



# Freshwinds

Annual Report 2014



**Embracing Opportunities**

# Contents

## Annual Report 2014

Legal and Administrative Information.....	3	
CEO's Statement. ....	4	Trustees' Report ..... 22
VP & Director of Support Services' Statement. ....	8	Statement of Trustees' Responsibilities. .... 23
VP & Director of Integrated Medicine's Statement. ....	9	Auditors Report ..... 24
Director of Development & HR Statement.....	10	Statement of Financial Activities ..... 26
Facts and Figures. ....	12	Balance Sheet ..... 27
Client Demographics ..... 14		Notes to the Accounts. .... 28
Project Reports. .... 16		
Integrated Medicine ..... 16		
Jesoor Al Salaam ..... 17		
Supporting People ..... 18		
FInDA ..... 18		
Surestart ..... 19		
BroSis ..... 19		
Events ..... 20		

# Legal & Administrative Information

## Annual Report 2014

The company is a registered charity, governed by its memorandum and articles of association.

**Trustee Directors:** Mohammed Sulieman Ibrahim Ibn Hassan Al Nur Al-Rahim (Founder, President and CEO)  
Justin Kite (Chair)  
Dr Sukdev Singh  
Nicholas Scott  
Roland Heinke  
Jacqueline Whitehead

The directors of the Charitable Company ("the Charity") are its Trustees for the purposes of charity law and throughout the report are collectively referred to as the Trustees.

**Executive Directors:** Linette Tatton-Brown (Vice President and Director of Integrated Medicine)  
Carol Hebden (Vice President and Director of Support Services)  
James Voller (Director of Development, H.R. and Finance)

**Principal and Registered Office:** Freshwinds  
Prospect Hall  
12 College Walk  
Selly Oak  
Birmingham  
B29 6LE

**Solicitors:** Brown Jacobson  
Victoria Square House  
Victoria Square  
Birmingham  
B2 4BU

**Banker:** Triodos Bank  
Brunel House  
11 The Promenade  
Bristol  
BS8 3NN

**Registered Auditors:** Lewis Smith and Co.  
The Old Doctor's House  
74 Grange Road  
Dudley  
West Midlands  
DY1 2AW

# Founder, President and CEO

Mohammed Al-Rahim



As we review this year, I once again find myself reflecting with deep gratitude on the significant contributions of our volunteers, trustees and staff whose faith and perseverance has been so important during what has continued to be a very challenging period, not just for Freshwinds but for the whole of the voluntary sector and indeed our statutory health and social care colleagues. It is true to say, as many have, that this year has seen a continuation of the very difficult environment that we have all been experiencing over the last number of years. Without the dedication that has been shown by all our volunteers, trustees and staff it would have been impossible to continue to meet the needs of the thousands of extremely vulnerable people that we support during what has, for some of them, been their darkest hour of need. These are adults, children and families living with Cancer, Multiple Sclerosis, heart disease and genetic disorders to name a few for whom we have given life-saving support. I commend all those individuals whose valiant efforts have enabled us to keep meeting our exceedingly high expectations and to keep delivering the outcomes that are so desperately needed by our service users in Birmingham.

I would like to take this opportunity to give a particular tribute to one of our members of staff who very sadly passed away suddenly this year. Ulrike Looft-Doherty had been a member of our team at Freshwinds for 5 years and was not only a highly capable and effective welfare rights and debt advocate but also a kind and caring person dedicated to the well-being of service

users. She passed away in August 2013 after a short illness and we all feel her loss very keenly. Our thoughts remain with her husband and children who will always have a home at Freshwinds.

I would also like to mention that after many years of loyal and highly valued service with Freshwinds, Dr Pankaj Shah has decided to move on to explore new avenues and possibilities. Over the years Dr Shah has been an integral member of our Integrated Medicine team and he will be dearly missed by us all. I know that my fellow Director and Vice President Linette Tatton-Brown has more to say in her report but I did not want the opportunity to pass without giving Dr Shah my personal thanks for all his efforts over the years. Dr Shah will continue his involvement with Freshwinds as a Patron and to pass on his valuable knowledge and experience as a trainer.

Despite all the challenges that we and the rest of the voluntary sector have faced, Freshwinds has had some very notable successes in this last 12 months. Our Community Health Champions programme, which has won an award from the Royal Society of Public Health, has continued to go from strength to strength with the inclusion of a community food growing project. We have trained and supported volunteers to establish 11 food growing sites across the city which are now being regularly tended to by groups of volunteers who are not only learning a great deal about nutrition and healthy eating but are also taking great benefits from the physical activity





of gardening itself. Their public health training is also empowering them to take these messages and benefits out to share with their communities. This community asset model has proved to be a very successful means of health promotion and we are very pleased and excited by the results. We plan to use similar models in other areas throughout the next year and beyond.

We would like to give our most sincere thanks to Together for Short Lives and the X Factor for the support that we have received from them again this year. We were delighted to receive funding which has helped us to provide our vital services to children and young people with life threatening conditions. We are very proud to be members of the Together for Short Lives network, very grateful for the support we have received from them for our young service users and laud their national work that is so vital for children with life threatening illnesses and those who are dying.

We are grateful to Together Against Cancer for continuing to fund our work with cancer patients throughout this year. The funding they have generously provided has enabled us to both grow and enhance the service that we provide to people with cancer and I know that I speak for our Integrated

Medicine team, the volunteers and clients when I say that we are very grateful to Together Against Cancer for their support. We have greatly increased the number of patients with cancer that have been able to receive our life-changing support and this is something that is very close to our hearts.

One of the greatest challenges that has been faced by anyone over the last year is the changes and cuts to the social care and welfare system. I have been working closely with Statutory and Third Sector colleagues as a member of Birmingham City Council's Multi-Agency Committee and I would like to commend the efforts of all those involved in mitigating the impacts of these changes on the most vulnerable people in our City. There is still a great deal of work to be done but I am proud that Freshwinds is taking a leading role in this work though the Community Support Network (and I would like to thank BVSC for their support for this) and the Gateway to Birmingham Advice Services (GBAS) partnership.





I would also like to give our sincere thanks both to the MAC AIDS fund and to the BIG Lottery Fund for continuing to fund our work in HIV particularly during this period of deep challenges for those with the least resources to survive the illness. This vital support has been very important for those with serious health problems but indeterminate legal status, particularly as they are also a group that still faces significant stigma and discrimination which can present almost insurmountable barriers to receiving proper support to live with their condition. It is always Freshwinds' ethos, integrity and compassion that looks to help those experiencing acute health circumstances regardless to their status. It is also our duty to look for the health and well being of the public at large and the best way to do this is through compassionate support for those with difficulties to prevent future epidemics.

I am very pleased to say that after a challenging period for the future of statutory funding for services, and a great deal of campaigning from Freshwinds and our partners, we are now working very closely with Birmingham Public Health and with service users, to ensure that new services are designed to continue to meet the needs of some of the most vulnerable service users in our city.

I have also in this year taken on a role as the Co-Chair of the local TB Partnership for Birmingham and Solihull with Public Health England and other local colleagues. TB is a growing concern in Birmingham and Solihull, particularly affecting BAME populations who in many cases are already significantly disadvantaged. We have already made some significant achievements in terms of promoting and facilitating greater testing and over the next year our work in TB will be growing significantly, in line with the new national strategy and implementation of a West Midlands TB Control Board, to meet this important challenge in concert with our colleagues in PHE and local councils.





I have continued my work this year to meet my own legacy objectives for Freshwinds under our banner of Jesoor Al Salaam (which means "Bridges of Peace") and we have been building towards some large-scale projects that will have dramatic and positive impacts for the future of Freshwinds and our service users. More information about these projects, which have a total value of over £85 million, will be announced in due course but I wanted to take this opportunity to thank those who have supported us to bring those projects to fruition, notably the major funders that we have been working with for some time who in the main are VIPs within the countries of the Gulf Cooperation Council. I also wish to acknowledge our colleagues in the Gulf who have been working assiduously with us to finalise these matters. They have shown great faith and dedication in their work and are deeply committed to the well being of all peoples and to the principles of peace, love and compassion for everyone.

My fellow Directors will be focusing on more specific developments in their reports but I would say that I am looking forward to a profoundly positive future for the organisation that I founded over 22 years ago and to the vital help that we will continue to provide for the over 10,000 registered clients that we serve as well as the many thousands of individuals that we come into contact with every year.

**Mohammed Al-Rahim**

Founder, President and CEO





## Vice President Director of Support Services

Once again this year I would like to thank all my fellow Directors, staff and volunteers for their support for our department and its work.

We are proud to continue all our work with Offenders, Ex Offenders and those at risk of offending and I know that the team have worked very hard to achieve excellent results in what has been a very challenging environment. We know that we have made a substantial difference to those who are on the journey of rehabilitation, many of whom have experienced very difficult childhoods that have led them into poor decision-making and damaged lives. We have had many successes with most of our clients and seen first-hand that they have realised their own full potential in work, volunteering and education.

Of course a key part of our work is with the Birmingham HIV Partnership which we lead alongside other voluntary and statutory organisations such as ABplus, Terence Higgins Trust, Brook, Barnardos, Red Cross as well as Heart of England Foundation Trust, University Hospitals Birmingham and Birmingham City Council Health and Social Care. We are preparing for the new commissioning of HIV services which we now know will be taking place in autumn 2015 and we will be working with Birmingham Public Health to co-design the new specification and services.

We have continued our very important work with our job club, supporting our clients not only to find employment and training opportunities but also to help prepare them for the world of work. This has also included the establishment this year of a "professional clothing bank", in conjunction with our role as the lead organisation in the Community Support Network, to ensure that service users can have suitable clothing for interviews and work

environments if they cannot buy them for themselves.

Our advice services continue to go from strength to strength and is a very valuable resource at a time when many people are in great need of high quality and impartial advice as the landscape of welfare rights is changing dramatically, particularly in relation to personal independence payments.

Our SureStart Family Support services are working very hard to help some very vulnerable children and families in some of the most deprived communities in our city. Additionally we have also been able to bring some of our other services into the Children's Centres to ensure that they are reaching the people who need them the most. In particular we have seen great success in enabling our service users there to become Community Health Champions, advocating for healthier lifestyles in their own communities.

Whilst we are still anticipating challenging times ahead, we can see that we have laid the solid foundations to build a very sustainable and impactful future.

Once again I would like to thank everyone who has been so important in helping us to make these achievements.

A handwritten signature in black ink that reads "Carol Hebden". The signature is stylized, with the first letters of the first and last names being larger and more prominent.

**Carol Hebden**

Vice President & Director of Support Services





## Vice President Director of Integrated Medicine

Firstly, I would like to say thank you to Dr Pankaj Shah who, after many years of very loyal and dedicated service to Freshwinds, is moving on to new pastures. Dr Shah has been a stalwart of the Integrated Medicine department and we will miss him deeply although he will still be doing some work with us as a trainer. I would like to thank Dr Shah personally for supporting me in my new role over the last year. I am also pleased to welcome Peter Pritchett to the department who will be coordinating the project now that Dr Shah has moved on.

I am very pleased that despite the delays that many people have seen in commissioning from CCGs, our Living Choices programme has continued to be funded and indeed we have seen more clients in the last year than previously. This programme is very close to our hearts as it is helping people in the community who are dying and we know the life-changing impacts that our integrated medicine model can achieve for those people and their families. This is very important for those people who want to stay at home to die and to have the most pain-free end to their lives with their loved ones close by at all times. We are working closely with the CCGs to ensure that this very successful programme is continued beyond the current period.

Throughout this period we have continued our active involvement with the West Midlands Palliative Care Network as well as national networks such as Together for Short Lives and Together Against Cancer among others.

We are grateful again to Together Against Cancer for their support of our work with cancer patients. Their support has enabled us to reach significantly more patients than we would otherwise have been able to see and also to start initiatives such as our cancer support group. Of course we are still working with a large number of patients who have

other life-threatening conditions such as multiple sclerosis, muscular dystrophy, heart disease, coronary and pulmonary disease and many others.

We have experienced some delays in our planned work both with Birmingham Children's Hospital and with a children's hospice. This is in part due to some building works but is also due to funding that in the current climate has been very difficult to secure. At the time of writing I am confident that this work will be forthcoming soon.

I have been very pleased to be working with our Founder, President and CEO on some of his legacy projects under the banner of Jesoor Al Salaam (Bridges of Peace) from the point of view of Integrated Medicine. These projects will provide a significantly enhanced future service which will meet the needs of more people in a most profound way. I am also very pleased with the progress of our Community Health Champions programme, particularly the development of our community food growing programme which now has 11 sites across the City being actively looked after by cohorts of volunteers representing all the communities of Birmingham.

I would like to thank all our volunteers, therapists, staff and my fellow Directors, as well as the Board of Trustees, for all their support in this first year for me and I am looking forward to a very successful future for Integrated Medicine and the whole of Freshwinds.

**Linette Tatton-Brown**

Vice President & Director of Integrated Medicine





## Director of Development, H.R. and Finance

### Future Developments

In my role as Director of Development, I will be reporting on the new developments that we are planning at Freshwinds, some of which will bring fundamental changes to our work, although not to our mission and our ethos which will always remain at the heart of everything we do.

There is no doubt that we have been affected by the significant delays in some statutory funding streams, notably from Clinical Commissioning Groups but also from work that we had planned to do with the Local Authority. It does now appear

that these work streams will come through in the autumn of 2015.

Significantly, we will be implementing 2 new large-scale building projects that we have been working on over the last year as part of the legacy objectives of our Founder, President and CEO Mohammed Al-Rahim. Although we are not formally announcing those projects yet, they are all part of our plans to make some significant innovations in caring, rehabilitating and stabilising the very vulnerable individuals



that we support. This will be achieved through a health related project for circa £50 million as well as a housing programme for vulnerable people for circa £35 million. This includes a significant input for growing our infrastructure and supporting our fundraising and contracting activities.

These projects are also being developed on a theme of peace; bringing all the communities of our wonderfully “super-diverse” city together to work together inclusively for the good of all. We have been working very hard to source new funding for these projects and in particular we have been working with some very important Islamic donors from Gulf Cooperation Council countries in the first instance to ensure that we include this very important community in Birmingham. As we proceed we will be looking at our projects from an inter-faith perspective and will be working closely with all the communities to ensure that our innovative new projects belong to all the people of Birmingham who need them.

We would like to give our thanks to the professionals who have supported our efforts so far as well as to Birmingham City Council for its support for our programmes. We would also like to thank our colleagues and funders in the Gulf that have been working with us over this time for giving of their time and attention as well as funds. We look forward to making formal announcements of our projects in due course when we have finalised the land purchase and building plans.

For myself this is the first opportunity that I have had to work closely with major donors from the Gulf and I would like to give my personal thanks for the warm welcome that I have received from them. I have been touched by their care for all the people of the world and their compassion resonates strongly with the aims, objectives and ethos of Freshwinds which is the reason I came to the charity over 5 years ago. I am very honoured to be working with them to bring our new projects to fruition and hope to continue that work for many years to come. We also plan to open an office in Abu Dhabi in 2015 to continue these projects as well as to look at new opportunities.

Whilst this new work is a very exciting development for Freshwinds it is not the only development that we are planning. After the successes of our Community Health Champions programme we have a number of plans to expand our nationally recognised community asset based model into other thematic areas such as community safety, and a number of specific health fields such as TB. We are also planning to expand and build on our work in mental health and wellbeing particularly from a therapeutic point of view.

I am pleased to report that our social enterprises are continuing to improve despite the difficult climate that we have experienced, which I do believe is now beginning to get better, and we both expect and plan for this progress to continue and grow throughout 2015. This includes some plans to develop our social enterprise in IT internationally.

It is clear that the last few years have been difficult but we are planning through 2015 and beyond to expand in all areas of our work and to ensure that we are meeting the needs of as many of the people in Birmingham who need us and to ensure that this is achieved sustainably from the basis of fully-funded support.



**James Voller**

Director of Development, H.R. and Finance

As we approach our 23<sup>rd</sup> year  
we have helped over

230,000  
clients

We estimate that over 22 years  
our services have had £66 million  
of impact for our local  
communities in Birmingham

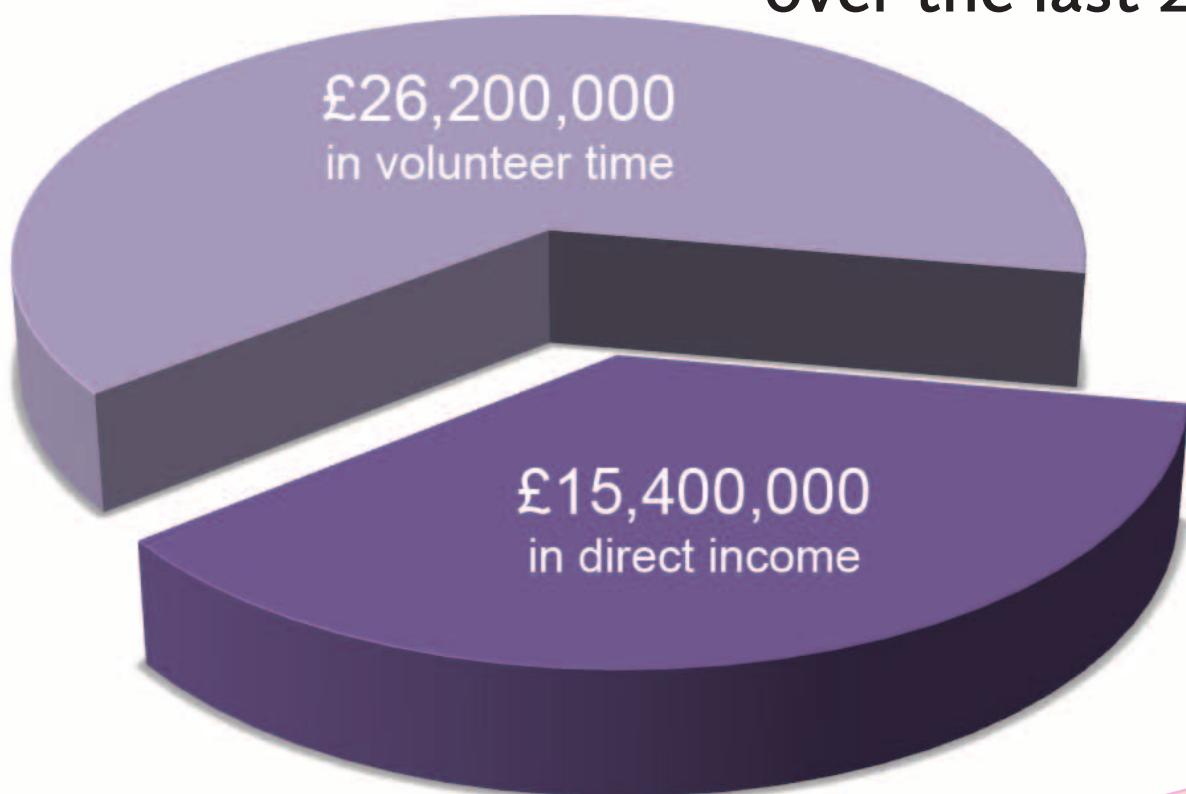
We continue to develop models that measure  
our services for their social impact

In our project for preventing  
Emergency Hospital Admissions  
we evidenced a cost-saving of  
£5 for every £1 spent



For every person  
helped we have raised  
£67 in funding and  
added £114 in value  
from volunteers

This works out to  
an added value  
of £26,200,000 to  
the £15,400,000 of  
funds raised  
over the last 22 years

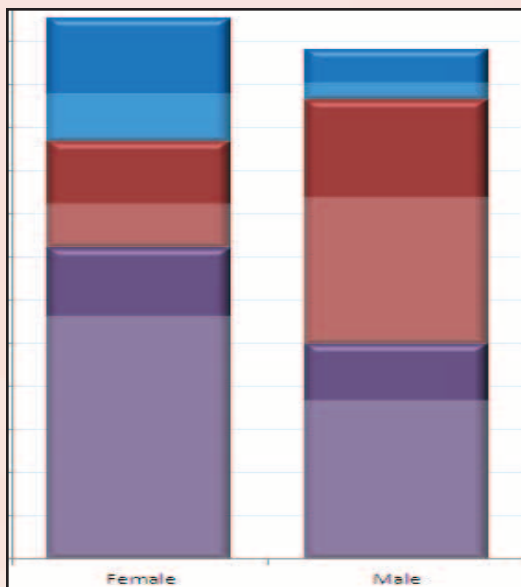


## Freshwinds provided services to over 9,600 people in 2013/14.

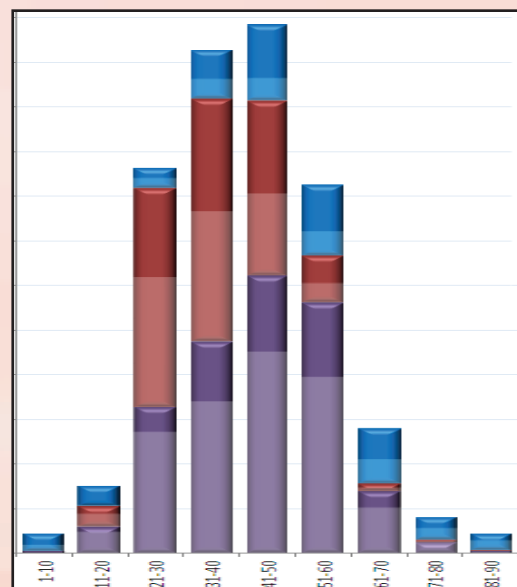
Those people, supported in previous years and new arrivals, were distributed amongst the services and demographics in the following ways:



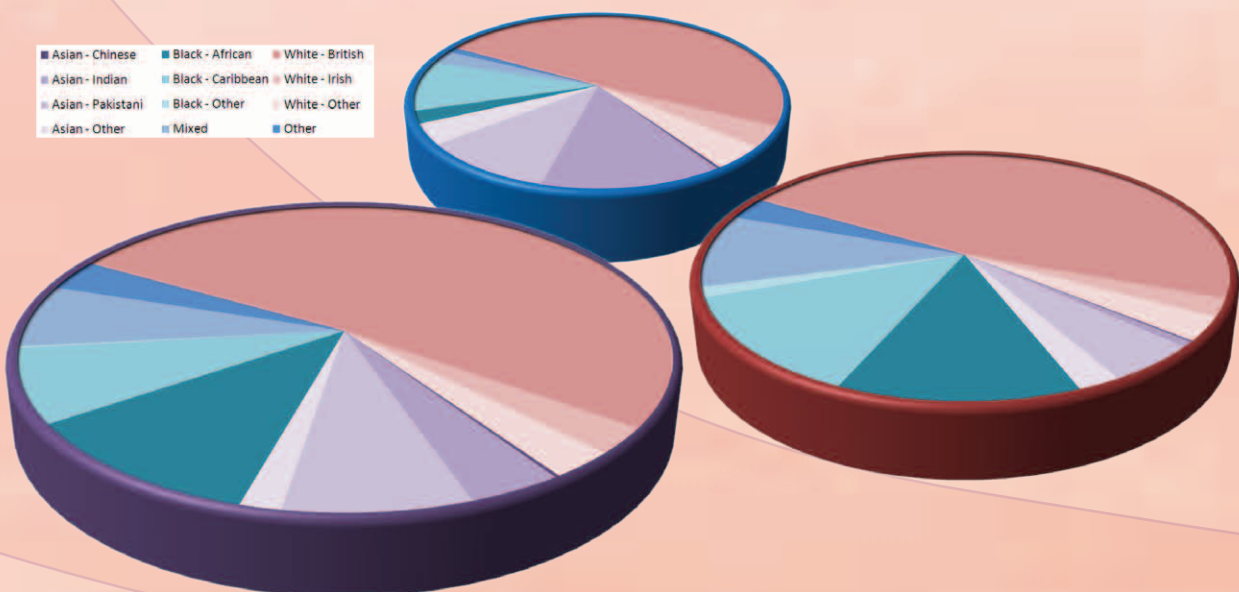
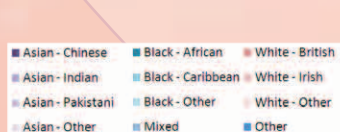
By Gender



By Age

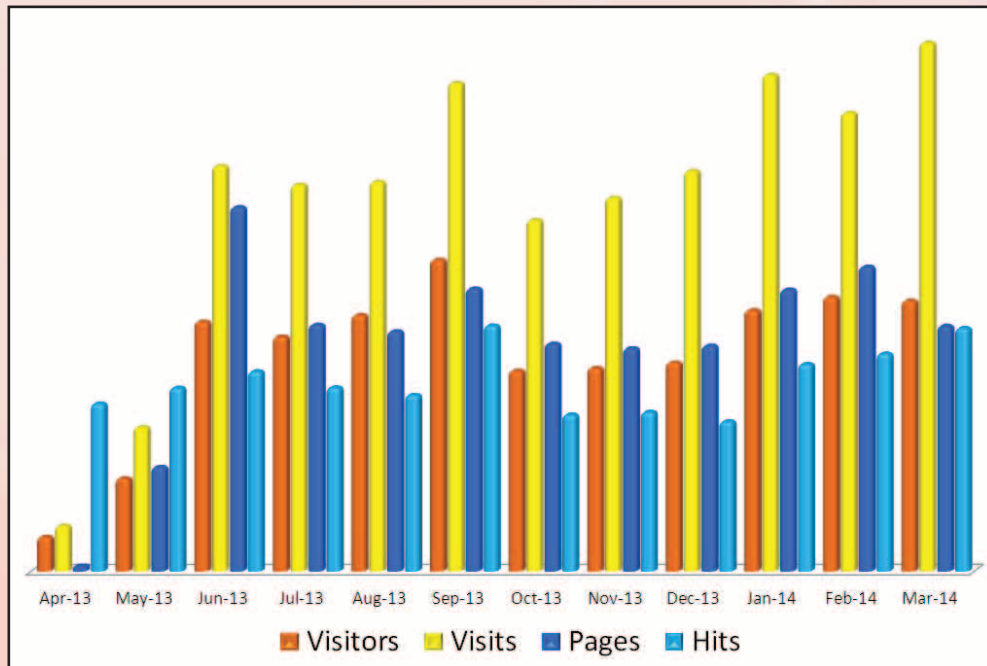


By Ethnicity

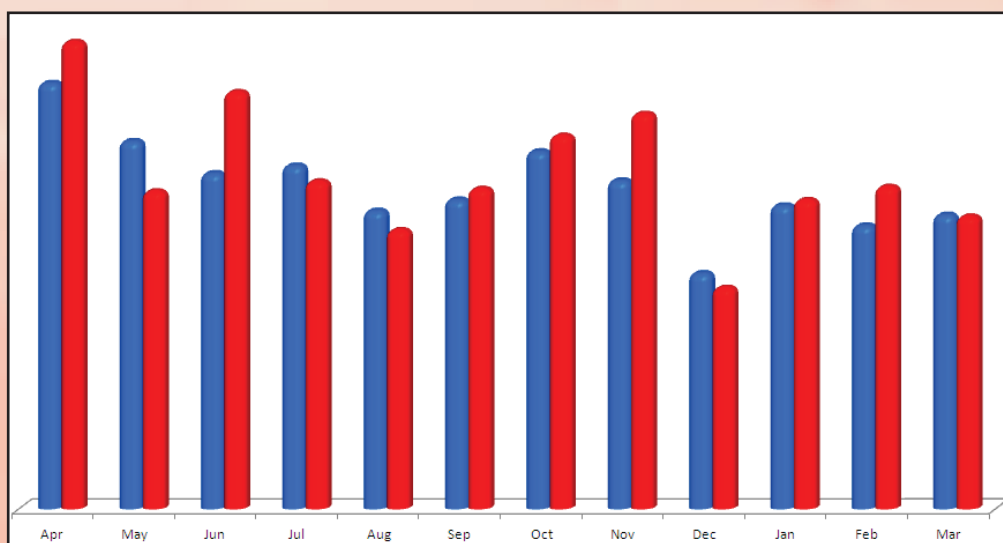




Our primary website, [freshwinds.org.uk](http://freshwinds.org.uk), received over 66,000 visits from over 38,000 visitors during the year:



Over 58,000 telephone calls were made and received during the year:



# Projects



Integrated Medicine and complementary therapy is at the heart of Freshwinds and has always been part of our core service offering for adults and children over our 22 years. We recognise the vital importance of helping those with

profound illnesses and disabilities to use all the tools at their disposal to take control of their own health, to enhance their health and well-being and improve their practical functioning on a daily basis so that they can enjoy life whatever their final prognosis might be.

We provide a wide range of therapies that are tailored to the individual through a rigorous assessment that we have developed over 22 years with input from both clinical and therapeutic practitioners.



We have a strong stream of referrals from a large number of clinicians from both primary and secondary care (including consultants, GPs and clinical nurse specialists) as well as social workers all of whom recognise the profound impact that our service has provided to individuals and their families.

The complexity of the cases that are referred to us is testament to the high standards and outcomes that we consistently achieve and the respect we have earned from our referrers. Our staff team is comprised of Doctors and therapeutic colleagues with a combined experience of over 100 years of providing care in hospitals, in the community and therapeutic environments.





Over many years, Mohammed Al-Rahim, Founder, President and CEO of Freshwinds, has gained very extensive experience of the Third Sector and Freshwinds as an organisation has extensive knowledge of rehabilitative and supportive care for people with life-threatening illnesses and those who are socially excluded.

Now that Mohammed has reached the milestone age of 60 and is looking to retire within the next 15 years, he is leading on some new themes of our work as part of his legacy objectives and the achievement of his vision from Allah.

These objectives stand under the banner of “Jesoor Al Salaam” – The Bridges of Peace.

## What is Jesoor Al Salaam?

Bringing the Arab Muslim and Muslim communities together to help recognise the true love and compassion of Islam and to demonstrate this through a number of new projects which further demonstrate to people of other faiths the generosity and kindness of Arab and Islamic people.

The main objective of Jesoor Al Salaam is to help the poor and those in need and to demonstrate the love, compassion and generosity that is the spirit of Islam and Muslim people across the world. Islam is not as it is sometimes unfortunately portrayed in the media but is a truly progressive, modern, generous and compassionate religion and the aim of Jesoor Al Salaam is to change these negative misunderstandings.

It is also to clearly enhance the view of the Arab Muslim world as great benefactors of compassion, mercy and generosity as Mohammed Al-Rahim has found in his travels in the Middle East and reflects his love for all of our Muslim and Middle Eastern brothers and sisters.

Our Jesoor Al Salaam programme will include a number of projects ranging from large building programmes, medium scale housing projects and smaller community-based initiatives.



**Bridges** جسور  
**of Peace** السلام



We have been providing Supporting People services for over 10 years and our current work is with offenders, ex-offenders and those at risk of offending as well as people living with HIV. The core aim of work is to support our clients to live independent, active and healthy lives in the community and to prevent the occurrence of crisis situations which lead to relapses into problem behaviours.

The focus of the programme is on tenancy support but this includes a very wide variety of intensive support from our workers who take a holistic approach to supporting that goal. This often includes, training and education, employability support, health-related interventions and financial well-being among others. Importantly, we help them to address the challenges presented by the stigma that so often accompanies their situations.

We encourage service users to build inner resources on a journey to a self-sufficient, healthy lifestyle in which they can fully participate as members of society.



FInDA is Freshwinds' advice and advocacy programme which covers areas of welfare rights, debt and immigration.

Many of our service users are those with profound disabilities and often come to us in times of significant crisis whether due to unmanageable debts and threats of eviction or withdrawal of disability benefits.

Our work includes representation at Tribunal level for welfare benefits cases and we see many cases in which benefits are reinstated due to our support.

We are also proud to be core members of the Gateway to Birmingham Advice Services partnership which is delivering transformation of advice services through training for volunteers and non-money advisers across Birmingham as well as sharing of information and best practice between GBAS partners.



Freshwinds has worked in SureStart children's centres for over 10 years providing vital support

to families in the North of Birmingham. Our services in SureStart cover a range of themes from health and well-being, advice and advocacy, training and education, domestic violence and new birth registrations and parenting skills among others.

Over the years we have supported thousands of families and helped them to overcome some very significant challenges and journey through to independence. We are very proud of our long-standing work in SureStart supporting some very vulnerable families to have happy, healthy and fulfilled lives.



Our Bro-Sis project works with individuals who are meeting the challenges of living with a substance addiction and we are particularly focused on supporting those from BAME communities for whom addiction is often a very another barrier to their participation in society.

Over many years we have shown that the highest levels of continued engagement and help our service users to make very successful, life-changing decisions. This often leads to very positive changes in abstaining from substance misuse and offending behaviour (including exiting gang cultures)

# Events

## RSPH Award

We are very proud to have been presented with a 2-year award from the Royal Society of Public Health to acknowledge our Community Health Champions programme. The RSPH Health & Wellbeing Awards showcase the contribution of health promotion to public health in the UK. The criteria include established commitment by organisations to health promotion, leadership at top level, robust strategies that tackle a wide array of health promotion issues – including health inequality – and the development of workforce both internally and externally.

Only 12 such awards are made nationally and our Community Health Champions programme was a very worthy winner. We are very pleased that project continues to go from strength to strength to improve the health of people in Birmingham.



## Launch of the Community Support Network

The Community Support Network is a group of over 40 large and small organisations from the Third Sector and multi-faith groups set up in response to the potential plight of our fellow Birmingham citizens who are being affected by the changes brought about by the Welfare Reform Act and its implementation in combination with the aftermath of the recession.

The aim of the Network is to formulate a coordinated response to the provision of all forms of crisis support such as food banks, clothing banks, hardship funds, advice, access to temporary/emergency accommodation or any other crisis support.

**Community**  
**Support**  
**Network**





## Prospect Hall Garden Makeover

A hardworking team of volunteers from Lloyds Banking Group transformed the garden at the back of Prospect Hall. The group carried out digging, weeding and clearing to completely revamp the area into somewhere to be enjoyed by clients and their families.

The space was completely overgrown so the help they have given is invaluable. They even uncovered a paved area that none of our staff remembered existing!

The team from Lloyds were a delight to have as visitors. We enjoyed showing them around Freshwinds and introducing them to members of staff and volunteers.



## Community Health Champions Graduate

We celebrated the success of our Community Health Champions at a graduation event. Those who have been actively volunteering for 6 months or more received a certificate in recognition of their dedication to the programme and we listened to speakers talk

about their experience of the scheme. These included two Community Health Champions who shared their story of how they became involved with the programme and what they have achieved and also Nasreen Akhtar, contract manager of the CHC programme; Marc Blanchette who coordinates the CHC programme at Phoenix Futures; and Ibrar Uddin from Birmingham Mind.



# FRESHWINDS TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2014

## Governance

Freshwinds is registered charity and a company limited by guarantee operating under its memorandum and articles of association dated 21st February 2000. The Trustees of the Charity are its Directors and decisions are made by the Trustees acting as a quorate body.

## Public Benefit

Freshwinds principal objectives are:

1. To advance for the benefit of the public the study and practice of the art and science of integrated therapies and medicines and the healing arts including complementary therapies, spiritual healing and other disciplines and promote research into such disciplines for the public good
2. To relieve sickness, ill health, disability, social exclusion and to preserve and protect good health by the provision of such disciplines.
3. To advance education and training including training for employment or work and the development and enhancement of life skills and career prospects for the public good.
4. To relieve poverty and social disadvantage and facilitate individual and societal regeneration and rehabilitation.

With reference to the Charity Commission Guidance on 'Charities and Public Benefit', the Trustees are confident that these objectives and the activities that the charity undertakes are in accordance with the regulations on public benefit.

## Review of the Transactions and Financial Position of the Charity

The Registered Charitable Company received donations and grants totalling £1,229,640. A total of £(46,602) remained in the bank as at 31 March 2014.

The unrestricted funds have gone into deficit at the end of this financial year. This is due to the charity reserving for potential bad debts. The Board of Trustees have taken

remedial action to this and have significant investment post year-end from a third party donor.

The Charity is organised in accordance with the Charity Commission Guidelines and this report and accounts fully comply with the Charity's SORP 2005.

## Risk Management

The Trustees have examined the major strategic, business and operation risks which the Charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

## Reserves Policy

The charity needs reserves both to enable it to progress to completion its long term projects and to protect its current activities, in order to allow the trustees to meet their responsibilities and ensure that it continues to operate on a going concern basis. The trustees have examined the needs, risks and challenges faced by the charity in both the short and medium term, along with relevant financial forecasts, and have formulated a policy to meet those needs.

## Auditors

The trustees have elected to appoint Lewis Smith and Co. as its new registered auditors. The trustees are grateful to Crowe Clark Whitehill LLP but have decided that after many years it was time to appoint a firm with a closer alignment to the needs of the organisation.

## Members' Guarantee

Each member's liability is limited by guarantee to £1 and consequently the company does not have a share capital.

The Charity has in place indemnity insurance for the Trustees in the sum of £5,000,000

In preparing this report the trustees have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006



## Trustee Recruitment

Freshwinds' Board of Trustees are recruited and selected by the current members of the Board from the service users, volunteers and stakeholders of the organisation. The Board regularly undertakes skills audits to assess the needs of the Board and to identify any training needs or where a new member with those skills needs to be recruited. All applicants who are approached are required to submit a C.V. for discussion by the Board and are required to attend an informal interview with the Chair of the Trustees. Once the Trustees have agreed the appointment, a full induction is provided. From the regular skills audits carried out by the Board, a training and development strategy is produced and opportunities are sourced to meet the needs identified, both individually and as a group.

## Use of Volunteers

The Trustees wish to express their gratitude to the many volunteers who support Freshwinds and without whom it would not be possible for the organisation to continue to provide the vital services that it does.

## Subsidiaries

The Charity has 4 trading subsidiaries namely Freshwinds Information Technology Ltd, Freshwinds Institute of Integrated Medicine Ltd, Freshwinds Immigration Advice Solutions Ltd and Freshwinds Care Developments Ltd.

## Related Parties

Mohammed Al-Rahim is also the Chair of Trustees of African Community Council for the Regions.

## Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards) and applicable law.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that period. In preparing these financial statements, the governors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for ensuring that adequate accounting records are maintained that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and ensuring their proper application in accordance with charity law, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. So far as each of the Trustees is aware at the time the report is approved:

- There is no relevant audit information of which the Company's auditors are aware;
- and
- The Trustees have taken all steps that ought to have been taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Approved by the Trustees and Signed on their behalf:



Mohammed Sulieman Al-Rahim

4/6/2015

Date:

# FRESHWINDS

## INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES OF FRESHWINDS

YEAR ENDED 31 MARCH 2013

We have audited the financial statements of Freshwinds for the year ended 31 March 2014 which comprise of the Summary Income and Expenditure Account, the Balance Sheet, and the related notes set out on pages 16 - 25. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's trustees, as a body, in accordance with regulations made under section 154 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

### Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on pages 22-23, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

The trustees have elected for the financial statements to be audited in accordance with the Charities Act 2011 rather than the Companies Act 2006. Accordingly we have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

### Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

### Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2014, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

Craig Alan Beale  
Senior Statutory Auditor  
For and on behalf of  
Lewis Smith & Co  
Statutory Auditor  
The Old Doctor's  
74 Grange Road  
Dudley  
West Midlands  
DY1 2AW

CA Beale

3/6/2015





Photographs from the launch of the Community Support Network. Featuring, Deputy Lords Lieutenant, MPs, Religious Leaders, Councillors, CEOs and Directors .

# FRESHWINDS

## STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2014

	Notes	Un- Restricted Funds £	Restricted Funds £	2014 Total £	2013 Total £
<b>INCOMING RESOURCES</b>					
Income from Charitable Activities					
Donations and grants	4	26,337	1,203,303	1,229,640	1,434,473
Incoming Resources from Generated Funds					
Other Income	5	174,895	-	174,895	294,259
		-	-	-	-
<b>TOTAL INCOMING RESOURCES</b>		<b><u>201,232</u></b>	<b><u>1,203,303</u></b>	<b><u>1,404,535</u></b>	<b><u>1,728,732</u></b>
<b>RESOURCES EXPENDED</b>					
Charitable Activities	8	280,602	1,178,785	1,459,387	1,950,906
Governance costs	9	-	6,600	6,600	8,228
<b>TOTAL RESOURCES EXPENDED</b>		<b><u>280,602</u></b>	<b><u>1,185,385</u></b>	<b><u>1,465,987</u></b>	<b><u>1,959,134</u></b>
NET INCOMING RESOURCES AND MOVEMENT IN FUNDS		(79,370)	17,918	(61,452)	(230,402)
TRANSFER BETWEEN FUNDS		-	-	-	-
FUND BALANCES BROUGHT FORWARD AT 1 APRIL 2013		11,293	-	11,293	241,695
<b>FUND BALANCES CARRIED FORWARD AT 31 MARCH 2014</b>		<b><u>(68,077)</u></b>	<b><u>17,918</u></b>	<b><u>(50,159)</u></b>	<b><u>11,293</u></b>

The notes on pages 28 to 37 form part of these accounts.

All incoming resources and resources expended derive from continuing activities.

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

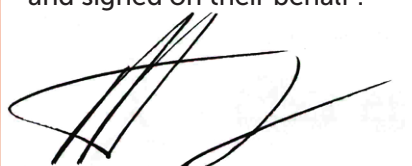


FRESHWINDS  
BALANCE SHEET  
YEAR ENDED 31 MARCH 2014

	Notes	2014 £	2013 £
<b>FIXED ASSETS</b>			
Tangible assets	10	90,963	118,744
<b>INVESTMENTS</b>	11	7	7
<b>CURRENT ASSETS</b>			
Debtors	12	219,508	224,578
Cash at bank and in hand	20		3,896
		<u>219,528</u>	<u>228,474</u>
<b>CREDITORS AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
Trade creditors		99,925	70,095
Obligations under finance lease and hire purchase		-	912
Amounts due to subsidiaries		1,008	-
Other taxes and social security costs		142,805	123,998
Bank loan and overdraft		46,602	43,025
Other creditors		63,477	2,704
Accruals and deferred income	14	6,840	95,198
		<u>360,657</u>	<u>335,932</u>
<b>NET CURRENT LIABILITIES/ASSETS</b>		(141,129)	(107,458)
<b>NET (LIABILITIES)/ASSETS</b>		<u>(50,519)</u>	<u>11,293</u>
<b>FUNDS</b>			
Unrestricted		(68,077)	11,293
Restricted	16	17,918	-
		<u>(50,519)</u>	<u>11,293</u>

The notes on pages 28 to 37 form part of these accounts.

Approved by the trustees on  
and signed on their behalf :



Mohammed Sulieman Al-Rahim

4/6/2015

## 1. BASIS OF ACCOUNTING

The financial statements have been prepared under the Companies Act 2006 in accordance with applicable accounting and financial reporting standards in the United Kingdom, and the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities issued in March 2005.

The financial statements have been prepared under the historical cost convention. The Charity is reliant on donations and grants to fund its activities.

The Trustees have prepared the accounts on a going concern basis and are not aware of any circumstances likely to affect this in the foreseeable future.

As the parent company, the company has not prepared group accounts in accordance with the Companies Act 2006 for small companies exemption.

## 2. ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the accounts are as follows:

### 2.1 Incoming resources

#### 2.1.1 Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable

#### 2.1.2 Interest receivable

Interest is included when receivable by the charity.



## 2.2 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the Charity and include audit fees and costs linked to the strategic management of the Charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

### 2.2.1 Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

### 2.2.2 Hire Purchase and lease purchase

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives and those held under finance lease are depreciated over their estimated useful lives or the lease term whichever is shorter. The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

## 2.3 Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees, or

Restricted funds – these are funds that 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.

## 2.4 Depreciation of Tangible Assets

Fixed assets costing more than £100 are capitalised and are depreciated over their estimated useful lives as follows:

Office equipment	- 20% straight line
Computer equipment	- 20% straight line
Furniture and fixtures	- 20% reducing balance
Leasehold premises	- 4% straight line

## 3 Going Concern

The financial statements have been prepared on a going concern basis notwithstanding the fact that the net liabilities exceed the Charity's assets.

Post year end the Trustees have agreed with a third party funder for a significant donation which will improve the cash flow and financial position of the charity and secure its financial position for the foreseeable future. This is an initial contribution and the Charity is actively engaged with a number of other donors to agree further significant donation in the near future.

#### 4. DONATIONS AND GRANTS

Donations and grants were received from the following organisations :-

	Un-Restricted Funds	Restricted Funds	
	2014 £	2014 £	2013 £
BCC - Supporting People	-	381,806	705,359
Primrose Hospice	-	1,200	24,204
B'ham CCGs - Living Choices	-	25,108	29,673
B'ham Public Health – Bro-Sis Tier 3 Drug Services	-	34,196	32,196
BCC – B'ham HIV Partnership	-	90,000	69,245
Aquarius - Coventry Advocacy Project	-	14,777	10,947
Hardship Grants	-	5,820	4,850
Heritage Lottery Fund	-	9,900	-
Jobcentre Flexible Support Fund	-	2,575	24,300
BCC -Surestart Advice Worker	-	20,248	31,582
JMHCT - Community Health Champions	-	22,642	27,079
B'ham Public Health - HIV/AIDS Support	-	29,189	21,631
Fuelsmart Project	-	-	7,405
BCC - Surestart Family Health	-	315,118	207,570
FINDA –Safe and Sound	-	12,500	-
BIG Lottery - Positive Health Choices	-	48,675	-
BCC - Surestart Community Health	-	22,500	95,894
Together Against Cancer	-	24,000	-
B'ham Public Health – Sexual Health	-	30,000	-
B'ham Public Health - Community Champion	-	45,000	45,000
Big Lottery Research Programme	-	-	24,375
Severn Trent Water Org	-	13,409	-
MAC AIDS Fund	-	47,287	45,035
Others	26,337	7,353	28,128

	<u>26,337</u>	<u>1,203,303</u>	<u>1,434,473</u>
--	---------------	------------------	------------------

## 5. OTHER INCOME

	2014 £	2013 £
Recovery of wages and office costs	46,547	130,262
ICYE – Students	4,770	7,410
Provision of training facilities	30,120	73,410
FINDA – Income from advice and welfare	87,738	81,048
Therapy services	5,720	2,129
	<u>174,895</u>	<u>294,259</u>

## 6. STAFF

	2014 £	2013 £
Staff costs:		
Wages and Salaries	869,825	1,289,024
Employers NI	73,492	105,666
	<u>943,317</u>	<u>1,394,690</u>

The weekly average number of employees during the year was made up as follows:	Number	Number
	48	54
	<u>48</u>	<u>54</u>

No employee received remuneration amounting to more than £60,000.

The following payments have been made to Trustees as authorised by the Charities Commission and pursuant to empowering clauses in the constitution:

Mr Mohammed Al-Rahim, received a salary of £53,526 (2013: £53,526) – Chief Executive Officer.

No expenses were paid to Trustees during the year.

## 7. INTEREST PAYABLE

	2014 £	2013 £
Bank Interest	2,554	-
On bank loan - repayable within five years	-	195
	<u>2,554</u>	<u>195</u>



## 8. CHARITABLE ACTIVITIES

		Restricted	
	Funds	Funds	
	2014	2014	2013
	£	£	£
Wages and Salaries	222,386	720,931	1,385,586
Rent and rates	-	210,790	170,017
Repairs and maintenance	-	3,238	6,603
Insurance –Medical, Public Liability	-	13,735	14,765
Recruitment costs	-	1,325	1,332
Printing, postage, stationery	-	13,151	4,256
Office expenses – Subscriptions etc	-	4,528	3,156
Project and promotional costs	-	84,448	25,977
Telephone	-	9,168	11,434
Office equipment rental	-	7,104	7,056
Travelling expenses	-	10,404	23,974
Professional fees	-	2,867	17,767
Hardship payments	-	3,375	4,589
Therapy consultancy fees	-	10,891	21,848
Training	-	13,354	21,105
Patient health care products	-	429	510
Sundry Expenses – Cleaning etc	-	2,004	1,985
Depreciation	27,780	-	36,304
Support staff	-	65,443	31,657
Hire purchase interest	-	-	4,166
Consultancy Fees	-	-	980
Healthcare staff costs	-	-	2,060
Bank charges	1,481	-	2,179
Donations	-	1,600	2,400
Loan interest payable	2,554	-	195
Bad debts written off	26,401	-	-
Provision against amounts due from subsidiaries	-	-	<u>149,005</u>
	<u>280,602</u>	<u>1,178,785</u>	<u>1,950,906</u>

## 9. GOVERNANCE COSTS

	2014 £	2013 £
Auditors fees for audit services	<u>6,600</u>	<u>8,228</u>

## 10. TANGIBLE FIXED ASSETS

	Leasehold Premises	Fixtures, Fit- tings & Equip- ment	Total
Cost:			
Cost at 1 April 2013	56,379	230,363	286,742
Additions	—	—	—
At 31 March 2013	<u>56,379</u>	<u>230,363</u>	<u>286,742</u>
Depreciation:			
Depreciation at 1 April 2013	2,818	165,180	167,998
Provision for the Year	<u>2,255</u>	<u>25,526</u>	<u>27,781</u>
At 31 March 2014	<u>5,073</u>	<u>190,706</u>	<u>195,779</u>
Net Book Value:			
At 31 March 2014	<u>51,306</u>	<u>39,657</u>	<u>90,963</u>
At 31 March 2013	<u>53,561</u>	<u>65,183</u>	<u>118,744</u>

## 11. INVESTMENTS

	2014 £	2013 £
Freshwinds Information Technology Ltd.	1	1
Freshwinds Institute of Integrated Medicine Ltd.	4	4
Freshwinds Immigration Advice Solutions Ltd.	1	1
Freshwinds Care Developments Ltd.	1	1
Total Investments	<u>7</u>	<u>7</u>

### 11.1 HOLDINGS OF 20% OR MORE

The Charity holds 20% or more of the share capital of the following companies:

Freshwinds Information Technology Ltd which is a company registered in England carrying on business in Information Technology. The Charity owns 100% of the ordinary share capital.

Freshwinds Institute of Integrated Medicine Ltd which is a company registered in England carrying on business in Integrated Medicine. The Charity owns 100% of the ordinary share capital.

Freshwinds Immigration Advice Solutions Ltd which is a company registered in England carrying on business in Immigration and Nationality Services. The Charity owns 100% of the ordinary share capital.

Freshwinds Care Developments Ltd which is a company registered in England. The Company is currently dormant and the Charity owns 100% of the ordinary share capital.

The aggregate amount of capital and reserves and the results of these undertakings for the last relevant financial year were as follows:

	Capital and Reserves	Profit/(Loss) for the year
Freshwinds Information Technology Ltd	£(100,611)	£23,276
Freshwinds Institute of Integrated Medicine Ltd	£(10,370)	£(2,044)
Freshwinds Immigration Advice Solutions Ltd	£(62,790)	£(15,397)
Freshwinds Care Developments Ltd	£1	-



## 12. DEBTORS

	2014 £	2013 £
Amounts due within 1 year		
Trade Debtors	137,777	170,825
Prepayments	1,250	6,629
	<u>139,027</u>	<u>177,454</u>
Amounts due after 1 year		
Amounts due from subsidiary companies	80,481	47,124
Total Debtors	<u>219,508</u>	<u>224,578</u>

## 13. SECURED CREDITORS

The Charity has in place an overdraft facility which is secured by way of a debenture over the charity's assets.

The aggregate amount of secured liabilities was £46,202 (2013: £43,025).

## 14. ACCRUALS AND DEFERRED INCOME

	2014 £	2013 £
Accruals	6,840	14,840
Deferred Income	-	<u>80,358</u>
	<u>6,840</u>	<u>95,198</u>

Deferred income represents amounts received for projects in 2013/14

## 15. FINANCIAL COMMITMENTS

At 31 March 2013, the company has annual commitments under non-cancellable leases as follows:

	Land and Buildings	
	2014 £	2013 £
One to two years	-	-
Two to five years	193,320	193,320

## 16. RESTRICTED FUNDS

	At 1.4.2013	Incoming Resources	Outgoing Resources	Transfer	At 31.3.2014
Birmingham Supporting People (Tenancy Support Services)	-	381,806	381,806	-	-
Primrose Hospice (Complementary Therapy Palliative Care)	-	1,200	1,200	-	-
Living Choices – HoBtPCT & NHS BEN (Complementary Therapy Palliative Care Outreach)	-	25,108	25,108	-	-
Birmingham Social Services (HIV Services)	-	90,000	90,000	-	-
Bro-Sis – Birmingham D.A.A.T. (Tier 3 Treatment)	-	34,196	34,196	-	-
NHS BEN HIV Support Services (HIV Support)	-	29,189	29,189	-	-
Hardship Grants (Client Funding Support)	-	5,551	5,551	-	-
Surestart Advice Worker (Children’s Centre Family Support)	-	20,248	20,248	-	-
Aquarius (Service User Involvement and Advocacy Project - Coventry)	-	14,777	14,777	-	-
FINDA – Surestart Family Health (Children’s Centre Family Support)	-	315,118	315,118	-	-
Together Against Cancer	-	24,000	24,000	-	-
Estee Lauder Cosmetics – MAC AIDS (Targeted work with the LGBT Community)	-	47,287	29,369	-	17,918
Jobcentre Flexible Support (Employment Support - NEETS)	-	2,575	2,575	-	-
FInDA Safe & Sound	-	12,500	12,500	-	-
Community Health Champions (MHJCT)	-	22,642	22,642	-	-
Heritage Lottery Fund	-	9,900	9,900	-	-
Severn Trent Water	-	13,409	13,409	-	-
B’ham Public Health (Sexual Health)	-	30,000	30,000	-	-
Surestart (Employment and training advice)	-	22,500	22,500	-	-
Big Lottery Advice Services Fund (Positive Choices)	-	48,675	48,675	-	-
Others	-	7,622	7,622	-	-
Community Champion (D.A.A.T)	-	45,000	45,000	-	-
	-	<u>1,203,303</u>	<u>1,185,385</u>	-	<u>17,918</u>

## 17. ANALYSIS OF NET LIABILITIES BETWEEN FUNDS

	Un-Restricted Funds £	Restricted Funds £	Total £
Fund balances are represented by:			
Tangible fixed assets	90,963	-	90,963
Investments	7	-	7
Current assets	88,040	131,488	219,528
Current liabilities	<u>(247,087)</u>	<u>(113,570)</u>	<u>(360,657)</u>
Total net assets	<u>(68,077)</u>	<u>17,918</u>	<u>(50,159)</u>

## 18. RELATED PARTY TRANSACTIONS

The Charity owns shares in 4 subsidiary companies and each of these is wholly owned by Freshwinds. These subsidiaries are Freshwinds Information Technology Ltd (FIT), Freshwinds Institute of Integrated Medicine Ltd (FIIM), Freshwinds Immigration Advice Solutions Ltd (FIAS) and Freshwinds Care Developments Ltd (FCD).

Mr Mohammed Al-Rahim is a trustee/director of Freshwinds and also of FIIM, FIT, FIAS and FCD.

Mrs Carol Hebden is an executive director of Freshwinds and also of FIIM, FIAS and FCD

Mr James Voller is an executive director of Freshwinds and also of FIT

During the year Freshwinds received income from FIT of £31,637 (2013: £79,552) and the balance due to Freshwinds at 31.03.2014 was £164,880 (2013: 135,220).

During the year Freshwinds received income from FIAS of £15,970 (2013: £26,423) and the balance due to Freshwinds at 31.03.2014 was £64,606 (2013: £49,646).

During the year Freshwinds received income from FIIM of £315 (2013: £1,484) and the balance due from Freshwinds at 31.03.2014 was £1,008 (2013: £(11,263)).

Freshwinds Care Developments Ltd has remained dormant throughout the year.





# Embracing Opportunities

in a changing environment

Freshwinds, Prospect Hall, 12 College Walk, Selly Oak, Birmingham B29 6LE  
Registered Charity Number: 1079968 | Registered Company Number: 3936089