

Partnerships for Wellbeing



Annual Report 2021/2022

PARTNERSHIPS FOR WELLBEING LTD

A COMPANY LIMITED BY GUARANTEE

TRUSTEES ANNUAL REPORT AND UNAUDITED ACCOUNTS

APRIL 2021 - MARCH 2022

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CHARITY NO: SC036055 COMPANY NO: SC275314

A
Highland
Charity

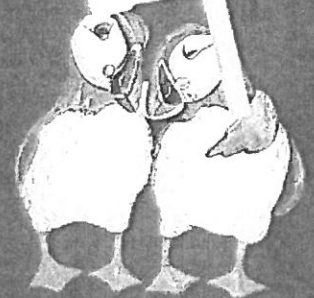


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TRUSTEES' ANNUAL REPORT (INCORPORATING THE DIRECTORS' REPORT)

The Partnerships for Wellbeing (P4W) trustees, who are also directors for the purposes of company law, present their annual report and unaudited financial statements for the year ended March 2022.

The financial statements comply with the current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice (SORP) applicable to charities in Scotland.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name: Partnerships for Wellbeing Limited

Charity registration number: SC0 36055

Company registration number: SC275314

Principal and Registered Office: 31-33 Wells Street, Inverness, IV3 5JU

THE TRUSTEES

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

**Elizabeth McAllister
Marilyn Davidson
David Greer
John Greene
Suzy Beaumont
Jamie Wisbey
Chair: Heather Henderson**

Independent examiner

**Colin Gray B.Com C.A.
Frame Kennedy
Metropolitan House
31-33 High Street
INVERNESS
IV1 1HT**

GOVERNING DOCUMENT

Partnerships for Wellbeing is a charitable company limited by guarantee, incorporated on 28th October 2004 and registered as a charity on 25th October 2004.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

A YEAR OF RECOVERY AND PROGRESS



Firstly, on behalf of the Board, I would like to record sincere thanks to the staff who have continued to demonstrate amazing commitment, dedication and loyalty during another challenging year. As ever, we are also extremely grateful to our volunteers who have continued to provide invaluable support and enabled P4W to fulfil its mission. Board meetings have continued to take place 'virtually' on a monthly basis and I thank the members of our Board for their ongoing support and forbearance.

The Board also records particular thanks to our new Manager, Jeff Zycinski. In his first nine and a bit months in post, Jeff has displayed an aptitude for identifying potential funding opportunities and making successful applications. These funding awards have notably included, from NHS Highland, the total amount of funding requested for three years from April 2022, and, from the Scottish Government's Mental Health and Wellbeing Fund, £10k towards the purchase of a wheelchair accessible vehicle. In addition, Jeff has shown impressive innovation, imagination and creativity in raising P4W's profile locally and beyond.

P4W Transport and P4W Walk have gradually resumed their activities within the confines of some continuing Covid restrictions. Neither project has yet reached pre-Covid levels of engagement, but very good progress has been made. Volunteer recruitment has been challenging for both projects, as it has been across the voluntary sector for a variety of reasons, and this will be a priority in the coming year.

Overall, P4W has ended this reporting period in a healthier and more financially sustainable position than we might have dared hope a year ago.

In accordance with the requirements of our Articles of Association, two Board members Marilyn Davidson and John Greene are stepping down, but are putting themselves forward for re-election.

Heather Henderson
Chair

STRATEGIC AIMS

Work in partnerships with funding bodies, agencies and other relevant charities to deliver services that support and inspire health and wellbeing in the communities we serve.

Within that deliver, as funded, the Community Transport Service and Health Walk Service as agreed and in line with the priorities identified by those funders (e.g., social isolation).

Develop, as appropriate and as funded, relevant additional services including short term taster and pilot projects.

Recruit, train and support volunteers for our range of community services including transport, health walks and board membership and develop additional volunteering opportunities relevant to the charity's existing and emerging activities.

Use appropriate means, including press coverage, social media and networking to promote our services so as to attract and inspire more clients, participants, volunteers and to boost awareness among potential partners and funders.



AGREED BY PARTNERSHIPS FOR WELLBEING
BOARD OF TRUSTEES, JANUARY 2022

HEALTH WALKS



This year the Health Walk service embarked on a period of recovery following the restrictions of the pandemic in the previous two years. Our focus has been on recruitment of new volunteers to support the sustainability of existing groups and to re-launch groups in areas where all volunteers had stepped down. Our Health Walk Manager, Kate Thomson, has successfully trained 42 new walk leaders in this period, including 21 Partnerships for Wellbeing volunteers. This has enabled the restart of walks in Alness, Nairn, Muir of Ord and with the Maggie's Centre. At the end of this financial year we had 13 active weekly walks.

New partnerships have been fostered with organisations such as Chest, Heart and Stroke Scotland with whom we are now working to deliver the Nairn walk. This partnership has brought sustainability, with sharing of volunteer resource and also mutual learning at organisational level, including formalising partnerships. P4W brings expertise and experience in delivery of community led health walks and CHSS offers experience of governance, for example health and safety and safeguarding.

We conducted a pilot project with Parkinson's UK - Nordic Walking for people with Parkinson's. This was an opportunity to expand our walking remit and support a group of 9 people living with Parkinson's to learn the skill of Nordic Walking. This project was well received and the partnership is now working to establish volunteer led Nordic Walks through funding for training provided by Parkinson's UK.

We continue to cultivate strong links with healthcare professionals in the region and share our news through our bi-monthly newsletter. It has been great to be able to begin to attend face-to-face community events. This year we attended an information sharing event organised by Crown Connects and a fundraising event by Crown Medical Practice and the Active Health Co-ordinators.

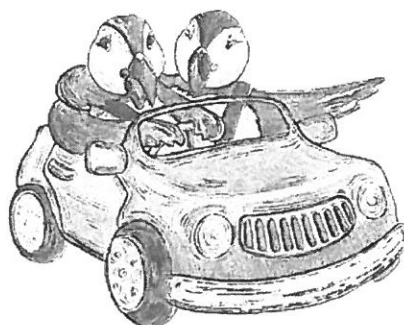


The Fortrose Health Walk celebrated 20 years of walking in 2021- a fantastic achievement. The group enjoyed a celebration in the town hall, with a beautiful cake baked by staff member, Nicola Mackenzie.

42 Walk Leaders Trained
21 P4W Walk Leaders Trained
3 Walk Leaders Trained in Strength & Balance
73 New Walkers Joined



COMMUNITY TRANSPORT SERVICE



By April 2021, many pandemic lockdown restrictions were being eased, but there was not an immediate return to normal operating hours for daycare sessions and health centres where face-to-face appointments continued to be limited. This had a knock-on impact on the number of client journeys being booked by our community transport staff. It also became clear that many of our charity's original drivers had chosen the lockdown period to retire from volunteering roles. Some had taken the opportunity to return to paid employment given the number of vacancies in the retail and hospitality sectors. This phenomenon was being replicated across the entire charity sector.

As we redoubled efforts to find new volunteers, another post-lockdown issue emerged. We were contacted by a local physiotherapist who told us that many older people had become prematurely disabled because they had endured so many months confined to their homes with little opportunity for exercise or to attend clinics. It brought home to us the limitations of our transport service because neither of our two cars were wheelchair accessible. In an online meeting with representatives of Transport Scotland, we then discovered that there were just 30 wheelchair accessible taxis for the entire Highland Council area and just nine in Inverness itself. We highlighted this issue to a local BBC reporter who covered it for television news.



Our first attempt to find funds for a wheelchair accessible vehicle (WAV) was rejected by the Plugged-In Communities Fund but we were successful in securing some match-funding from the new Scottish Government Mental Health and Wellbeing Community Fund, administered by Highland Third Sector Interface (HTSI). This allowed us to purchase a pre-owned WAV and begin training our volunteer drivers on the use of the vehicle's ramp and winch. The immediate demand for this new service has already outstripped our ability to meet it and we have been hearing some poignant stories from disabled people who tell us they have largely been confined to their homes because there are so few wheelchair accessible transport options in the city.

Our future strategy, therefore, is to gradually replace our ageing fleet with new wheelchair accessible vehicles and recruit a new generation of volunteer drivers to meet the demand for the service. To that end we have put more efforts into publicising our need for drivers, through posters and newspaper articles and our staff have taken up invitations to speak at local Rotary Clubs dinners.

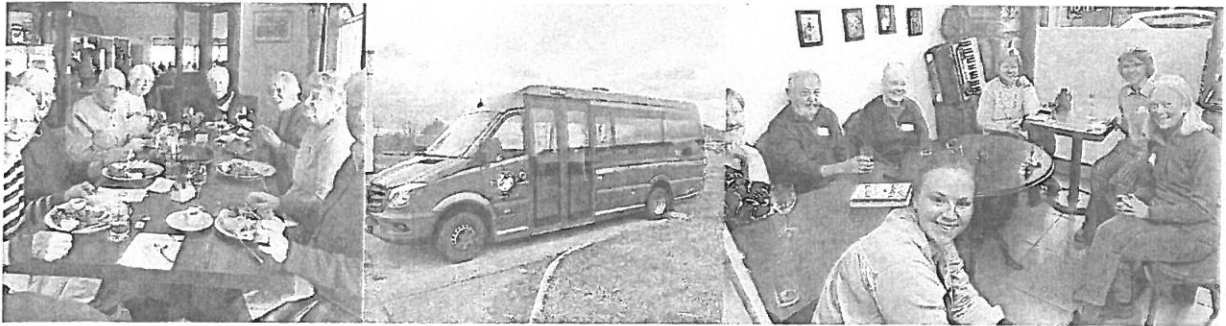
Meanwhile, as the pandemic restrictions have eased completely, we hope to resume use of the Merkinch Community Centre minibus so that we can take multiple passengers to regular day-care sessions at the MacKenzie Centre and so free up other drivers and cars for other bookings.

2132 Journeys
139 new service users registered
8 new volunteer drivers recruited
Total 33 volunteers drivers (23 regular, 10 relief)

Help wheelchair users to get out and about



ADDITIONAL PROJECTS



Minibus Outings

A grant from Bank of Scotland Foundation allowed us to launch a project in which we invite groups of elderly people on out 'n' about trips to local destinations such as Fort George, The Holm Mills Shopping Village and the Culloden Battlefield Visitor Centre. These trips have proved very popular and the feedback from participants has been overwhelmingly positive.

The Cheery Book Club

As a project primarily designed to encourage friendships and alleviate social isolation, we launched The Cheery Book Club in Inverness. Having arranged a monthly venue and publicity, it is our intention that the group will be largely self-sustaining with minimal management time required from our staff. It may also provide a model for similar book clubs in other areas. We have received a small grant from the Scottish Book trust to stage an author event in November 2022 as part of Scottish Book Week.

Sunday Lunch Club: Fortrose.

Another project aimed at encouraging friendship groups. The Sunday Lunch club meets monthly in Fortrose. We book the venue and communicate with potential participants but there is no additional funding at present to pay for or subsidise the cost of the meals.

VALUED VOLUNTEERS



Since the foundation of Partnerships for Wellbeing in 2004, volunteering has been at the heart of our mission. Our drivers, health walk leaders and board members all give freely of their time and expertise to ensure we continue to offer safe, reliable and much-needed services in Inverness and across the inner Moray Firth area. We never take that for granted.

As part of our ongoing commitment to training, we've organised sessions on first aid, walk leader safety, strength and balance and on how to operate the ramp and winch on a wheelchair accessible car.

In 2021 we launched our Valued Volunteers project which allowed local businesses to offer thank you discounts to our volunteers. Retailers were glad to show those tokens of appreciation as they remembered how our volunteers continued to work through the pandemic months, taking elderly people to medical and vaccination appointments or else, when restrictions were lifted, leading group health walks.

Our Valued Volunteers are issued with a card emblazoned with our new 'puffin partners' emblem, there are now ten businesses taking part in the scheme. Volunteers were also invited to a thank you lunch – postponed from Christmas – as part of Volunteers Week and we're now able to welcome our volunteer drivers back into our office for a cup of tea and a chat before and after their shifts.

The individual stories of our various volunteers have featured on our Facebook page in a series of illustrated posts.



BUILDING AWARENESS



In June 2021 we appointed Jeff Zycinski as our new manager. Jeff came to us with a background in journalism and radio production and identified Partnerships for Wellbeing's low profile as an issue to be addressed through greater use of online content, social media and media coverage. Building awareness of the charity and its services should attract more service users, more volunteers, more supporters and, potentially, more funding.

A new website was commissioned which costs over two thousand pounds a year less than our original website. It proved much easier to use and to house multi-media content. Among the videos produced was a series entitled 'Look Who's Walking' which featured local celebrities taking us on their favourite walks in and around Inverness.

Then came the launch of a monthly videocast - Ways to Wellbeing - featuring inspirational guests such as Professor Nanette Mutrie from Edinburgh University and authors such as Paula McGuire and Barbara Henderson. Later the videocast would be replaced with an audio podcast with video content used as trailer inserts online.

Included in the social media strategy was a determination to add regular content to our charity's Facebook page. This content would update viewers and supporters on the latest happenings at Partnerships for Wellbeing.

SUNDAY POST
Walking saved my life. Powerful partners inspired me to walk for help, friends and the future

Ways to Wellbeing
PODCAST
EPISODE 14
Kaye Adams
Dancing on Strictly and Turning Sixty

Making strides in walk effort

Kaye Adams with Karen Powell at South Park, where they founded it.

Local and national press articles included a feature on our Nordic Walking pilot and Jeff's cancer recovery story was featured in the Paths for All 'Humans of the Walk' exhibition commissioned for the COP summit in Glasgow.

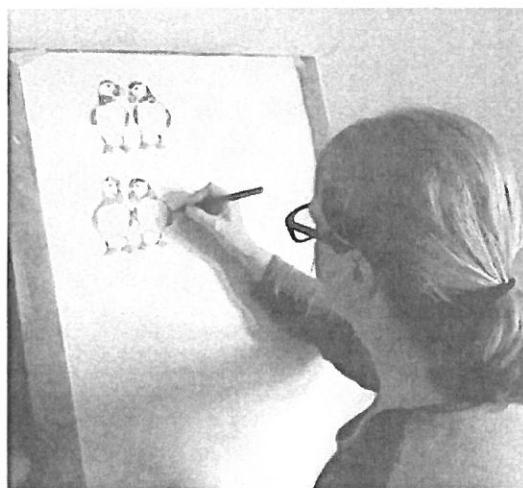
BBC Scot Squad actor, Karen Bartke, donated her time and performance skills to join us at the St. Duthac Book Festival in Tain where we sold books in aid of our charity.

Our blue and orange 'P4W' flame logo had been creating some confusion among our walking groups who felt it could easily be mistaken for the word 'PAW'.

We have retained the P4W flame for our transport service but use the full 'Partnerships for Wellbeing' name for other activities

A 'puffin partners' logo was created for our Valued Volunteer project. This was commissioned from the illustrator Laura Jackson and has helped add a less corporate feel to our branding and allowed for some fun with the use of soft toy puffins and puffins glove puppets at external events.

We have taken all rights on this artwork in perpetuity.



We made regular use of leaflet drops and posters and have since secured space in the Inverness BID street cabinets among other locations around the city.



STRUCTURE, GOVERNANCE AND MANAGEMENT

Partnerships for Wellbeing is a charitable company limited by guarantee having been incorporated and registered as a charity in October 2004.

Our charitable aims are:

To contribute to the development of health, wellbeing and social care in a sustainable way throughout the Highlands of Scotland;

Through active partnerships with individuals, communities, and private, statutory, and voluntary sectors, tackle isolation and social exclusion in urban, rural and transient populations, facilitating independent and active living;

To provide advice and assistance to enterprises whose activities are directed towards the aims of above;

To provide training opportunities for those referred to above with a view to such residents within the region acquiring skills which will assist them in obtaining paid employment.

Overall Management of the Organisation

The company was established under a Memorandum of Association Partnerships for Wellbeing is governed by its Articles of Association that were last revised in 2017.

The Board Directors are also charity trustees – they are responsible for the strategic direction and policy of the organisation and meet regularly through the year.

The Directors are recruited to ensure a wide range of expertise and experience Additional Directors to supplement this breadth of expertise are regularly sought.

We continue to welcome new Directors from a variety of backgrounds.

Day to day management and structure

Day-to-day operational management of the organisation is led by the Manager Jeff Zycinski who succeeded Robert Locke in June 2021.

The P4W Walk and P4W Transport services are led by service managers Kate Thomson and Fiona MacInnes respectively. Each service was supported during the year by Transport Officer and Administrator Hayley Tarbuck. Nicola MacKenzie was recruited in 2021 to ensure additional resilience within the team and to take on duties associated with community outreach and volunteer support.

RISKS AND CHALLENGES

Partnerships for Wellbeing has well-established procedures in place to mitigate the various risks faced by the organisation. Governance and operational, financial, regulation/compliance are all regularly reviewed along with an outward looking approach to the risks we face from the external environment in the form of economic, political and social change.

Risks are regularly discussed and assessed at meetings of the Trustees with the Manager bringing them to the attention of Trustees between meetings if sufficient concerns arise. The Manager has day-to-day responsibility to ensure that all financial controls are in place and reports to the Trustees at each Trustee meeting.

The Board recognises the responsibility it bears regarding the welfare of everyone associated with the organisation and maintaining an appropriately trained and knowledgeable workforce is crucial to this aim, both paid staff and volunteers. All appropriate PVG checks are made, and ongoing training is provided.

Income risk

As part of our regular monitoring process, a monthly financial statement is prepared by our external bookkeeper and supplied to the Board of Trustees alongside the manager's interpretation and continuously adjusted forecasts.

A large proportion of Partnerships for Wellbeing funding comes from the Public Sector, albeit from a range of different sources. Successful applications to NHS Highland's Third Sector Fund has secured substantial support for both our Walk and Transport services for the next three years. Additional grants from The Highland Council and Paths for All, combined with fare income from our community transport service, means we can cover more than 80% of our annual expenditure from those sources. The risk of a shortfall is mitigated by applications to smaller grant providers. Additional applications are also made to fund new services or pilot projects

Prudent budgeting in recent years resulted in a funding reserve being established. This reserve policy has been revised in light of increased costs and the decision to designate a proportion of our historical reserve towards the renewal of our transport fleet.

FINANCIAL REVIEW

The Board of Trustees is enormously grateful to all who support the work of our charity and to core grant funders such as NHS Highland, The Highland Council and Paths for All. The new Scottish Government Mental Health and Wellbeing Fund, administered by HTSI, has allowed us to match fund a third vehicle for our community transport fleet. Alongside that is the long-standing support of the Highland Cross charity and Anderson Clark Motor Services. In the past year, a grant from Bank of Scotland Foundation allowed us to launch the new 'Out 'n' About' service, for which we hire the Merkinch Community Centre minibus.

P4W Transport generates approximately 17% of our income through fares. Despite the rising costs of fuel, we hope to maintain our fare structure at an affordable level and, to that end, have made specific applications for funds from the Arnold Clark Community Fund and the Albert Hunt Trust.

PARTNERSHIPS FOR WELLBEING RESERVE POLICY 2022/23

To promote transparency, the Partnerships for Wellbeing Board of Trustees have determined that the following sums should now be designated as follows:

3 months operational costs (FORECAST) £36K
Designated fleet renewal fund : £12K
(This is to allow for match-funding of one replacement vehicle)

TOTAL DESIGNATED RESERVE: £48k

These allocations are based on a forecast of expenditure and income for 2022/23 and in the knowledge that the charity's major funders (NHS Highland, The Highland Council and Paths for All) have confirmed their continued funding for the year ahead and, in the case of NHS Highland, for the next 3 fiscal years commencing 2022/23.

The reserve policy will be reviewed annually based on financial forecasts and the additional inflationary pressures on operational costs being experienced across the charity sector. Any designated monies not spent in each year will revert to an unrestricted reserve to be spent on supporting the charity's services.

FUTURE PLANS

As we approach our 20th anniversary in 2024, Partnerships for Wellbeing recognises the need to keep all our services under review to ensure that they continue to meet a real demand from the communities we serve. Our fundamental aims of working with volunteers and working in partnership with other groups and agencies will inform our future strategy. For 2022/23 our specific objectives include:

Increase the availability of our wheelchair accessible community transport service with the addition of one new vehicle;

With confirmed funding from the National Lottery Community Fund we will create a 'festival of walking' for Inverness which will allow us to work in partnership with other walking and wheeling groups;

Contribute to HTSI's new Aye Volunteer project to recruit more volunteer drivers and walk leaders;

Increase memberships of our Cheery Book Club and explore the creation of other small scale projects aimed at tackling loneliness and social isolation;

Pilot a cross-generational skills and experience sharing project with Inverness High School;

Increase awareness of our charity and its services through press articles, broadcast media, social media and our own online audio and video content.



APPRECIATION

"A large majority of my patients are unable to drive due to past stroke, mobility issues, medication and having your service is literally life changing for them! I only wish we could have many more of your drivers and vehicles to hand city wide. "

Deborah Jamieson

RNI Physiotherapy Clinic

"I just wanted to say a massive thankyou for all your help. It was above and beyond my expectations."

**Janice
Community Transport Passenger**

"I was nervous when I started, (thinking) I don't want to walk in certain areas, but I don't even think about it now. I never walked so much in my life. My daughter notices the difference and says 'you're not doddering along anymore!'"

Fortrose Walker

"Ron and I thoroughly enjoyed our trip to Fort George...Ron in particular as one of his grandfathers was in the Seaforths."

Isobel & Ron
Out 'n' About participants

"I enjoy the Nordic Walking as it presents the opportunity to try a new and beneficial exercise to assist my Parkinson's. The movement of the arms is very beneficial and something I do not do as much through general walking. The fact the course is free is excellent."

Nordic Walk Participant

"I enjoy meeting our walkers who have all become friends, and I enjoy introducing them to walks in countryside with which some of them are not familiar. It is always a pleasure to see their interest."

Walk Leader, Inverness

"A massive thank you to P4W . They take so many people to The Mackenzie Centre who otherwise wouldn't be able to attend. Their Volunteer drivers are always so pleasant and helpful and Fiona always goes that extra mile to help as many people as possible!! So from everyone at The Mackenzie Centre, both staff and attendees, Thank You So Much"

"It's exactly the kind of group I was looking for. It's so friendly and the recommendations encourage me to read outside my own comfort zone."

Anne
Cheery Book Club member

"I enjoy driving itself as well as chatting to all kinds of people and hearing how much they appreciate our service. Serving on the board gives me the opportunity to, hopefully, be even more helpful to the organisation."

Dave
Volunteer driver and trustee

"Walking offers the best bang for your buck in terms of all the health benefits it can bring. I wish you every success with your podcast."

Professor Nanette Mutrie, University of Edinburgh

Ways to Wellbeing guest



WITH THANKS TO OUR FUNDERS AND FRIENDS

NHS Highland
The Highland Council
Inverness Common Good Fund
Paths for All

Smarter Choices, Smarter Places Open Fund
Scot Govt. Mental Health & Wellbeing Fund
The National Lottery Communities Fund
Bank of Scotland Foundation
Highland Cross
Anderson Clark
Parkinson's U.K.
Albert Hunt Trust
Scottish Book Trust
Arnold Clark Communities Fund

White Cottage Tearoom MacGregor's Bar & Wee Cafe Juicy Ness
Costwolds Outdoor The Cawdor Tavern The Art Room, Tain The Chocolate Place
Miele's Gelateria Rosemarkie Beach Cafe Inverness Coffee Roasting Company
Blackfriars Inverness Louise Innes One of a Kind Gallery Inverness Culloden Rotary
Club The MacKenzie Centre Merkinch Community Centre Inverness Library
Inverness BID Lochardil and Drummond Community Council Story & Stage

Mike Hurry Barbara Henderson Grace Nicoll Jackie O'Brien Raymond Mearns
Nanette Mutrie MBE Paula McGuire Isla Todd Paul Curran
Helga Mellor MacFarlane Gary Robertson Leslie Watson John Dempster Paul Roebuck
Ken Lindsay Helen Black John Burns Mike Youatt Janice Clyne
Julia Sutherland Nicola Creen Karen Bartke Laura Cameron Jackson
Lesley Robertson Jo De Sylva Kaye Adams Lach Deidre Waldie



SMALL COMPANY PROVISIONS

Partnerships for Wellbeing qualifies as a small company in accordance with sections 381-382 on the Companies Act 2006. This report has been prepared in accordance with the provisions applicable to companies entitled to small companies' exemption.

The Trustees Annual Report was approved on

A handwritten signature in black ink, appearing to read 'Heather Henderson', is written over a horizontal dotted line. The signature is fluid and cursive.

and signed on behalf of the board of trustees by

HEATHER HENDERSON

Chair and Trustee

**Independent Examiner's Report to the Trustees of
Partnerships For Wellbeing Limited**

I report on the accounts for the year ended 31st March 2022 set out on pages three to thirteen.

Respective responsibilities of trustees and examiner

The charity's trustees 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 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 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 the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 seeking explanations from you as 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 to 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.



Colin Gray
B.Com C.A.

Date: 31.03.2022

Partnerships For Wellbeing Limited

Statement of Financial Activities
for the year ended 31st March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments from					
Donations and legacies	2	-	109,290	109,290	79,455
Other trading activities	3	3,198	16,306	19,504	50,203
Investment income	4	-	12	12	40
Other income		150	-	150	-
Total		3,348	125,608	128,956	129,698
Expenditure on Charitable activities					
P4W Transport	5	-	58,770	58,770	36,033
P4W Walk		-	78,456	78,456	71,561
Total		-	137,226	137,226	107,594
NET INCOME/(EXPENDITURE)		3,348	(11,618)	(8,270)	22,104
Transfers between funds	13	(3,348)	3,348	-	-
Net movement in funds		-	(8,270)	(8,270)	22,104
Reconciliation of funds					
Total funds brought forward		51,997	63,673	115,670	93,566
Total funds carried forward		51,997	55,403	107,400	115,670

The notes form part of these financial statements

Partnerships For Wellbeing Limited

Statement of Financial Position
31st March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets					
Tangible assets	10	-	16,542	16,542	5,563
Current assets					
Debtors	11	3,314	4,954	8,268	4,954
Cash at bank and in hand		<u>50,032</u>	<u>41,591</u>	<u>91,623</u>	<u>116,724</u>
		53,346	46,545	99,891	121,678
Creditors					
Amounts falling due within one year	12	<u>(1,349)</u>	<u>(7,684)</u>	<u>(9,033)</u>	<u>(11,571)</u>
Net current assets		<u>51,997</u>	<u>38,861</u>	<u>90,858</u>	<u>110,107</u>
Total assets less current liabilities		<u>51,997</u>	<u>55,403</u>	<u>107,400</u>	<u>115,670</u>
NET ASSETS		<u>51,997</u>	<u>55,403</u>	<u>107,400</u>	<u>115,670</u>
Funds					
13					
Unrestricted funds:					
General fund				3,997	28,997
Designated fund				<u>48,000</u>	<u>23,000</u>
				<u>51,997</u>	<u>51,997</u>
Restricted funds				<u>55,403</u>	<u>63,673</u>
Total funds				<u>107,400</u>	<u>115,670</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Partnerships For Wellbeing Limited

Statement of Financial Position - continued
31st March 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:



Trustee

The notes form part of these financial statements

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

2. Donations and legacies

	2022	2021
	£	£
Gifts	-	1
Donations	482	703
Grants	<u>108,808</u>	<u>78,751</u>
	<u>109,290</u>	<u>79,455</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
NHS Highland	46,857	46,857
Paths For All	13,750	11,674
Life Changes Trust	-	5,720
Common Good Fund - Highland Council	7,920	-
Community Transport - Highland Council	14,500	14,500
Community Resilience - Highland Council	1,500	-
NHS Transport Pilot	1,000	-
Bank of Scotland Foundation	1,700	-
HTSI - Mental Health and Wellbeing	13,771	-
Paths for All - SCSP	6,669	-
HTSI	240	-
Parkinsons UK	901	-
	<u>108,808</u>	<u>78,751</u>

3. Other trading activities

	2022	2021
	£	£
P4W Transport	16,306	3,360
Covid Grants	<u>3,198</u>	<u>46,843</u>
	<u>19,504</u>	<u>50,203</u>

Partnerships For Wellbeing Limited
Notes to the Financial Statements - continued
for the year ended 31st March 2022

4.	Investment income		
		2022	2021
		£	£
	Deposit account interest	<u>12</u>	<u>40</u>

5.	Charitable activities costs		
			Direct Costs
			£
	P4W Transport		58,770
	P4W Walk		<u>78,456</u>
			<u>137,226</u>

6.	Net income/(expenditure)		
	Net income/(expenditure) is stated after charging/(crediting):		
		2022	2021
		£	£
	Depreciation - owned assets	<u>1,521</u>	<u>1,763</u>

7. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31st March 2022 nor for the year ended 31st March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2022 nor for the year ended 31st March 2021.

8. Staff costs

		2022	2021
		£	£
	Wages and salaries	95,135	79,135
	Other pension costs	<u>2,742</u>	<u>2,319</u>
		<u>97,877</u>	<u>81,454</u>

The average monthly number of employees during the year was as follows:

		2022	2021
	Employees	<u>5</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

9. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from			
Donations and legacies	-	79,455	79,455
Other trading activities	46,843	3,360	50,203
Investment income	-	40	40
Total	46,843	82,855	129,698
Expenditure on Charitable activities			
P4W Transport	-	36,033	36,033
P4W Walk	-	71,561	71,561
Total	-	107,594	107,594
NET INCOME/(EXPENDITURE)	46,843	(24,739)	22,104
Transfers between funds	(46,843)	46,843	-
Net movement in funds	-	22,104	22,104
Reconciliation of funds			
Total funds brought forward	51,997	41,569	93,566
Total funds carried forward	<u>51,997</u>	<u>63,673</u>	<u>115,670</u>

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

10. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Totals £
Cost			
At 1st April 2021	13,644	14,467	28,111
Additions	<u>-</u>	<u>12,500</u>	<u>12,500</u>
At 31st March 2022	<u>13,644</u>	<u>26,967</u>	<u>40,611</u>
Depreciation			
At 1st April 2021	12,182	10,366	22,548
Charge for year	<u>496</u>	<u>1,025</u>	<u>1,521</u>
At 31st March 2022	<u>12,678</u>	<u>11,391</u>	<u>24,069</u>
Net book value			
At 31st March 2022	<u>966</u>	<u>15,576</u>	<u>16,542</u>
At 31st March 2021	<u>1,462</u>	<u>4,101</u>	<u>5,563</u>

11. Debtors: amounts falling due within one year

	2022 £	2021 £
Trade debtors	70	96
Other debtors	<u>8,198</u>	<u>4,858</u>
	<u>8,268</u>	<u>4,954</u>

12. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	550	786
Other creditors	3,619	1,624
Accruals and deferred income	<u>4,864</u>	<u>9,161</u>
	<u>9,033</u>	<u>11,571</u>

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

13. Movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	28,997	3,348	(28,348)	3,997
Designated fund	<u>23,000</u>	-	<u>25,000</u>	<u>48,000</u>
	51,997	3,348	(3,348)	51,997
Restricted funds				
P4W Walk	37,804	(13,057)	1,918	26,665
P4W Transport	<u>25,869</u>	<u>1,439</u>	<u>1,430</u>	<u>28,738</u>
	<u>63,673</u>	<u>(11,618)</u>	<u>3,348</u>	<u>55,403</u>
TOTAL FUNDS	<u>115,670</u>	<u>(8,270)</u>	-	<u>107,400</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,348	-	3,348
Restricted funds			
P4W Walk	65,399	(78,456)	(13,057)
P4W Transport	<u>60,209</u>	<u>(58,770)</u>	<u>1,439</u>
	<u>125,608</u>	<u>(137,226)</u>	<u>(11,618)</u>
TOTAL FUNDS	<u>128,956</u>	<u>(137,226)</u>	<u>(8,270)</u>

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

13. Movement in funds - continued

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	28,997	46,843	(46,843)	28,997
Designated fund	<u>23,000</u>	-	-	<u>23,000</u>
	51,997	46,843	(46,843)	51,997
Restricted funds				
P4W Walk	24,098	(10,326)	24,032	37,804
P4W Transport	<u>17,471</u>	<u>(14,413)</u>	<u>22,811</u>	<u>25,869</u>
	<u>41,569</u>	<u>(24,739)</u>	<u>46,843</u>	<u>63,673</u>
TOTAL FUNDS	<u>93,566</u>	<u>22,104</u>	-	<u>115,670</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	46,843	-	46,843
Restricted funds			
P4W Walk	61,235	(71,561)	(10,326)
P4W Transport	<u>21,620</u>	<u>(36,033)</u>	<u>(14,413)</u>
	<u>82,855</u>	<u>(107,594)</u>	<u>(24,739)</u>
TOTAL FUNDS	<u>129,698</u>	<u>(107,594)</u>	<u>22,104</u>

Partnerships For Wellbeing Limited

Notes to the Financial Statements - continued
for the year ended 31st March 2022

14. Employee benefit obligations

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £2,742 (2021 £2,319).

15. Related party disclosures

There were no related party transactions for the year ended 31st March 2022.

Partnerships For Wellbeing Limited
Detailed Statement of Financial Activities
for the year ended 31st March 2022

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Gifts	-	1
Donations	482	703
Grants	<u>108,808</u>	<u>78,751</u>
	109,290	79,455
Other trading activities		
P4W Transport	16,306	3,360
Covid Grants	<u>3,198</u>	<u>46,843</u>
	19,504	50,203
Investment income		
Deposit account interest	12	40
Other income		
Miscellaneous	<u>150</u>	-
Total incoming resources	128,956	129,698
Expenditure		
Charitable activities		
Wages	95,135	79,135
Pensions	2,742	2,319
Insurance	1,663	1,576
Light and heat	792	749
Telephone	2,930	3,157
Postage and stationery	8,195	3,310
Sundries	1,030	774
Motor and travel	8,905	2,576
Rent	7,113	7,113
Repairs and maintenance	1,384	751
Legal and professional fees	5,182	4,307
Bank charges	155	55
Refreshments	278	8
Equipment and venue hire	201	-
Fixtures and fittings	496	397
Motor vehicles	<u>1,025</u>	<u>1,367</u>
	137,226	107,594

This page does not form part of the statutory financial statements

Partnerships For Wellbeing Limited

Detailed Statement of Financial Activities
for the year ended 31st March 2022

	2022	2021
	<u>£</u>	<u>£</u>
Total resources expended	<u>137,226</u>	<u>107,594</u>
Net (expenditure)/income	<u>(8,270)</u>	<u>22,104</u>

This page does not form part of the statutory financial statements