

WELLBEING IN THE WEALD



REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

REFERENCE AND ADMINISTRATIVE DETAILS

The Charity was established as a Charitable Incorporated Organisation on 24 June 2020, under Registered Charity Number 1190083, and its Objects are set out in our Constitution dated 10 June 2020.

Registered Charity Number	1190083
Company number	CE022292

Trustees

Peter Simpson	Chair - with effect from 30 October 2025 and Treasurer
Andrew Chandler	Chair - until 30 October 2025
Seamus O'Brien	
Alison Burdick	Appointed 2 September 2025
Dineli Charlesworth	
Debbie Jones	
Laura Wade	Demitted on 30 April 2026

Recruitment and appointment of new trustees

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.

Address

Hillside Farmhouse, Sissinghurst, Kent, TN17 2JH

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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.

OBJECTIVES AND AIMS

The aims and objectives are set out in the charity governing document and are:

- 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.
- 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).*

PUBLIC BENEFIT

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

The charity has continued to provide many services to the local community to aid and support their wellbeing, including planned new activities (see later).

REVIEW OF THE BUSINESS OF THE CHARITY

The following sets out the principal activities undertaken and supported by the Charity:

Allotment and allotment walks	The allotment group meets every Sunday with 15 regular attendees and 15 occasional visitors . In total, this resulted in 310 attendances on 38 Sundays with a further two special workdays. The group meets from early March until the end of November, with walks taking place in the intervening months. During 2025, a netted fruit cage was constructed, and there was a substantial vegetable crop, which was enjoyed by all. We are also very grateful to the Samphire Trust for their grant, enabling us to purchase an electrical mower and strimmer with interchangeable batteries.
Book Club	The book club is now in its sixth year and meets (online) on the second Tuesday of each month. The core attendance is modest, with about 6 people , but more than 25 people receive the monthly email.
Crafting Sessions	These are part of the Wednesday drop-in - see below.
Fruit Picking	This continues to be an active group, pruning and picking apples and pears, which are then juiced and sold for the benefit of the charity, producing gross sales of just under £1,800 .
Men's Cookery	Unfortunately this had to be discontinued this year due lack of appropriate facilities.
Welcome Wednesday Drop-In and Craft Group	The groups had 51 sessions during the year. There were 704 individual attendances at the Drop-in plus 260 at the Craft Group . There is a core of regulars, many of whom had problems during the year. Attendees include people with a range of disabilities. The company and support of others at the Drop-in is precious. Attendees are very appreciative of the attention and caring attitude of the team of volunteers. The volunteers may not have the answers to problems but the fact that someone cares enough to listen and talk with them is what they are thanked for. Newcomers and occasional visitors are always made welcome, some of whom become regulars. Most afternoons are just lots of conversations, which is what most require but there are also board games suitable for all abilities and a quiz is always available. The Craft Group is still enjoyed by their regulars and has had several new people attend including some young people who are home schooled . All bring their different craft interests and this makes for interesting conversation. A regular and most welcome feature of the afternoons is the homemade cakes always on offer. The now customary Christmas party was attended by 45 people with a quiz, raffle and musical supplied by one of the regulars.
Wellbeing Walks	These walks, provided under the sponsorship of Tunbridge Wells Borough Council and provided by the Rambler's Association, take place every Tuesday in Cranbrook. There are three walks of different speeds and distances and the demographic is mainly females between the ages of 50 to 80 (and above!).
Youth Club	Wellbeing in the Weald, in partnership with the YMCA, started the Youth Club for young people in school years 7 and 8 in November 2024, with just one young person. We grew rapidly and so moved into much more suitable premises in the new year. In the summer term, we were joined by year 6 pupils to assist them as they faced the transition to their many different secondary schools in the autumn. By the end of the year, we had 76 on our books with an average of 21 young people attending each week during the last quarter. Among these are more than 10 who are not attending school and 6 from the GRT community . Wellbeing in the Weald finds, checks the suitability, trains and organises the team of 9 volunteers . We were able to attract funding specifically for the Youth Club from Tunbridge Wells Borough Council, which has assisted us in funding premises hire and activities for the young people.
Yoga	This is a relatively new activity running since January 2025, which offers Yoga sessions every Saturday morning attended by an average of 8 people.

We would like to thank all our volunteers, committee members/trustees and our administrators, who have devoted so much of their time and effort to organising, leading, and supporting 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 Congregational Church
- Cranbrook Parish Council and Tony Platts for the free use of their allotments
- Cranbrook School and their catering staff for allowing us to use their facilities for the Men's Cookery

The charity is always looking for ways of expanding its activities, given that it can raise the funds to pay for them. Two new activities are planned for 2026. These are Action for Happiness, a 6-week course which brings people together, providing practical resources. The course will help participants learn evidence-based skills for happier living. In addition, a Men's Wellbeing Group is being formed to help working-age men support each other, dealing with the stresses and strains of everyday life.

Looking forward to 2026

During the year, we will evaluate how well the support we provide aligns with the needs of our community. We will focus on the lived experiences of different individuals within some of our 'priority groups' to identify where there are unmet needs, service gaps or opportunities for new initiatives. We anticipate that we will create new activities as a result.

PRINCIPAL RISKS AND UNCERTAINTIES

The principal risks and uncertainties are managed by the Risk Committee, which meets approximately four times a year and reports to the Trustees. The main risks identified include the inability to recruit volunteers, that a serious incident occurs during delivery of a service to volunteers or participants and that insufficient income is raised to maintain the operation and delivery of services. Policies and actions are in place to mitigate the effects of all of these.

FINANCIAL REVIEW

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

Financial position

The revenue of the charity increased from £14,720 in 2024 (albeit 9 months) to £27,834 and costs rose from £15,309 to £30,802, resulting in a deficit of £2,968, compared with a deficit of £589 in 2024. The increase in revenue included grants from Tunbridge Wells Borough Council in respect of the Youth Club of £4,450, The Lawson Trust £2,500 and SMEW Fund Kent Community £2,000. Fundraising activities included a very successful Quiz night which raised £3,656 and the charity was fortunate to be named the Mayor of Tunbridge Wells Charity of the year and received a donation of £3,718. The Charity is very grateful to all those that supported it during the year.

Costs include new activities such as Yoga and the costs of an Executive Officer. This was a new position trialled in 2025, and we are still considering our options for the best combination of resources in the longer term.

Overall funds decreased from £24,395 at the end of December 2024 to £21,427. Cash balances amounted to £25,205, a small increase on the balance of £25,179 at the end of the previous year.

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.

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2025

Income and Expenditure Account	12 months to 31 December 2025			9 months to 31 December 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
Donations (see note 2)	10,006	3,500	13,506	9,715	-	9,715
Charitable activities (see note 3)	2,587	-	2,587	1,586	-	1,586
Other income (see note 4)	11,741	-	11,741	3,419	-	3,419
Total income	24,334	3,500	27,834	14,720	-	14,720
Costs						
Charitable costs (see note 5)	4,035	3,574	7,609	1,904	-	1,904
Fundraising costs (see note 6)	2,729	-	2,729	2,248	-	2,248
Support Costs (see note 7)	20,464	-	20,464	11,157	-	11,157
Total costs	27,228	3,574	30,802	15,309	-	15,309
Net (deficit) for the period	(2,894)	(74)	(2,968)	(589)	-	(589)
Funds brought forward	24,395	-	24,395	24,984	-	24,984
Funds transferred	(74)	74	-	-	-	-
Funds carried forward	21,427	-	21,427	24,395	-	24,395

BALANCE SHEET 31 December 2025

	As at 31 December 2025			As at 31 December 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	21,635	3,442	25,077	25,051	-	25,051
Petty Cash	128	-	128	128	-	128
	21,763	3,442	25,205	25,179	-	25,179
Current Liabilities						
Accruals	336	3,442	3,778	784	-	784
	336	3,442	3,778	784	-	784
Net current assets	21,427	-	21,427	24,395	-	24,395
Total Assets	21,427	-	21,427	24,395	-	24,395
Represented by:						
General Funds	21,427	-	21,427	24,395	-	24,395

The Report and Financial Statements were approved by the Board of Trustees and authorised for issue on 17th July 2026 and were signed on its behalf by: PRF Simpson.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. 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 and it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Expenditure is recognised in the period in which it is incurred.

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.

Donated goods and services

Donated services and grants are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2025

Notes	12 months to 31 December 2025			9 months to 31 December 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
2. Donations	£	£	£	£	£	£
Easy Fundraising	325	-	325	53	-	53
Mayor's Charity	3,718	-	3,718	-	-	-
Grants	3,250	3,500	6,750	5,000	-	5,000
General Donations	2,713	-	2,713	4,662	-	4,662
	10,006	3,500	13,506	9,715	-	9,715
3. Charitable activities	£	£	£	£	£	£
Allotment	963	-	963	256	-	256
Crafts		-	-	68	-	68
Drop in	1,169	-	1,169	1,202	-	1,202
Yoga	425	-	425	-	-	-
Men's Cookery	30	-	30	60	-	60
	2,587	-	2,587	1,586	-	1,586
4. Other income	£	£	£	£	£	£
Fetes / Fairs	4,755	-	4,755	1,651	-	1,651
Jam / Chutney	-	-	-	17	-	17
Juice	1,791	-	1,791	1,559	-	1,559
Quiz Night	4,612	-	4,612	60	-	60
Interest received	583	-	583	132	-	132
	11,741	-	11,741	3,419	-	3,419
5. Charitable costs	£	£	£	£	£	£
Allotment	591	-	591	-	-	-
Drop in Costs	1,513	-	1,513	1,312	-	1,312
Youth Group	-	3,574	3,574	282	-	282
Yoga	1,595	-	1,595	-	-	-
Men's Cooking	336	-	336	310	-	310
	4,035	3,574	7,609	1,904	-	1,904
6. Fundraising costs	£	£	£	£	£	£
Fetes / Fairs/Events	723	-	723	1,065	-	1,065
Juice	1,050	-	1,050	1,183	-	1,183
Quiz night	956	-	956	-	-	-
	2,729	-	2,729	2,248	-	2,248

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2025

Notes	12 months to 31 December 2025			9 months to 31 December 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
7. Support costs	£	£	£	£	£	£
Administrators	10,920	-	10,920	8,986	-	8,986
Executive officer	5,829	-	5,829	-	-	-
Adverts	923	-	923	276	-	276
Email	585	-	585	129	-	129
Insurance	774	-	774	718	-	718
Phone	60	-	60	-	-	-
Printing	9	-	9	104	-	104
Safeguarding	435	-	435	314	-	314
Training	310	-	310	-	-	-
Sundry	528	-	528	580	-	580
Venue hire etc (not project related)	75	-	75	36	-	36
Website Costs	16	-	16	14	-	14
	<u>20,464</u>	<u>-</u>	<u>20,464</u>	<u>11,157</u>	<u>-</u>	<u>11,157</u>