups were closed and have been slow to re-open. Neelam has maintained contact via a WhatsApp group and through one-to-one telephone support, with 12 people supported. Neelam also ran sessions at Himmat Youth Project, with 24 participants, and at an International Women's Day event in March with 30 women attending.

"I came to Roshani Support services at a time where I felt so many other services had not met my needs or were not able to help me in terms of having cultural understanding. The help I received through Roshani enabled me to help myself in terms of fighting against cultural oppression"

"Neelam has helped me a great deal with her support and having cultural knowledge was the key to gaining the right advice for me. I have been under other services for over a year but feel like I made the most progress when I received support through Roshani one to one telephone service"

Welfare Rights

Our specialist welfare rights service advises and supports people with mental health needs, from benefits entitlement through to representation at tribunal; this level of support is unique to Calderdale. Financial stability is recognised as a significant "wider determinant" in mental health. Jane Griffiths joined Billy Durrant in the welfare rights team in November 2020 and has brought much-needed additional capacity to the team. It should be noted, however, that team capacity is just 0.8 full-time equivalent for such an important and successful service.

Through the year, the team worked with 271 people, many with multiple issues. This is often complex and long-term work but the service continues to achieve brilliant results that alleviate distress for people struggling to navigate a fiendishly impenetrable welfare system. Examples include successfully supporting someone to gain a £14,500 back payment and 200% increase in ongoing entitlements.

"I remember at one point at the beginning of the process, before meeting yourself, I was going to give up on the whole thing - fall at a hurdle so to speak and not push on. I knew the impact on my health was going to be too much. Thankfully I found the most qualified person for the job ... there is CAB level knowledge and then there is Billy Durrant level knowledge. I was blown away, from our very first phone call/email, on the level of detail you knew. Due to my somewhat difficult/complex case, a deep level of legal language/case law understanding was required ... I was so lucky to find Healthy Minds - I had never heard of the charity before - what a wonderful service it provides... Sadly a much needed one in today's society."

(Welfare Rights client)

As benefit awards can be over several years, it is difficult to determine exactly the financial gains the welfare rights service has helped people achieve - in this year alone, the figure is at least £899,000. The service is an important element in Calderdale's anti-poverty strategy and has been awarded funding from Calderdale Council for 2022-23 towards project workers' salaries.

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Recovery & Support (R&S)

Last year's report highlighted the precarious funding situation for Recovery & Support, Healthy Minds' central offer that embodies our purpose, delivering peer support groups, workshops and activities that help people achieve and maintain mental health recovery. Sadly, despite its presence in Calderdale's overall mental health offer, and the value it gives to the people engaged with support and the wider system, this remains a service at risk. In anticipation of a challenging year in the charity sector and funding cycles coming to an end (dedicated funding for our Upper Valley services in Todmorden and Hebden Bridge ended in December 2020), we remodelled our service offer to a combined, borough-wide recovery & support service comprising two teams: Upper Calder Valley team comprising of 1 team leader and 2 project workers (one for Todmorden area; one for Hebden area); Halifax team comprising 1 team leader and 1 project worker - total 5 FTE staff. Although this is well under the original capacity, some project workers left Healthy Minds during the pandemic and we haven't replaced them while future funding was uncertain. With small grants and renegotiation with National Lottery Reaching Communities, we pieced together a plan to continue to December 2021 whilst pursuing other avenues.

Throughout this period, we submitted funding applications to the value of £700,000, from which under £75,000 was awarded - this demonstrates the very challenging funding landscape the pandemic created: charities' usual fundraising methods were thwarted, driving more demand on funders; funders had changed their priorities to meet the Covid emergency; all efforts were focussed on getting through the pandemic and other priorities received little attention.

We received £44,412 (March 2021) from Calderdale Public Health for two Calderdale-wide workstreams: mental health support for care home staff; support for vulnerable people coming out of lockdown. These were additional pieces of work, not within the main R&S programme.

Ongoing efforts to highlight the risk to this valuable service with system leaders in Calderdale Council and CCG prompted discussion and a great deal of moral support, recognising the value Recovery & Support brings to Calderdale. CMBC Floods Scrutiny Panel elected members highlighted the strategic risk of losing Healthy Minds' provision in the Upper Calder Valley; Calderdale's Health & Wellbeing Board discussed the matter; Councillors, Council Officers and Calderdale CCG commissioners contemplated commissioning R&S as an essential service; Council officers lent their support for our National Lottery application to continue the service. None of this, however, resulted in the financial support needed in the long-term. With further small grants and fundraising, we were able to extend by a further few months while we sought a longer-term solution.

As this report covers the period ending March 2022, the subsequent closure of the Recovery & Support service will be covered in next year's annual report - by the end of the 21-22 financial year, we remained hopeful that the service could be saved; we announced in July 2022 that we would have to close the service at the end of September 2022.

This should not overshadow Recovery & Support's achievements: in 2021-22, 486 people were supported in a diverse group activity programme, including Coming Out of Lockdown ; Menopause ; LGBTQ+ women; Allotment Groups; Walking Groups; creative activities like arts, crafts and writing; covering such areas as Connectedness and relationships; Anxiety and Depression; Mindfulness and Meditation; Hoarding Group; mood and anger management - the programme is designed around needs expressed by people who come to us for support. Across the programme, there were 3,267 attendances.

We ask people to complete a set of wellbeing measures to show what difference Recovery & Support has made. 75% said they could cope better with life's ups and downs; 56 - 60% reported that their

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confidence, contentment, self-worth, having opportunities and feeling able to achieve goals had improved; 81% said they understood their own mental health needs better. The outstanding difference was on feeling connected and less isolated, with 87% reporting improvement - this was also the case last year, reflecting people's sense of isolation during the pandemic, and that this is something people particularly value about Healthy Minds.

Volunteering

The Healthy Minds team includes our wonderful volunteers, who give their time, energy, insight and experience to help shape and deliver everything we do. Although volunteer activity dropped off due to limited opportunities during lockdowns, once it became possible again 43 volunteers, some long-standing, some new, were involved across the Healthy Minds programme. Through the year we counted around 700 volunteer hours.

Volunteer training and development has been a priority. As mentioned above, Like Minds peer supporters undertook Health Education England and ImROC training specific to their roles. In-house training programmes have reached the stage where volunteers now deliver training to new volunteers.

The closure of Recovery & Support has seen volunteers keen to lead on more activities so that people do not lose support altogether - we are exploring possibilities, and this will be covered in next year's annual report.

Values

As the above examples show, we are increasingly working in partnership with NHS and other services as part of the mental health "system". This is welcome recognition for Healthy Minds, and the VCS more widely, but we must be conscious in these partnerships to retain the qualities and ethos on which our reputation is built.

With this in mind, we undertook an exercise to revisit and refresh our values as an organisation. Healthy Minds staff, volunteers, service users and supporters were involved in the process over several months as we found new ways to articulate what people feel is most important about Healthy Minds, what we represent and how we do things. Having gone through several iterations, the values that underpin Healthy Minds in all aspects are:

- We are a LOCAL, home grown organisation, connected across Calderdale and committed to its communities.
- We aim to build trust by being HONEST, demonstrating that we are a safe organisation.
- We are non-judgemental, we RESPECT people's diversity of experience and strive to be as inclusive and accessible as possible.
- Our process starts with the EMPOWERMENT of people to recognise the choices they can make over their own lives, and continues to be user-led and peer-supported for as long as is required.
- We have the strength of understanding that comes from LIVED EXPERIENCE, enabling us to listen, relate, and meet people as equals.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2022

Core

Our strategic priorities outline that we need the infrastructure in Healthy Minds to support expanding service provision. We've had the opportunity over the past couple of years to strengthen the core team that provides administrative and managerial support to frontline services.

Operational Management Group

We had two Operational Managers for most of this year - Dianne Darby overseeing mostly adult services; Peter Boyle overseeing Time Out and Roshani, as well as core functions. Corrine McDonald also joined us as Project Lead for CC4Us in May. Peter left in November to take the opportunity to move to Scotland. With the new Community Health and Wellbeing Service coming, we determined that additional management capacity to keep pace with growth was needed, and created a new role of Business Development Manager to work on sustainability and systems to support expansion.

Thom Harper joined us as Business Development Manager (BDM) in January 2022, followed in February by Lisa Dunne as Operational Manager for Time Out, Roshani, Volunteering and the Community Health and Wellbeing service.

Marketing and Communications Officer

Georgia Lomax-Thorpe started in this new role in March 2021 - a long-awaited role in Healthy Minds for which the need had been identified but delayed due to the pandemic. With the remit to refresh and bring consistency to our branding - previously, teams had designed their own publicity in and amongst other duties - the difference the role made is apparent from a glance at our website and social media. Georgia was also instrumental in driving the values work, ensuring that we not only have clarity but also reflect what Healthy Minds is, and does, in our external communications.

Community Fundraiser

The marketing recruitment process highlighted the need for a dedicated role to promote and support community fundraising. Lots of people, groups and businesses have been generous with their support for Healthy Minds but we recognised that we could do more to support and acknowledge their generosity. Vicky Garrod took on this role in April 2021 and has been remarkably successful in generating more fundraising through the year, including three runners in the London Marathon raising nearly £4,000. Fundraising and donations through the year reached almost £27,000 - we thank everyone who gave their time and energy to support us.

Finance Team

Ann Dower has been Healthy Minds Finance Officer since 2014 and has valiantly kept on top of a rising number of income streams as well as growing budgets and the challenges that come with a bigger organisation. Administering CC4Us's finances brought the need for additional support and Emma Eckersley joined Ann to form a new finance team.

FINANCIAL REVIEW

Financial review

The net income for the year after transfers was £375,524 including net income of £19,537 on unrestricted funds and net income of £355,987 on restricted funds.

As the activities report shows, the financial position remains challenging for the long-term security of some services but there has also been significant growth within the organisation and income for this and

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2022

next year is over £1 million. The Chief Officer and Board of Trustees maintain Healthy Minds' strategy and risk register which inform the annual business plan and operational plans for services.

Our 2022-25 strategy sets out how we will address volatility by exploring income generation and shift from a reliance on grant funding to building our unrestricted income through community fundraising and membership that is in line with our values. Our priorities on restricted funding are to continue engaging with the health and social care system, as commissioning of VCS services is now set as an expectation by NHS England, and to ensure we have the infrastructure to maintain existing and new service offers.

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 application 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.

Designated reserves are held against reasonably anticipated risks in the forthcoming year such as service closure and the liabilities arising from that; or, in respect of a legacy, to fulfil covenants or expectations attached to the legacy.

Once a year the Board will consider the level of reserves that 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 £33,000. 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 £165,000.

The charity's actual free reserves at the year-end were £132,847.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2022

Funds held as agents on behalf of others

Grant income was received from Bearden's Charitable trust for people to start their own businesses and get back into work. Calderdale Wellbeing act an agent in relation to these funds and therefore the income and expenditure is excluded from the accounts. Note 15 provided further information in relation to these funds.

PLANS FOR FUTURE PERIODS

Next year's annual report will cover the closure of Recovery & Support: a great blow that illustrates the difficult environment in which we operate. Healthy Minds is about overcoming challenges - we aren't entirely at the mercy of forces beyond our control. With the work we've done this year to reinforce our values and identity, and the continued strong performance and value of our services to Calderdale's communities, we can make the most of what we can control.

"The best way to predict the future is to invent it." (Alan Kay)

For 2022-25, we have identified a number of key management priorities which will help develop Healthy Minds as an organisation and safeguard our ability to provide our valued support services:

Priority 1: Healthy Minds to have the financial and organisational structures to ensure sustainability

- Consolidate organisational structure, systems, services and governance to improve efficiency.
- Maintain a "live" Funding Strategy and action plan, identifying funding priorities and strategic actions to:
- Continue to explore income generation opportunities to supplement grant funding and provide more unrestricted funds to increase capacity and flexibility and combat financial volatility and instability.
- Continue to engage with the mental health "system" and opportunities through statutory contracts and commissioning that are in line with our ethos, approach and values.

Priority 2: Healthy Minds to provide services and deliver projects that most effectively meet the needs of the population

- Understand the needs for services and projects through local consultation and analysis of published research.
- Provide services which meet the needs of the local population, particularly people affected by health inequalities, aligning with local, regional and national strategic priorities where appropriate.
- Establish methods of delivery that increase reach and access, including online and telephone provision alongside in-person activities.

Priority 3: Healthy Minds to maintain and further develop quality services with demonstrable impact

- Continue to develop robust processes and tools to capture and analyse, service data and community feedback.
 - Analyse data and carry out periodic reviews to ensure Healthy Minds can evidence how it is growing, developing and achieving its aims.
-

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2022

- Communicate the benefits and impact of Healthy Minds' services on the lives of people in Calderdale.
- Demonstrate that Healthy Minds can, and does, provide solutions which ease demand on public Mental Health services

Priority 4: Healthy Minds to maintain a high profile as a trusted, reputable, influential VCS MH provider in Calderdale

- Maintain a resourced Marketing and Communications plan to:
 - Increase brand awareness and raise our business profile
 - Ensure regular engagement with community as potential service users / supporters
- Develop a representative membership base to demonstrate support and enable ongoing engagement to give people a voice in Healthy Minds and the wider mental health system.
- Continue to establish Healthy Minds as a leading organisation with strategic influence, advocating for the VCSE sector on a local, regional and national level.

Healthy Minds is Calderdale's main VCS mental health provider and, as such, we are involved in strategic discussions locally, regionally and nationally. Our Chief Officer is Calderdale VCS representative on the West Yorkshire Health and Care Partnership Mental Health, Learning Disability and Autism Programme Board, and chairs the West Yorkshire VCS Mental Health Group (part of West Yorkshire Health and Care Partnership governance). As NHS structures are changing to Integrated Care Partnerships in 2022, with greater commitment to the VCS as an equal partner in the system, there are opportunities for Healthy Minds and other VCS organisations to strengthen and further develop services that address community needs.

We enter the 2022-23 financial year facing challenges and opportunities, but with a confident strategy and business plan to strengthen and further develop Healthy Minds for, and with, the people of Calderdale.

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT) *(continued)*

YEAR ENDED 31 MARCH 2022

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting 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 financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

AUDITOR

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The trustees' annual report and the strategic report were approved on 14 December 2022 and signed on behalf of the board of trustees by:

PAUL HUNT

Trustee

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CALDERDALE WELLBEING

YEAR ENDED 31 MARCH 2022

OPINION

We have audited the financial statements of Calderdale Wellbeing (the 'charitable company') for the year ended 31 March 2022 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, 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 FRS 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 2022 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 United Kingdom Generally Accepted Accounting Practice;
- 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 financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CALDERDALE WELLBEING *(continued)*

YEAR ENDED 31 MARCH 2022

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.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company 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:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; 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.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CALDERDALE WELLBEING (continued)

YEAR ENDED 31 MARCH 2022

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes 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 trustees 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 charitable company'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 charity 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:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and other management;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CALDERDALE WELLBEING *(continued)*

YEAR ENDED 31 MARCH 2022

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- inquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with relevant regulators.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

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

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CALDERDALE WELLBEING *(continued)*

YEAR ENDED 31 MARCH 2022

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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Sally Shacklock BA FCA (Senior Statutory Auditor)

For and on behalf of
Spenser Wilson Ltd
Chartered accountants & statutory auditor
Equitable House
55 Pellon Lane
Halifax
West Yorkshire
HX1 5SP

14 December 2022

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2022

			2022		2021
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	24,052	1,101,090	1,125,142	557,506
Charitable activities	6	–	336,462	336,462	178,944
Investment income	7	480	–	480	633
Total income		<u>24,532</u>	<u>1,437,552</u>	<u>1,462,084</u>	<u>737,083</u>
Expenditure					
Expenditure on charitable activities	8,9	6,046	1,080,514	1,086,560	664,669
Total expenditure		<u>6,046</u>	<u>1,080,514</u>	<u>1,086,560</u>	<u>664,669</u>
Net income		<u>18,486</u>	<u>357,038</u>	<u>375,524</u>	<u>72,414</u>
Transfers between funds		1,051	(1,051)	–	–
Net movement in funds		<u>19,537</u>	<u>355,987</u>	<u>375,524</u>	<u>72,414</u>
Reconciliation of funds					
Total funds brought forward		113,310	230,886	344,196	271,782
Total funds carried forward		<u>132,847</u>	<u>586,873</u>	<u>719,720</u>	<u>344,196</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 26 to 38 form part of these financial statements.

CALDERDALE WELLBEING
(Company registration number: 06828871)

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL POSITION

31 MARCH 2022

		2022		2021	
	Note	£	£	£	£
CURRENT ASSETS					
Debtors	16	20,795		119,589	
Cash at bank and in hand		<u>797,550</u>		<u>270,455</u>	
		818,345		390,044	
CREDITORS: amounts falling due within one year	17	<u>98,625</u>		<u>25,848</u>	
NET CURRENT ASSETS			719,720		364,196
TOTAL ASSETS LESS CURRENT LIABILITIES			719,720		364,196
CREDITORS: amounts falling due after more than one year	18		<u>–</u>		<u>20,000</u>
NET ASSETS			719,720		344,196
FUNDS OF THE CHARITY					
Restricted funds			586,873		230,886
Unrestricted funds			132,847		113,310
Total charity funds	21		719,720		344,196

These financial statements were approved by the board of trustees and authorised for issue on 14 December 2022, and are signed on behalf of the board by:

PAUL HUNT
Trustee

The notes on pages 26 to 38 form part of these financial statements.

**CALDERDALE WELLBEING
COMPANY LIMITED BY GUARANTEE
STATEMENT OF CASH FLOWS
YEAR ENDED 31 MARCH 2022**

	2022	2021
	£	£
CASH FLOWS FROM OPERATING ACTIVITIES		
Net income	375,524	72,414
<i>Adjustments for:</i>		
Other interest receivable and similar income	(480)	(633)
Interest payable and similar charges	617	513
Accrued expenses/(income)	(3,410)	20,000
<i>Changes in:</i>		
Trade and other debtors	82,204	(95,613)
Trade and other creditors	72,777	2,244
Cash generated from operations	527,232	(1,075)
Interest paid	(617)	(513)
Interest received	480	633
Net cash from/(used in) operating activities	527,095	(955)
NET INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS	527,095	(955)
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	270,455	271,410
CASH AND CASH EQUIVALENTS AT END OF YEAR	797,550	270,455

The notes on pages 26 to 38 form part of these financial statements.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1. GENERAL INFORMATION

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 1 King Street, Halifax, England, HX1 1SR.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. There are not considered to be any key judgments or estimates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

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

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

3. ACCOUNTING POLICIES *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Tangible fixed assets

Tangible 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.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Financial instruments

The company 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.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

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.

4. LIMITED BY GUARANTEE

The charity is a company limited by guarantee. The members of the company are the Trustees named on page 1. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £10.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

5. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
DONATIONS			
Donations	23,472	2,500	25,972
GIFTS			
Gift aid	153	549	702
GRANTS			
Grants receivable	427	1,098,041	1,098,468
	<u>24,052</u>	<u>1,101,090</u>	<u>1,125,142</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
DONATIONS			
Donations	22,881	20,291	43,172
GIFTS			
Gift aid	2,405	–	2,405
GRANTS			
Grants receivable	54,205	457,724	511,929
	<u>79,491</u>	<u>478,015</u>	<u>557,506</u>

6. CHARITABLE ACTIVITIES

	Restricted Funds £	Total Funds 2022 £	Restricted Funds £	Total Funds 2021 £
Fees and contract income	<u>336,462</u>	<u>336,462</u>	<u>178,944</u>	<u>178,944</u>

7. INVESTMENT INCOME

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	<u>480</u>	<u>480</u>	<u>633</u>	<u>633</u>

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

8. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Charitable activities	2,152	998,237	1,000,389
Support costs	3,894	82,277	86,171
	<u>6,046</u>	<u>1,080,514</u>	<u>1,086,560</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Charitable activities	39,956	558,423	598,379
Support costs	16,984	49,306	66,290
	<u>56,940</u>	<u>607,729</u>	<u>664,669</u>

9. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Charitable activities £	Support costs £	Total funds 2022 £	Total fund 2021 £
Charitable activities	1,000,389	79,674	1,080,063	662,513
Governance costs	–	6,497	6,497	2,156
	<u>1,000,389</u>	<u>86,171</u>	<u>1,086,560</u>	<u>664,669</u>

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

10. ANALYSIS OF SUPPORT COSTS

	Total 2022	Total 2021
	£	£
Premises	39,232	33,029
Communications	14,896	10,939
Human resources	45	654
Finance costs	617	513
Governance costs	6,497	2,156
Staff travel	1,661	397
Printing, stationery and IT costs	11,855	6,259
Office equipment	6,145	9,806
Subscriptions	525	421
Staff training	2,446	1,231
Staff other refreshments	1,011	678
Volunteer expenses	1,241	207
	<u>86,171</u>	<u>66,290</u>

11. AUDITORS REMUNERATION

	2022	2021
	£	£
Fees payable for the audit of the financial statements	<u>3,000</u>	<u>–</u>
Fees payable to the charity's auditor and its associates for other services: Other non-audit services	<u>1,000</u>	<u>–</u>

12. INDEPENDENT EXAMINATION FEES

	2022	2021
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>–</u>	<u>1,980</u>

13. STAFF COSTS

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	670,612	517,176
Social security costs	37,425	30,743
Employer contributions to pension plans	25,884	22,214
	<u>733,921</u>	<u>570,133</u>

The average head count of employees during the year was 40 (2021: 31).

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

13. STAFF COSTS *(continued)*

The average number of full-time equivalent employees during the year is analysed as follows:

	2022	2021
	No.	No.
Management	1	1
Administration	4	3
Team Leaders	6	2
Project worker	17	16
	<u>28</u>	<u>22</u>

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

Key Management Personnel

The key management personnel of the charity is the Chief Executive Office only. The total employee benefits of the key management personnel of the charity were £45,228 (2021 - £43,774)

14. TRUSTEE REMUNERATION AND EXPENSES

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year no trustees were paid any expenses (2021 - £nil)

15. FUNDS HELD FOR THIRD PARTIES

Funds held for Bearder Charitable Trust 2022 £2,052 (2021: £2,567). There were no incoming resources during the year.

16. DEBTORS

	2022	2021
	£	£
Trade debtors	–	80,916
Prepayments and accrued income	20,795	38,673
	<u>20,795</u>	<u>119,589</u>

17. CREDITORS: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	52,563	11,602
Accruals and deferred income	25,762	1,980
Social security and other taxes	14,500	8,736
Other creditors	5,800	3,530
	<u>98,625</u>	<u>25,848</u>

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

18. CREDITORS: amounts falling due after more than one year

	2022	2021
	£	£
Accruals and deferred income	–	20,000

19. DEFERRED INCOME

	2022	2021
	£	£
Amount deferred in year	–	20,000

20. PENSIONS AND OTHER POST RETIREMENT BENEFITS

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £25,884 (2021: £22,214).

21. ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	1 April 2021	Income	Expenditure	Transfers	31 Mar 2022
	£	£	£	£	£
General funds	78,958	24,532	(6,046)	(14,597)	82,847
Designated Fund	34,352	–	–	15,648	50,000
	<u>113,310</u>	<u>24,532</u>	<u>(6,047)</u>	<u>1,051</u>	<u>132,847</u>

	1 April 2020	Income	Expenditure	Transfers	31 Mar 2021
	£	£	£	£	£
General funds	89,348	80,124	(56,940)	(33,574)	78,958
Designated Fund	–	–	–	34,352	34,352
	<u>89,348</u>	<u>80,124</u>	<u>(56,940)</u>	<u>778</u>	<u>113,310</u>

The designated fund is to finance costs in the event of service closure.

Restricted funds

	1 April 2021	Income	Expenditure	Transfers	31 Mar 2022
	£	£	£	£	£
CMBC - fund 2	16,451	76,300	(71,790)	(236)	20,725
CCG – fund 1	38,779	145,998	(140,372)	(300)	44,105
CMBC – fund 3	1,591	24,753	(26,264)	(80)	–
CFFC - Flood Relief Fund – fund 1	13,920	300	(14,220)	–	–

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

National Lottery					
Community Fund	26,622	61,833	(88,295)	(160)	–
BBC Children in Need	8,154	–	(8,154)	–	–
Restricted donation – fund 1	11,819	3,049	(634)	–	14,234
CFFC - Flood Relief Fund - fund 2	25,001	250	(25,251)	–	–
Co-operative Community Fund	4,891	–	(218)	–	4,673
Northpoint Wellbeing Ltd – fund 1	7,672	28,000	(27,372)	–	8,300
CFFC - Hardship	–	1,546	(1,368)	–	178
Todmorden Community Fund	1,200	1,700	(1,200)	–	1,700
Lloyds TSB	14,286	22,111	(35,474)	–	923
Peer Support – fund 1	12,174	25,000	(19,739)	(69)	17,366
Restricted donation – fund 2	17,243	–	–	–	17,243
Upper Calder Valley Peer Support – fund 2	17,425	–	(970)	–	16,455
Flood Support	13,658	–	(13,658)	–	–
Henry Smith	–	60,000	(59,131)	–	869
Advice and information services CMBC	–	17,012	(17,012)	–	–
PH Vulnerable Persons	–	22,206	(9,935)	(103)	12,168
PH Care Home Support	–	22,206	(20,128)	(103)	1,975
Link worker service	–	121,052	(82,571)	–	38,481
Calderdale Cares 4 Us Community transformation	–	425,000	(285,369)	–	139,631
	–	6,000	(6,000)	–	–
Crisis Adult Response	–	28,540	(24,837)	–	3,703
Health Inequalities	–	25,000	–	–	25,000
Emotional Health and Wellbeing	–	160,000	(16,814)	–	143,186
Safe Space A&E Funding	–	38,000	(10,811)	–	27,189
Recovery & Support Drop In	–	4,812	(4,812)	–	–
Suicide Prevention Fund	–	17,084	(17,084)	–	–
R&S CMBC Community Grant	–	3,000	–	–	3,000
CC4Us Healthy Minds Share	–	75,000	(29,421)	–	45,579
Household Support Fund	–	1,800	(1,610)	–	190
	<u>230,886</u>	<u>1,437,552</u>	<u>(1,080,514)</u>	<u>(1,051)</u>	<u>586,873</u>

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

	1 April 2020	Income	Expenditure	Transfers	31 Mar 2021
	£	£	£	£	£
CMBC – fund 1	6,501	32,411	(38,912)	–	–
CMBC – fund 2	20,422	75,000	(78,735)	(236)	16,451
CCG – fund 1	13,228	153,944	(128,392)	–	38,780
CMBC – fund 3	466	21,635	(20,439)	(71)	1,591
CFFC - Flood Relief Fund – fund 1	11,930	57,975	(55,528)	(457)	13,920
National Lottery Community Fund	70,489	61,834	(105,701)	–	26,622
BBC Children in Need	5,660	9,903	(7,409)	–	8,154
Restricted donation – fund 1	8,860	3,018	(59)	–	11,819
CFFC - Flood Relief Fund – fund 2	–	73,748	(48,748)	–	25,000
Crookhill Windfarm	833	–	(833)	–	–
Todmorden Windfarm	12	–	(12)	–	–
Co-operative Community Fund	7,469	530	(3,108)	–	4,891
Northpoint Wellbeing Ltd – fund 1	7,532	28,000	(27,860)	–	7,672
Northpoint Wellbeing Ltd – fund 2	3,317	–	(3,317)	–	–
CFFC - Hardship	705	454	(1,159)	–	–
#iwill Fund	4,312	–	(4,298)	(14)	–
Todmorden Community Fund	1,200	–	–	–	1,200
Elphin Court	127	–	(127)	–	–
Lloyds TSB	19,371	31,426	(36,511)	–	14,286
Peer Support – fund 1	–	25,000	(12,826)	–	12,174
After the Floods	–	6,000	(6,000)	–	–
Restricted donation – fund 2	–	17,243	–	–	17,243
Upper Calder Valley	–	20,000	(20,000)	–	–
Peer Support – fund 2	–	17,425	–	–	17,425
Flood Support	–	13,658	–	–	13,658
HMRC - Coronavirus Job	–	7,755	(7,755)	–	–
	<u>182,434</u>	<u>656,959</u>	<u>(607,729)</u>	<u>(778)</u>	<u>230,886</u>

- CMBC – fund 1 - For welfare rights and employment support.
- CMBC – fund 2 - For children and young people's emotional wellbeing.
- CCG – fund 1 - To provide mental health recovery and support sessions.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

- CMBC – fund 3 - Support groups for BME's.
- CFFC - Flood relief Fund – fund 1 - To run support groups, drop in advice and information, along with education projects in schools, which are all in Todmorden.
- National Lottery Community - To provide a recovery and support service.
- BBC Children in Need - For children and young people workshops.
- Restricted donation – fund 1- For the Forum project.
- CFFC - Flood relief Fund – fund 2 - To run support groups, drop in advice and information. Along education projects in schools in the Upper Valley.
- 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 – fund 1 - Towards the Time Out project.
- Northpoint Wellbeing Ltd – fund 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 from the Elphin Court residents' group.
- Lloyds TSB - For salary costs.
- Peer Support – fund 1 - To deliver one to one peer support in crisis with the home based treatment team.
- After the floods - Towards drop-in sessions from April to September.
- Restricted donation – fund 2 - To spend on children's support for mental health.
- Upper Calder Valley - for emotional health and wellbeing support activities for Upper Valley residents,
- Peer Support – fund 2 Training for volunteers to be peer support workers.
- Flood Support - For emotional health and wellbeing support activities for Upper Valley residents.
- HMRC - Coronavirus Job Retention Scheme - For staff who have been furloughed due to covid-19.
- The other transfer figures are in relation to management charges on the individual projects.

CALDERDALE WELLBEING

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2022

22. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	685,498	132,847	816,191
Creditors less than 1 year	(98,625)	–	(98,625)
Net assets	<u>586,873</u>	<u>132,847</u>	<u>719,720</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current assets	256,734	113,310	370,044
Creditors less than 1 year	(25,848)	–	(25,848)
Net assets	<u>230,886</u>	<u>113,310</u>	<u>344,196</u>

23. ANALYSIS OF CHANGES IN NET DEBT

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	<u>270,455</u>	<u>527,095</u>	<u>797,550</u>

24. OPERATING LEASE COMMITMENTS

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than 1 year	3,043	12,556
Later than 1 year and not later than 5 years	6,334	8,408
	<u>9,377</u>	<u>20,964</u>

25. RELATED PARTIES

There have been no related party transactions in this or the previous period.