

REGISTERED CHARITY NUMBER: SC047372

**Report of the Trustees and
Financial Statements for the Year Ended 31 December 2018
for
The Health and Wellness Hub**



Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

The Health and Wellness Hub

**Contents of the Financial Statements
for the Year Ended 31 December 2018**

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 15

The Health and Wellness Hub

**Reference and Administrative Details
for the Year Ended 31 December 2018**

TRUSTEES

L Samuel (Chairperson)
C Smith
A Murray
C Tobin
J Jeffrey (appointed 26.4.18)
M Docherty (appointed 26.4.18)
H Simmons (appointed 26.4.18)
G Cuthbert (resigned 26.4.18)

PRINCIPAL ADDRESS

Unit 3, 58-60 Albert Street
Motherwell
Lanarkshire
ML1 1PR

REGISTERED CHARITY NUMBER

SC047372

INDEPENDENT EXAMINER

Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

BANKERS

TSB
120 George Street
Edinburgh
EH2 4LH

The Health and Wellness Hub

Report of the Trustees for the Year Ended 31 December 2018

The trustees present their report with the financial statements of the charity for the year ended 31 December 2018. The trustees have adopted the provisions of Accounting and Reporting by Charities: 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) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Why we Exist

The charity was established in 2012 to benefit residents in North Lanarkshire and was set up based on a belief that everyone is of equal importance and that individuals living in North Lanarkshire who feel marginalised in some way, deserve the right to a fair and equal chance to reach their full human potential.

So to address this, we provide intensive support and services, by providing:-

- Weekly health and wellbeing activities in a number of community based centres that are based in areas of North Lanarkshire where multiple deprivation exists.
- Run an intensive Volunteer Development and support programme aimed at individuals who have a number of support needs and are marginalised and disadvantaged in some way (e.g. learning, physical disability, long term health condition, mental health issue etc).

The work we do whilst improving peoples physical and emotional health and improving their life chances, also creates opportunities for individuals to connect and share with each other so that we can create healthy, strong, resilient and empowered communities in which everyone is of equal importance.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

This has been another successful year for The health and Wellness Hub and I would like to share with you some of the Key Successes and Highlights.

Motherwell Community Learning and Development Event - June 2017 - In recognition of our Volunteer Development Programme, we received a Special Award at the Motherwell Community Learning and Development "Celebration of Learning" Event in June 2017.

SCIO status - we were successful in changing the organisations legal status from charity to Scottish Charitable incorporated Organisation. This was formally changed by OSCR in May 2017.

Funding - Year 2 funding through the Big Lottery Medium Grants scheme comes to an end in June 2018 however we were successful in receiving 3 more years funding from this scheme. In November 2017, we also received funding from "National Lottery Awards for All" scheme to run a 1 year project that offers a specialised programme of activities to Motherwell and Bellshill residents.

New Wellness Centre - On 2nd February 2018, we opened the doors to a new Wellness Centre in Motherwell Town Centre. This is a huge step forward for the organisation and our hope is that the location will create an increase in our service users and help more people, whilst offering volunteers the opportunity to further-enhance their skills and employability potential.

The Health and Wellness Hub

**Report of the Trustees
for the Year Ended 31 December 2018**

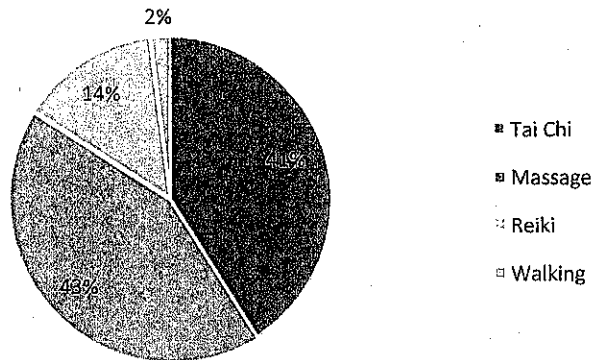
ACHIEVEMENT AND PERFORMANCE

Charitable activities

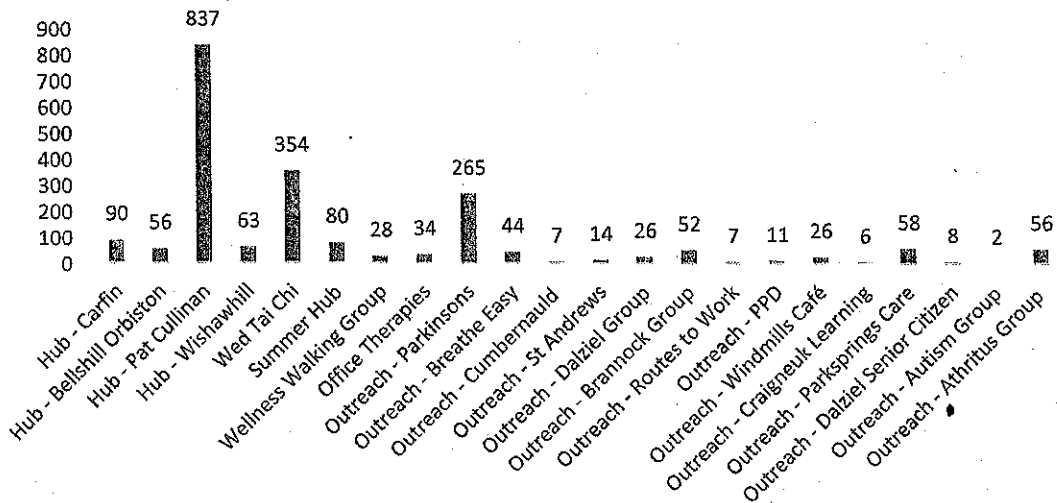
Our Services - In the last year there have been 2124 attendances across our Community Health Hubs and our Social Enterprise work (breakdown below).

From the 2124 attendances, 45% of participants stated that they have a disability and/or long-term health condition.

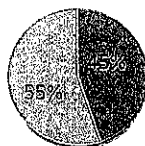
Activities Accessed



Community Health Hubs & Outreach



Disability/Long Term Health Condition



■ Yes ■ No

Service User statement on our services

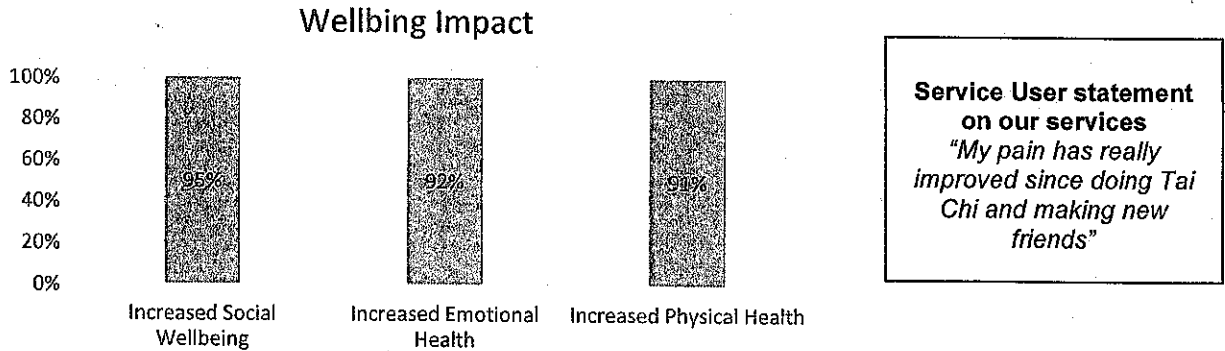
"Yoga has helped my arthritis, I have been told I will not have to take medication for it as long as I continue doing yoga"

The Health and Wellness Hub

**Report of the Trustees
for the Year Ended 31 December 2018**

**ACHIEVEMENT AND PERFORMANCE
Service User Feedback**

We regularly ask for service user feedback on the impact our activities and therapies have on participants wellbeing (social, physical and emotional) This is a snapshot from 2017/2018:



100% of our service users said they would recommend us.

Our Volunteers

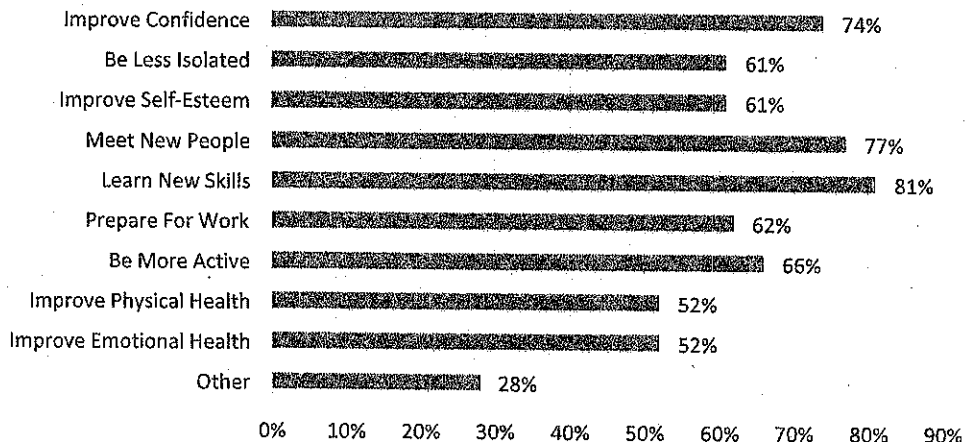
Collectively across all of our services that we deliver, volunteers are providing 86 hours per week in volunteer hours.

During 2017/18, we had 27 volunteers registered with us on our volunteer programme. We have also provided 4 individuals placements through the Scottish Governments, Community Jobs Scotland initiative and in August 2017, we offered employment to one of these individuals.

Over the last year, volunteers have been able to access the following training:-

Induction Training, Swedish Massage, Reiki 1, 2 and Reiki Masters, Indian Head Massage, oncology Massage, Scottish Mental Health First Aid, Manual Handling, First Aid, Autism Awareness Training, Visual Impairment Training, REHIS Healthy Cooking, Elementary Food Hygiene, SQA Volunteering

Alongside accessing training, volunteers have indicated that the programme has benefited them in a number of ways (see table below)



Hub Volunteer - *"I am so much happier than I was before, my depression has gone, and I have been off my anti-depressants for six months now and I no longer need to see my counsellor and occupational therapist"*

The Health and Wellness Hub

Report of the Trustees for the Year Ended 31 December 2018

ACHIEVEMENT AND PERFORMANCE

Closing Comments

The Health and Wellness Hub have been providing an invaluable service within the local community now since August 2012.

The organisation has not only built up a fantastic reputation with local residents but across other third sector and statutory sector services who recognise the value in what the organisation offers.

As already stated, people who access hub services feel better emotionally and physically and that access to regular activity leads to a reduction in isolation. The volunteer Programme further enhances the weekly services and the positive impact this has on people's overall wellbeing is significant. By providing support, mentoring, training and valuable qualifications in an inclusive, encouraging environment is crucial for the organisation as it provides purpose and meaning, allowing individuals to feel valued and empowered, as they are encouraged and supported to flourish and achieve their short and long-term goals.

The journey is not always easy and funding and resources are always an issue but staff and volunteers continue to work tirelessly as they fully believe in what the organisation stands for, so on behalf of all of the board, I would like to take this opportunity to say thank you to all of those who continue to support our work.

FINANCIAL REVIEW

Financial position

The charity generated a net deficit of -£52,782 for the period ended 31 December 2018 (2017: surplus of £12,602). This was largely due to restricted funds of £53,909 held at 31 December 2017 being utilised in the 2018 year.

At balance date reserves stood at £22,728 (2017: £75,510) with £12,802 of these being unrestricted, free reserves (2017: £21,601).

Reserves policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level equivalent to three month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the organisations current activities while consideration is given to ways in which additional funds may be raised.

Based on the accounts for the year ended 31 December 2018, ordinary expenditure for 3 months amounts to £41,041. At balance date, the charity held unrestricted reserves of £12,802. The trustees are aware that this policy is not being met, and they intend to build unrestricted reserves in future through income generation from the Hub. The Trustees took the decision at a Board Meeting to agree to the premises move as we recognise the potential of the now current premises in relation to generating income from sub-letting and the attraction of funders and commissioners alike for a true multi-agency Healthy Living Centre. We used the reserves as an initial outlay for this, notwithstanding our commitment to three months running costs reserves

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

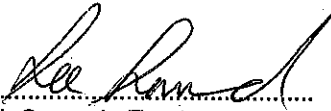
The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 4th May 2017. The charity was previously an unincorporated charity but changed its legal form to a SCIO. The assets of the unincorporated charity were transferred to the SCIO on incorporation.

Key management remuneration

In the opinion of the trustees there is one member of key management, the Director. The total employer costs for this post in 2018 were £30,426

Approved by order of the board of trustees on 25th February 2019 and signed on its behalf by:


.....
L Samuel - Trustee

**Independent Examiner's Report to the Trustees of
The Health and Wellness Hub**

I report on the accounts for the year ended 31 December 2018 set out on pages seven to sixteen.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

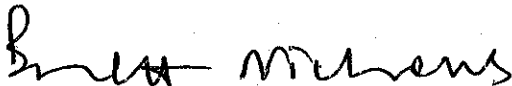
Independent examiner's statement

In the course of 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 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

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.



Brett Nicholls Associates CA (NZ) FCIE
Association of Charity Independent Examiners
Brett Nicholls Associates
63 Ruthven Lane
Glasgow
G12 9BG

Date: 22 March 2019

The Health and Wellness Hub

**Statement of Financial Activities
for the Year Ended 31 December 2018**

	Notes	Unrestricted fund £	Restricted funds £	2018 Total funds £	2017 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	5,717	79,828	85,545	90,825
Other trading activities	3	<u>25,085</u>	<u>-</u>	<u>25,085</u>	<u>62,370</u>
Total		30,802	79,828	110,630	153,195
EXPENDITURE ON					
Charitable activities	4				
Provision of Support Services		<u>43,388</u>	<u>120,024</u>	<u>163,412</u>	<u>140,593</u>
NET INCOME/(EXPENDITURE)		(12,586)	(40,196)	(52,782)	12,602
Transfers between funds	11	<u>3,787</u>	<u>(3,787)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(8,799)	(43,983)	(52,782)	12,602
RECONCILIATION OF FUNDS					
Total funds brought forward		21,601	53,909	75,510	62,908
TOTAL FUNDS CARRIED FORWARD		<u>12,802</u>	<u>9,926</u>	<u>22,728</u>	<u>75,510</u>

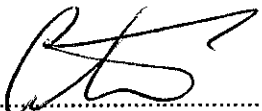
The notes form part of these financial statements

The Health and Wellness Hub

Balance Sheet
At 31 December 2018

	Notes	2018 £	2017 £
CURRENT ASSETS			
Cash at bank and in hand		23,568	75,510
CREDITORS			
Amounts falling due within one year	9	(840)	-
		<u>22,728</u>	<u>75,510</u>
NET CURRENT ASSETS			
		<u>22,728</u>	<u>75,510</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>22,728</u>	<u>75,510</u>
NET ASSETS			
		<u>22,728</u>	<u>75,510</u>
FUNDS			
	11		
Unrestricted funds		12,802	21,601
Restricted funds		<u>9,926</u>	<u>53,909</u>
		<u>22,728</u>	<u>75,510</u>
TOTAL FUNDS			

The financial statements were approved by the Board of Trustees on 25th February 2019 and were signed on its behalf by:


.....
C Smith -Trustee

**Notes to the Financial Statements
for the Year Ended 31 December 2018**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: 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) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

The Health and Wellness Hub

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2018**

2. DONATIONS AND LEGACIES

	2018	2017
	£	£
Donations	598	223
Grants	<u>84,947</u>	<u>90,602</u>
	<u>85,545</u>	<u>90,825</u>

Grants received, included in the above, are as follows:

	2018	2017
	£	£
Big Lottery	40,635	75,002
TimeOut	-	4,600
Awards for All	-	9,000
Foundation Scotland	-	2,000
Voluntary Action North Lanarkshire	14,495	-
Robertson Trust	6,500	-
North Lanarkshire Council	6,235	-
Community Jobs Scotland	14,452	-
Culture NL	<u>2,630</u>	-
	<u>84,947</u>	<u>90,602</u>

3. OTHER TRADING ACTIVITIES

	2018	2017
	£	£
Fundraising events	462	-
Wellness Centre Income	6,925	-
Hub Earned Income	<u>17,698</u>	<u>62,370</u>
	<u>25,085</u>	<u>62,370</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct costs (See note 5)	Totals
	£	£
Provision of Support Services	<u>163,412</u>	<u>163,412</u>

The Health and Wellness Hub

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2018**

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2018	2017
	£	£
Staff costs	86,069	68,224
Accountancy	840	2,389
Bank Charges	-	42
Postage & Stationery	1,442	2,724
Insurance	1,317	864
Payroll Fees	1,015	-
Equipment	673	-
Hall Lets	1,242	18,318
Heat & Light	2,819	1,283
Professional Fees	360	-
Rent	30,930	-
Repairs & Maintenance	4,130	2,979
Staff Training	1,134	1,775
Office Sundries	492	1,646
Time for Us	4,861	-
Telephone	3,719	1,991
Training Events	3,281	3,682
Travel Costs	149	3,467
Tutor Costs	7,383	22,400
Volunteer/Staff Expenses	4,164	8,809
Wellness Centre Expenses	7,392	-
	<u>163,412</u>	<u>140,593</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2018 nor for the year ended 31 December 2017.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2018 nor for the year ended 31 December 2017.

7. STAFF COSTS

	2018	2017
	£	£
Wages and salaries	80,346	68,224
Social security costs	3,689	-
Other pension costs	2,034	-
	<u>86,069</u>	<u>68,224</u>

The average monthly number of employees during the year was as follows:

	2018	2017
Administration	<u>9</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

The Health and Wellness Hub

Notes to the Financial Statements - continued
for the Year Ended 31 December 2018

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	223	90,602	90,825
Other trading activities	<u>62,370</u>	<u>-</u>	<u>62,370</u>
Total	62,593	90,602	153,195
EXPENDITURE ON			
Charitable activities			
Provision of Support Services	<u>51,728</u>	<u>88,865</u>	<u>140,593</u>
Total	51,728	88,865	140,593
NET INCOME/(EXPENDITURE)	10,865	1,737	12,602
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>10,736</u>	<u>52,172</u>	<u>62,908</u>
TOTAL FUNDS CARRIED FORWARD	<u>21,601</u>	<u>53,909</u>	<u>75,510</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Other creditors	<u>840</u>	<u>-</u>

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted funds £	2018 Total funds £	2017 Total funds £
Current assets	13,776	9,792	23,568	75,510
Current liabilities	<u>(974)</u>	<u>134</u>	<u>(840)</u>	<u>-</u>
	<u>12,802</u>	<u>9,926</u>	<u>22,728</u>	<u>75,510</u>

The Health and Wellness Hub

Notes to the Financial Statements - continued
for the Year Ended 31 December 2018

11. MOVEMENT IN FUNDS

	At 1/1/18 £	Net movement in funds £	Transfers between funds £	At 31/12/18 £
Unrestricted funds				
General fund	21,601	(12,586)	3,787	12,802
Restricted funds				
Bellshill TimeOut	133	(129)	(4)	-
Motherwell TimeOut	960	(40)	(920)	-
Foundation Scotland	240	(175)	(65)	-
Awards for All	2,970	(2,970)	-	-
Voluntary Action Fund	-	2,452	-	2,452
Voluntary Action North Lanarkshire	-	1,534	-	1,534
Big Lottery	<u>49,606</u>	<u>(40,868)</u>	<u>(2,798)</u>	<u>5,940</u>
	53,909	(40,196)	(3,787)	9,926
TOTAL FUNDS	<u>75,510</u>	<u>(52,782)</u>	<u>-</u>	<u>22,728</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	30,802	(43,388)	(12,586)
Restricted funds			
Bellshill TimeOut	-	(129)	(129)
Motherwell TimeOut	-	(40)	(40)
Foundation Scotland	-	(175)	(175)
Awards for All	-	(2,970)	(2,970)
Robertson Trust	6,500	(6,500)	-
North Lanarkshire Council	3,746	(3,746)	-
Voluntary Action Fund	7,500	(5,048)	2,452
Voluntary Action North Lanarkshire	6,995	(5,461)	1,534
Community Jobs Scotland	14,452	(14,452)	-
Big Lottery	<u>40,635</u>	<u>(81,503)</u>	<u>(40,868)</u>
	79,828	(120,024)	(40,196)
TOTAL FUNDS	<u>110,630</u>	<u>(163,412)</u>	<u>(52,782)</u>

The Health and Wellness Hub

Notes to the Financial Statements - continued
for the Year Ended 31 December 2018

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/1/17 £	Net movement in funds £	At 31/12/17 £
Unrestricted Funds			
General fund	10,736	10,865	21,601
Restricted Funds			
Bellshill TimeOut	-	133	133
Motherwell TimeOut	-	960	960
Foundation Scotland	-	240	240
Awards for All	-	2,970	2,970
North Lanarkshire Council	1,610	(1,610)	-
Big Lottery	49,122	484	49,606
TimeOut	1,440	(1,440)	-
	52,172	1,737	53,909
TOTAL FUNDS	<u>62,908</u>	<u>12,602</u>	<u>75,510</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,593	(51,728)	10,865
Restricted funds			
Bellshill TimeOut	1,640	(1,507)	133
Motherwell TimeOut	2,960	(2,000)	960
Foundation Scotland	2,000	(1,760)	240
Awards for All	9,000	(6,030)	2,970
Big Lottery	75,002	(74,518)	484
North Lanarkshire Council	-	(1,610)	(1,610)
TimeOut	-	(1,440)	(1,440)
	90,602	(88,865)	1,737
TOTAL FUNDS	<u>153,195</u>	<u>(140,593)</u>	<u>12,602</u>

The Health and Wellness Hub

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2018**

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2018.

13. PURPOSE OF FUNDS

General Fund - The unrestricted, general reserves of the charity.

Big Lottery – Funding towards various salary costs and a proportion of the hub lease.

TimeOut - Funding for carer and cared for social prescription project

Foundation Scotland – Funding towards activities and volunteer expenses.

Awards for All – Funding for the Project Coordinator post.

Robertson Trust – Funding volunteer training & expenses and direct delivery costs

North Lanarkshire Council – Funding for direct activity costs.

Voluntary Action Fund – Funding for Volunteer Coordinator post.

Voluntary Action North Lanarkshire – Funding towards specific activities e.g. Thai Chi, Facilitator training and the Café.

Community Jobs Scotland – Funding for various posts.