

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
FOR
31 MARCH 2016**

Charity Number SC021861

RITSONS
Chartered Accountants
1a Cluny Square
Buckie
AB56 1AH

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

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**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

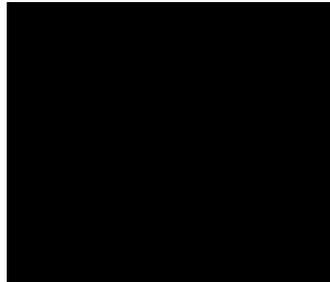
Registered charity name Networks of Wellbeing Ltd

Charity number SC021861

Company registration number SC225268

Principal address The Clashmach Centre
18 Steven Road
Huntly
Aberdeenshire
AB54 8SX

Trustees



Secretary Fiona Alderson

Independent examiner D J Anderson, CA
1a Cluny Square
Buckie
AB56 1AH

Bankers Clydesdale Bank plc
The Square
Huntly
AB54 5AE

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2016

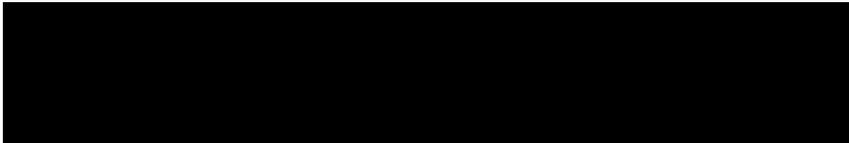
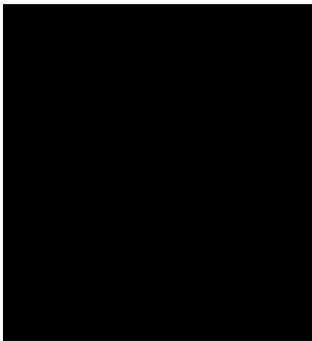
The trustees, who are also directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2016.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

THE TRUSTEES

The trustees who served the charity during the period were as follows:



NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee.

Governing Document - Memorandum and Articles of Association together with Service Level Agreement between Aberdeenshire Council Social Work Department and ourselves.

Company Structure:

Trustees

Services

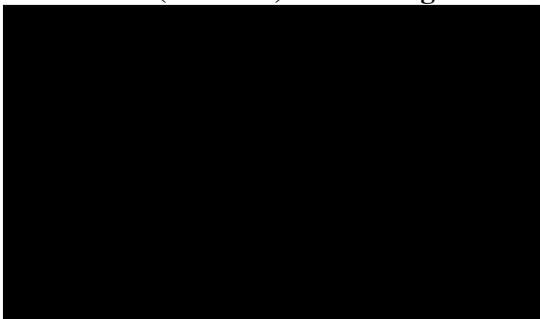
Manager Senior

Staff

Support Workers

April 2015 - March 2016

Directors (Trustees) and Management Committee



Staff

Fiona Alderson - Manager

Maria Perkins - Social Inclusion and Recovery Worker

Fiona Thomson - Social Inclusion and Recovery Worker

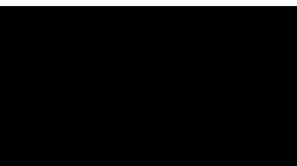
Kirsty Gall - Social Inclusion and Recovery Worker

Fiona Alderson - Social Inclusion and Recovery Worker

Darren Farquhar - Social Inclusion and Recovery Worker

Matt Donaldson - Bike Shack Development Worker

Volunteers



A proportion of those individuals serving on the Board of Trustees may be service users, and must hold at least one year's membership of the company before being considered for election to the committee. Election to the Board of Trustees takes place at the Annual General Meeting and requires nominees to be proposed and seconded, and any objections to the nominations are also called for. On election to the management committee, trustees are issued with a copy of the memorandum and articles of association and are also provided with the opportunity to attend relevant training in management committee and governance skills when available. No trustees have any beneficial interest in the company. All of the trustees become members of the company and guarantee to contribute £1 in the event of a winding up.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

The company is operated by a Services manager under the governance and direction of a board of trustees.

The company works co-operatively with other organisations in pursuit of its charitable objectives. These include statutory bodies in the field of Health and Social work, Education providers, other charities and groups that are appropriate to the furtherance of such objectives. The Trustees of Networks of Wellbeing Ltd recognise that there are risks to which the charity is exposed. These relate in the main to external factors such as political, social or financial pressures and priorities.

1. Continued funding - The Charity is dependant on funding from the local authority, grant funding from bodies such as the National Lottery and fundraising activities.
2. Continued referrals from Health, Social Work and the Community.
3. Continued ability to recruit and retain well-motivated and trained staff.
4. Ability to provide or obtain appropriate training for staff to maintain a level of professionalism in line with the requirements of the local Authority Service Level Agreement.

The Trustees have a continuing responsibility to evaluate and review the performance of the company and the risks to which it is exposed. It is their responsibility to initiate any appropriate actions required as a consequence of this process to ensure future viability. The Trustees have assessed the major risks to which the company is currently exposed and are satisfied that systems are in place to mitigate exposure to major risks. In particular those related to the operations and finances of the company.

OBJECTIVES AND ACTIVITIES

The charitable objectives and activities undertaken by Networks of Wellbeing Ltd are detailed below. In order to evaluate performance against these objectives quantitative and qualitative measures are used. These range from attendance records, group/activity evaluation forms, discussion with individuals and service user forums and individual service users recovery plans. Whilst it is difficult to measure well-being, confidence, motivation and social inclusion, these activities enable us to broadly assess the success of the service provided.

Networks of Wellbeing Ltd provides a range of services for people aged from 16 years with no upper age limit. In order to engage and meet the mental health and well-being needs of our community we aim to continually develop a client centred, holistic approach, delivering a meaningful programme of activities in partnership with the people involved.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

We aim to provide a positive, supportive and non-judgemental environment where encouragement and practical assistance is offered during the process of recovery, social inclusion and the development of emotional resilience. It is our intention to enable people to achieve their maximum potential as individuals.

We cover a broad range of community-based activities - including social, physical and recreational. We also offer opportunities to experience and develop work-based skills through our environmental themed projects e.g. community allotments and orchard, round wood shelter building and community tree planting.

We are well supported locally and there is a lot of interest in what we are doing - especially with regard to the outward facing approach we adopt in our working practices and service delivery.

We aim to work collaboratively with local and national partners to deliver effective and inclusive projects that impact positively on local people and places.

We now collaborate with over 30 groups and organisations in order to deliver an integrated health and well-being approach and avoid duplication of effort. These collaborations include Community Learning & Development in the employability group; Deveron Arts with the walking group and White Wood Group; Aberdeenshire Voluntary Action - with regards to dementia friendly workers; Aberdeenshire Council Substance Misuse Team - on the pallet recycling group, Chillin' Women group, Community Allotments, and Dru Yoga and relaxation classes; Huntly Development Trust's (HDDT) Sports Hub and Ladies Taster Days; and HDDT and Huntly Rinnin Quines and Loons to develop and deliver the Hutnly 5k Fun Run.

It is clear that we are a local charity that prioritises social connection and brings individuals, groups and the wider community together to support activities aimed at increasing peoples happiness, wellbeing and resilience.

The Company's objectives are:

To promote Mental Health issues.

To release information regarding the facilities and services available in AB54 postcode area and beyond, including (but not limited to) Aberchirder, Blacklaw, Cabrach, Cairnie, Clatt, Drumblade, Forgue, Gartly, Glass, Glenbarry, Glendronach, Huntly, Inch, Kennethmont, Knock, Largue, Lumsden, Rhynie, Rothiemay, Ruthven and Ythanwells.

By co-operating with the statutory and voluntary sector to work for the welfare and wellbeing of those affected by mental ill health.

Where possible to provide, assist and support services within the community for the benefit of people suffering from mental illness, mental ill health and poor mental wellbeing.

To promote the understanding and improvements of the rights and interests of those affected by mental health issues and their families.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

ACHIEVEMENTS AND PERFORMANCE

Chairman's Report for 2015/16

It has been an interesting year, with many changes and ups & downs.

The board has gained Matt Greehanlgh, and gained then lost Ronald Pittendrigh. Board members are now Sandra Brantingham (Chair), Jill Sowden (Minute Secretary), Alastair Ross (Treasurer), Matt Greehanlgh, Patrick Wright, Sandy Mac and Hilda Lumsden-Gill, making a total of 7.

On the staff side, Callum Whitelaw resigned and was replaced by Fiona Alderson (who also acts as Company Secretary). We employed a new support worker, Darren Farquhar and Matt Donaldson was hired to manage the bike shack. This gives us a staff of 6, Fiona Alderson (Manager), Fiona Thompson (Deputy Manager), Maria Perkins, Kirsty Gall, Darren Farquhar and Matt Donaldson which is sufficient to handle our present needs. This has enabled the centre to provide a meaningful service without putting too much strain on the finances.

Despite all the changes, we have still had many groups operating, the allotments attracting many people, the tea dance going strong, the jogging and walking groups, Silver Singers (run from 2 of the care homes in Huntly, the craft group and the bike shack going from strength to strength. We also support the local Community Learning and Development team by hosting the employability group at the Clashmach Centre.

Other major events were under taken were "Room to Run" organised by Fi in conjunction with HDDT and Huntly Rinnin Quines and Loons. The Mens Shed project has stalled but we hope it will pick up soon, and we have rented a venue in the centre of town which we hope will help with several projects.

We have almost completed the bank change to the Royal Bank of Scotland in the town.

Aberdeenshire Council funding is to end on 31st December 2016 and we are at present engaged in bidding for the tender which will run for 2 years. We have also been able to secure several grants for various projects around the town and are looking at larger funds in case our bid to the council fails.

The link up with HDT over Greenmyres farm is ongoing with several possibilities opening up.

In conclusion, despite going through some heavy weather and many changes, we running well, but the possibility of loosing our main funding is creating a lot of worry.

I would like to thank the board, the staff, the volunteers and all our members as well as other individuals & organisations who have worked very hard to keep us going. I do believe we will keep going in the years to come and that new funding will become available.

Sandra Brantingham
Chairman

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

Manager's Report for 2015/16

Networks of Wellbeing Ltd continues to make a significant contribution to local Mental Health and Wellbeing services in the AB54 area and beyond.

NoW is a member-led grassroots organisation that is well supported by a diverse range of volunteers who are enthusiastic about individual and community health improvements. We actively listen and respond to individual and community need, which means our activities have evolved into creative and dynamic health interventions. Our most successful activities are based on ideas suggested by people in Recovery who have lived experience of mental health difficulties. Before the idea is developed into a group activity we refer to:

- The New Economics Foundation 5 Ways to Wellbeing as a reference point for the basic wellbeing needs of all people www.fivewaystowellbeing.org
- Scottish National Outcomes with particular reference to, Strong Resilient and Supportive Communities and Healthier Lives www.gov.scot/About/Performance/scotPerforms/outcomes
- Aberdeenshire Council's Community Plan 2016 - Action points 3.2 www.ouraberdeenshire.org.uk/your-area/marr/the-local-community-plan

The idea is then developed with a member of staff 1 using volunteerism, co-production, creative action, and collaborative working practices 2 so that many outputs are achieved from each activity. Once an activity has been delivered, we reflect, request feedback 3, and assess the health improvement outcomes for those participating. This helps to build upon our strengths and identify any improvements.

During 2015/16 we have continued to:

- Expand our range of activity in the community thanks to the drive and resourcefulness of our management, staff and volunteers plus the ongoing support from our main funders, Aberdeenshire Council, and other community collaborators and partners
- Creatively respond to the delivery of wellbeing, recovery and inclusion and re-configure our services in line with the needs of the individuals who access our support services
- Promoted our work through the use of our website, www.networksofwellbeing.org our facebook page, and our brochure detailing our project activities
- Produce a quarterly AB54 Community Newsletter with a circulation of 3000 paper copies and have continued to increase our reach by digital distribution on our website, facebook page, and via Huntly & District Development Trust, AVA, MAP and others
- Provide drop in facilities, assistance with the development of daily living skills for individuals when required, and facilitate and support groups specifically for members of our client group who share similar needs/interests
- Engage the people and the community who we work with in a non-stigmatized and inclusive manner
- Operate a person centred, accessible service where members, and the wider community's

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

strengths and aspirations are recognised, listened to, and incorporated within the services we provide. Each individual's worth is acknowledged and they are encouraged and empowered to undertake personal responsibility for their recovery journey

- Offer people individual support from a member of staff as well as the opportunity to use the Recovery Star (Triangle Consulting's outcome tool)
- Use local community resources, which have proved beneficial to both individuals and the organisation

Over the last 12 months we have

- New people joining us to start a pathway on the Recovery Star
- Co-hosted (with HDDT and Huntly Rinnin Quines and Loons) the inaugural 5K Huntly Fun Run
- Further developed our Jogging Group and started a Walking Group
- Been awarded funding via HDDT's Climate Challenge Fund to further develop our Bike Shack Project by employing a Bike Shack Development Worker
- Started a Silver Singers group at The Meadows Care Home in Huntly
- Worked with Deveron Arts as part of a pilot to test Creative Scotland's 'Partnership Working' tool kit
- Worked in partnership with the local substance misuse team to support the Chillin' Women group, dru yoga, and relaxation classes
- Continued to support and develop the Craft Group
- Continued to support and develop the Community Allotments
- Rented a town centre space known as 'Networks at No11' and which will be used as a central wellbeing hub for peer support groups, 1:1 work, young people's projects, and community use
- Worked with a local secondary school on a bike based project designed around pupils at risk of exclusion from school
- Benefitted from the fund-raising activities of a pupil from The Gordon Schools Huntly, supported by the school's Senior Enterprise Group. These funds will be used for projects linked to young people
- Continued to host and support the monthly Tea Dance which now includes residents from all 3 care homes in Huntly and provides an opportunity for people socialise and to feel part of their local community.

What we have achieved by the above actions, is a move from the isolation and dependency that can be a by-product of traditional day service provision. We now deliver our services in an inclusive and supportive community environment.

We aim to work with individuals and the wider community to create socially inclusive opportunities. By engaging and including the whole community we create the conditions for inclusion.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2016

FINANCIAL REVIEW

The Statement of Financial Activities shows incoming resources of £115,783 (2015 - £109,418) and resources expended of £120,119 (2015 - £105,609), giving a deficit for the year of £4,336 (2014 surplus of £3,809).

At 31 March 2016 the charity held restricted funds of £13,594 (2015 £20,293) and unrestricted funds of £77,860 (2015: £75,497).

The trustees hold reserves at a level to meet the ongoing expenses of the company together with a contingency amount to meet any one-off unexpected costs.

PLANS FOR FUTURE PERIODS

Over the next three years Networks of Wellbeing Ltd's aim is to deliver projects in and around the AB54 postcode area. We will continue to develop our partnership and joint working arrangements. This will include the development of joint working agreements; information sharing arrangements; clear referral process and protocols; and joint training activity.

Networks of Wellbeing will obtain feedback and views on current service provision; identify issues in relation to current practice; identify gaps in service provision and future areas of development. This information and consultation will be used to feed into long term strategic planning for the organisation and is essential to seeking additional funding for our service to continue.

We will use our NoW rental premise in Huntly using 'The Clashmach Center' as our base. This premises is an office, drop in space, and includes 2 dedicated portacabins for the Bike Shack Project. This well-known building provides a safe, secure, and welcoming space, which we know, is highly valued by people with critical needs when they are at their most vulnerable. We will also use our High Street meeting space and 2 allotment plots. We will also deliver (link-in) activity in remoter rural locations, using community buildings and the outdoor environment e.g. schools, community center, community hall, woodlands, residential care homes and sheltered housing, village halls and village parks.

We will work in a collaborative multi-agency manner with public, private, and third sector organisations further developing our close working partnerships with a number of local and regional partners including; Bydand Medical Center, Huntly and District Development Trust, Community Learning and Development, Substance Misuse Team, The Gordon Schools, Public Health-Coordinator, Aberdeenshire Voluntary Action, Gordon Rural Action, Deveron Arts. Our close collaboration means we can deliver community wide health interventions that are diverse, inclusive, intergenerational and of lasting benefit to the people we support, and our wider community. It also means that the duplication of health interventions is reduced, and that our ability to signpost people appropriately is increased.

From January 2017 Aberdeenshire Council will no longer fund mental health provision in the way they have done for the last 10 years. The Council's focus will be on supporting those with moderate, substantial and critical levels of need and a new provider has been identified for these services.

Networks of Wellbeing Ltd is experienced in the provision of preventative work and in working with those with mild to moderate needs and our primary focus for the future will be in this area.

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT *(continued)*

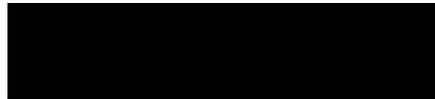
YEAR ENDED 31 MARCH 2016

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Registered office:
The Clashmach Centre
18 Steven Road
Huntly
Aberdeenshire
AB54 8SX

Signed on behalf of the trustees



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**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES AND
MEMBERS OF NETWORKS OF WELLBEING LTD**

YEAR ENDED 31 MARCH 2016

I report on the accounts of the charity for the year ended 31 March 2015 which are set out on pages 10 to 19.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees (who are also the directors of Networks of Wellbeing Ltd for the purposes of company law) are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 441(1) (c) of the Act and to state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual item or disclosures in the accounts, and seeks from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with Section 44(1) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations

to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

D J Anderson, CA
Independent examiner

1a Cluny Square
Buckie
AB56 1AH

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**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE
INCOME AND EXPENDITURE ACCOUNT)**

YEAR ENDED 31 MARCH 2016

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £	Total Funds 2015 £
INCOME AND ENDOWMENTS					
Donations and legacies	2	758	900	1,658	13,150
Income from charitable activities	3	–	90,398	90,398	90,398
Other trading activities	4	23,191	–	23,191	5,370
Investment income	5	536	–	536	500
TOTAL INCOME		<u>24,485</u>	<u>91,298</u>	<u>115,783</u>	<u>109,418</u>
EXPENDITURE					
Expenditure on charitable activities	6/7	(22,122)	(97,997)	(120,119)	(105,609)
TOTAL EXPENDITURE		<u>(22,122)</u>	<u>(97,997)</u>	<u>(120,119)</u>	<u>(105,609)</u>
NET MOVEMENT IN FUNDS FOR THE YEAR					
	8	2,363	(6,699)	(4,336)	3,809
RECONCILIATION OF FUNDS					
Total funds brought forward		75,497	20,293	95,790	91,981
TOTAL FUNDS C/FORWARD		<u>77,860</u>	<u>13,594</u>	<u>91,454</u>	<u>95,790</u>

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 14 to 20 form part of these financial statements.

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

BALANCE SHEET

31 MARCH 2016

	Note	2016 £	2015 £
FIXED ASSETS			
Tangible assets	11	207	1,232
CURRENT ASSETS			
Debtors	12	48,843	25,599
Cash at bank		44,762	70,799
		<u>93,605</u>	<u>96,398</u>
CREDITORS: Amounts falling due within one year	13	(2,358)	(1,840)
NET CURRENT ASSETS		91,247	94,558
TOTAL ASSETS LESS CURRENT LIABILITIES		91,454	95,790
NET ASSETS		91,454	95,790
FUNDS OF THE CHARITY			
Restricted income funds	14	13,594	20,293
Unrestricted income funds	15	77,860	75,497
TOTAL CHARITY FUNDS		91,454	95,790

For the year ended 31 March 2016 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

These financial statements were approved by the members of the committee and authorised for issue on the and are signed on their behalf by:



Company Registration Number: SC225268

The notes on pages 14 to 20 form part of these financial statements.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain fixed assets and investments measured at market value. The financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015) (SORP 2015).

Income

All income is included in the statement of financial activities when the charity is entitled to the income, any performance related conditions attached have been met or are fully within the control of the charity, the income is considered probable and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacy income is received by way of donations, legacies, grants and gifts and is included in full in the statement of financial activities when receivable. Where legacies have been notified to the charity but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Donated services and facilities are included at the value to the charity, being the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market.
- Investment income is included when receivable.
- Income from charitable trading activity is accounted for when earned.
- Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NETWORKS OF WELLBEING LTD COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

1. ACCOUNTING POLICIES *(continued)*

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated between the expenditure categories of the sofa on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Fund accounting

Funds held by the charity are either

Unrestricted general funds-

General funds - General funds are unrestricted funds which are available for use at the discretion of the directors in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds - Designated funds comprise unrestricted funds that have been set aside by the directors for particular purposes.

Restricted funds -

These are funds which can 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 purposes.

Fixed assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Plant and machinery - 25% straight line

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

1. ACCOUNTING POLICIES *(continued)*

Pension costs

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the statement of financial activities.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Donations			
Donations	758	650	1,408
Gordon Schools 175th anniversary project	-	-	-
Grants receivable			
Sundry grants	-	250	250
Cycling Scotland Grant	-	-	-
Hunty & District Development Trust	-	-	-
	758	900	1,658

	Unrestricted Funds £	Restricted Funds £	Total Funds 2015 £
Donations			
Donations	400	-	400
Gordon Schools 175th anniversary project	3,000	-	3,000
Grants receivable			
Sundry grants	1,250	-	1,250
Cycling Scotland Grant	-	5,000	5,000
Hunty & District Development Trust	-	3,500	3,500
	4,650	8,500	13,150

3. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds £	Total Funds 2016 £	Restricted Funds £	Total Funds 2015 £
Aberdeenshire Council - MHSG	90,398	90,398	90,398	90,398

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

4. OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Total Funds 2016 £	Unrestricted Funds £	Total Funds 2015 £
Fundraising events	2,986	2,986	351	351
Tea dance	846	846	900	900
Advertising in community newsletter	1,820	1,820	1,997	1,997
Bike shack sales & servicing	17,539	17,539	2,122	2,122
	<u>23,191</u>	<u>23,191</u>	<u>5,370</u>	<u>5,370</u>

5. INVESTMENT INCOME

	Unrestricted Funds £	Total Funds 2016 £	Unrestricted Funds £	Total Funds 2015 £
Bank interest receivable	23	23	-	-
Loan interest receivable	513	513	500	500
	<u>536</u>	<u>536</u>	<u>500</u>	<u>500</u>

6. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Project Account	-	95,974	95,974
Bike Shack	8,485	1,081	9,566
Plots	781	942	1,723
Community Newsletter	6,431	-	6,431
Cafe	3,927	-	3,927
Community Garden	10	-	10
Support costs	2,488	-	2,488
	<u>22,122</u>	<u>97,997</u>	<u>120,119</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2015 £
Project Account	-	97,285	97,286
Bike Shack	-	-	-
Plots	-	-	-
Community Newsletter	5,908	-	5,907
Cafe	-	-	-
Community Garden	-	-	-
Support costs	-	2,416	2,416
	<u>5,908</u>	<u>99,701</u>	<u>105,609</u>

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

7. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly	Total Funds 2016	Total Funds 2015
	£	£	£
Project Account	95,974	95,974	97,286
Bike Shack	9,566	9,566	–
Plots	1,723	1,723	–
Community Newsletter	6,431	6,431	5,907
Cafe	3,927	3,927	–
Community Garden	10	10	–
Governance costs	–	2,488	2,416
	<u>117,631</u>	<u>120,119</u>	<u>105,609</u>

8. NET (OUTGOING)/INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2016	2015
	£	£
Staff pension contributions	–	720
Depreciation	<u>1,300</u>	<u>2,336</u>

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2016	2015
	£	£
Wages and salaries	73,461	66,934
Social security costs	2,269	1,749
Other pension costs	–	720
	<u>75,730</u>	<u>69,403</u>

Particulars of employees:

The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

2016	2015
No.	No.

No employee received remuneration of more than £60,000 during the year (2015 - Nil).

The trustees did not receive any remuneration and were not reimbursed for any expenses (2014 - nil).

10. GOVERNMENT GRANTS

A total of £90,398 (2014 - £90,398) of government grants were received during the year.

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

11. TANGIBLE FIXED ASSETS

	Equipment £
COST	
At 1 April 2015	16,386
Additions	275
At 31 March 2016	<u><u>16,661</u></u>
 DEPRECIATION	
At 1 April 2015	15,154
Charge for the year	1,300
At 31 March 2016	<u><u>16,454</u></u>
 NET BOOK VALUE	
At 31 March 2016	<u><u>207</u></u>
At 31 March 2015	<u><u>1,232</u></u>

12. DEBTORS

	2016 £	2015 £
Trade debtors	26,136	3,500
Loan to Huntly Development Trust	21,013	20,500
Prepayments	1,694	1,599
	<u><u>48,843</u></u>	<u><u>25,599</u></u>

The loan was granted to Huntly Development Trust to aid in the purchase of Greenmyres Farm. The loan is repayable under certain agreed conditions or on demand. Interest is due annually at 2% over base rate.

13. CREDITORS: Amounts falling due within one year

	2016 £	2015 £
Sundry creditors	520	-
Accruals and deferred income	1,838	1,840
	<u><u>2,358</u></u>	<u><u>1,840</u></u>

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2016

14. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2015 £	Income £	Expenditure £	Balance at 31 Mar 2016 £
Project account	15,478	90,648	(94,740)	11,386
Community Growing & Development	2,500	650	(942)	2,208
Re-cycle Project	2,315	-	(2,315)	-
	<u>20,293</u>	<u>91,298</u>	<u>(97,997)</u>	<u>13,594</u>

The Project Fund - this is a Mental Illness Specific Grant from the Local Authority.

Community Growing and Development - this project offers opportunities to experience and develop work-based skills through environmental themed projects.

Re-cycle Project - this project is to pay for the training of volunteers to a recognised industry standard in bike maintenance.

15. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2015 £	Income £	Expenditure £	Balance at 31 Mar 2016 £
General Funds	<u>75,497</u>	<u>24,485</u>	<u>(22,122)</u>	<u>77,860</u>

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total £
Restricted Income Funds:			
Project account	207	11,179	11,386
Community Growing & Development	-	2,208	2,208
	<u>207</u>	<u>13,387</u>	<u>13,594</u>
Unrestricted Income Funds	<u>-</u>	<u>77,860</u>	<u>77,860</u>
Total Funds	<u>207</u>	<u>91,247</u>	<u>91,454</u>

17. COMPANY LIMITED BY GUARANTEE

The charity operates within a company limited by guarantee.

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

MANAGEMENT INFORMATION

YEAR ENDED 31 MARCH 2016

**The following pages do not form part of the statutory financial statements
which are the subject of the independent examiner's report on page 11.**

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2016

	2016	2015
	£	£
INCOMING RESOURCES		
DONATIONS AND LEGACIES		
Donations	1,408	400
Gordon Schools 175th anniversary project	–	3,000
Sundry grants	250	1,250
Cycling Scotland Grant	–	5,000
Hunty & District Development Trust	–	3,500
	<u>1,658</u>	<u>13,150</u>
OTHER TRADING ACTIVITIES		
Fundraising events	2,986	351
Tea dance	846	900
Advertising in community newsletter	1,820	1,997
Bike shack sales & servicing	17,539	2,122
	<u>23,191</u>	<u>5,370</u>
INVESTMENT INCOME		
Bank interest receivable	23	–
Loan interest receivable	513	500
	<u>536</u>	<u>500</u>
INCOME FROM CHARITABLE ACTIVITIES		
Aberdeenshire Council - MHSG	90,398	90,398
	<u>90,398</u>	<u>90,398</u>
TOTAL INCOME	<u>115,783</u>	<u>109,418</u>
EXPENDITURE		
CHARITABLE ACTIVITIES	117,631	103,193
	<u>117,631</u>	<u>103,193</u>
GOVERNANCE COSTS		
Accountancy fees	2,488	2,416
	<u>2,488</u>	<u>2,416</u>
TOTAL EXPENDITURE	<u>120,119</u>	<u>105,609</u>
NET RESOURCES FOR THE YEAR	<u>(4,336)</u>	<u>3,809</u>

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2016

	2016	2015
	£	£
CHARITABLE ACTIVITIES		
Project Account		
<i>Activities undertaken directly</i>		
Staff costs - Wages & Salaries	66,551	66,934
Staff costs - Employer's NIC	2,269	1,749
Staff costs - Pension costs	-	720
Establishment - Rent	6,064	4,880
Establishment - Insurance	1,388	1,293
Legal & professional - Other	-	3,500
Depreciation	1,300	2,336
Travel and training staff	3,355	3,561
Equipment and stationery	1,882	2,163
Cleaning, heat & light	1,722	2,033
Postage, advertising and telephone	3,158	2,430
Other expenses	3,197	824
Printing	482	-
Gardening Project expenses	-	470
Repairs, maintenance and materials	2,082	1,994
Book-keeping fees	2,524	2,399
	95,974	97,286
 Bike Shack		
<i>Activities undertaken directly</i>		
Staff costs - Wages & Salaries	6,910	-
Travel and training staff	1,082	-
Equipment and stationery	11	-
Repairs, maintenance and materials	1,563	-
	9,566	-
 Plots		
<i>Activities undertaken directly</i>		
Establishment - Rent	195	-
Travel and training staff	59	-
Other expenses	35	-
Repairs, maintenance and materials	1,434	-
	1,723	-

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE**

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2016

	2016	2015
	£	£
Community Newsletter		
<i>Activities undertaken directly</i>		
Travel and delivery	71	136
Printing, design and production	6,360	5,771
	<u>6,431</u>	<u>5,907</u>
 Cafe		
<i>Activities undertaken directly</i>		
Establishment - Rent	3,200	–
Cleaning, heat and light	427	–
Repairs, maintenance and materials	300	–
	<u>3,927</u>	<u>–</u>
 Community Garden		
<i>Activities undertaken directly</i>		
Repairs, maintenance & materials	10	–
	<u>10</u>	<u>–</u>
 TOTAL CHARITABLE ACTIVITIES	 <u>117,631</u>	 <u>103,193</u>