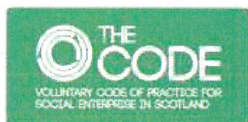




**Report of the Trustees and
Financial Statements for the Year Ended 31
December 2021
for
THE HEALTH AND WELLNESS HUB**



*NLC Provosts Citizenship Award 2021 in Recognition of Outstanding & Dedicated Service to Community
NatWest Social Enterprise top 100 list for 2020
Lanarkshire Business Excellence Awards 2019 Finalist (Community Impact Category)*



The Health and Wellness Hub is a Scottish Charitable Incorporated Organisation (SCIO) No. SC047372

Telephone 01698 262437

Email info@thehealthandwellnesshub.org.uk.

Website www.thehealthandwellnesshub.org.uk

Watson & Company
Oakfield House
378 Brandon Street
Motherwell
NORTH LANARKSHIRE
ML1 1XA

THE HEALTH AND WELLNESS HUB

**Contents of the Financial Statements
for the Year Ended 31 December 2021**

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THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2021

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Background

Established in 2012, The Health and Wellness Hub prides itself on its innovation of engaging service users effectively through providing weekly community-based services within areas of North Lanarkshire that are in the top 10-15% data zones for multiple deprivation (SIMD 2020).

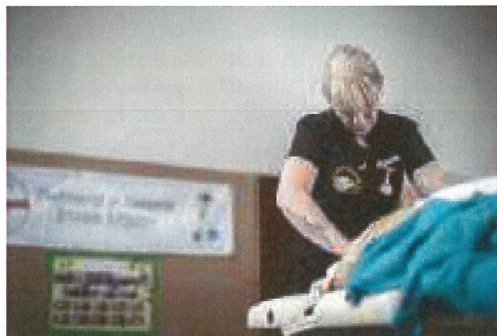
Our aim is to improve the emotional and physical health and wellbeing of local people who are marginalised and disadvantaged by reason of age, ill-health, disability, financial hardship or other disadvantage in North Lanarkshire and by delivering a non-clinical approach to health and wellbeing, we provide a service which is grassroots led and each community based service is led by local people who are part of the organisations award winning volunteer programme. An accredited Living Wage Provider, we have 13 staff, 71% of whom were on the volunteer programme.

Our Vision Statement

"To create a relaxing, welcoming, non-clinical and therapeutic space that works for everyone.

In this safe space, we guide and support people through a holistic process that is healing for body, mind, and soul.

We support people to experience a sense of belonging, which helps them to connect and re-connect with their best self"



THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

When compiling last year's Annual report, we did not think one year on we would remain in a challenging situation. It has proven to be immensely difficult for all businesses to stay afloat in the last year and we are no exception to this in the third sector. That said, our staff and volunteers have reacted to the challenges with their usual passion and determination. We have worked our way through problems that the pandemic has given us and we are still here, ready to help and support local people whose day to day lives have been dramatically affected.

Here are some of the last years highlights:

NLC Provosts Citizenship Award 2021

On 14th May 2021, we were presented with NLC Provosts Citizenship award in recognition of our outstanding & dedicated Service to our Community. The work we do would not be possible without the dedication from staff and volunteers and we would like to thank everyone who voted for us to receive this award.

Funding Update

From July 2020 - June 2021, we have secured the following funding: Tudor Trust, NLC Grant award, NLC Flexible Fund, Garfield Weston, GSK Impact, Community Solutions Locality activity fund (Motherwell and Coatbridge Consortiums) Community Solutions Children and Young People Mental Health & Wellbeing networks "Empowering Clusters" project and various Covid 19 related funds including funding from Corra 'Shift the Power' to develop the "Hub Buddies" Befriending Project which emerged as a need through the pandemic and "Adapt and Thrive" funding to develop new income generation streams as our charity supports the community to recover from the impact of Covid -19.

Update on Community Café

The Community Café has not been open since March 2020, due to Covid but we anticipate that as restrictions continue to lift, we can re-open to members of the public soon.

Update on Shopmobility Service

Shopmobility remains a vital service within the Coatbridge and Motherwell areas. Both sites are operating 9am-4.30pm, Tuesday to Friday and equipment hires have resumed from June 2021. The funding for the service run out in March 2021, so The Health and Wellness Hub are now covering all costs associated with running the service. Although this is a challenge, we are committed in securing other funding so the service can continue running.

Update on work in schools

Our work with both the Motherwell and Airdrie Consortiums has led to our successful involvement in a pilot; The Children and Young People Mental Health and Wellbeing Empowering Clusters (CYPMHW Empowering Clusters) project. The pilot project has involved us engaging with children and young people in 6 Primary and Secondary schools in Airdrie and Motherwell. Groups have taken part in mindfulness sessions, Yoga, Pilates and Tai Chi classes. We are optimistic that this work will develop further with the planned roll out of the project to all school cluster areas in North Lanarkshire.

Community Solutions Update

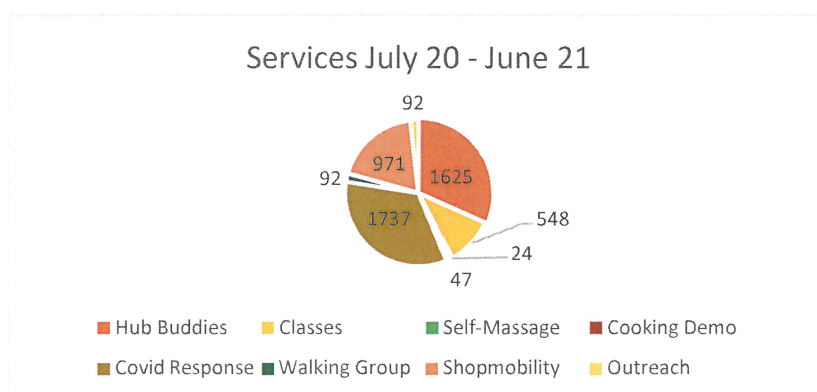
In July 2020, we were successful in being named as the commissioned organisation for the role as Locality Host for the Community Solutions programme in Airdrie. Community Solutions is a pioneering, community led, health and social care investment programme operating across North Lanarkshire focused on building communities where people can have full, independent lives. As locality hosts, we lead a consortium of partners from North Lanarkshire Council, NHS Lanarkshire and the third sector in Airdrie and surrounding villages. The Consortium aims to support other local groups and organisations to identify gaps in services, develop their capacity and deliver new services. In the last 12 months, we have supported the Consortium to award £22,500 to local groups so that they can establish and develop a range of projects. Also, as part of the role, we worked with NLC Financial Inclusion Team to administer the Financial Insecurity Fund. Through this fund, The Health and Wellness Hub were able to distribute £46,600 to 172 households in Motherwell and Airdrie localities.

THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2021

Our Services

In the last 12 months there have been 5136 engagements across all of our services which include our Covid related activities (food packs, wellbeing packs, dog walking, prescription pickups etc) Our "Hub Buddies" Project, outreach/ social enterprise work, our online classes, self-massage and cooking demos and our weekly walking group and Shopmobility service.



Service User Feedback

"My husband has severe depression and there has been no improvement for one year, although he's getting help and support there was no one supporting me. I look forward to my calls as it's a release for me. These calls have really helped me over the last year".

"I have been a registered member of Shopmobility for almost 10 years due to suffering from arthritis and balance issues. These health conditions make it difficult for me to stand for any length of time. The Shopmobility scheme allows me to continue being independent as I can still do my own shopping, go to dentist appointment and go to doctor appointments on my own. Being independent is important for me and if it were not for this service, I would not have this option. I get a taxi to the Shopmobility unit and when I am finished the staff call me a taxi to go home. The service is a godsend, and I really do not know how I would achieve or access the above without the use of the scooters. An invaluable service indeed"

"Ayeshah loving the Wednesday morning class time suits me perfectly, thank so much for the opportunity to attend, Micaela is so nice just like you. Wanted to send this feedback to make you aware of the great service you are fulfilling, it's a lifesaver. Can you also tell Rachel how helpful, thoughtful and patient she has been with me when I have a problem. Keep up your great work Ayeshah"

Future Plans

As stated above, we recently received grant funding from Adapt and Thrive which will allow us to implement some exciting new services over the next 12 months. Some of these plans include expanding our opening times and offering a wider range of wellbeing classes, workshops, training and online services, all of which will be available to the wider community.

Continuation and Development of Partnership working

During the last 12 months, we have continued to build new partnerships and strengthen our existing ones as we all work together to create a shared Covid recovery response which will support local people as best we can.

Closing Comments

To all staff, volunteers, service users, partners and supporters of the Health and Wellness Hub we could not have achieved any of our goals without your valued input. This past year has shown us "Where there's a will there's a way". Thank you again for your dedication, strength and perseverance.

THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2021

FINANCIAL REVIEW

Financial position

The charity generated a net surplus of £121,163 for the year ended 31 December 2021 (2020: £144,518). At balance date reserves stood at £314,672 (2020: £193,509) with £167,635 of these being unrestricted, free reserves (2020: £150,342).

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 2021, ordinary expenditure for 3 months amounts to £77,283. At balance date, the charity held unrestricted reserves of £167,635, therefore the trustees are satisfied that this policy is being met.

Unrestricted funds are expendable at the discretion of the trustees in the furtherance of the objects of the charity. Significant amounts of unrestricted funds are budgeted to cover the cost of salaries and overheads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

We would advertise on social media and through networking meetings. New board members would be voted in at the next board meeting.

In addition when the AGM takes place we re-elect positions available (chair and treasurer) and also re-elect trustees without positions.

Organisational Structure

The charity is governed by a board of trustees and make policy and operational decisions by majority vote.

Key management remuneration

In the opinion of the trustees there is one member of key management, the Manager. The total employer costs for this post in 2021 were £37,357.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

SC047372

Principal address

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

Trustees

L Samuel Chairperson (resigned 22.6.21)
A Donald Chairperson
C Smith
M Docherty Treasurer
A Weir (resigned 4.2.22)

Auditors

Watson & Company
Oakfield House
378 Brandon Street
Motherwell
NORTH LANARKSHIRE
ML1 1XA

THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2021

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland, the Charities and Trustee Investment (Scotland) Act 2005, Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution, requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. 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.

Approved by order of the board of trustees on 6 May 2022 and signed on its behalf by:



.....
A Donald - Trustee

Report of the Independent Auditors to the Trustees of The Health and Wellness Hub

Opinion

We have audited the financial statements of The Health and Wellness Hub (the 'charity') for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 December 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 8 of the Charities Accounts (Scotland) Regulations 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 Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 charity'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.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

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 this gives rise to a material misstatement in the financial statements themselves. 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

**Report of the Independent Auditors to the Trustees of
The Health and Wellness Hub**

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which 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 charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Report of the Independent Auditors to the Trustees of The Health and Wellness Hub

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 a Report of the Independent Auditors 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.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

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

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

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 Report of the Independent Auditors.

**Report of the Independent Auditors to the Trustees of
The Health and Wellness Hub**

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Watson BA CA
Watson & Company
Oakfield House
378 Brandon Street
Motherwell
NORTH LANARKSHIRE
ML1 1XA

Date: 6 May 2022

THE HEALTH AND WELLNESS HUB

**Statement of Financial Activities
for the Year Ended 31 December 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	113,648	331,640	445,288	365,411
Charitable activities					
Provision of Support Services	4	-	-	-	480
Other trading activities	3	83,500	35,058	118,558	129,747
Total		197,148	366,698	563,846	495,638
EXPENDITURE ON					
Raising funds	5	25,000	-	25,000	66,922
Charitable activities					
Provision of Support Services	6	154,855	262,828	417,683	284,198
Total		179,855	262,828	442,683	351,120
NET INCOME		17,293	103,870	121,163	144,518
RECONCILIATION OF FUNDS					
Total funds brought forward		150,342	43,167	193,509	48,991
TOTAL FUNDS CARRIED FORWARD		167,635	147,037	314,672	193,509

The notes form part of these financial statements

THE HEALTH AND WELLNESS HUB

**Balance Sheet
31 December 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	12	841	-	841	4,134
CURRENT ASSETS					
Debtors	13	4,685	-	4,685	-
Cash at bank and in hand		211,122	162,190	373,312	204,884
		215,807	162,190	377,997	204,884
CREDITORS					
Amounts falling due within one year	14	(4,135)	-	(4,135)	(3,843)
NET CURRENT ASSETS		211,672	162,190	373,862	201,041
TOTAL ASSETS LESS CURRENT LIABILITIES		212,513	162,190	374,703	205,175
PROVISIONS FOR LIABILITIES	16	(44,878)	(3,487)	(48,365)	-
ACCRUALS AND DEFERRED INCOME	17	-	(11,666)	(11,666)	(11,666)
NET ASSETS		167,635	147,037	314,672	193,509
FUNDS	18				
Unrestricted funds				167,635	150,342
Restricted funds				147,037	43,167
TOTAL FUNDS				314,672	193,509

The financial statements were approved by the Board of Trustees and authorised for issue on 6 May 2022 and were signed on its behalf by:


A Donald - Trustee

THE HEALTH AND WELLNESS HUB

Cash Flow Statement for the Year Ended 31 December 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	120,063	162,480
Provisions		48,365	-
Net cash provided by operating activities		<u>168,428</u>	<u>162,480</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(7,427)
Net cash provided by/(used in) investing activities		<u>-</u>	<u>(7,427)</u>
Change in cash and cash equivalents in the reporting period		<u>168,428</u>	<u>155,053</u>
Cash and cash equivalents at the beginning of the reporting period		<u>204,884</u>	<u>49,831</u>
Cash and cash equivalents at the end of the reporting period		<u><u>373,312</u></u>	<u><u>204,884</u></u>

The notes form part of these financial statements

THE HEALTH AND WELLNESS HUB

Notes to the Cash Flow Statement for the Year Ended 31 December 2021

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	121,163	144,518
Adjustments for:		
Depreciation charges	3,293	3,293
Increase in debtors	(4,685)	-
Increase in creditors	292	14,669
Net cash provided by operations	<u>120,063</u>	<u>162,480</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.21	Cash flow	At 31.12.21
	£	£	£
Net cash			
Cash at bank and in hand	204,884	168,428	373,312
	<u>204,884</u>	<u>168,428</u>	<u>373,312</u>
Total	<u>204,884</u>	<u>168,428</u>	<u>373,312</u>

The notes form part of these financial statements

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements for the Year Ended 31 December 2021

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 2019)', 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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

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.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Grants	445,288	365,411

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

	2021	2020
	£	£
Other grants	445,288	365,411

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

3. OTHER TRADING ACTIVITIES		2021	2020
		£	£
Hub Earned Income		8,963	3,747
Contracts		101,258	126,000
Rent from sub-letting		8,337	-
		<u>118,558</u>	<u>129,747</u>
 4. INCOME FROM CHARITABLE ACTIVITIES		2021	2020
	Activity	£	£
Grants	Provision of Support Services	-	480
		<u>-</u>	<u>480</u>
 Grants received, included in the above, are as follows:			
		2021	2020
		£	£
		<u>-</u>	<u>-</u>
 5. RAISING FUNDS			
Raising donations and legacies		2021	2020
		£	£
Staff costs		25,000	63,317
Rent		-	3,589
		<u>25,000</u>	<u>66,906</u>
 Other trading activities		2021	2020
		£	£
Café Expenses		-	16
		<u>-</u>	<u>16</u>
Aggregate amounts		<u>25,000</u>	<u>66,922</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Grant funding of activities (see note 7) £	Support costs (see note 8) £	Totals £
Provision of Support Services	385,641	29,000	3,042	417,683

7. GRANTS PAYABLE

	2021 £	2020 £
Provision of Support Services	29,000	50,000

8. SUPPORT COSTS

	Governance costs £
Provision of Support Services	3,042

Support costs, included in the above, are as follows:

Governance costs

	2021 Provision of Support Services £	2020 Total activities £
Auditors' remuneration	1,800	-
Auditors' remuneration for non audit work	1,242	-
Accountancy and legal fees	-	882
	<u>3,042</u>	<u>882</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

10. STAFF COSTS

	2021 £	2020 £
Wages and salaries	223,194	210,553
	<u>223,194</u>	<u>210,553</u>

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

	2021	2020
Administration	13	14

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 2021

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	168,353	197,058	365,411
Charitable activities			
Provision of Support Services	480	-	480
Other trading activities	113,747	16,000	129,747
Total	<u>282,580</u>	<u>213,058</u>	<u>495,638</u>
EXPENDITURE ON			
Raising funds	66,922	-	66,922
Charitable activities			
Provision of Support Services	84,173	200,025	284,198
Total	<u>151,095</u>	<u>200,025</u>	<u>351,120</u>
NET INCOME	<u>131,485</u>	<u>13,033</u>	<u>144,518</u>
Transfers between funds	<u>2,760</u>	<u>(2,760)</u>	<u>-</u>
Net movement in funds	<u>134,245</u>	<u>10,273</u>	<u>144,518</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>16,097</u>	<u>32,894</u>	<u>48,991</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>150,342</u></u>	<u><u>43,167</u></u>	<u><u>193,509</u></u>

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 January 2021 and 31 December 2021	<u>6,026</u>	<u>1,401</u>	<u>7,427</u>
DEPRECIATION			
At 1 January 2021	3,013	280	3,293
Charge for year	<u>3,013</u>	<u>280</u>	<u>3,293</u>
At 31 December 2021	<u>6,026</u>	<u>560</u>	<u>6,586</u>
NET BOOK VALUE			
At 31 December 2021	<u>-</u>	<u>841</u>	<u>841</u>
At 31 December 2020	<u><u>3,013</u></u>	<u><u>1,121</u></u>	<u><u>4,134</u></u>

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2021	2020	
		£	£	
Prepayments and accrued income		4,685	-	
		<u>4,685</u>	<u>-</u>	
14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2021	2020	
		£	£	
Other creditors		4,135	3,843	
		<u>4,135</u>	<u>3,843</u>	
15. LEASING AGREEMENTS				
Minimum lease payments under non-cancellable operating leases fall due as follows:		2021	2020	
		£	£	
Within one year		23,400	23,400	
Between one and five years		15,600	39,000	
		<u>39,000</u>	<u>62,400</u>	
16. PROVISIONS FOR LIABILITIES		2021	2020	
		£	£	
Provisions		48,365	-	
		<u>48,365</u>	<u>-</u>	
17. ACCRUALS AND DEFERRED INCOME		2021	2020	
		£	£	
Accruals and deferred income		11,666	11,666	
		<u>11,666</u>	<u>11,666</u>	
18. MOVEMENT IN FUNDS				
	At 1.1.21	Net movement in funds	Transfers between funds	At 31.12.21
	£	£	£	£
Unrestricted funds				
General fund	101,646	57,595	-	159,241
Shopmobility	44,562	(37,009)	-	7,553
Designated Fixed Asset Fund	4,134	(3,293)	-	841
	<u>150,342</u>	<u>17,293</u>	<u>-</u>	<u>167,635</u>
Restricted funds				
The Robertson Trust	1,144	(1,144)	-	-
Impact Funders	2,452	(2,452)	-	-
Community Solutions managed by VANL	-	20,813	-	20,813
LNER - Empowering Communities	9,000	(9,000)	-	-
Community Solutions - Airdrie Consortium	3,000	3,000	-	6,000
Communities Recovery Fund	10,405	(10,405)	-	-
COVID Response Fund	7,549	(7,549)	-	-
The Tudor Trust	9,617	7,325	-	16,942
NLC Flexible Fund	-	1,749	-	1,749
The Corra Foundation	-	29,969	-	29,969
Financial Insecurity Fund Airdrie	-	(280)	280	-
Financial Insecurity Fund Motherwell	-	280	(280)	-
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	-	2,140	-	2,140
Adapt & Thrive	-	49,692	-	49,692
Awards for All	-	8,800	-	8,800
Life Changes Trust	-	10,932	-	10,932
	<u>43,167</u>	<u>103,870</u>	<u>-</u>	<u>147,037</u>
TOTAL FUNDS	<u>193,509</u>	<u>121,163</u>	<u>-</u>	<u>314,672</u>

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	172,148	(114,553)	57,595
Shopmobility	25,000	(62,009)	(37,009)
Designated Fixed Asset Fund	-	(3,293)	(3,293)
	<u>197,148</u>	<u>(179,855)</u>	<u>17,293</u>
Restricted funds			
The Robertson Trust	-	(1,144)	(1,144)
Impact Funders	-	(2,452)	(2,452)
Community Solutions managed by VANL	32,058	(11,245)	20,813
LNER - Empowering Communities	-	(9,000)	(9,000)
Community Solutions - Airdrie Consortium	3,000	-	3,000
Communities Recovery Fund	31,099	(41,504)	(10,405)
COVID Response Fund	-	(7,549)	(7,549)
The Tudor Trust	42,000	(34,675)	7,325
NLC Flexible Fund	4,347	(2,598)	1,749
The Corra Foundation	98,766	(68,797)	29,969
Financial Insecurity Fund Airdrie	23,800	(24,080)	(280)
Financial Insecurity Fund Motherwell	24,700	(24,420)	280
No One Left Behind	8,234	(8,234)	-
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	9,040	(6,900)	2,140
Adapt & Thrive	65,924	(16,232)	49,692
Awards for All	8,800	-	8,800
Life Changes Trust	14,930	(3,998)	10,932
	<u>366,698</u>	<u>(262,828)</u>	<u>103,870</u>
TOTAL FUNDS	<u><u>563,846</u></u>	<u><u>(442,683)</u></u>	<u><u>121,163</u></u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	3,696	101,465	(3,515)	101,646
Shopmobility	12,401	33,313	(1,152)	44,562
Designated Fixed Asset Fund	-	(3,293)	7,427	4,134
	16,097	131,485	2,760	150,342
Restricted funds				
The Robertson Trust	2,132	(988)	-	1,144
Impact Funders	2,452	-	-	2,452
Community Solutions managed by VANL	134	(134)	-	-
The National Lottery Community Fund	4,535	(4,535)	-	-
Community Solutions - Motherwell Consortium	1,520	(1,520)	-	-
Community Solutions - Coatbridge Consortium	4,500	(1,740)	(2,760)	-
HRU	16,875	(16,875)	-	-
Wesleyan Foundation	746	(746)	-	-
LNER - Empowering Communities	-	9,000	-	9,000
Community Solutions - Airdrie Consortium	-	3,000	-	3,000
Communities Recovery Fund	-	10,405	-	10,405
COVID Response Fund	-	7,549	-	7,549
The Tudor Trust	-	9,617	-	9,617
	32,894	13,033	(2,760)	43,167
TOTAL FUNDS	48,991	144,518	-	193,509

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	181,926	(80,461)	101,465
Shopmobility	100,654	(67,341)	33,313
Designated Fixed Asset Fund	-	(3,293)	(3,293)
	<u>282,580</u>	<u>(151,095)</u>	<u>131,485</u>
Restricted funds			
The Robertson Trust	6,500	(7,488)	(988)
Impact Funders	9,900	(9,900)	-
Community Solutions managed by VANL	3,000	(3,134)	(134)
The National Lottery Community Fund	70,664	(75,199)	(4,535)
Community Solutions - Motherwell Consortium	-	(1,520)	(1,520)
Community Solutions - Coatbridge Consortium	-	(1,740)	(1,740)
HRU	-	(16,875)	(16,875)
Wesleyan Foundation	-	(746)	(746)
Scottish Government Supporting Communities Fund	50,000	(50,000)	-
LNER - Empowering Communities	9,000	-	9,000
Community Solutions - Airdrie Consortium	13,000	(10,000)	3,000
Wellbeing Fund	2,000	(2,000)	-
Communities Recovery Fund	11,569	(1,164)	10,405
COVID Response Fund	9,091	(1,542)	7,549
The Tudor Trust	28,334	(18,717)	9,617
	<u>213,058</u>	<u>(200,025)</u>	<u>13,033</u>
TOTAL FUNDS	<u>495,638</u>	<u>(351,120)</u>	<u>144,518</u>

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	3,696	159,060	(3,515)	159,241
Shopmobility	12,401	(3,696)	(1,152)	7,553
Designated Fixed Asset Fund	-	(6,586)	7,427	841
	<u>16,097</u>	<u>148,778</u>	<u>2,760</u>	<u>167,635</u>
Restricted funds				
The Robertson Trust	2,132	(2,132)	-	-
Impact Funders	2,452	(2,452)	-	-
Community Solutions managed by VANL	134	20,679	-	20,813
The National Lottery Community Fund	4,535	(4,535)	-	-
Community Solutions - Motherwell Consortium	1,520	(1,520)	-	-
Community Solutions - Coatbridge Consortium	4,500	(1,740)	(2,760)	-
HRU	16,875	(16,875)	-	-
Wesleyan Foundation	746	(746)	-	-
Community Solutions - Airdrie Consortium	-	6,000	-	6,000
The Tudor Trust	-	16,942	-	16,942
NLC Flexible Fund	-	1,749	-	1,749
The Corra Foundation	-	29,969	-	29,969
Financial Insecurity Fund Airdrie	-	(280)	280	-
Financial Insecurity Fund Motherwell	-	280	(280)	-
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	-	2,140	-	2,140
Adapt & Thrive	-	49,692	-	49,692
Awards for All	-	8,800	-	8,800
Life Changes Trust	-	10,932	-	10,932
	<u>32,894</u>	<u>116,903</u>	<u>(2,760)</u>	<u>147,037</u>
TOTAL FUNDS	<u>48,991</u>	<u>265,681</u>	<u>-</u>	<u>314,672</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2021

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	354,074	(195,014)	159,060
Shopmobility	125,654	(129,350)	(3,696)
Designated Fixed Asset Fund	-	(6,586)	(6,586)
	<u>479,728</u>	<u>(330,950)</u>	<u>148,778</u>
Restricted funds			
The Robertson Trust	6,500	(8,632)	(2,132)
Impact Funders	9,900	(12,352)	(2,452)
Community Solutions managed by VANL	35,058	(14,379)	20,679
The National Lottery Community Fund	70,664	(75,199)	(4,535)
Community Solutions - Motherwell Consortium	-	(1,520)	(1,520)
Community Solutions - Coatbridge Consortium	-	(1,740)	(1,740)
HRU	-	(16,875)	(16,875)
Wesleyan Foundation	-	(746)	(746)
Scottish Government Supporting Communities Fund	50,000	(50,000)	-
LNER - Empowering Communities	9,000	(9,000)	-
Community Solutions - Airdrie Consortium Wellbeing Fund	16,000	(10,000)	6,000
Communities Recovery Fund	2,000	(2,000)	-
COVID Response Fund	42,668	(42,668)	-
The Tudor Trust	9,091	(9,091)	-
NLC Flexible Fund	70,334	(53,392)	16,942
The Corra Foundation	4,347	(2,598)	1,749
Financial Insecurity Fund Airdrie	98,766	(68,797)	29,969
Financial Insecurity Fund Motherwell	23,800	(24,080)	(280)
No One Left Behind	24,700	(24,420)	280
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	8,234	(8,234)	-
Adapt & Thrive	9,040	(6,900)	2,140
Awards for All	65,924	(16,232)	49,692
Life Changes Trust	8,800	-	8,800
	14,930	(3,998)	10,932
	<u>579,756</u>	<u>(462,853)</u>	<u>116,903</u>
TOTAL FUNDS	<u>1,059,484</u>	<u>(793,803)</u>	<u>265,681</u>

THE HEALTH AND WELLNESS HUB

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2021**

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

20. FRC ETHICAL STANDARD

In common with many organisations of our size we use our auditors to assist us with the preparation of our financial statements