

Yarm Wellness



2024-25
Trustees Annual Report
Year ending 31 March 25

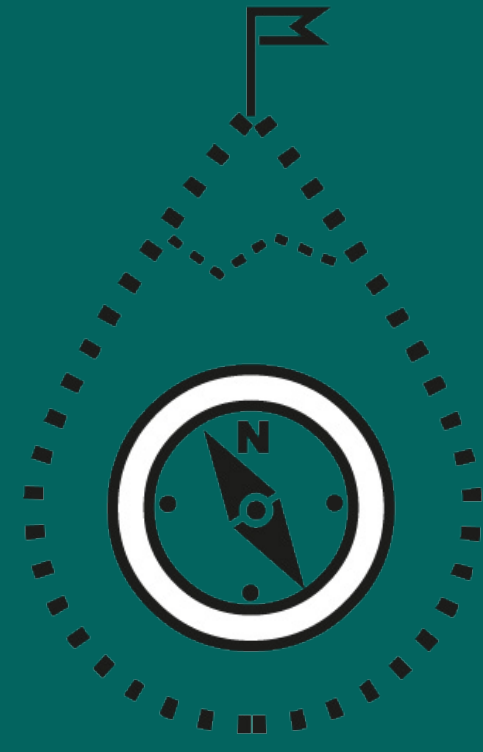


Registered charity 1197256
Yarmwellness@gmail.com
High Church Wynd, Yarm , TS15 9BQ

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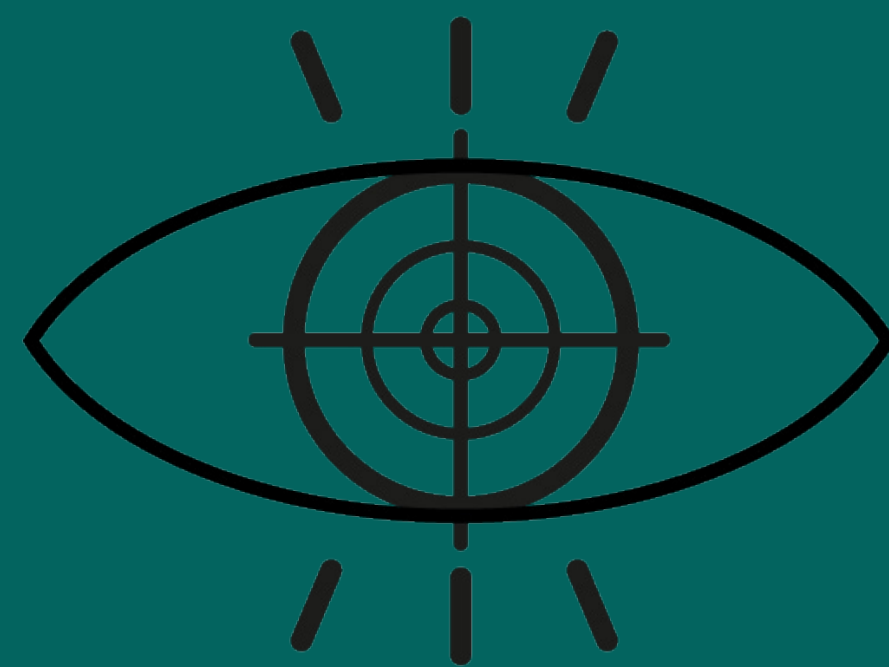
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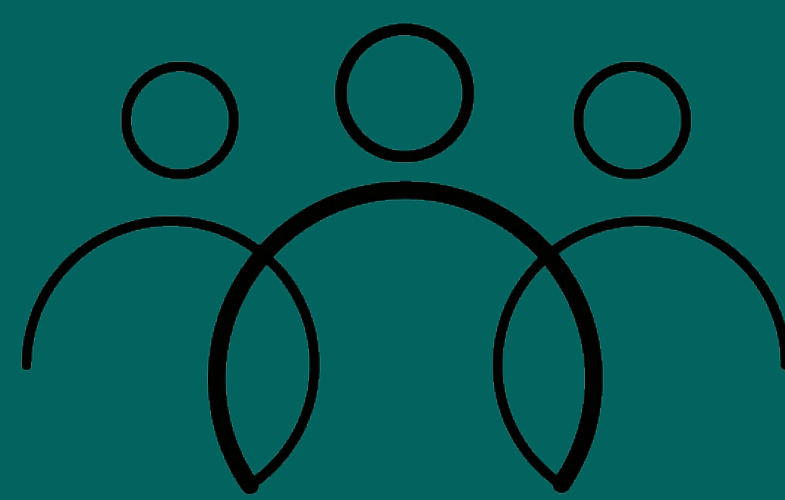
Our Mission

Connecting our community to improve wellbeing and alleviate isolation



Our Vision

No one feels alone in our community



Our Purpose

To provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, fitness and wellness classes along with multiple support groups.

We offer a warm safe space for our community to engage with others and reduce isolation.

Yarm wellness provides a wide range of activities for the community, with 3 distinct themes;

- 1. 'Give Back' Community Sessions:** Open to all and designed to foster a sense of belonging and community spirit. These sessions provide a welcoming space for people to meet new faces, engage in shared activities, and build social support networks.
- 2. Partnerships with local charities:** Offering a safe, warm space for support groups and outreach work. These partnerships ensure that members of the community can access help and services in a comfortable and non-judgmental environment, meeting the needs of our community.
- 3. Hosting Health & Wellbeing Service Providers:** We rent our space to local health and wellbeing professionals who deliver a range of mind and body sessions – including yoga, meditation, fitness, mindfulness, and more. These sessions support holistic wellness and are accessible to people across different age groups and needs.

1 'Give Back' Community Sessions:

- Coffee, Cake & Company
- Community Choir
- Craft & Chat
- Creative Art for Wellness
- Games Group
- Gardening Group
- Knock Out Depression course
- Mens Wellness Groups – 'Manter' & 'Mens-hed'
- Menopause Support Group
- Stoma Support Group
- Teen Yoga & Mindfulness Club
- Toddler Playgroup
- Veterans Breakfast
- Walking Group

2 Partnerships with local Charities & Community groups:

- Its OK Café (Bereavement Support Group) and Womens Peer Support Group - both with Red Balloons
- Soup & Chat Dementia Café & Advice Service with Teesside Dementia Link Services
- Yoga for Cancer funded by Macmillan Cancer Support
- Pensioners Lunch Club
- Breaking Waves – supporting the family members of those who have survived a suicide attempt.
- Book Club

3 Health & Wellbeing Service Providers:

- Baby Massage
- Breathing for Better Health & Wellbeing
- Cacao Ceremony
- Pilates
- Qi Gong / Gentle Exercise & Relaxation
- Sound Bath Deep Relaxation
- Yoga (4 different practitioners)
- Zumba

The trustees have taken regard of the guidance issued by the Charity Commission to ensure our aims, objectives and activities are for the public benefit.

We have continued to develop our provision this year, ensuring the services we offer meet the needs of the community. We do this in partnership with local primary care services, our community members and our volunteers.



**Yarm Well
ness**
STOMA SUPPORT GROUP

Join us for a friendly, peer led support group for individuals living life with a Stoma and their family members.

Share your experiences and ask questions from Stoma Support Nurses, Stoma Equipment Manufacturers and Social Prescribers.

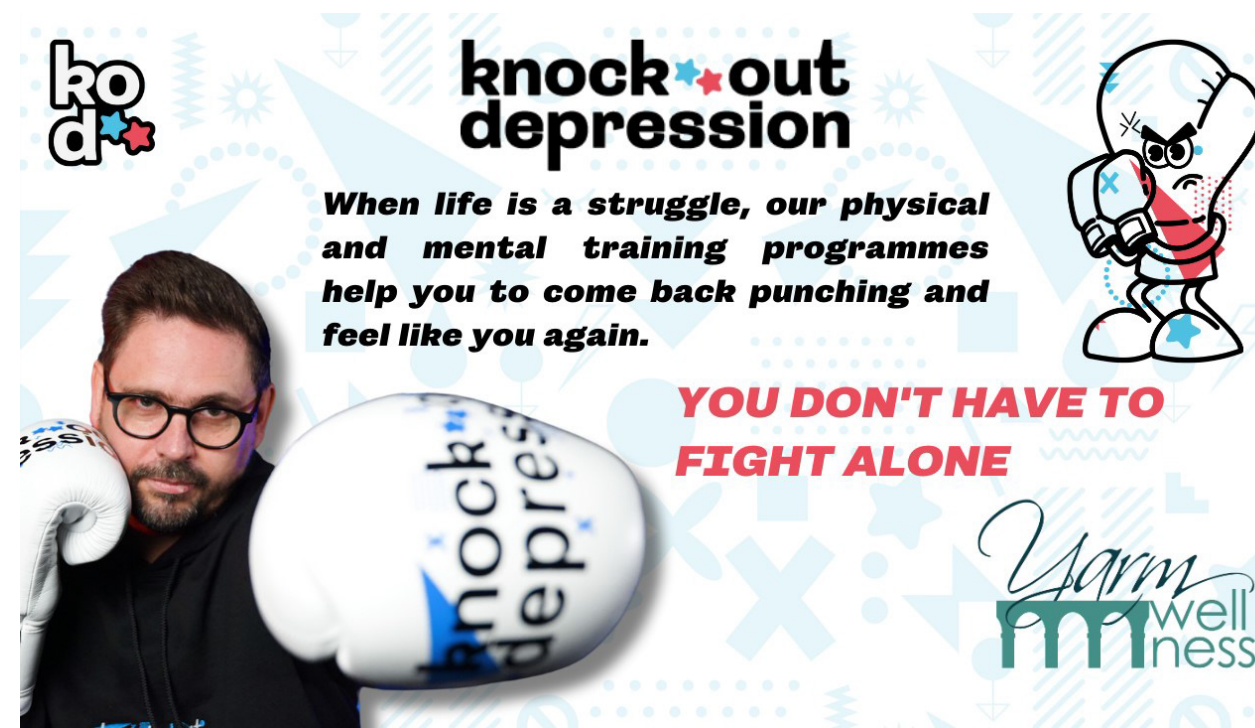
Monday 14th July, 1-3 pm
Yarm Wellness, High Church Wynd, TS15 9BQ
what3words location: happier.regularly.dolly



Stoma Support Group
Initiated by one of our dedicated volunteers in partnership with stoma care nurses, product manufacturers, and the support of the Clinical Director at North Tees. This quarterly group offers both peer and professional support to individuals living with a stoma. The first session saw over 20 attendees, clearly addressing a much-needed gap in community support.

Knock Out Depression – workshops

A six-week program created to provide a safe, supportive environment where men can openly discuss mental health challenges. Funded by a generous donation from a local business, the initiative combined physical activity with mental health support, encouraging both emotional and physical wellbeing.



HAS YOUR FAMILY BEEN AFFECTED BY A SUICIDE ATTEMPT?



Wednesday 2nd October
6pm - 7pm
Yarm Wellness Centre

At Breaking Waves we specifically support family members whose loved ones survived a suicide attempt

Join Us

Please visit our website for more group meeting information
www.breakingwavescharity.co.uk

Breaking Waves - support group
Supporting families whose loved ones have survived a suicide attempt. This new local charity based their sessions at Yarm Wellness, aiming to connect people who share a similar experience and break the silence surrounding surviving a suicide attempt, fostering a collective effort to help families cope.

We have continued to strengthen our connections with local community organisations, including Stop Smoking services, Bowel Cancer support, Citizens Advice Bureau, and Change Grow Live. In addition, we've deepened our partnerships with local businesses such as Newcastle Building Society, Darlington Building Society, Asda and Tesco; all providing key funding and support for our community sessions.

We are also in the planning stages for the development of our outdoor space, which will further enhance the support and services we offer to the community.



The Arches



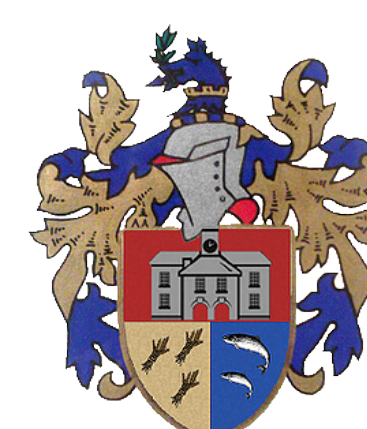
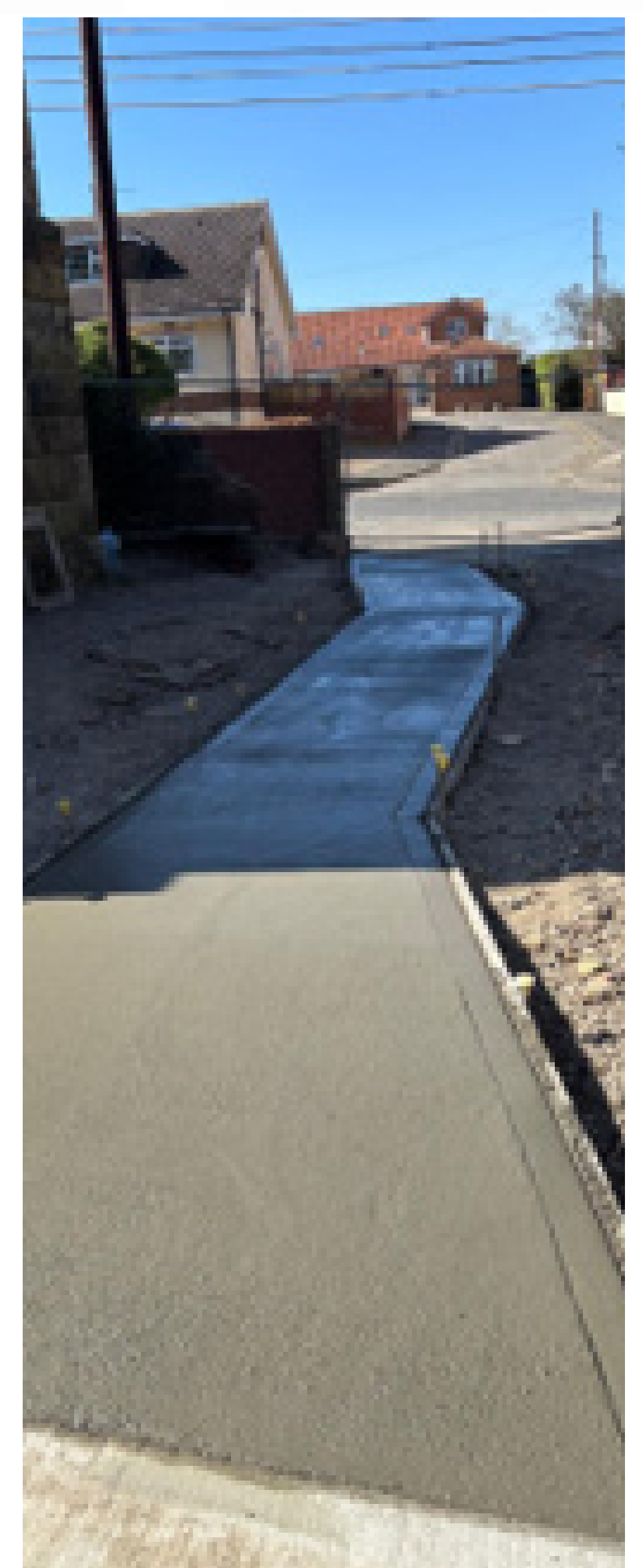
The Arches - Our Outdoor Space - Extending our offering into our new area under the viaduct.

One of our most exciting developments this year is the long-awaited progress on our new outdoor space beneath the arches of the viaduct. Since the founding of Yarm Wellness three years ago, it has always been a dream to transform this area—and now, that dream is becoming a reality. We have secured access to the land beneath three of the arches through a partnership with Network Rail, allowing us to expand our offering and create a unique, welcoming space for the community.

The site, owned by Network Rail, has recently been cleared and levelled with support from both Network Rail and Amco Giffen, following scheduled refurbishment work on the adjacent viaduct. A new foundation has been installed to accommodate a **Wellness Shed**, alongside the creation of new access paths from West Street and High Church Wynd, providing full wheelchair access to the Centre. Additional improvements include new perimeter gates and a new access point in the surrounding wall.

A lease agreement for the site is being finalised, which will allow work on the **community garden** to begin before the end of the year. This development enables an expansion of our services, with generous support from Yarm Town Council, Stockton Borough Council, the Co-op Community Fund and the Asda Foundation. The Wellness Shed will host a variety of activities, including crafts, art, photography, a repair shop and one-to-one support sessions. A community garden will also be established and maintained by our gardening team, with active involvement from local schools and business volunteers. In addition, **a dedicated area for mindfulness, yoga, and exercise** will be created for both organised classes and individual use.

The foundations have been laid in 2024-25, ready to bring this amazing new community space to life in the next year.



National Lottery Funding received to help sustain our charity

One of the most exciting developments this year was receiving the National Lottery Community Fund Reaching Communities Programme to help sustain our charity.

In 2023, we applied for the Reaching Communities Grant from the National Lottery (TNL). The wellness centre had been operated by volunteers for over a year, but we soon realised that to manage it effectively for the community going forward, we needed a part-time paid employee. A Wellness Centre Manager to oversee daily operations, manage volunteers, coordinate sessions, and handle administrative tasks efficiently. In March 2024, we were thrilled to learn of our successful bid, and promptly advertised the role across several media platforms.

In September 2024, we appointed Steph Leather to the role, acknowledging her extensive experience in volunteer management as well as her deep understanding of the third sector and well-being principles.



Recognising our centre as a safe space for social interactions, we aimed to enhance our offerings by introducing transport options for day trips. In March 2025, we organised a trip to Whitby with 35 members and volunteers funded by TNL. The wonderful weather and the positive feedback from participants made this event a memorable highlight, with new friendships formed.

Providing training for our manager and volunteers was a key focus. With the support of the National Lottery, we developed and implemented several training options to ensure our team is highly confident and well-equipped to support our Centre's members.

Volunteers

The heart of Yarm Wellness

The Contribution of Volunteers

Volunteers are at the heart of Yarm Wellness. We are proud to have over 50 volunteers who generously give between 2 and 40 hours each month to support workshops and help run the charity's day-to-day activities.

Our volunteers come to us through a variety of pathways – some began by attending sessions, others were referred by Social Prescribers, partnerships with Primary Care Networks and many found us through social media. In fact, several members of our community first joined as participants, then began volunteering, and have since gone on to lead their own sessions. They impact the lives of our community with their care and support, but also benefit personally from an increased sense of purpose and community connection.

Simply put, Yarm Wellness wouldn't exist without our volunteers. They are the lifeblood of our organisation – the community supporting the community. By giving their time, energy and compassion, our volunteers inspire hope and promote well-being through community-led activities.

Everything we do is possible because of them.



Our Trustees

Yarm Wellness is a Charitable Incorporated Organisation (CIO) governed by our Constitution.

Our Trustees:

Cheryl Scollay remains the Chair of Yarm Wellness, with Stephen Lynas acting as Vice-chair. Kate van der Graaf continues in her role, responsible for strategy and operations.

In April 2025 we further strengthened our governance with the appointment of two new trustees to our board. Mr Neil Mitchell and Ms Leigh Trimble joined the team, with 5 Trustees now overseeing the charity.

Cheryl Scollay



Stephen Lynas



Kate van der Graaf



Neil Mitchell



Leigh Trimble



Expanding our skill set - Introducing Neil and Leigh:

Leigh is CEO of a local lived experience charity. She linked in with Yarm Wellness before the refurbishment of the centre and has been running services from the centre since we opened. It was a natural progression for her to come on board as a Trustee. She brings with her 4 years of experience as a CEO including fundraising, managing Volunteers, project management and strategy. Leigh says "I am passionate about wellbeing and ensuring people have access to services which support those who are struggling with isolation, loneliness and their mental health."

Neil is the Head of Environment, Leisure and Green Infrastructure at Stockton-on-Tees Borough Council. As a member of the board of trustees for Tees River Users Trust and a local school governor, he is passionate about the community. Neil has been practicing yoga at the center and was keen to get more involved after learning more about the the extent of our offering to the community. He brings with him strong business skills, experience in the VCSE sector and a passion for the local area, helping to bridge inequalities across the borough.

Public Benefit Statement: "The trustees confirm that they have complied with their duties under the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. The trustees refer to the Charity's aims and objectives in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity is committed to connecting our community to improve wellbeing and alleviate isolation helping us to achieve our vision - that no one feels alone in our community. All of our activities are guided by our purpose - to provide a positive impact on the wellbeing of Yarm and the wider community through the provision of creative, fitness and wellness classes along with multiple support groups. Our provision is guided by the desire to offer a warm safe space for our community to engage with others and reduce isolation.

Structure, Governance & Management

Empowering Community, Reducing Isolation

How we are making a difference

Yarm Wellness is a place where the community comes together to support one another. We provide purpose and opportunity for our volunteers and our community members. Many individuals who have attended our sessions have gone on to lead support sessions inspired by their own lived experiences, creating a ripple effect of growth, connection and resilience.

Over the past year, our centre was used for nearly 1,500 hours, with close to 1,000 people participating in our offerings each month. Around 60% of our sessions are delivered on a free community give back basis, all made possible by a dedicated team of volunteers. These sessions not only allow people to try something new and meet others, but also create a space for shared experiences and belonging.

Making a difference to Our Community

Our Veterans Breakfast continues to be hugely popular, bringing together veterans from across the forces every two weeks for breakfast, shared stories and support. The breakfast is supported by Tesco & made possible by our volunteers.



We are proud to offer our charity partners a welcoming and safe environment to connect with the local community. Independent surveys have shown that our work has significantly reduced social isolation and its often-devastating impact on individuals. Our strong partnerships with local charities help bridge critical service gaps identified by social prescribers and community members, particularly in supporting mental health and overall well-being. As a result, Yarm Wellness has become a vital referral point—contributing to a reduction in repeat visits to the local Primary Care Network.



Dr. David Hindmarsh,
Eaglescliffe Medical Centre

Making a difference to Primary Care

"Yarm Wellness partners closely with our social prescribers and the local Primary Care Network, understanding the need and plays a critical to supporting the wider community. The breadth of offer means that no-one is excluded. We are under a lot of strain at the moment in primary care and Yarm Wellness helps to provide support for people in different way to help their overall wellbeing. "



How we are making a difference

But most importantly, Yarm Wellness is a space that delivers meaningful individual impact. It is a place to escape the challenges of daily life, to feel a sense of belonging and to witness real, visible changes in people's lives—improving quality of life, enhancing well-being and building a stronger, more connected community.

Making a difference to Our Volunteers

"The people at Yarm Wellness are like a family to me. It is a God send to me. The range of activities is unbelievable.."

Richard, (aged 80) volunteer and leader of our Creative Arts for Wellbeing group



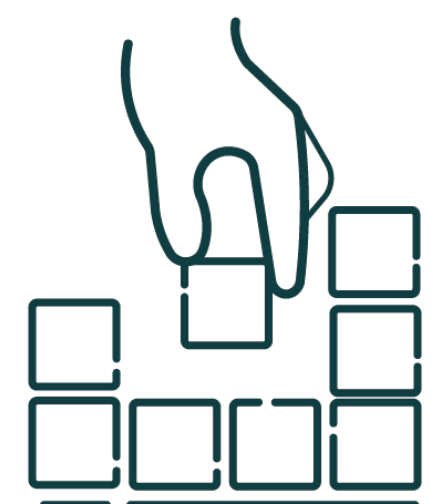
Financial Review

In the year ended 31 March 2025 Yarm Wellness collected £78,140 in ordinary receipts. For the same financial year Yarm Wellness spent £53,574 for ordinary expenses. These collections net of expenditures resulted in a net surplus of £24,566 for the year. These figures are significantly higher than last year primarily due to the advanced funding received from the National Lottery Community Fund Reaching Communities programme to support our hiring of a Wellness Centre Manager. The resulting surplus primarily represents the £26,787 balance of National Lottery funds received in advance and not yet spent.

In addition to our ordinary activities, Yarm Wellness received £3,800 in extraordinary receipts relating to the upcoming Arches project for which spending has not yet started leaving the full amount received in surplus. The combined surplus of £28,366 was added to last year's balance of funds (£53,695) resulting in a total of cash funds at year end of £82,061. These funds are held as £21,972 of unrestricted funds (cash reserve), £16,810 of unrestricted designated funds and £43,279 of restricted funds.

The unrestricted designated funds are primarily £15,000 of a building maintenance fund held for future required significant maintenance.

The restricted funds are primarily £26,787 of National Lottery funding for the Wellness Centre Manager and £11,690 for the outside space arches project planned for 2025 (extraordinary activity).



Outside Arches Project

Our building is next to the Yarm viaduct, the arches of which support Network Rail's train tracks. Yarm Wellness has received approval from Network Rail to use the land under three of the arches. This land will be used to develop outdoor space to further enable our community wellness workshops. Work on this outdoor space is anticipated to begin in the Summer of 2025 once Network Rail has completed their scheduled maintenance project. Year ending March 2023 Yarm Wellness received £2,000 from Yarm Town Council and £5,000 from Stockton Borough Council to support the planned project. In the year ending March 2024 Yarm Wellness received £890 from the Co-op's Community Fund to support this project. This year Yarm Wellness received an additional £1,300 from the Co-op's Community Fund and £2,500 from the Asda Foundation to further support this project. These restricted funds are considered extraordinary activity as the project to develop the outside space will be a one-time event and not part of the charity's ongoing activities.



Reserves policy

Yarm Wellness aims to hold six to nine months of estimated ordinary payments in cash reserve. This amount of cash reserve allows us to continue providing services to the community in the event there is an unexpected reduction in the amount of hall rental income or donations received. The cash reserve also supports the charity in the event of unexpected increases in costs prior to obtaining relevant funding or to support the startup of new programs while sourcing the appropriate funding.

Note: The addition of salary, benefits and other expenses associated with the hiring of the Wellness Centre Manager in 2024 has increased the total ordinary payments of the charity and therefore would increase the amount of cash reserves to be held by the charity. However, since the Wellness Centre Manager and other associated expenses are fully funded by the National Lottery award for the first three years, a decision has been made to exclude the incremental costs funded by the National Lottery from the cash reserves calculation for the first two years. The National Lottery is a well trusted funding source so the risk of not receiving the funds as committed is considered very low.

At year end 31 March 2025 £21,972 was held in reserve which would cover nearly seven months of ordinary payments less those funded by the National Lottery.

Principle sources of funds



Yarm Wellness' ordinary receipts are primarily from the rental of the hall for local providers to deliver Health & Wellbeing workshops, donations received from the community and grants. In the year to 31 March 2025 our largest donation received was from an individual in the community who donated £1,000 for the specific purpose of providing food to the 'Manter' Men's Wellness Group.

Our largest grant received was a combined total of £40,870 out of a total pledge of £111,568 from the National Lottery Community Fund Reaching Communities programme to enable Yarm Wellness to hire a Wellness Centre Manager for the charity. The aim of the project is to employ a manager to sustain the day-to-day operations of Yarm Wellness, create capacity for the organisation's trustees to be more strategic, empower and enable volunteers, increase community engagement and ensure Yarm Wellness continues to achieve the organisation's aim.

In addition to the National Lottery funding, our next two largest grants received were £5,000 from the Balingier Charitable Trust to provide for certain workshops and core costs of running the hall and £3,350 out of a total pledge of £8,850 from Acresfield Charitable Giving and Community Support to support the Yarm Wellness choir.

Declaration

The trustees declare that they have approved the trustee's report above. Signed on behalf of the charity's trustees."

A handwritten signature in black ink that reads "Cheryl Scollay".

Cheryl Scollay
Chair of Yarm Wellness

A handwritten signature in black ink that reads "Kate van der Graaf".

Kate van der Graaf
Trustee of Yarm Wellness



**Yarm Well
ness**

Creative Art for Wellness

Open to all levels; come join us and try something new, from sketching to painting and pastels

Wednesdays, every 2 weeks
3pm- 5pm

£2 Suggested Donation

Yarm Wellness, High Church Wynd, Yarm, TS15 9BQ

**MANTER
Mens Wellness
Group**

A safe, non-judgmental space for men to come together.

You are welcome to talk, or just listen

Wednesdays
1 - 2:30 pm

High Church Wynd,
Yarm, TS15 9BQ

**Yarm Well
ness**

**Yarm Well
ness**

GAMES GROUP

JOIN US FOR GAMES & REFRESHMENTS

SUNDAY AFTERNOONS 1:30- 3:30PM

EVERY 2 WEEKS, £2 DONATION PER SESSION

Yarm Wellness, High Church Wynd, Yarm, TS15 9BQ

**Yarm Well
ness**

Well Read BOOK CLUB

Last Wednesday of Month

July's book is 'The Midnight Feast' by Lucy Foley

7pm

Yarm Wellness,
High Church Wynd, Yarm

Suzi Hutton-
pidwigeon@aol.com

**Yarm Well
ness**

Coffee, Cake & Company

Come along and meet new people in our relaxed, free session.

Pop in for a chat, or just a change of scenery and something warm to drink.

**Tuesdays,
every 2 weeks**

1:30 - 3 pm

**Yarm Well
ness**

Parent & Toddler Playgroup

Fridays, 9:30- 11am

£1 per child, per session

Cost includes a tea or coffee for the grown ups!

Yarm Wellness, High Church Wynd, Yarm, TS15 9BQ

**Yarm Well
ness**

STOMA SUPPORT GROUP

Join us for a friendly, peer led support group for individuals living life with a Stoma and their family members.

Share your experiences and ask questions from Stoma Support Nurses, Stoma Equipment Manufacturers and Social Prescribers.

Monday 14th July, 1-3 pm
Yarm Wellness, High Church Wynd, TS15 9BQ
what3words location: happier.regularly.dolly

- Peer Support
- Stoma Support Nurses
- Stoma Equipment Manufacturers

For More Information stomasupport@yarmwellness.co.uk

**Yarm Well
ness**

Royal British Legion

Veterans Breakfasts

**MENOPAUSE
SUPPORT
CAFE**

YARM WELLNESS CENTRE, TS15 9BQ

EVERY OTHER WEDNESDAY

5.30PM - 6.30PM

B
SUZANNE BARBOUR
COACHING
For more information please

Joining a choir helps to improve:

EMOTIONAL AND MENTAL WELL-BEING

**Yarm Well
ness**

