



Annual Report

Covering the period 1 April 2022 to 31 March 2023

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	-
Naomi Rosling	02/07/2019	30/04/2023
Andrew Chandler	06/08/2019	-
Hedley Mayor	10/11/2020	07/07/2022
Peter Simpson	24/10/2022	-

** 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.*

Laura Wade and Seamus O’Brien have also joined as trustees since 24 April 2023.

In accordance with our Constitution, there must always 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 2022-2023, we were delighted to continue so many of our activities to support our community’s wellbeing, but we were increasingly concerned about the financial and mental health impact of the rising cost of living on members of our community. We decided to extend our previously identified target groups and activities to include offering and facilitating support in our community for those who may be suffering from financial hardship. We started to work with other charities and groups to ensure that people have access to advice and we joined with them in launching a Community Kitchen, offering a hot lunch and after school meal throughout the winter.

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 35 regular sessions and 3 alternative (different day) sessions, with total 321 attendances (315 regular/ 6 alternative). Tea/ coffee were provided. Attendance varies between 5 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 – February, varies depending on weather) we introduced walks on 4 occasions, with 2-3 attendees, similar profile to allotment. This year we had an exceptionally wet October / November 2022, missing 5 sessions and a cold spring, making for a very late start to the growing season. Unfortunately, Hands of Hope were unable to assist with growing on seedlings due to their lack of glasshouse space, but we hope to re-introduce this next spring.</p> <p>We enjoyed several ice cream flavours including some made from our own raspberries and strawberries. Any</p>

	Purpose	Who is it for	What did we achieve
			surplus produce is given to Horsley Place, Rectory Fields or our Wednesday Drop in.
Book Club	To improve wellbeing through online social interaction. Benefits include: : mood boost, mental stimulation, fun and enjoyable, learning new things and a way of making new friends.	Open to everybody from 18 upwards.	The book group typically has seven or eight attendees at remote sessions held each month, so approximately 88 attendances over 12 sessions. During this period, attendees were 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. Participants are really enjoying the variety of books that are read and discussed, some having never thought about a particular genre before and are pleased to have the chance to explore something new.
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.	We intended to continue running termly boxing courses in blocks 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. However, classes were suspended after one term due to low demand for the children’s class (our targeted attendees) and difficulty securing a coach.
Community Kitchen	To provide a warm space and hot food to help the community during the cost of living crisis. The Community Kitchen was provided in collaboration with Age Concern and the Parish Council. The Men’s Shed (Cranbrook) also kindly supported with volunteers.	Open to everybody, one day a week.	From the beginning of January until the end of March the Community Kitchen served approximately 650 hot meals, with hot soup lunches aimed at the elderly and parents with young children and hot after-school meals aimed at families. An average of 28 people attended each week at lunch and 11 children and 7 adults each week at tea.
Craft for Wellbeing Group	To provide a friendly welcoming space for people to socialise whilst enjoying and developing practical skills in	Aimed at people who, for a variety of reasons, may	The group met 53 times during the year with 360 individual attendances. Learning a new skill has been beneficial to the wellbeing of attendees. For a

	Purpose	Who is it for	What did we achieve
	craft. The group is an opportunity to learn a new skill or rediscover an old one. The crafting activities make this a comfortable experience for people who might find the pressure to converse a challenge.	have difficulty feeling comfortable in social groups and/or who are at risk of isolation and loneliness.	couple of the attendees who had not been in paid work, the opportunity to develop skills and confidence has allowed them to make things for sale. Members of the group have also made goods to be sold at local fairs to raise money for the charity.
Day Trip	See Welcome Wednesday Drop-In	See Welcome Wednesday Drop-In	On 10 August 2022, we took a coach of 37 people from the Drop in to visit Dungeness for a Fish and Chip lunch, followed by a briefing from the Estate Manager at Dungeness on the range of visitors using the area. We returned via Tenterden Garden Centre for afternoon tea. Many thanks to Hams Travel who kindly sponsored the day. We were fortunate that it was a sunny day, and everyone enjoyed the trip.
Dementia Friends Training	To educate people about Dementia and give them confidence in their interactions with people who are experiencing cognitive impairment due to Dementia. This course is delivered by a person trained by the Alzheimer's Society.	Anyone; although we did particularly promote the sessions to shop-keepers and business owners locally.	Two sessions were held in April and May. They were attended by 25 people.
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	There were 16 sessions with 106 attendances overall, plus on average 2 volunteer supporters per session. Profile was men 65-80 from Cranbrook, Sissinghurst, Frittenden, Hawkhurst and Tenterden. Lesson menus included leek and chicken pie, Cornish pasties minestrone soup and tortillas. Several of the men found the class helpful for getting out and about and making new friends. It was a challenging period as, sadly Graeme our first school Chef/ manager left in May 2022. Cranbrook School were exceptionally helpful, allowing the catering consultant Rupert to step in for a period until Christmas before Keith, the new Chef /Manager kindly agreed to volunteer his time in January 2023. We have been very grateful to

	Purpose	Who is it for	What did we achieve
			the Charles Lewis Foundation who have supported the classes for 2 years, funding aprons and ingredients. We will now seek to find another sponsor.
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 others who may be interested in the same or similar activities.	Initially, men 18yrs and older	<p>During this reporting period, WITW supported the newly launched Men's Shed (Cranbrook) as it established itself as a free social and working hub and rapidly expanded its membership, regularly attracting around 20 attendees. We provided funding for core costs, marketing, materials, insurance and support for setting up the Mens' Shed's first projects, generously hosted at Cranbrook School.</p> <p>The Mens' Shed was very quickly able to raise funds to support its own activities and on 7 November 2022 it started to operate independently of WITW, as Wealden Mens' Shed (Cranbrook), part of the UK Mens' Shed/Kent Shed organisation. WITW provided a grant representing the balance of funds held by us but raised for the Mens' Shed and an additional contribution to support their ongoing operations. We wish them the very best in operating this valuable, new Community initiative long into the future.</p>
Pick up the Pieces	WITW Jigsaw Library to provide enjoyable and rewarding occupation for people who are isolated at home.	Open to everyone with local delivery and collection of jigsaws. In particular may help people who are unwell or recuperating from illness or following surgery.	The Library currently supplies jigsaws to half a dozen housebound people on a regular basis. We do believe that more people could benefit and will be promoting it more widely in Autumn 2023.
Welcome Wednesday	To provide a warm welcoming place where people are known and accepted and where they	This is aimed at single people, carers, recently	There were 1194 individual attendances at 53 Sessions held during the year. The Welcome Wednesday

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Drop-In	can experience friendship and occasional extra activities to promote wellbeing.	widowed, people with early-stage dementia and people who are older and/or are living alone.	<p>Drop-in continues through all holiday periods as for many people these times are especially lonely.</p> <p>This year, these sessions included two IT training sessions on keeping yourself and your money safe online, two taster sessions on playing the Ukelele, a trip for 37 people to the seaside (see Day trip) and monthly quizzes.</p> <p>From October to April on most weeks during term-time we were joined by volunteers from Cranbrook School. Sometimes 1 or 2 Year 12 students who helped to serve and 2 or 3 students from Years 7 and 8 who played board games with other attendees.</p>
Wellbeing Walks	<p>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.</p> <p>These sessions are run by the Tunbridge Wells Walking For Health Scheme, which is a franchise of The Ramblers.</p>	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 several walking groups in Cranbrook and Benenden each week, with approximately 1,561 attendances over 142 walks . Our demographic is predominantly female between the ages of 50 to 80. 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.

In addition to the above, we continued to work with several local schools to try to find a suitable **Mindfulness in Schools** programme that we could support. Unfortunately, our efforts continued to be frustrated and we were unable to use the balance of the grant previously received from Councillor Seán Holden / Kent County Council (KCC Combined Member Grant Scheme) by the required date and so had to return the balance of the funds to the Council.

We would like to thank all our volunteers, activity leaders, 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, catering consultant Rupert and new Chef / Manager Keith, who volunteered their time to lead the Men's Cookery sessions, and to the pupils from Cranbrook School who have supported the Drop-in.

- Cranbrook Sports Club for allowing us to use their facilities for Boxing Fitness.
- Hams Travel for support with the Dungeness Day out.

4. Plans for 2023-2024

Having reviewed the reach and impact of our existing activities and the associated costs, during 2023 to 2024, we intend to:

- i. Continue with many of our existing projects and provide and assist in the provision of similar activities and initiatives, such as: community walks, volunteering, training, workshops, signposting and other social activities that bring people together on a regular basis and allocate costs and expected revenues from these projects.
- ii. Identify the hard-to-reach sections of the community in Cranbrook and its surrounding villages through reaching out to organisations or individuals, such as social prescribers and community wardens for their input. Our current target groups are:
 - 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.
 - Young people who have been left behind as their peers move on to university/work etc.
 - Those who may be suffering from financial hardship.
- iii. Initiate new projects, particularly to target the hard-to-reach sections of our community, with the understanding that new opportunities will arise, and these will be considered when they do.
- iv. Better understand the financial effect and reach of known and forecast projects, as well as the running costs of Wellbeing in the Weald.
- v. Recruit new volunteers to support our activities and to extend our reach into additional villages surrounding Cranbrook.
- vi. Raise additional funds specifically to cover our running costs and new initiatives.
- vii. Continue to work to reduce poverty and debt in our area by targeting activities and information that help towards this.

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

Quiz nights (see also under Fundraising)

Fruit picking (see also Juice sales under Fundraising)

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

Suppers

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 2023-2024. Additional fundraising or grants will be required for these activities to be sustained longer term.

5. Fundraising

5.1 How we have raised funds

During this period, we did not run any specific fundraising appeals or campaigns.

We would like to thank the members of our community and local organisations including Kent Country Agricultural Society, Biddenden Tractorfest, Cramp Institute Club Cranbrook, The Henhurst Trust, Dulwich Prep Cranbrook, Welcome Store in Cranbrook and Benenden Fete, for their donations to support our work during this period and record our ongoing gratitude to the National Lottery Community Fund and the Co-Op Community Fund for grants received previously, which were used to fund many of our operations and activities during 2022/2023. The National Lottery Community Fund grant supported Men's Cookery, Boxing Fitness, Book Club, Lunch Club and Men's Shed as well as several of our core costs. The Co-Op Community Fund grant supported our Welcome Wednesday Drop-In.

We would also like to thank Tunbridge Wells Borough Council and Councillor Seán Holden / Kent County Council for their funding for the Community Kitchen.

Quiz Night

In February 2023 we had a full house for our Quiz Night held in the Vestry Hall in Cranbrook. Great fun was had by all, and we were able to raise over £2,000 from local residents who came along to support us.

We had a fabulous response from local businesses who donated many products, gifts and vouchers for our raffle. We are hugely grateful to all the businesses who donated these for the evening. We had a very enticing range of lovely prizes which helped us to sell lots of raffle tickets.

Thank you to all those who bought tickets and came along on the evening, to the local businesses who supported the event, and all the volunteers who helped to make it a very successful evening.

Juice sales

This financial year includes the continuing sales from the harvest of 2021 and sales from the harvest of apples in the autumn of 2022. Thank you to the owners of apple orchards in Hawkhurst and Goudhurst for the fruits from their orchards, which provided our 2022 crop. And thanks, as ever, to our volunteer pickers.

We again 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 and Welcome Store in Cranbrook.

5.2 How we will continue to raise funds

WITW has now resumed successful fundraising ventures which had to be put on hold during Covid, and we aim to continue these in 2023/2024 including:

- A quiz night
- Raffles / tombolas

- Fetes
- Open gardens
- Fruit picking parties and Juice Sales

We also plan to raise funds via:

- Registering for Gift Aid
- Online donations via Amazon Smile and Easyfundraising
- TW Lotto
- Online donations via the website
- Plant sales
- 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 financial position 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.

Income and Expenditure Account	12 months to 31 March 2023			12 months to 31 March 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General fundraising, grants and donations						
National Lottery Community Fund Awards for All	-	-	-	10,000	-	10,000
Donations (see note 1)	2,495	-	2,495	844	-	844
Charitable activities (see note 2)	3,196	6,833	10,029	2,718	2,200	4,918
Other income (see note 3)	6,861	-	6,861	2,755	-	2,755
Total income	12,552	6,833	19,385	16,317	2,200	18,517
Costs						
Charitable costs (see note 4)	4,037	3,703	7,740	3,683	1,213	4,896
Fundraising costs (see note 5)	2,013	-	2,013	1,030	-	1,030
Support Costs (see note 6)	1,715	10,078	11,793	1,697	9,763	11,460
Total costs	7,765	13,781	21,546	6,410	10,976	17,386

Net surplus/(deficit) for the period	4,787	(6,948)	(2,161)	9,907	(8,776)	1,131
Funds brought forward	18,253	2,312	20,565	11,593	7,841	19,434
Funds transferred	(4,636)	4,636	-	(3,247)	3,247	-
Funds carried forward	18,404	-	18,404	18,253	2,312	20,565
Wellbeing in the Weald						
Balance Sheet	As at 31 March 2023			As at 31 March 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Current Assets						
Cash at Bank	18,276	-	18,276	18,125	2,312	20,437
Petty Cash	128	-	128	128	-	128
	18,404	-	18,404	18,253	2,312	20,565
Represented by:						
General Funds	18,404	-	18,404	18,253	2,312	20,565
Notes						
1. Donations	£	£	£	£	£	£
Amazon Smile	47	-	47	55	-	55
Easy Fundraising	57	-	57	94	-	94
General Donations	2,391	-	2,391	695	-	695
	2,495	-	2,495	844	-	844
2. Charitable activities	£	£	£	£	£	£
Allotment		100	100	155	-	155
Boxing		473	473	1,464	500	1,964
Crafts	281	-	281	386	-	386
Community kitchen	-	7,550	7,550	-	-	-
Drop in	1,205	-	1,205	333	-	333
Men's Cookery		135	135	380	1,600	1,980
Men's Shed	1,710	-	1,710	-	-	-
Walking football (grant from KCC)	-	-	-	-	100	100
Mindfulness in Schools (KCC Members Grant)	-	(1,425)	(1,425)	-	-	-
	3,196	6,833	10,029	2,718	2,200	4,918
3. Other income	£	£	£	£	£	£
Fetes / Fairs	1,435	-	1,435	637	-	637
Jam / Chutney	171	-	171	154	-	154
Juice	1,360	-	1,360	1,964	-	1,964
Quiz Night	2,934	-	2,934		-	-
Other income	961	-	961	-	-	-
	6,861	-	6,861	2,755	-	2,755

4. Charitable costs	£	£	£	£	£	£
Allotment	-	182	182	171	-	171
Boxing	-	480	480	1,920	500	2,420
Crafts	58	-	58	308	-	308
Community kitchen	-	2,677	2,677	-	-	-
Drop in Costs	1,496	-	1,496	949	-	949
Men's Cooking	-	364	364	-	213	213
Men's Shed	1,913	-	1,913	333	-	333
Mindfulness in Schools (see also note 2)	570	-	570	-	400	400
Walking Football	-	-	-	2	100	102
	4,037	3,703	7,740	3,683	1,213	4,896
5. Fundraising costs	£	£	£	£	£	£
Fetes / Fairs	130	-	130	30	-	30
Jam / Chutney	60	-	60	113	-	113
Juice	902	-	902	887	-	887
Quiz night	921	-	921	-	-	-
	2,013	-	2,013	1,030	-	1,030
6. Support costs	£	£	£	£	£	£
Administrators	6,832	1,510	8,342	-	£9,573	9,573
Adverts	489	-	489	-	55	55
Gmail	119	-	119	256	-	256
Insurance	287	-	287	287	-	287
Phone	74	-	74	121	-	121
Printing	361	-	361	-	135	135
Safeguarding	462	-	462	230	-	230
Sundry	966	-	966	299	-	299
Training/ Resources	350	-	350	350	-	350
Venue hire etc (not project related)	170	-	170	10	-	10
Website Costs	173	-	173	-	-	-
Zoom subscription	-	-	-	144	-	144
Support costs reallocated	(8,568)	8,568	-	-	-	-
	1,715	10,078	11,793	1,697	9,763	11,460

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 12 November 2023 and signed on its behalf by:



Andrew Chandler - Trustee, Chair



Peter Simpson - Trustee, Treasurer