



Annual Report

Covering the period 1 April 2021 to 31 March 2022

1. Introduction

Wellbeing in the Weald was established to provide inclusive activities and initiatives in our rural community so that people, including those who may be isolated, can make connections and benefit from improved health and wellbeing. We aim to organise new and promote existing wellbeing activities, including community walks, lunch clubs, choirs, volunteering and other social activities that bring people together on a regular basis.

We work with local GPs, social prescribers and schools to ensure that our activities and initiatives are relevant for our community and cooperate with other organisations (such as charities that do not currently have activities in our community) to facilitate local delivery of their activities.

Our registration as a Charitable Incorporated Organisation was completed on 24 June 2020, under Registered Charity Number 1190083, with the following Objects set out in our Constitution dated 10 June 2020:

- “(1) To preserve and protect the health of people living in Cranbrook and the surrounding areas by providing and assisting in the provision of facilities, support services and practical advice not normally provided by the statutory authorities.*
- (2) To promote social inclusion for the public benefit by preventing or assisting in the prevention of people living in Cranbrook and the surrounding areas from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.*

For the purpose of this clause ‘socially excluded’ means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment; poor educational or skill attainment; relationship and family breakdown; poor housing; crime (either as a victim of crime or as an offender rehabilitating into society).”

2. Trustees

During this reporting period the following people acted as trustees of Wellbeing in the Weald:

Name	Date appointed*	Date demitted
Dineli Charlesworth	05/04/2019	-
Mark Lawrence	05/04/2019	-
Deborah Jones	11/06/2019	-
Anthony Platts	02/07/2019	27/07/2021
Naomi Rosling	02/07/2019	-
Andrew Chandler	06/08/2019	-
Eric Shapland	12/11/2019	21/09/2021
Hedley Mayor	10/11/2020	07/07/2022

** Where the appointment dates stated above pre-date our registration as a Charity, they are the dates from which trustees started as committee members of Wellbeing in the Weald, when it was an unincorporated association.*

Peter Simpson has also joined as a trustee since 24 October 2022. In accordance with our Constitution, there must at all times be a minimum of three trustees. Trustees are volunteers, who are appointed by the Board of Trustees with regard to their skills, to support the effective administration of the Charity.

3. Activities for the public benefit

The trustees have had due regard to public benefit guidance published by the Charities Commission.

During 2021-2022, we were delighted to finally be able to resume so many of our activities after the prolonged and repeated Covid-19 isolation, lockdowns and quarantine periods of 2020-2021, which had such an extraordinary impact on our collective mental health and wellbeing. We also introduced several new activities to specifically target groups who we had identified as being particularly at risk of isolation or exclusion.

The following table summarises our key activities to provide a public benefit during this reporting period:

	Purpose	Who is it for	What did we achieve
Allotment and Allotment Walks	To help improve mental health and wellbeing, loneliness and isolation; to encourage friendships from varied social and ethnic backgrounds; to offer gentle activity to those who need rehabilitation following surgery or receiving treatment. Sharing knowledge, teaching and encouraging people to try new and different produce by offering fruit, vegetables and flowers produced at the allotment to take home.	Open to everyone	<p>We held 32 regular sessions and 5 alternative (different day) sessions, with total 375 attendances (338 regular/ 37 alternative). Tea/ coffee are provided. Attendance varies between 6 and 15 on any Sunday morning, most are regular attendees. The profile is 80% female and 20% male, with age profile most attendee aged 50+. Some of the attendees are single, lonely, isolated and are carers for others.</p> <p>During the winter period (December – late February, varies depending on weather) we introduced walks on 7 occasions, with 3-5 attendees, similar profile to allotment.</p> <p>Volunteers constructed a new shed for the plot. We enjoyed raspberry ice cream made from our own raspberries. Any surplus produce is given to Horsley Place and Rectory Fields (assisted living).</p>
Book Club	To improve wellbeing through on line (Zoom)social interaction. Benefits are: boosts mood, it's stimulating and fun, people learn new things and can make friends.	Open to everybody from 18yrs and older.	<p>The book group has an average of seven attendees at remote sessions held each month, so approximately 84 attendances over 12 sessions. Attendees are all women, of all ages. It has given people something to look forward to – a social occasion from the comfort of their own homes and it a very nice, respectful group so everyone has a chance to talk. Some attendees have mentioned how the group has</p>

	Purpose	Who is it for	What did we achieve
			encouraged them to broaden their minds, as well as their reading.
Boxing Fitness	To facilitate in our community a programme of fun, non-contact boxing exercise classes, to boost physical and mental health. These sessions are run in conjunction with Olympia Boxing CIC.	Initially aimed at children aged 12 to 18. We subsequently added an additional adult class in response to demand.	Boxing courses started in July 21, as a 10 week trial. Thereafter courses were run termly in block of 6 sessions. In the children's class, attendees were aged between 11-16. In the adult classes, attendees were predominantly female and aged from 18-60. Courses had reserved places for those unable to afford the fees. Total attendances for the year were c450.
Crafting Sessions	To support those who have been isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	Aimed at single people, carers, people who are lonely or depressed and people who are older and/or are living alone.	Arrangements for crafting changed with Covid requirements, starting the year in Church House and moving to the Library in August 2021. By the end of the financial year, plans were developing to move the craft group to join the Drop-in in at the Parish Church, so crafters could share the catering facilities provided. Total attendances for the year were 385 on 45 occasions.
Men's Cookery	To provide opportunities for participants to learn to cook various healthy meals and for them to enjoy cooking.	Men who are recently bereaved, living alone or have little or no cookery skills	The first session was held on 6th October 2022, we started with 4 men and gradually increased the group size to 8 attendees. Covid did still restrict attendance/ sessions in November/ December. There were 9 sessions with 52 attendances overall, plus on average 4 volunteer supporters per session. Profile was men 65-80 from Cranbrook, Sissinghurst, Frittenden and Tenterden. Lesson menus included pasta and meatballs, vegetable curry, profiteroles, lasagne, minestrone soup, pasties and tortillas. Several of the men found the class helpful for getting out and about after covid restrictions and/or family bereavement.
Men's Shed	To provide a supportive, self-help, safe environment targeted at men in particular, to promote wellbeing and engagement in active and creative projects and hobbies and interaction with	Initially, men 18yrs and older	During this reporting period the planning, preparation for and promotion of this new activity came to a head with the first meeting of the Men's Shed on 31 March 2022.

	Purpose	Who is it for	What did we achieve
	others who may be interested in the same or similar activities.		We are very excited to see how this activity develops during 2022/2023.
Mindfulness in schools	To equip children with skills to help them manage feelings and difficulties more effectively, thus improving their wellbeing. To help improve the capacity to focus in school, and therefore improve access to education. Teachers learn the technique to help them manage stress and help the children manage their own.	Children and young adults aged between 5 – 19 years old.	For a number of reasons, we were unable to progress this project as hoped. In summer 2021 the Cranbrook Primary School year 6 class (approximately 25 children) received a specially designed four session MiSP course preparing them for managing the transition to secondary school. This was well received by children who had also had to deal with a very disrupted and for some very troubled year due to Covid. Our plans to roll out the Paws B course more widely in three other local schools were frustrated by school changes of plan, the need to ensure appropriate Covid safety measures and the closure of High Weald Academy.
Pick up the Pieces	WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated, unwell or recuperating from illness.	Open to everybody, with local delivery or collection of jigsaws.	We have worked hard this year to build up the collection to ensure we have a range of jigsaws and to promote availability. All jigsaws were donated. Take-up has been limited, with a local home borrowing jigsaws for residents who have learning disabilities and a small number of regular individual borrowers, who were self-isolating for much of the year.
Welcome Wednesday Drop-In	To support those who have been isolating for months, depressed and lonely, and who would possibly benefit from such an activity to increase their feelings of wellbeing.	This is aimed at single people, carers, recently widowed, people with early stage dementia and people who are older and/or are living alone.	At the beginning of the year, we were using Church House with only 6 attendees at any one event, to manage Covid risk. Once the weather improved, we based the group meetings on the Ball Field (or in The George when wet) from July until late September. We moved indoors to the rear section of the Parish Church at the end of September until the financial year end. By early in 2022, the numbers attending regularly had grown above 20 and have gradually increased further, as attendees have discovered how to cope with Covid and their health. There were 631 attendances (mostly regulars) at 60 events, with

	Purpose	Who is it for	What did we achieve
			most attendees 65+ and a male/ male ratio of 80:20. Thanks to the team of WITW helpers and latterly Cranbrook School pupils, for baking and helping at the Drop In.
Wellbeing Walks	To provide access to regular, low impact physical activity to all local residents in a social and safe environment. Walks are accessible to people with limited mobility or pre-existing medical conditions / injuries. These sessions are run by the Tunbridge Wells Walking For Health Scheme which is a franchise of The Ramblers.	Open to everybody. There is a range of physical fitness/ability and motivation to join the walks. Multiple groups to tailor the walks to the type of attendees we have in each group.	During this year we provided three walking groups in Cranbrook almost every week and one group in Benenden per week. An estimated 177 walks with an average weekly attendance of 32 (total across all walking groups). Our demographic is predominantly female (68F to 15M) between the ages of 50 to 80 (it is estimated that less than 1% are under 50 years of age). There are a range of ability levels and due to the fact we operate multiple groups, we have been able to offer longer (90 minute) walks as well as shorter (60 minute) ones.

We would like to thank all of our volunteers, committee members / trustees and our administrators, who have devoted so much of their time and effort to organise, lead and support our activities and to help us in all aspects of operating the Charity.

We would also like to thank:

- St Dunstan’s Church for allowing us to use Church House and the Parish Church for the Drop-in.
- Cranbrook School for allowing us to use their facilities for the Men’s Shed and Men’s Cookery. Particular thanks also to their former Head Chef, Graeme, and to the sixth form pupils who have supported the Drop-in.
- Cranbrook Sports Club for allowing us to use their facilities for Boxing Fitness.

4. Plans for 2022-2023

4.1 Ongoing activities

As circumstances and funds permit, we hope to continue / repeat many of the above activities and various other prior WITW activities for the community in general such as:

Fruit picking (see also Juice under Fundraising)

Quiz nights (see also under Fundraising)

Attendance at Community Events/ Fetes (see also under Fundraising)

4.2 New activities

For 2022 - 2023 we have sought to identify who we are not currently reaching, in order to specifically target some of our new activities at harder to reach sections of our community. We have identified these target groups by reaching out to a number of people and organisations, such as the community wardens, GP's and social prescribers, who have all given their feedback on where they believe the most socially excluded people are.

Who are our specific target groups for this year?

- Males - teenage / younger men and those aged approximately 40+
- Young parents, including teenagers.
- Those living in our community's more rural or isolated areas.
- Those in local communities not yet served by our offer e.g. Staplehurst.

We also intend to facilitate support in our community for those who may be suffering from financial hardship.

Planned new activities focussed on our target groups

Several of our recently started activities are focused at these target groups and we plan to continue with these. Further new activities will be considered as appropriate, as circumstances and funds permit. We will wherever possible seek grant funding to at least partially cover the costs of any new activities during 2022-2023. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

We would very much like to thank the National Lottery Community Fund, Kent Sport's Everyday Active, the Charles Lewis Foundation and Kent County Council for the grants received during this period. We did not run any fundraising appeals or campaigns.

We would also like to thank the members of our community who, and local organisations that, have made donations to support our work during this period and record our ongoing gratitude to the Co-op Community Fund and Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) for grants received previously, which continued to be used to fund our operations and activities during 2021/2022.

Juice sales

This financial year includes the continuing sales from the harvest of September/ October 2020 with sales completed on 17th June 2021. It also considers the harvest of apples and pears in the autumn of 2021 until April 2022.

Thanks to Ulli and family in Benenden and the Edwards family in Hawkhurst for the fruits from their orchards, which provided our 2021 crop, and the Tucker family in Sandhurst for their extra juice. Thanks too to Walpole family from Goudhurst for their offer during this period of fruit for the 2022 harvest. And to our volunteer pickers, we simply could not have done it without you!

We owe Tony a great debt of gratitude for all his work arranging juicing, bottling and labelling and in preparing bottles for sale and selling juice at the local farmers markets, as well as supplying local shops. Thanks also to the local retailers who kindly sell our juice, including – Cranbrook Farm shop, Wilkes

Butchers and Benenden Community shop. With Covid outbreaks continuing, many community events at which we normally sell juice were cancelled, so we were grateful for those that were held and for the volunteer help too.

5.2 How we will continue to raise funds

WITW has previously initiated several successful fundraising ventures which had to be put on hold during Covid, but which we now hope to resume during 2022/2023 including:

- A quiz night
- Raffles / tombolas
- Fetes
- Open gardens
- Card making
- Donations received
- Grants received
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Online donations via Amazon Smile and Easyfundraising
- Online donations via the website
- Local supermarket donation / grant schemes
- Craft workshop projects which ask for a suggested donation, or that the crafted item may be donated to WITW to sell to raise funds
- Sale of jams and chutneys made for us by our volunteers using locally grown ingredients.
- Targeting grants for specific projects
- Asking for donations of items such as tools and land for projects

6. Financial Report

The Trustees understand that they are responsible for preparing this Financial Report, for ensuring that it provides a true and fair view of the state of affairs of the Charity and for keeping proper 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. 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.

The trustees have set a reserves policy to cover 2 months of day to day running costs, in addition to committed costs for each year. The costs of the co-ordinator / administrators over this period were funded through a restricted grant for our core operating costs.

The income of Wellbeing in the Weald is not at a level to require independent verification or audit of its financial statements.

Wellbeing in the Weald - Income and Expenditure Account	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
National Lottery Community Fund Awards for All	10,000	-	10,000	-	-	-
Co-Op Community Fund	-	-	-	5,304	-	5,304
Donations (see note 4)	844	-	844	237	-	237
Charitable activities (see note 5)	2,718	2,200	4,918	167	2,395	2,562
Other income (see note 6)	2,755	-	2,755	2,081	-	2,081
Total income	16,317	2,200	18,517	7,789	2,395	10,184
Costs						
Charitable costs (see note 7)	3,683	1,213	4,896	(153)	570	417
Fundraising costs (see note 8)	1,030	-	1,030	1,600	-	1,600
Support Costs (see note 9)	1,697	9,763	11,460	1,557	2,295	3,852
Total costs	6,410	10,976	17,386	3,004	2,865	5,869
Net surplus/(deficit) for the period	9,907	(8,776)	1,131	4,785	(470)	4,315
Funds brought forward	11,593	7,841	19,434	6,808	8,311	15,119
Funds transferred	(3,247)	3,247	-	-	-	-
Funds carried forward	18,253	2,312	20,565	11,593	7,841	19,434
Wellbeing in The Weald - Balance Sheet	As at 31 March 2022			As at 31 March 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	18,125	2,312	20,437	11,568	7,841	19,409
Petty Cash	128	-	128	25	-	25
	18,253	2,312	20,565	11,593	7,841	19,434
Represented by:						
General Funds	18,253	2,312	20,565	11,593	7,841	19,434

Notes

1. 24 June 2020 to 31 March 2021 accounts have been restated to more clearly set out general grants and donations, project income, grants and donations and associated costs.

2. By agreement with the grant provider, £570 of unreserved costs previously incurred on Mindfulness in Schools has been set against the grant. This adjusts the Unreserved / Reserved sub-totals for our prior period, but not the overall total.

3. On incorporation and registration of Wellbeing in the Weald as a Charity on 24 June 2020, all of the funds and assets that were previously held by the trustees of Wellbeing in the Weald as an unincorporated association were transferred to the Charity (including all intellectual property, stocks of juice and other physical assets, which were transferred at zero value).

	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
4. Donations						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Amazon Smile	55	-	55	-	-	-
Easy Fundraising	94	-	94	77	-	77
General Donations	695	-	695	160	-	160
	844	-	844	237	-	237
5. Charitable activities						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Allotment	155	-	155	97	-	97
Boxing (including grant from KCC)	1,464	500	1,964	-	-	-
Crafts	386	-	386	-	-	-
Drop in	333	-	333	70	-	70
Men's Cookery (including grant from Charles Lewis Foundation)	380	1,600	1,980	-	-	-
Men's Shed	-	-	-	-	-	-
Walking football (grant from KCC)	-	100	100	-	-	-
Mindfulness in Schools (KCC Members Grant)	-	-	-	-	2,395	2,395
	2,718	2,200	4,918	167	2,395	2,562
6. Other income						
	Unrestricted	Restricted	Total	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	£	£	£	£	£	£
Fetes / Fairs	637	-	637	-	-	-
Jam / Chutney	154	-	154	-	-	-
Juice	1,964	-	1,964	2,081	-	2,081
	2,755	-	2,755	2,081	-	2,081

Notes (continued)	1 April 2021 to 31 March 2022			24 June 2020 to 31 March 2021		
7. Charitable costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Allotment	171	-	171	205	-	205
Boxing	1,920	500	2,420	-	-	-
Crafts	308	-	308	-	-	-
Drop in Costs	949	-	949	100	-	100
Men's Cooking	-	213	213	-	-	-
Men's Shed	333	-	333	-	-	-
Mindfulness in Schools (see note 2)	-	400	400	(570)	570	-
Walking Football	2	100	102	-	-	-
Group of Six	-	-	-	112	-	112
	3,683	1,213	4,896	(153)	570	417
8. Fundraising costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Fetes / Fairs	30	-	30	-	-	-
Jam / Chutney	113	-	113	-	-	-
Juice	887	-	887	1,600	-	1,600
	1,030	-	1,030	1,600	-	1,600
9. Support costs						
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Administrators	-	9,573	9,573	-	1,536	1,536
Adverts	-	55	55	-	300	300
Gmail	256	-	256	178	-	178
Insurance	287	-	287	274	-	274
Phone	121	-	121	50	-	50
Printing	-	135	135	-	186	186
Safeguarding	230	-	230	639	-	639
Sundry	299	-	299	387	-	387
Training/ Resources	350	-	350	-	130	130
Venue hire etc (not project related)	10	-	10	-	143	143
Website Costs	-	-	-	29	-	29
Zoom subscription	144	-	144	-	-	-
	1,697	9,763	11,460	1,557	2,295	3,852

These resources mean that we are satisfied that we will be able to continue our operations for the foreseeable future.

Approved by the Board of Trustees on 14 December 2022 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer