

LISHI INTERNATIONAL

England & Wales · Charity number 1149995

Details

Status Registered

Legal form Other

Registered 2012-12-03

Register [View on the Charity Commission register](#)

Contact

Address 14 Foxhill Court
Leeds
West Yorkshire
LS16 5PL

Phone 0113 3281160

Email energy@lishi.org

Website <https://lishiinternational.org>

Activities

Objects: 1) TO PROMOTE, MAINTAIN AND IMPROVE PUBLIC APPRECIATION OF THE ARTS, IN PARTICULAR THE LISHI TRADITIONAL CHINESE PERFORMING ARTS.2) TO PROMOTE, MAINTAIN, IMPROVE AND ADVANCE THE EDUCATION OF THE PUBLIC IN ARTS, CULTURE AND HERITAGE IN PARTICULAR THE TEACHING OF THE LISHI TRADITIONAL CHINESE PERFORMING ARTS.

Activities: Promoting health, wellbeing and social inclusion in the local community through the delivery of high quality and impactful traditional physical and mental exercises. To sustain and advance the heritage of a traditional embodied culture of movement and exercise called Lishi which originates from ancient China.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** WORLDWIDE
- France
- Germany
- Northern Ireland
- Scotland
- Spain

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-04	£12,192	£13,810	-	-
2024-04-04	£15,203	£23,802	-	-
2023-04-04	£39,588	£47,193	-	-
2022-04-04	£57,090	£70,325	-	-
2021-04-04	£61,045	£51,014	-	-

Trustees

Name	Role	Appointed
Desmond Murray	Chair	2012-10-02
Laura Paduraru		2019-02-12
Novita Sood		2016-10-28

LISHI INTERNATIONAL

England & Wales - Charity number 1149995

Accounts



Section A Independent Examiner's Report

Report to the trustees/ members of	Lishi International		
On accounts for the year ended	04/04/2023	Charity no (if any)	1149995
Set out on pages	1 - 5		

I report to the trustees on my examination of the accounts of the above charity for the year ended 04/04/2023.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

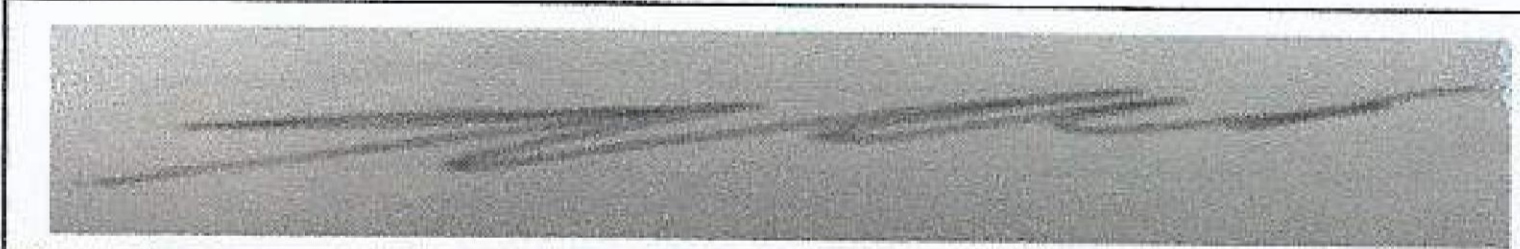
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:  **Date:** 11 August 2023

Name: Thomas McCusker

Relevant professional qualification(s) or body (if any): ACA

Address: 17 Montrose Avenue
York
YO31 8FB

Section B Disclosure

Give here brief details of any items that the examiner wishes to disclose.

N/A



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Lishi International	No 1149995
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Receipts and payments accounts

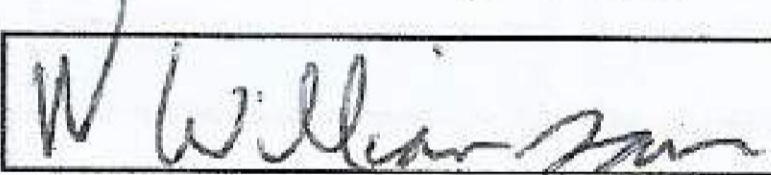
CC16a

For the period from	Period start date 5.4.2022	To	Period end date 4.4.2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	33,183	-	-	33,183	46,518
Activities	40	-	-	40	62
Gift Aid	6,365	-	-	6,365	10,510
Grant	-	-	-	-	-
Sub total	39,588	-	-	39,588	57,090
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,588	-	-	39,588	57,090
A3 Payments					
Office expenses	3,641	-	-	3,641	3,532
Travel & subsistence	2,405	-	-	2,405	3,298
Consultancy Services	2,391	-	-	2,391	5,390
Volunteer expenses	17,473	-	-	17,473	32,731
Marketing, conference & meeting costs	11,658	-	-	11,658	7,736
Insurance	-	-	-	-	738
Coach Training Programme	6,745	-	-	6,745	9,700
Grants	2,880	-	-	2,880	7,200
Sub total	47,193	-	-	47,193	70,325
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	47,193	-	-	47,193	70,325
Net of receipts/(payments)	- 7,605	-	-	- 7,605	- 13,235
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24,778	-	-	24,778	27,982
Cash funds this year end	17,173	-	-	17,173	14,747

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank	15,719	-	-
	Cash in cashbook	1,454	-	-
	Total cash funds	17,173	-	-
	<small>(agree balances with receipts and payments account(s))</small>	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one trustee on behalf of all the trustees		Signature	Print Name	Date of approval
			NOVITA WILLIAMSON	1-7-23



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day	Month	Year	To	Day	Month	Year
	05	04	2022		04	04	2023

Section A

Reference and administration details

Charity name

Registered charity number

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office
1	Novita Williamson	Secretary
2	Desmond Murray	Chair
3	Laura Paduraru	Treasurer

Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document

How the charity is constituted

Trustee selection methods

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Lishi International trustees have had regard to the guidance issued by the Charity Commission on public benefit when devising all activities. In line with the objective of Lishi International, Lishi International has promoted and run online events and courses where the traditional Chinese performing arts of Lishi were taught for public benefit.

Lishi International has provided governing support to coaches and local groups as part of its role as the national governing body for Lishi, particularly, helping support coaches to rebuild their classes which have seen a large decline in attendance since Covid and training courses for new trainee coaches.

Lishi International is grateful for the continuing support of volunteers and the generosity of donors.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Lishi classes are slowly building in numbers and coaches are reporting increased interest and participation in their classes. Class numbers are still well below pre Covid levels and Lishi International has continued to support coaches to build up their class numbers. We have also continued our coach training programme and have engaged with trainee coaches with both training courses and mentoring programmes.

Lishi International does not charge a fee for memberships or any other activity it provides. We do not want to exclude people from joining the organisation and benefiting from its activities. Lishi International encourages those people who can afford to make donations depending on the value they place on the work of the charity. In this way we raised funds through the classes held by Lishi International.

Lishi International is grateful for the support of all its donors. All the volunteers for Lishi International give their time for free and do not gain financially from the work they do for Lishi International.

Section E**Financial review****Brief statement of the charity's policy on reserves**

Lishi International has £17,173 in cash at the year end. This is unrestricted and in line with of our reserves policy.

Details of any funds materially in deficit

None.

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Lishi International benefited from gift aid claimed on donations.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>N Williamson</i>	
Full name(s)	NOVITA WILLIAMSON	
Position	SECRETARY	
Date	1-7-23	

LISHI INTERNATIONAL

England & Wales - Charity number 1149995

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Lishi International

No
1149995

Receipts and payments accounts

CC16a

For the period from	Period start date 5.4.2021	To	Period end date 4.4.2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	46,518	-	-	46,518	39,596
Activities	62	-	-	62	69
Gift Aid	10,510	-	-	10,510	11,390
Grant	-	-	-	-	9,990
Sub total	57,090	-	-	57,090	61,045
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	57,090	-	-	57,090	61,045
A3 Payments					
Office expenses	3,532	-	-	3,532	6,442
Travel & subsistence	3,298	-	-	3,298	1,782
Consultancy Services	5,390	-	-	5,390	7,570
Volunteer expenses	32,731	-	-	32,731	24,825
Marketing, conference & meeting costs	7,736	-	-	7,736	3,072
Insurance	738	-	-	738	1,073
Coach Training Programme	9,700	-	-	9,700	-
Grants	7,200	-	-	7,200	6,250
Sub total	70,325	-	-	70,325	51,014
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	70,325	-	-	70,325	51,014
Net of receipts/(payments)	- 13,235	-	-	- 13,235	10,031
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	38,013	-	-	38,013	27,982
Cash funds this year end	24,778	-	-	24,778	38,013

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank	23,589	-	-
	Cash in cashbook	1,189	-	-
	Total cash funds	24,778	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one trustee on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Navita Williamson</i>	N WILLIAMSON	10.8.22	



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 05	Month 04	Year 2021		Day 04	Month 04	Year 2022

Section A Reference and administration details

Charity name Lishi International

Registered charity number 1149995

Charity's principal address 39 Kineholme Drive

Otley

Postcode

LS21 3LX

Names of the charity trustees who manage the charity

	Trustee name	Office
1	Novita Williamson	Secretary
2	Desmond Murray	Chair
3	Laura Paduraru	Treasurer

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document Constitution

How the charity is constituted Charitable association

Trustee selection methods Elected annually at Annual General Meeting

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote, maintain, improve and advance the education of the public in arts, culture and heritage in particular the teaching of the Lishi traditional Chinese performing arts.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Lishi International trustees have had regard to the guidance issued by the Charity Commission on public benefit when devising all activities. In line with the objective of Lishi International, Lishi International has promoted and run online events and courses where the traditional Chinese performing arts of Lishi were taught for public benefit.

Lishi International has provided governing support to coaches and local groups as part of its role as the national governing body for Lishi, particularly, help supporting coaches restarting in-person classes after Covid restrictions ended and training courses for new trainee coaches.

Lishi International is grateful for the continuing support of volunteers and the generosity of donors.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to the Government restrictions on meeting other people, all Lishi classes were move on-line and most classes continued via Zoom during 20-21. Once government restrictions were removed in-person classes were restarted by most coaches however all coaches experienced reduced numbers in classes and a reluctance to engage in partner work by those who did come to classes. Lishi International provided financial support to help coaches who were struggling to cover class costs. Lishi International also provided technical support to coaches who continued with mixed Zoom and in-person classes which have been successful in addressing peoples discomfort mixing with others in close proximity. We have also re-started our coach training programme and have engaged with trainee coaches with both training courses and mentoring programmes.

Lishi International does not charge a fee for memberships or any other activity it provides. We do not want to exclude people from joining the organisation and benefiting from its activities. Lishi International encourages those people who can afford to make donations depending on the value they place on the work of the charity. In this way we raised funds through the classes held by Lishi International.

Lishi International is grateful for the support of all its donors. All the volunteers for Lishi International give their time for free and do not gain financially from the work they do for Lishi International.

Section E**Financial review****Brief statement of the charity's policy on reserves**

Lishi International has £24,778 in cash at the year end. This is un-restricted and in line with of our reserves policy.

Details of any funds materially in deficit

None.

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Lishi International benefited from gift aid claimed on donations.

Section F**Other optional information**

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Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Novita Williamson	
Full name(s)	NOVITA WILLIAMSON	
Position	SECRETARY	
Date	10.8.22	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Lishi International

On accounts for the year
ended

04/04/2022

Charity no
(if any)

1149995

Set out on pages

1 - 5

I report to the trustees on my examination of the accounts of the above charity for the year ended 04/04/2022.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

10 August 2022

Name:

Thomas McCusker

Relevant professional
qualification(s) or body
(if any):

ACA

Address:

17 Montrose Avenue

York

YO31 8FB

LISHI INTERNATIONAL

England & Wales - Charity number 1149995

Accounts



Trustees' Annual Report for the period

Period start date			Period end date		
Day	Month	Year	Day	Month	Year
From 05	04	2020	To 04	04	2021

Section A Reference and administration details

Charity name Lishi International

Registered charity number 1149995

Charity's principal address 39 Kineholme Drive
 Otley
Postcode LS21 3LX

Names of the charity trustees who manage the charity

	Trustee name	Office
1	Novita Williamson	Secretary
2	Desmond Murray	Chair
3	Laura Paduraru	Treasurer

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable association
Trustee selection methods	Elected annually at Annual General Meeting

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote, maintain, improve and advance the education of the public in arts, culture and heritage in particular the teaching of the Lishi traditional Chinese performing arts.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Lishi International trustees have had regard to the guidance issued by the Charity Commission on public benefit when devising all activities. In line with the objective of Lishi International, Lishi International has promoted and run online events and courses where the traditional Chinese performing arts of Lishi were taught for public benefit.

Lishi International has provided governing support to coaches and local groups as part of its role as the national governing body for Lishi, particularly, help with migrating in person classes to online classes due to Covid 19 restrictions on in person classes.

Lishi International is grateful for the continuing support of volunteers and the generosity of donors and also to the Government for financial support via the Lottery Fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to the Government restrictions on meeting other people, all Lishi classes were move online and most classes continued via Zoom. Lishi International provided support to teachers, both financial and technical, to facilitate this change in operations.

Lishi International is grateful to the Government for its support throughout this difficult year, specifically in the provision of a Lottery Fund Grant to support Online classes for the Over 65's. These classes were well attended and provided a lifeline for vulnerable older people, many of whom were self-isolating for much of the year.

Lishi International does not charge a fee for memberships or any other activity it provides. We do not want to exclude people from joining the organisation and benefiting from its activities. Lishi International encourages those people who can afford to make donations depending on the value they place on the work of the charity. In this way we raised funds through the classes held by Lishi International.

Lishi International is grateful for the support of all its donors. All the volunteers for Lishi International give their time for free and do not gain financially from the work they do for Lishi International.

Section E**Financial review**

Brief statement of the charity's policy on reserves

Lishi International has £38,013 in cash at the year end. This is un-restricted and in line with of our reserves policy.

Details of any funds materially in deficit

None.

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Lishi International benefited from gift aid claimed on donations.

Section F**Other optional information**

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Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	N Williamson	
Full name(s)	NOVITA WILLIAMSON	
Position	SECRETARY	
Date	21/5/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Lishi International

No
1149995

Receipts and payments accounts

CC16a

For the period
from

Period start date
5.4.2020

To

Period end date
4.4.2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	39,596	-	-	39,596	75,636
Activities	69	-	-	69	92
Gift Aid	11,390	-	-	11,390	20,542
Grant	9,990	-	-	9,990	-
Sub total	61,045	-	-	61,045	96,270
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	61,045	-	-	61,045	96,270
A3 Payments					
Office expenses	6,442	-	-	6,442	6,443
Travel & subsistence	1,782	-	-	1,782	18,152
Consultancy Services	7,570	-	-	7,570	-
Volunteer expenses	24,825	-	-	24,825	24,678
Marketing, conference & meeting costs	3,072	-	-	3,072	6,854
Insurance	1,073	-	-	1,073	1,260
Grants	6,250	-	-	6,250	27,903
Sub total	51,014	-	-	51,014	85,290
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	51,014	-	-	51,014	85,290
Net of receipts/(payments)	10,031	-	-	10,031	10,980
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27,982	-	-	27,982	17,003
Cash funds this year end	38,013	-	-	38,013	27,983

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank	38,005	-	-
	Cash in cashbook	8	-	-
	Total cash funds	38,013	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
Signed by one trustee on behalf of all the trustees		Signature	Print Name	Date of approval
		N Williamson	NOVITA WILLIAMSON	21/5/21



Section A

Independent Examiner's Report

Report to the trustees/
members of

Lishi International

On accounts for the year
ended

04/04/2021

Charity no
(if any)

1149995

Set out on pages

1 – 5

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 04/04/2021.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

21 May 2021

Name:

Thomas McCusker

Relevant professional
qualification(s) or body
(if any):

ACA

Address:

17 Montrose Avenue

York

YO31 8FB