

COMPANY REGISTRATION NUMBER: SC225268
CHARITY REGISTRATION NUMBER: SC021861

NETWORKS OF WELLBEING LTD
Company Limited by Guarantee
UNAUDITED FINANCIAL STATEMENTS
31 MARCH 2017

RITSONS
Chartered accountant
1a Cluny Square
Buckie
AB56 1AH

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2017

	PAGES
Trustees' annual report (incorporating the director's report)	1 to 9
Independent examiner's report to the trustees	10
Statement of financial activities (including income and expenditure account)	11
Statement of financial position	12
Notes to the financial statements	13 to 20
The following pages do not form part of the financial statements	
Detailed statement of financial activities	22 to 23
Notes to the detailed statement of financial activities	24 to 25

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

YEAR ENDED 31 MARCH 2017

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2017.

Reference and administrative details

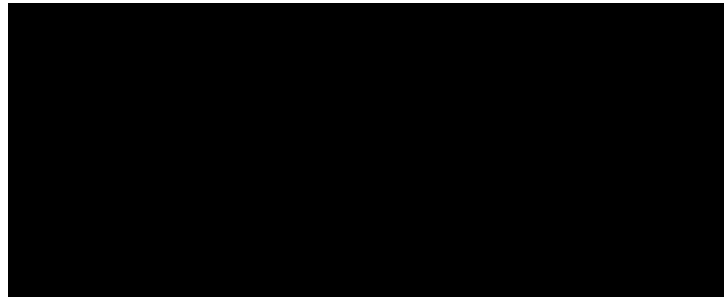
Registered charity name Networks of Wellbeing Ltd

Charity registration number SC021861

Company registration number SC225268

Principal office and registered office The Clashmach Centre
18 Steven Road
Huntly
Aberdeenshire
AB54 8SX

The trustees



Company secretary Fiona Alderson

Accountants Ritsons
Chartered accountant
1a Cluny Square
Buckie
AB56 1AH

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT) (continued)

YEAR ENDED 31 MARCH 2017

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

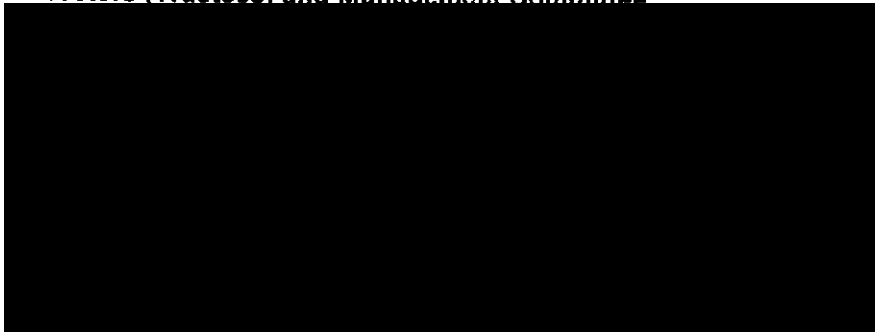
Services

Manager Senior

Staff

Support Workers

Directors (Trustees) and Management Committee



Staff

Fiona Alderson - Manager

Maria Perkins - Social Inclusion and Recovery Worker

Fiona Thomson - Social Inclusion and Recovery Worker

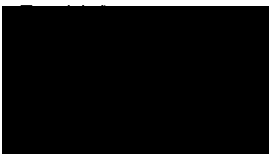
Kirsty Gall - Social Inclusion and Recovery Worker

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.

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

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

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.

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.

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

Objectives and activities *(continued)*

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, Fergie, Gartly, Glass, Glenbarry, Glendronach, Huntly, Inch, Kennethmont, Knock, Largue, Lumsden, Rhyndy, 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 (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

Achievements and performance

Chairman's Report for 2016/17

It has been an exciting year, with many changes but more ups than downs. The board has lost Matt Greenhalgh, Patrick Wright and Sandy Mack. Board members are now Sandra Brantingham (Chair), Jill Sowden (Minutes Secretary), Alastair Ross (Treasurer), and Hilda Lumsden-Gill, making a total of 4, however Sharon Francis & Christine Sell have agreed to join the board at the April meeting..

On the staff side, we have 5 people employed, Fiona Alderson (Manager), Fiona Thompson (Deputy Manager), Maria Perkins, Darren Farquhar and Matt Donaldson. In addition we have contracted Ann Massie for 12 hours per week 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, however with the slow start of SAMH, the staff are now under increasing pressure. We liaise with other organisations including Aberdeenshire Council Substance misuse, Central Forum ADP, HDDT, Deveron Projects and The Gordon Schools to enable us to provide a seamless and effective solution to peoples needs.

Despite all the changes, we have still had many groups operating, (see pamphlet). the allotments attracting many people, the tea dance going strong, the bike shack going from strength to strength. Other major events undertaken were "Room to Run" organised by F1 in conjunction with HDDT and "Loons and Quines". The café we have rented in the centre of town is no longer viable and we are in the process of terminating the lease.

Council funding ended on 31st January 2017 and we became an independent organisation. We were successful in bidding for lottery funding of £149,500 for 3 years from 1st January 2017 which has enabled the group to start a 5 year business plan.

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 are running well, and although we do not have as much money as before, we are now guaranteed to be still operating in December 2020.

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 more funding will become available.

Sandra Brantingham
Chairman

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

Achievements and performance *(continued)*

Manager's Report for 2016/17

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. [http:](#)
- Scottish National Outcomes with particular reference to, Strong Resilient and Supportive Communities and Healthier Lives [http:](#)
- Aberdeenshire Council's Community Plan 2016 - Action points 3.2 - [http:](#)

The idea is then developed using volunteerism, co-production, creative action, and collaborative working practices so that many outputs are achieved from each activity.

Challenges 2016/17

During 2016/17 NoW faced a major challenge in that Aberdeenshire Council completely redesigned their service specification (for what was traditionally termed 'day services') for people with mental health problems across Aberdeenshire. In January 2017 Aberdeenshire Council ceased funding mental health provision in the way they had done for the previous 10 years. The Council's focus moved to supporting people aged between 16 and 65 with moderate, substantial and critical levels of need and a new, national, provider was contracted to deliver these services. This led to a period of uncertainty for NoW during which the staff, supported by the Board, and in particular our Treasurer, put together a funding application to submit to the Big Lottery. This resulted in NoW being fortunate enough to secure 3 years funding from the Big Lottery Community Led Award scheme. Coupled with our reserves, this funding will allow us to continue to provide a service to people of all ages in the area.

Over the last 12 months we have:

- Expanded our range of activities in the community thanks to the drive and resourcefulness of our staff and volunteers and our community collaborators and partners.
- Operated a person-centered, accessible service where individual and community strengths and aspirations are recognised, listened to, and incorporated within the services we provide.
- Identified and used local community resources to assist in delivery of projects, which has proved beneficial to both individuals and to the organisation.
- Worked in partnership with other organisations (e.g. Aberdeenshire Council Substance Misuse, Central Forum ADP, HDDT, Deveron Projects) to provide options for improved mental health and wellbeing within our communities.
- Started a Counselling service with a volunteer Counsellor for those in need within our community.
- Co-hosted (with HDDT and Huntly Rinnin Quines and Loons) the 5K and 10K 'Room to Run'

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

Achievements and performance *(continued)*

Huntly Fun Run.

- Been awarded funding from the Jo Walters Trust to run a cycling activity with SFL pupils at The Gordon Schools, Huntly.
- Developed and delivered, with a range of local partners, a summer cycling activity for young people who may otherwise have been at risk of committing offences.
- Worked with Keith Grammar School and Turriff Academy to provide alternative choices for hard to engage with young people.
- Started a Cognitive Stimulation Therapy Group (based in Scott's Hospital and open to community members) for people with mild to moderate stages of dementia.
- Further developed our Silver Singers activity to include Scotts Hospital and the dementia unit in the Meadows Care Home in Huntly.
- Provided Peer Support training for service users and staff - which led to the forming of a busy Peer Support Group. This enabled our service users to provide informal support to another group in Aberdeenshire.
- Received funding for and hosted 3 nights of a Huntly Wellbeing Film Festival as part of the Aberdeenshire Wellbeing Festival in 2016.
- Developed a monthly Language and Culture Cafe to celebrate and share the diversity of nationalities of those living and working in our community.
- Worked in partnership with the local substance misuse team to support the Chillin' Women group and relaxation classes.
- Benefitted from the fund-raising activities of Glass Community Association - and re-invested that money in a piece of intergenerational work in the community.
- Continued to host and support the monthly Tea Dance, with attendance from residents of 3 care homes, providing an opportunity for people to socialise and feel included in their community.
- Continued to expand the Cycling Connections project. This includes working in schools with hard to engage with young people, as well as promoting the Bike Shack as a supported volunteer project and recycling initiative where donated bikes are refurbished and sold at low cost.
- Promoted our work through the use of our website, www.networksofwellbeing.org our facebook page and the AB54 Community Newsletter.
- Continued to produce a quarterly AB54 Community Newsletter highlighting the with a paper circulation of 2500 paper copies and an online reach via organisations such as MAP, HDDT and others.
- Recognised the high quality of work done by our staff and volunteers and received a Runner Up Award in the Inspiring Aberdeenshire Awards for 2017 (which celebrates and recognises the best of community spirit across Aberdeenshire).

Through delivering our services in an inclusive and supportive community environment we continue to move from the isolation and dependency that can be a by-product of traditional day service provision.

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT)

(continued)

YEAR ENDED 31 MARCH 2017

Achievements and performance *(continued)*

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.

Financial review

The Statement of Financial Activities shows incoming resources of £155,332 (2016 - £115,783) and resources expended of £120,402 (2016 - £120,119), giving a surplus for the year of £34,930 (2016 deficit of £4,336).

At 31 March 2017 the charity held restricted funds of £38,800 (2016 £13,594) and unrestricted funds of £87,584 (2016: £77,860).

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.

Funds have been secured from the Big Lottery Fund for the Project Account. This funding has been secured for 3 years. It will fund salaries, staff training and expenses, volunteer training and expenses, administration and overhead costs. It will also contribute towards the salaries of service manager, development worker and three support workers.

Plans for future periods

Over the next three years Networks of Wellbeing Ltd's aim is to continue to develop and deliver projects in and around the AB54 postcode area. We will continue to grow 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 continue to use 'The Clashmach Center' as our base. This premises is an office, drop in space, and includes 2 dedicated portacabins for the Cycling Connections - Bike Shack Project. This well-known building provides a safe, secure, and welcoming space - which we know is highly valued by those who access our services. We will 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.

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTOR'S REPORT) (continued)

YEAR ENDED 31 MARCH 2017

Plans for future periods (continued)

We will work in a collaborative multi-agency manner with public, private, and third sector organisations. We will further develop our partnerships with a number of local and regional partners including; Aberdeenshire Council's Community Learning and Development, Care management and Substance Misuse Teams; Aberdeenshire Voluntary Action; Bydand Medical Center; Deveron Projects; Huntly and District Development Trust; Gordon Rural Action; The Gordon Schools, Huntly; NHS Public Health-Coordinator for the Marr area; and the University of Aberdeen.

Collaborative working means that we can all help to deliver community wide health interventions that are diverse, inclusive, intergenerational and of lasting benefit both to the people we support, and to our wider community. It also means that the duplication of health interventions is reduced, and that our ability to signpost people appropriately is increased.

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 continue be in this area.

I would like to pay tribute to the staff team and volunteers at NoW for all of their dedication, hard work and commitment. Without them, and the support of our Board and of our community, none of the work we do would be possible.

INDEPENDENT EXAMINER

D Anderson C.A. has been re-appointed as independent examiner for the ensuring year.

Small company provisions

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

The trustees' annual report was approved on 15 Dec 2017 and signed on behalf of the board of trustees by:



Trustee - Chairman

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

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

YEAR ENDED 31 MARCH 2017

I report on the financial statements for the year ended 31 March 2017, which comprise the statement of financial activities (including income and expenditure account), statement of financial position and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company 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 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's report

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 items or disclosures in the accounts, and seeks explanations 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

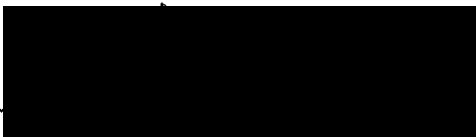
In connection with my examination, no matter has come to my attention:

(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)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - 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.A. Anderson, C.A.
Independent Examiner


RIT
Chartered accountant
1a Cluny Square
Buckie
AB56 1AH

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

31 MARCH 2017

		2017	2017		2016
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	943	5,399	6,342	1,658
Charitable activities	6	331	125,052	125,383	90,398
Other trading activities	7	19,083	3,700	22,783	23,191
Investment income	8	824	-	824	536
Total income		<u>21,181</u>	<u>134,151</u>	<u>155,332</u>	<u>115,783</u>
Expenditure					
Expenditure on charitable activities	9	9,297	111,105	120,402	120,119
Total expenditure		<u>9,297</u>	<u>111,105</u>	<u>120,402</u>	<u>120,119</u>
Net income/(expenditure)		<u>11,884</u>	<u>23,046</u>	<u>34,930</u>	<u>(4,336)</u>
Transfers between funds		(2,160)	2,160	-	-
Net movement in funds		<u>9,724</u>	<u>25,206</u>	<u>34,930</u>	<u>(4,336)</u>
Reconciliation of funds					
Total funds brought forward		77,860	13,594	91,454	95,790
Total funds carried forward		<u>87,584</u>	<u>38,800</u>	<u>126,384</u>	<u>91,454</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 13 to 20 form part of these financial statements.

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL POSITION
31 MARCH 2017

		2017 £	2016 £
FIXED ASSETS			
Tangible fixed assets	14	2,137	207
CURRENT ASSETS			
Debtors	15	23,066	48,843
Cash at bank and in hand		<u>103,021</u>	<u>44,762</u>
		126,087	93,605
CREDITORS: amounts falling due within one year	16	1,840	2,358
NET CURRENT ASSETS		<u>124,247</u>	<u>91,247</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>126,384</u>	<u>91,454</u>
NET ASSETS		<u><u>126,384</u></u>	<u><u>91,454</u></u>
FUNDS OF THE CHARITY			
Restricted funds		38,800	13,594
Unrestricted funds		87,584	77,860
Total charity funds	17	<u><u>126,384</u></u>	<u><u>91,454</u></u>

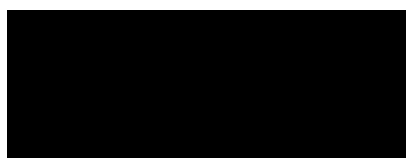
For the year ending 31 March 2017 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 15 Dec 2017, and are signed on behalf of the board by:



Trustee

The notes on pages 13 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 2017

1. GENERAL INFORMATION

The charity is a private company limited by guarantee, registered in Scotland and a registered charity in Scotland. The address of the registered office is The Clashmach Centre, 18 Steven Road, Huntly, Aberdeenshire, AB54 8SX.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities and Trustee Investment (Scotland) Act 2005 and the Charity Accounts (Scotland) Regulations 2006 (as amended).

3. ACCOUNTING POLICIES

BASIS OF PREPARATION

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

GOING CONCERN

There are no material uncertainties about the charity's ability to continue.

TRANSITION TO FRS 102

The entity transitioned from previous UK GAAP to FRS 102 as at 1 April 2015. Details of how FRS 102 has affected the reported financial position and financial performance is given in note 19.

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.

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

3. ACCOUNTING POLICIES *(continued)*

INCOMING RESOURCES

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.

RESOURCES EXPENDED

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.

TANGIBLE ASSETS

Tangible assets are initially recorded at cost.

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

3. ACCOUNTING POLICIES *(continued)*

DEPRECIATION

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

Fixtures & Fittings	-	15% reducing balance
Equipment	-	15% reducing balance

4. LIMITED BY GUARANTEE

The charity operates within a company limited by guarantee.

5. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
DONATIONS			
Donations	443	3,149	3,592
GRANTS			
Aberdeenshire Drug & Alcohol Partnership	–	2,250	2,250
Cycling Scotland	500	–	500
Foundation Scotland	–	–	–
	<u>943</u>	<u>5,399</u>	<u>6,342</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
DONATIONS			
Donations	758	650	1,408
GRANTS			
Aberdeenshire Drug & Alcohol Partnership	–	–	–
Cycling Scotland	–	–	–
Foundation Scotland	–	250	250
	<u>758</u>	<u>900</u>	<u>1,658</u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

6. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Aberdeenshire Council - MHSG	–	75,332	75,332
Lottery Grant	–	48,920	48,920
Gardening Project sales and donations	331	–	331
Wellbeing Festival	–	800	800
	<u>331</u>	<u>125,052</u>	<u>125,383</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Aberdeenshire Council - MHSG	–	90,398	90,398
Lottery Grant	–	–	–
Gardening Project sales and donations	–	–	–
Wellbeing Festival	–	–	–
	<u>–</u>	<u>90,398</u>	<u>90,398</u>

7. OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Fundraising events	4,271	–	4,271
Tea dance	934	–	934
Advertising in community newsletter	751	2,000	2,751
Cafe income	1,725	–	1,725
Bike shack sales & servicing	11,402	1,700	13,102
	<u>19,083</u>	<u>3,700</u>	<u>22,783</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £
Fundraising events	2,986	–	2,986
Tea dance	846	–	846
Advertising in community newsletter	1,820	–	1,820
Cafe income	–	–	–
Bike shack sales & servicing	17,539	–	17,539
	<u>23,191</u>	<u>–</u>	<u>23,191</u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

8. INVESTMENT INCOME

	Unrestricted Funds	Total Funds 2017	Unrestricted Funds	Total Funds 2016
	£	£	£	£
Bank interest receivable	3	3	23	23
Loan interest receivable	499	499	513	513
RBS IBP compensation	322	322	—	—
	<u>824</u>	<u>824</u>	<u>536</u>	<u>536</u>

9. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2017
	£	£	£
Project Account	469	90,639	91,108
Bike Shack	6,279	4,884	11,163
Plots	—	719	719
Community Newsletter	—	7,048	7,048
Cafe	—	5,373	5,373
Community Garden	—	—	—
Wellbeing Festival	—	561	561
Chilling Women	—	450	450
Relaxation Group	—	1,431	1,430
Support costs	2,549	—	2,550
	<u>9,297</u>	<u>111,105</u>	<u>120,402</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2016
	£	£	£
Project Account	—	95,974	95,974
Bike Shack	8,485	1,082	9,567
Plots	781	941	1,723
Community Newsletter	6,431	—	6,431
Cafe	3,927	—	3,927
Community Garden	10	—	10
Wellbeing Festival	—	—	—
Chilling Women	—	—	—
Relaxation Group	—	—	—
Support costs	2,488	—	2,487
	<u>22,122</u>	<u>97,997</u>	<u>120,119</u>

10. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2017	2016
	£	£
Depreciation of tangible fixed assets	469	1,300
Loss on disposal of heritage assets	—	35
Foreign exchange differences	56	71
	<u>531</u>	<u>1,406</u>

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS *(continued)*
YEAR ENDED 31 MARCH 2017

11. STAFF COSTS

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2017	2016
	£	£
Wages and salaries	71,528	73,461
Social security costs	–	2,269
	<u>71,528</u>	<u>75,730</u>

The average head count of employees during the year was 6 (2016: 7).

No employee received employee benefits of more than £60,000 during the year (2016: Nil).

12. TRUSTEE REMUNERATION AND EXPENSES

The trustees did not receive any remuneration and were not reimbursed for any expenses.

13. TRANSFERS BETWEEN FUNDS

Funds were transferred in the year to account for the income received for the Relaxation Group in 2016. These funds were recognised as being restricted and have now been accounted for accordingly.

14. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Office Equipment £	Total £
Cost			
At 1 April 2016	–	16,661	16,661
Additions	2,000	399	2,399
At 31 March 2017	<u>2,000</u>	<u>17,060</u>	<u>19,060</u>
Depreciation			
At 1 April 2016	–	16,454	16,454
Charge for the year	300	169	469
At 31 March 2017	<u>300</u>	<u>16,623</u>	<u>16,923</u>
Carrying amount			
At 31 March 2017	<u>1,700</u>	<u>437</u>	<u>2,137</u>
At 31 March 2016	–	207	207

15. DEBTORS

	2017	2016
	£	£
Trade debtors	212	26,136
Other debtors	22,854	22,707
	<u>23,066</u>	<u>48,843</u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

15. DEBTORS *(continued)*

Included within other debtors is a loan to Huntly Development Trust £21,013 (2016: £21,013) 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.

16. CREDITORS: amounts falling due within one year

	2017 £	2016 £
Trade creditors	–	518
Accruals and deferred income	<u>1,840</u>	<u>1,840</u>
	<u>1,840</u>	<u>2,358</u>

17. ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	At 1 April 2016 £	Income £	Expenditure £	Transfers £	At 31 March 2017 £
General funds	<u>77,860</u>	<u>21,181</u>	<u>(9,297)</u>	<u>(2,160)</u>	<u>87,584</u>

Restricted funds

	At 1 April 2016 £	Income £	Expenditure £	Transfers £	At 31 March 2017 £
The Project Account	11,386	127,401	(102,087)	–	36,700
CG & D	2,208	–	(2,208)	–	–
AB54 Newsletter	–	2,000	(2,000)	–	–
Bike Shack	–	1,700	(1,700)	–	–
Chilling Women	–	2,250	(450)	–	1,800
Relaxation Group	–	–	(2,160)	2,160	–
Well Being Festival	–	800	(500)	–	300
	<u>13,594</u>	<u>134,151</u>	<u>(111,105)</u>	<u>2,160</u>	<u>38,800</u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 MARCH 2017

17. ANALYSIS OF CHARITABLE FUNDS *(continued)*

- The Project Fund - this is a Mental Illness Specific Grant from the Local Authority.
- Community Growing and Development (CGD) - this project offers opportunities to experience and develop work-based skills through environmental themed projects.
- AB54 Community Newsletter - this fund covered the printing costs of the newsletter during the financial year.
- Bike Shack - this fund covered the costs of running cycling based activities within the Support for Learning Unit at the Gordons Schools, Huntly.
- Chilling Women – this fund covered the cost of a sessional staff member and of group running costs within the financial year.
- Relaxation Group - this fund covered the costs for the sessional staff member delivering relaxation sessions.
- Well Being Festival - this fund covered delivery of 3x film nights plus light refreshments during the Aberdeenshire Wellbeing Festival in May 2016.

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2017 £
Tangible fixed assets	2,137	-	2,137
Current assets	85,447	38,800	124,247
Net assets	<u>87,584</u>	<u>38,800</u>	<u>126,384</u>

19. TRANSITION TO FRS 102

These are the first financial statements that comply with FRS 102. The charity transitioned to FRS 102 on 1 April 2015.

No transitional adjustments were required in the retained funds or income or expenditure for the year.

**NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
MANAGEMENT INFORMATION
YEAR ENDED 31 MARCH 2017**

The following pages do not form part of the financial statements.

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
31 MARCH 2017

	2017 £	2016 £
Income and endowments		
Donations and legacies		
Donations	3,592	1,408
Aberdeenshire Drug & Alcohol Partnership	2,250	-
Cycling Scotland	500	-
Foundation Scotland	-	250
	<u>6,342</u>	<u>1,658</u>
 Charitable activities		
Aberdeenshire Council - MHSG	75,332	90,398
Lottery Grant	48,920	-
Gardening Project sales and donations	331	-
Wellbeing Festival	800	-
	<u>125,383</u>	<u>90,398</u>
 Other trading activities		
Fundraising events	4,271	2,986
Tea dance	934	846
Advertising in community newsletter	2,751	1,820
Cafe income	1,725	-
Bike shack sales & servicing	13,102	17,539
	<u>22,783</u>	<u>23,191</u>
 Investment income		
Bank interest receivable	3	23
Loan interest receivable	499	513
RBS IBP compensation	322	-
	<u>824</u>	<u>536</u>
 Total income	<u><u>155,332</u></u>	<u><u>115,783</u></u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES *(continued)*

31 MARCH 2017

	2017 £	2016 £
Expenditure		
Expenditure on charitable activities		
Project Account	91,108	95,974
Bike shack	11,163	9,567
Plots	719	1,723
Community Newsletter	7,048	6,431
Café	5,373	3,927
Community Garden	-	10
Wellbeing Festival	561	-
Chilling Women	450	-
Relaxation Group	1,430	-
Governance Costs	2,550	2,487
Total expenditure	<u>120,402</u>	<u>120,119</u>
Net income/(expenditure)	<u>34,930</u>	<u>(4,336)</u>

NETWORKS OF WELLBEING LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE DETAILED STATEMENT OF FINANCIAL ACTIVITIES
31 MARCH 2017

	2017 £	2016 £
Expenditure on charitable activities		
Project Account	62,945	66,551
Wages/salaries	-	2,269
Employer's NIC	6,084	6,064
Rent	1,801	1,722
Cleaning, heat & light	4,453	2,082
Repairs, maintenance and materials	1,392	1,388
Insurance	1,474	3,355
Travel and training staff	3,868	3,158
Postage, advertising and telephone	-	1,882
Equipment and stationery	469	1,300
Depreciation	-	482
Printing	4,216	3,197
Other expenses	3,725	-
Support worker subcontractor costs	681	2,524
Book-keeping fees	<u>91,108</u>	<u>95,974</u>
Bike Shack	7,595	6,910
Wages/salaries	3,086	1,563
Repairs & maintenance	482	1,082
Travel and training staff	-	12
Equipment and stationery	<u>11,163</u>	<u>9,567</u>
Plots	168	195
Rent	551	1,434
Repairs, maintenance and materials	-	59
Travel and training staff	-	35
Other expenses	<u>719</u>	<u>1,723</u>
Community Newsletter	988	-
Wages/salaries	6,004	6,360
Printing, design & production	56	71
FEX variances	<u>7,048</u>	<u>6,431</u>

NETWORKS OF WELLBEING LTD

COMPANY LIMITED BY GUARANTEE

NOTES TO THE DETAILED STATEMENT OF FINANCIAL ACTIVITIES (continued)

31 MARCH 2017

	2017 £	2016 £
Cafe		
Rent	4,800	3,200
Light & Heat	-	427
Repairs & maintenance	<u>573</u>	<u>300</u>
	<u>5,373</u>	<u>3,927</u>
	-	<u>10</u>
Community Garden		
Repairs, maintenance and materials	<u>561</u>	-
Wellbeing Festival		
Misc costs	<u>450</u>	-
Chilling Women		
Miscellaneous costs	<u>1,430</u>	-
Relaxation Group		
Classes costs	<u>2,550</u>	<u>2,487</u>
Governance costs		
Independent examiners fee	<u>120,402</u>	<u>120,119</u>
Expenditure on charitable activities		