



Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2025
for
THE HEALTH AND WELLNESS HUB

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for the Year Ended 31 December 2025

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ANNUAL REPORT — 2025/2026

Social Enterprise Awards Scotland 2024 Finalist in the “Health & Social Award”
Category

Scottish Business Awards Scotland 2024 North Lanarkshire Winner in the “Best
Health and Wellbeing Business”

North Lanarkshire Council’s NL Employer Charter for Fair Pay and Buy
Lanarkshire - Bronze Award

Social Enterprise Awards Scotland 2021 Finalist in the “Social Enterprise
Champion” Category

NLC Provosts Citizenship Award 2021 in Recognition of Outstanding & Dedicated
Service to Community

NatWest Social Enterprise top 100 list for 2020

Lanarkshire Business Excellence Awards 2019 Finalist (Community Impact
Category)

VOSCAR winner 2016 for “Engaging Support Needs Volunteers”

BACKGROUND



Deprivation and poverty go hand in hand with poor health and wellbeing outcomes and people with medical and social problems are often unable to access the very services which will support and address these issues. Often, they are unaffordable, inaccessible or there are confidence barriers to accessing them. In 2012, our organisation recognised this in North Lanarkshire and wanted to address the gap by providing a health and wellbeing service which was non-clinical, therapeutic, holistic and was also affordable, accessible, and most importantly inclusive so in the June of that year, a health fayre was run to confirm this need and 100 local people showed up, telling us that there was a need for a locally based community health and wellbeing service. Since 2012, the organisation has built up a good local reputation in North Lanarkshire with local people and organisations and we have a good grasp on continuing to address local challenges within our community. This has been further evidenced during the Covid 19 crisis and now again during the cost of living crisis.

We have a particular focus on helping people who are marginalised and disadvantaged by reason of age, ill-health, disability, and financial hardship and we provide community-based services in areas of North Lanarkshire that are in the top 5-15% data zones for multiple deprivation according to Scottish Index for Multiple Deprivation (SIMD stats 2020) thus working towards trying to reduce health inequalities.

The Health and Wellness Hub operate as a Scottish Charitable Incorporated Organisation (SCIO) and some of the key services we provide which address the issues outlined above include:

- A Holistic centre –providing specialised programmes for people with a range of health issues, provision of therapies, classes, training, workshops and multipurpose rooms for hire.
- Volunteer led weekly health and wellbeing “Hubs”. Community Hubs provide access to proven nonclinical/holistic type activities which help improve emotional and physical health. Participants also have the opportunity to meet new people, develop skills, create circles of mutual support and reduce social isolation levels.
- A Volunteer Development Programme (Transforming Lives) aimed at people with a diverse range of health needs where they can learn new skills, be part of a peer support network with others who have similar lived experiences and share their skills and support local people by contributing in a volunteer capacity in our other services e.g “hubs”, peer support groups or as a hub buddy within one of our specialised programmes.
- A health and wellbeing service (social enterprise activity) to various community groups and organisations (third and statutory sector) across North Lanarkshire.

The Charity is an accredited Real Living Wage Provider and currently employs 7 staff. The charity identifies as a supported business (employs a percentage of people with barriers and are furthest removed from the labour market) There have been 19 volunteers who have been employed by the charity and 6 of our current staff who were previously volunteers are currently still employed with the charity.

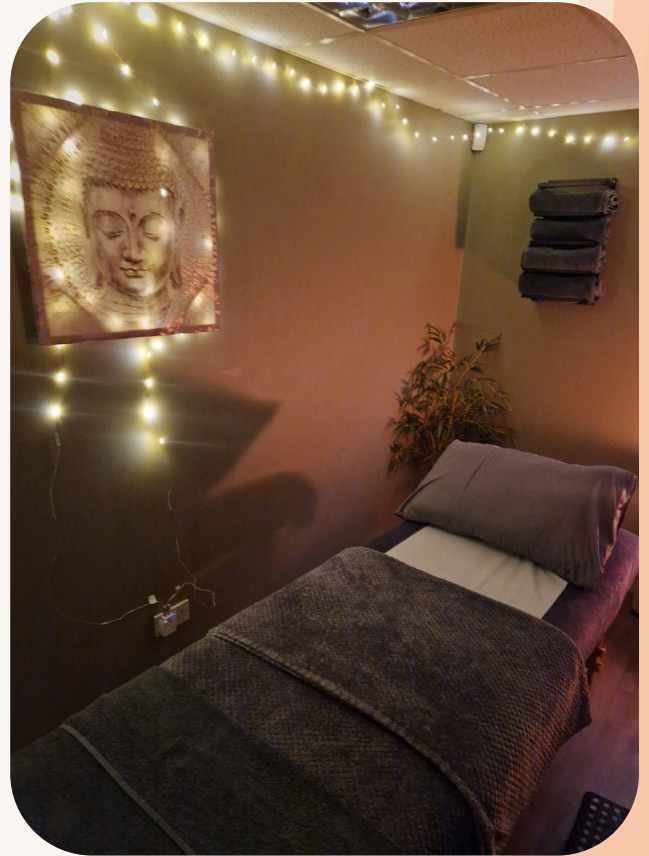
OUR MISSION STATEMENT



"To create a relaxing, welcoming, non-clinical and therapeutic space that works for everyone.

In this safe space, we guide and support people through a holistic process that is healing for body, mind, and soul.

We support people to experience a sense of belonging, which helps them to connect and re-connect with their best self".



"I don't know where I would be without the hub it gives me a reason to get up and get out the house"

CHAIRPERSON'S REPORT



As Chair of The Health and Wellness Hub, I am pleased to present this year's report reflecting another year of meaningful growth, recognition and community impact.

Over the past year, The Hub has continued to strengthen its role as a trusted and valued community organisation, supporting the health and wellbeing of individuals and families across our area. As demand for services continues to rise, our commitment remains firmly rooted in providing inclusive, accessible and person centred support that responds to real need.

This year has been particularly significant in terms of organisational development and recognition. We were proud to be awarded funding as Motherwell's Community Anchor Organisation through Voluntary Action North Lanarkshire (VANL), a milestone that reflects both the strength of our work and the trust placed in us within the wider community.

We were also delighted to further strengthen our commitment to dignity and inclusion through our role as a Period Dignity Anchor Organisation, enabling us to distribute over 1500 free period products since September to those who need them. This work continues to ensure that no one in our community is left facing barriers to essential health and wellbeing support.

Alongside these developments, The Hub has continued to grow and adapt, responding to evolving community needs with resilience and compassion. This progress has been made possible through the dedication of our staff team, volunteers, trustees and partners, all of whom contribute to the safe, welcoming, and supportive environment that defines our organisation.

I would like to extend my sincere thanks to the ongoing commitment of our staff and volunteers, whose efforts remain at the heart of everything we achieve.

Most importantly, I would like to thank the individuals and families who use our services. Everything we do is shaped by their needs, and we're grateful for the trust they place in us.

As we look ahead, we do so with confidence and ambition. We remain committed to strengthening partnerships, expanding our reach and continuing to deliver services that make a difference to people's lives. On behalf of the Board of Trustees, I would like to thank everyone who has supported The Health and Wellness Hub over the past year. Together, we continue to build a stronger, healthier, and more connected community.

"I came to the hub for weigh to go. I have really bad anxiety but coming in here I feel very welcomed and the atmosphere is calming. I also booked my first reiki to help with my anxiety."



HIGHLIGHTS

25 - 26



Community Solutions - Motherwell Locality Host

Over the past three years, The Health and Wellness Hub has been proud to act as the Motherwell Locality Host for Community Solutions. During this time, we supported the development and delivery of a wide range of locally led initiatives, working alongside the consortium to strengthen community capacity and respond to identified needs across the area.

This role enabled collaboration with a range of local CVS organisations, helping to support and empower community led activity and ensure that funding and opportunities were directed towards initiatives designed and delivered within our communities.

While our role as Locality Host has now come to an end following changes in funding arrangements, we are proud of the work delivered during this period and the positive impact it has had in supporting local organisations and strengthening partnership working across Motherwell.

Funding Update

Despite a challenging funding environment we were delighted to secure continued investment from a range of funders who recognise the value and impact of our work within local communities. Thank you again to

North Lanarkshire Council, North Lanarkshire Carers Together, Volant Charitable Trust, Hochtief and VANL Community Solutions.

Funded Programmes

North Lanarkshire Carers Trust - Carer Breather

In March 2025, we were successful in securing 3 year funding to provide a range of inputs that will provide a wraparound service to ensure carers and those they care for feel emotionally well, informed and are able to have a life outside of their caring role.

Butterfly Breaks aims to support vulnerable and isolated carers and unpaid carers, helping them improve their health, wellbeing, and social connections while maintaining a life beyond their caring role.

Volant Charitable Trust - The Chrysalis Project

In May 2025, we were successful in securing 3 year funding to provide a range of holistic support programme designed to improve the mental well-being and overall quality of life for women affected by domestic abuse, poverty, and isolation.

OUR VOLUNTEERS



Total Volunteers – 16 Active Volunteers

Collectively, volunteers contributed **3,181** hours of their time during the year, providing invaluable support across our services and helping us extend our reach within the community.



We'd like to say a huge thank you to all of our incredible volunteers. Over the past year, you've gone above and beyond in so many ways. Many of you have grown in confidence, taken on new responsibilities and really shined in your roles. Your dedication and support for not only us but one another continue to inspire us every single day.

It's been amazing to see how much energy and enthusiasm you all bring to the team. Our volunteer community is growing stronger all the time, with new people joining and showing interest every week. It's exciting to see the team thrive and make such a positive impact.

To each and every one of you, thank you for all that you do. We're so proud to have you as part of the team!

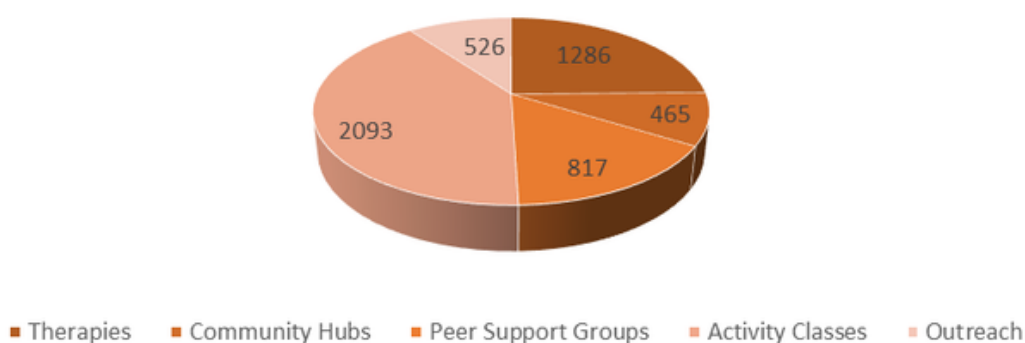
"The hub has helped me get into a routine and also gave me stability. The team have done all they can for me, and I am very grateful for them."

OUR SERVICES



During the year, there were **5,187** engagements across our services, demonstrating continued demand for accessible community based health and wellbeing support across all of our services which include our community hubs, outreach/ social enterprise work, our classes, weekly groups and funded programme work.

Service User Engagements 2025-2026



Future Plans

Over the past year, we have placed increasing focus on strengthening our Social Enterprise activity as part of our wider commitment to long term sustainability. With external funding becoming more competitive and less predictable, it has been essential that we take a more proactive approach to developing income generating opportunities that support the future resilience of the organisation.

This has involved reviewing our existing services, exploring new opportunities for growth, and ensuring that our delivery model remains responsive to the needs of the community while also financially sustainable.

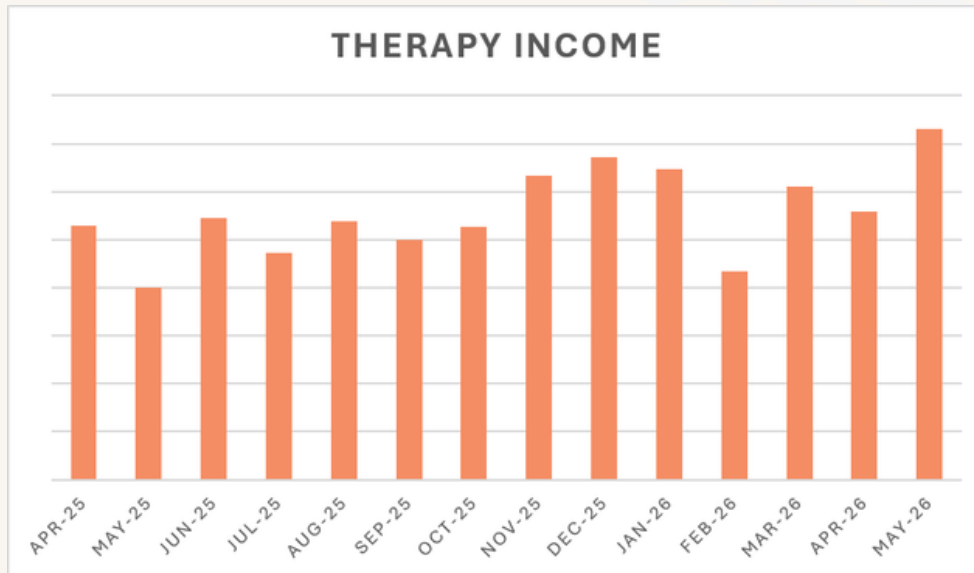
This work has not been without challenge, but it reflects a clear direction for the organisation as we adapt to a changing funding landscape. Our focus remains on balancing impact with sustainability, ensuring that we can continue to deliver meaningful support to our community in the long term.

Over the coming year, we will continue to build and expand these opportunities, focusing on sustainable growth, diversification of income and maintaining high quality services that meet the changing needs of our community.

OUR SOCIAL ENTERPRISE STATS 25 - 26



Therapists completed
1,286
Therapies over the last year



Our social enterprise has performed exceptionally well over the last year and has made a significant contribution to our income during 2025-26. With the introduction of new therapies, including lymphatic drainage, we have seen a notable increase in activity and engagement, particularly over the past six months.

We have also introduced our Serenity Sunday workshops, which have been fully booked on every occasion, demonstrating strong demand for these wellbeing-focused sessions.

Moving forward, we will continue to explore new opportunities and initiatives to strengthen and grow our social enterprise, ensuring its sustainability and positive impact in the future.

"10 out of 10! So relaxing - loved my treatment! I will be booking again very soon!"

CLOSING STATEMENT

As we bring this year's report to a close, I would like to extend my sincere thanks to everyone who has contributed to the continued success of The Health and Wellness Hub.

Whether you are a service user, volunteer, member of staff, trustee, funder, partner or supporter, your contribution plays an important role.

As we bring this year's report to a close, I would like to extend my sincere thanks to everyone who has contributed to the continued success of The Health and Wellness Hub.

Whether you are a service user, volunteer, member of staff, trustee, funder, partner or supporter, your contribution plays an important role.

This year has demonstrated both the challenges and opportunities facing community organisations. In an increasingly uncertain funding environment, we have continued to adapt, innovate, and find new ways to support the people and communities who rely on our services and we remain committed to addressing local need and creating positive change within our community.

We recognise that the landscape in which we operate continues to evolve. As a result, significant effort has been invested in strengthening our Social Enterprise activities and exploring new ways to generate sustainable income. This work is essential to ensuring that we can continue to provide high quality services while reducing our reliance on increasingly limited grant funding.

Looking ahead, we remain ambitious for the future. We will continue to build strong partnerships, listen to the needs of our community, and seek opportunities to develop services that improve health, wellbeing and social connection. While challenges undoubtedly lie ahead, we are confident The Health and Wellness Hub will continue to grow, adapt and thrive.

Thank you for being part of our journey and for helping us create a healthier, stronger, and more connected community.



Ann Donald, Chairperson



"I only just started volunteering and what a difference it has made to me; I was suffering with my mental wellbeing and after 2 weeks of volunteering I could feel a shift in my mood and felt positive it was nice to feel like I was needed and wanted."

THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2025

FINANCIAL REVIEW

Financial position

The charity generated a net deficit of £27,195 for the year ended 31 December 2025 (2024: £13,517 deficit).

At balance date reserves stood at £144,721 (2024: £171,916) with £116,773 of these being unrestricted, free reserves (2024: £150,053).

The trustees recognise the need to work towards a sustainable, break even position. During the year, the charity continued to increase unrestricted income through growing social enterprise while carefully managing expenditure. The Trustees will continue to develop earned income opportunities alongside prudent financial management to support the charity's long term sustainability.

Reserves policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level equivalent to three month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the organisations current activities while consideration is given to ways in which additional funds may be raised.

Based on the accounts for the year ended 31 December 2024, ordinary expenditure for 3 months amounts to £69,300. At balance date, the charity held unrestricted reserves of £116,773 therefore the trustees are satisfied that this policy is being met.

Unrestricted funds are expendable at the discretion of the trustees in the furtherance of the objects of the charity. Significant amounts of unrestricted funds are budgeted to cover the cost of salaries and overheads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Scottish Charitable Incorporated Organisation (SCIO) and is governed by its constitution. It was registered in its current legal form from on 4th May 2017. The charity was previously unincorporated charity but changed its legal form to a SCIO. The assets of the unincorporated charity were transferred to the SCIO on incorporation.

Recruitment and appointment of new trustees

We would advertise on social media and through networking meetings. New board members would be voted in at the next board meeting.

In addition when the AGM takes place we re-elect positions available (chair and treasurer) and also re-elect trustees without positions.

Organisational structure

The charity is governed by a board of trustees and make policy and operational decisions by majority vote.

Key management remuneration

In the opinion of the trustees there is one member of key management, the Manager. The total employer costs for this post in 2025 were £42,143.25.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

SC047372

Principal address

Unit 3, 58-60 Albert Street
Motherwell
ML1 1PR

THE HEALTH AND WELLNESS HUB

Report of the Trustees for the Year Ended 31 December 2025

Trustees

A Donald Chairperson

Ms M Nolan (resigned 12.2.25)

C Carson Treasurer

F Johnson Treasurer (resigned 13.2.25)

T Brannigan

Independent Examiner

Watson & Co.

Chartered Certified Acct.

Oakfield House

378 Brandon Street

Motherwell

NORTH LANARKSHIRE

ML1 1XA

Approved by order of the board of trustees on 2 September 2026 and signed on its behalf by:

A handwritten signature in dark ink that reads "A Donald". The signature is written in a cursive style with a large initial 'A'.

A Donald - Trustee

Independent Examiner's Report to the Trustees of The Health and Wellness Hub

I report on the accounts for the year ended 31 December 2025 set out on pages four 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.



Garry Millar
The Association of Chartered Certified Accountants

Watson & Co.
Chartered Certified Acct.
Oakfield House
378 Brandon Street
Motherwell
NORTH LANARKSHIRE
ML1 1XA

2 September 2026

THE HEALTH AND WELLNESS HUB

Statement of Financial Activities for the Year Ended 31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		70,983	88,211	159,194	199,187
Other trading activities	2	90,785	-	90,785	75,933
Total		<u>161,768</u>	<u>88,211</u>	<u>249,979</u>	<u>275,120</u>
EXPENDITURE ON					
Charitable activities					
Provision of Support Services		<u>197,787</u>	<u>79,387</u>	<u>277,174</u>	<u>288,637</u>
NET INCOME/(EXPENDITURE)		(36,019)	8,824	(27,195)	(13,517)
Transfers between funds	10	<u>2,739</u>	<u>(2,739)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(33,280)	6,085	(27,195)	(13,517)
RECONCILIATION OF FUNDS					
Total funds brought forward		150,053	21,863	171,916	185,433
TOTAL FUNDS CARRIED FORWARD		<u><u>116,773</u></u>	<u><u>27,948</u></u>	<u><u>144,721</u></u>	<u><u>171,916</u></u>

The notes form part of these financial

THE HEALTH AND WELLNESS HUB

Balance Sheet 31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	6	-	1,935	1,935	2,756
CURRENT ASSETS					
Debtors	7	12,012	-	12,012	2,841
Cash at bank and in hand		122,231	28,363	150,594	186,452
		<u>134,243</u>	<u>28,363</u>	<u>162,606</u>	<u>189,293</u>
CREDITORS					
Amounts falling due within one year	8	(2,309)	-	(2,309)	(2,622)
NET CURRENT ASSETS		<u>131,934</u>	<u>28,363</u>	<u>160,297</u>	<u>186,671</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		131,934	30,298	162,232	189,427
PROVISIONS FOR LIABILITIES	9	(15,161)	(2,350)	(17,511)	(17,511)
NET ASSETS		<u>116,773</u>	<u>27,948</u>	<u>144,721</u>	<u>171,916</u>
FUNDS	10				
Unrestricted funds				116,773	150,053
Restricted funds				<u>27,948</u>	<u>21,863</u>
TOTAL FUNDS				<u>144,721</u>	<u>171,916</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 2 September 2026 and were signed on its behalf by:

Trustee

**Notes to the Financial Statements
for the Year Ended 31 December 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 Charities and Trustee Investment (Scotland) Act 2005. 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 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.

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Hub Earned Income	57,143	45,121
Rent from sub-letting	33,642	30,812
	<u>90,785</u>	<u>75,933</u>

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2025**

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

4. STAFF COSTS

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

	2025	2024
Administration	7	7
	<u>7</u>	<u>7</u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	106,070	93,117	199,187
Other trading activities	64,162	11,771	75,933
Total	<u>170,232</u>	<u>104,888</u>	<u>275,120</u>
EXPENDITURE ON			
Charitable activities			
Provision of Support Services	182,487	106,150	288,637
NET INCOME/(EXPENDITURE)			
Transfers between funds	(12,255) (673)	(1,262) 673	(13,517) -
Net movement in funds	<u>(12,928)</u>	<u>(589)</u>	<u>(13,517)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	162,985	22,448	185,433
TOTAL FUNDS CARRIED FORWARD	<u>150,057</u>	<u>21,859</u>	<u>171,916</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2025

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2025 and 31 December 2025	6,026	5,280	2,721	14,027
DEPRECIATION				
At 1 January 2025	6,026	3,052	2,193	11,271
Charge for year	-	557	264	821
At 31 December 2025	6,026	3,609	2,457	12,092
NET BOOK VALUE				
At 31 December 2025	-	1,671	264	1,935
At 31 December 2024	-	2,228	528	2,756

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	9,231	2,433
Other debtors	2,373	-
Prepayments and accrued income	408	408
	<u>12,012</u>	<u>2,841</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other creditors	<u>2,309</u>	<u>2,622</u>

9. PROVISIONS FOR LIABILITIES

	2025 £	2024 £
Provisions	<u>17,511</u>	<u>17,511</u>

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Notes to the Financial Statements - continued for the Year Ended 31 December 2025

10. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	Transfers between funds £	At 31.12.25 £
Unrestricted funds				
General fund	150,053	(36,019)	2,739	116,773
Restricted funds				
The National Lottery Community Fund	5,813	(4,720)	-	1,093
The Corra Foundation	528	(264)	-	264
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	4,121	(2,055)	(2,066)	-
Adapt & Thrive	2,228	(557)	-	1,671
Care Breather Wrap Around Support Fund	-	7,807	(673)	7,134
Community Mental Health and Wellbeing Fund	820	(350)	-	470
Positive Smoke Free Fund	2,026	-	-	2,026
Agnes Hunter Trust	2,913	(2,913)	-	-
Alliance Self management Fund	2,214	(348)	-	1,866
John Lewis	1,200	(1,016)	-	184
Volant	-	6,503	-	6,503
NLC GAP	-	5,608	-	5,608
Period Dignity	-	1,129	-	1,129
	<u>21,863</u>	<u>8,824</u>	<u>(2,739)</u>	<u>27,948</u>
TOTAL FUNDS	<u>171,916</u>	<u>(27,195)</u>	<u>-</u>	<u>144,721</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2025

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,768	(197,787)	(36,019)
Restricted funds			
The National Lottery Community Fund	25,932	(30,652)	(4,720)
The Corra Foundation	-	(264)	(264)
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	5,495	(7,550)	(2,055)
Adapt & Thrive	-	(557)	(557)
Care Breather Wrap Around Support Fund	27,318	(19,511)	7,807
Community Mental Health and Wellbeing Fund	-	(350)	(350)
Agnes Hunter Trust	-	(2,913)	(2,913)
Alliance Self management Fund	6,013	(6,361)	(348)
John Lewis	-	(1,016)	(1,016)
Volant	6,503	-	6,503
NLC GAP	9,926	(4,318)	5,608
NLC LPT	5,000	(5,000)	-
Period Dignity	1,419	(290)	1,129
Sound Sanctuary	605	(605)	-
	<u>88,211</u>	<u>(79,387)</u>	<u>8,824</u>
TOTAL FUNDS	<u><u>249,979</u></u>	<u><u>(277,174)</u></u>	<u><u>(27,195)</u></u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2025

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds	162,985	(12,259)	(673)	150,053
Restricted funds				
The National Lottery Community Fund	6,659	(846)	-	5,813
The Corra Foundation	792	(264)	-	528
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	-	4,121	-	4,121
Adapt & Thrive	2,970	(742)	-	2,228
Care Breather Wrap Around Support Fund	1,694	(2,367)	673	-
Community Mental Health and Wellbeing Fund	7,647	(6,827)	-	820
Positive Smoke Free Fund	2,686	(660)	-	2,026
Agnes Hunter Trust	-	2,913	-	2,913
Alliance Self management Fund	-	2,214	-	2,214
John Lewis	-	1,200	-	1,200
	<u>22,448</u>	<u>(1,258)</u>	<u>673</u>	<u>21,863</u>
TOTAL FUNDS	<u>185,433</u>	<u>(13,517)</u>	<u>-</u>	<u>171,916</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	170,232	(182,491)	(12,259)
Restricted funds			
The National Lottery Community Fund	50,051	(50,897)	(846)
The Corra Foundation	-	(264)	(264)
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	11,771	(7,650)	4,121
Adapt & Thrive	-	(742)	(742)
Care Breather Wrap Around Support Fund	26,475	(28,842)	(2,367)
Community Mental Health and Wellbeing Fund	(1)	(6,826)	(6,827)
Positive Smoke Free Fund	-	(660)	(660)
Agnes Hunter Trust	9,380	(6,467)	2,913
Alliance Self management Fund	6,012	(3,798)	2,214
John Lewis	1,200	-	1,200
	<u>104,888</u>	<u>(106,146)</u>	<u>(1,258)</u>
TOTAL FUNDS	<u>275,120</u>	<u>(288,637)</u>	<u>(13,517)</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2025

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.25 £
Unrestricted funds	162,985	(48,278)	2,066	116,773
Restricted funds				
The National Lottery Community Fund	6,659	(5,566)	-	1,093
The Corra Foundation	792	(528)	-	264
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	-	2,066	(2,066)	-
Adapt & Thrive	2,970	(1,299)	-	1,671
Care Breather Wrap Around Support Fund	1,694	5,440	-	7,134
Community Mental Health and Wellbeing Fund	7,647	(7,177)	-	470
Positive Smoke Free Fund	2,686	(660)	-	2,026
Alliance Self management Fund	-	1,866	-	1,866
John Lewis	-	184	-	184
Volant	-	6,503	-	6,503
NLC GAP	-	5,608	-	5,608
Period Dignity	-	1,129	-	1,129
	<u>22,448</u>	<u>7,566</u>	<u>(2,066)</u>	<u>27,948</u>
TOTAL FUNDS	<u>185,433</u>	<u>(40,712)</u>	<u>-</u>	<u>144,721</u>

THE HEALTH AND WELLNESS HUB

Notes to the Financial Statements - continued for the Year Ended 31 December 2025

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	332,000	(380,278)	(48,278)
Restricted funds			
The National Lottery Community Fund	75,983	(81,549)	(5,566)
The Corra Foundation	-	(528)	(528)
Children & Young People's Mental Health and Wellbeing Fund managed by VANL	17,266	(15,200)	2,066
Adapt & Thrive	-	(1,299)	(1,299)
Care Breather Wrap Around Support Fund	53,793	(48,353)	5,440
Community Mental Health and Wellbeing Fund	(1)	(7,176)	(7,177)
Positive Smoke Free Fund	-	(660)	(660)
Agnes Hunter Trust	9,380	(9,380)	-
Alliance Self management Fund	12,025	(10,159)	1,866
John Lewis	1,200	(1,016)	184
Volant	6,503	-	6,503
NLC GAP	9,926	(4,318)	5,608
NLC LPT	5,000	(5,000)	-
Period Dignity	1,419	(290)	1,129
Sound Sanctuary	605	(605)	-
	<u>193,099</u>	<u>(185,533)</u>	<u>7,566</u>
TOTAL FUNDS	<u><u>525,099</u></u>	<u><u>(565,811)</u></u>	<u><u>(40,712)</u></u>

Transfers between funds

The fund transfer is to cover a temporary deficit in the Care Breather fund caused by forward spending of quarterly grant received after the year end, in January 2025, in line with the grant award letter issued in 2023. The fund transfer will be reversed in 2025 financial year.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

THE HEALTH AND WELLNESS HUB

Detailed Statement of Financial Activities for the Year Ended 31 December 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	458	1,157
Grants	158,736	198,030
	159,194	199,187
Other trading activities		
Hub Earned Income	57,143	45,121
Rent from sub-letting	33,642	30,812
	90,785	75,933
Total incoming resources		
	249,979	275,120
EXPENDITURE		
Charitable activities		
Wages	178,367	187,625
Insurance	4,684	5,143
Light and heat	13,719	24,782
Telephone	2,558	3,777
Office Costs	3,535	3,636
Advertising and website	362	327
Payroll Fees	1,392	1,295
Rent	36,531	33,098
Repairs & Maintenance	8,654	4,136
Staff Training	4,600	810
Tutor & Activity Costs	11,064	12,588
Volunteer/Staff Expenses	2,197	4,530
Printing	2,302	2,048
Software	1,766	1,707
Legal fees	3,302	-
Fixtures and fittings	557	742
Computer equipment	264	545
	275,854	286,789
Support costs		
Governance costs		
Accountancy	1,320	1,848
Total resources expended	277,174	288,637
Net expenditure		
	(27,195)	(13,517)

This page does not form part of the statutory financial statements