

GO GET YOU

England & Wales · Charity number 1160605

Details

Other names	THREELEAVES
Status	Registered
Legal form	CIO
Registered	2015-02-23
Register	View on the Charity Commission register

Contact

Address	7 Thorntree Court Newcastle Upon Tyne NE12 9QX
Phone	08451630104
Email	hello@thewildox.org
Website	www.thewildox.org

Activities

Objects: THREELEAVES IS ESTABLISHED TO ENSURE THE ADVANCEMENT OF HEALTH INCLUDING THE PREVENTION OR RELIEF OF SICKNESS, DISEASE OR HUMAN SUFFERING, AS WELL AS THE PROMOTION OF HEALTH. IT SEEKS TO ACHIEVE THIS BY UTILISING COMPLEMENTARY, ALTERNATIVE AND HOLISTIC METHODS WHICH ARE CONCERNED WITH HEALING MIND, BODY AND EMOTIONAL RESILIENCE IN THE ALLEVIATION OF SYMPTOMS AND THE RELIEF OF ILLNESS. THE SERVICES TO BE DELIVERED BY THE CHARITY SEEK TO DELIVER THERAPEUTIC RELIEF AND ARE OFFERED AS A COMPLEMENT TO CONVENTIONAL MEDICINE.

Activities: The charity provides opportunities and activities for individuals to improve wellbeing and opportunities for volunteering.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-06	-	-	-	-
2024-04-06	£57	£23	-	-
2023-04-06	£254	£4,028	-	-
2022-04-06	£20,088	£17,895	-	-
2021-04-06	£18,850	£17,595	-	-
2020-04-06	£21,401	£19,309	-	-

Trustees

Name	Role	Appointed
Kane Dodgson	Chair	2014-04-28
Andrew Dayman		2014-04-28
Mx Seersha Ayden		2014-04-28

GO GET YOU

England & Wales - Charity number 1160605

Accounts



End of Year Report
April 2023 to April 2024





CHARITY DETAILS

Charity Number: 1160605 Registered In: England & Wales

Registered Office Address: 7 Thorntree Court, Newcastle Upon Tyne

BANK DETAILS

Name: Go Get You RCN 1160605

Account Number: 20318918 Sort code: 608301

TRUSTEE DETAILS

Mx. Seersha Ayden

Mr. Andrew Dayman

Mr. Kane Dodgson

MAIN CONTACT DETAILS

Name: Mx. Seersha Ayden

Telephone:

Email:

STAFFING DETAILS

Employees: 1

Volunteers: 0



CHARITY ACTIVITIES

Structure & Governance

Go Get You is a Charitable Incorporated Organisation (CIO), and is administered in accordance with the Charity Commission's standard CIO Foundation Constitution.

The trustees administer and manage the charity in accordance with the constitution, supported by the Chief Executive Officer.

Objects

Go Get You is established to ensure the advancement of health including the prevention or relief of sickness, disease or human suffering, as well as the promotion of health. It seeks to achieve this by utilising complementary, alternative and holistic methods which are concerned with healing mind, body and emotional resilience in the alleviation of symptoms and the relief of illness. The services to be delivered by the charity seek to deliver therapeutic relief and are offered as a complement to conventional medicine.

Activities

The charity has ceased providing services and support whilst the trustees review support and services provided



Charity Name		No (if any)	
Go Get You		1160605	
Receipts and payments accounts			
For the period from	Period start date	To	Period end date
	06/04/2023		05/04/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sponsorship, Contract, Commission	£ -	£ -	£ -	£ -	
Grants	£ -	£ -	£ -	£ -	
Donations		£ 56.51	£ -	£ 56.51	
Memberships	£ -	£ -	£ -	£ -	
Other	£ -	£ -	£ -	£ -	£ 254.39
			£ -	£ -	
Sub total(Gross income for AR)	£ -	£ 56.51	£ -	£ 56.51	£ 254.39
A2 Asset and investment sales, (see table).					
	£ -	£ -	£ -	£ -	
	£ -	£ -	£ -	£ -	£ -
Sub total	£ -	£ -	£ -	£ -	£ -
Total receipts	£ -	£ 56.51	£ -	£ 56.51	£ 254.39



A3 Payments					
Refunds	£ -	£ -	£ -	£ -	£ -
Training	£ -	£ -	£ -	£ -	£ -
Expenses	£ -	£ -	£ -	£ -	£ -
Staff Salary	£ -	£ -	£ -	£ -	£ -
Staff NI & Tax	£ -	£ -	£ -	£ -	£ -
Staff Pension Contributions	£ -	£ -	£ -	£ -	£ -
Staff Donations	£ -	£ -	£ -	£ -	£ -
Employer NI Contributions	£ -	£ -	£ -	£ -	£ -
Employer Pension Contribution	£ -	£ -	£ -	£ -	£ -
Sessional Worker	£ -	£ 7.73	£ -	£ 7.73	£ 3,243.88
Recruitment	£ -	£ -	£ -	£ -	£ -
Office Rent	£ -	£ -	£ -	£ -	£ -
Rates	£ -	£ -	£ -	£ -	£ -
Maintenance & Repair	£ -	£ -	£ -	£ -	£ -
Local Venue Hire	£ -	£ -	£ -	£ -	£ 81.00
Utilities	£ -	£ -	£ -	£ -	£ -
Insurances	£ -	£ -	£ -	£ -	£ -
Financial Management Charges	£ -	£ -	£ -	£ -	£ 72.00
Phone and Internet	£ -	£ -	£ -	£ -	£ -
Equipment & Consumables	£ -	£ -	£ -	£ -	£ 46.72
Marketing	£ -	£ 15.46	£ -	£ 15.46	£ 584.48
Stationary/Postage	£ -	£ -	£ -	£ -	£ -
VAT Payments			£ -	£ -	£ -
			£ -	£ -	£ -
	£ -	£ 23.19	£ -	£ 23.19	£ 4,028.08
A4 Asset and investment purchases, (see table)					
	£ -	£ -	£ -	£ -	£ -



	£ -	£ -	£ -	£ -	£ -
<i>Sub total</i>	£ -	£ -	£ -	£ -	£ -
<i>Total payments</i>	£ -	£ 23.19	£ -	£ 23.19	£ 4,028.08
<i>Net of receipts/(payments)</i>	£ -	£ 33.32	£ -	£ 33.32	£ (3,773.69)
A5 Transfers between funds	£ -	£ -	£ -	£ -	£ -
A6 Cash funds last year end	£ -		£ -	£ -	£ -
<i>Cash funds this year end</i>	£ -	£ 33.32	£ -	£ 33.32	£ (3,773.69)

GO GET YOU

England & Wales - Charity number 1160605

Accounts



End of Year Report
April 2022 to April 2023





CHARITY DETAILS

Charity Number: 1160605 Registered In: England & Wales

Registered Office Address: 85 – 101 Sankey Street, Warrington, WA1 1SR

BANK DETAILS

Name: Go Get You RCN 1160605

Account Number: 20318918 Sort code: 608301

TRUSTEE DETAILS

Mx. Seersha Ayden

Mr. Andrew Dayman

Mr. Kane Dodgson

MAIN CONTACT DETAILS

Name: Mx. Seersha Ayden

Telephone:

Email:

STAFFING DETAILS

Employees: 1

Volunteers: 0



CHARITY ACTIVITIES

Structure & Governance

Go Get You is a Charitable Incorporated Organisation (CIO), and is administered in accordance with the Charity Commission's standard CIO Foundation Constitution.

The trustees administer and manage the charity in accordance with the constitution, supported by the Chief Executive Officer.

Objects

Go Get You is established to ensure the advancement of health including the prevention or relief of sickness, disease or human suffering, as well as the promotion of health. It seeks to achieve this by utilising complementary, alternative and holistic methods which are concerned with healing mind, body and emotional resilience in the alleviation of symptoms and the relief of illness. The services to be delivered by the charity seek to deliver therapeutic relief and are offered as a complement to conventional medicine.

Activities

The charity has committed to continuing the following activities during the financial period April 2022 to April 2023, in accordance with the organisation's aims and objectives

1. Wild Ox Walks – supporting people who have been isolated due to covid to engage in group walking sessions
2. Forest Qigong – supporting people to experience the healing benefits of nature through forest bathing, mindfulness and qigong exercise practice



Charity Name		No (if any)	
Go Get You		1160605	
Receipts and payments accounts			
For the period from	Period start date	To	Period end date
	06/04/2022		05/04/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sponsorship, Contract, Commission	£ -	£ -	£ -	£ -	
Grants	£ -	£ -	£ -	£ -	£ 19,995.00
Donations		£ -	£ -	£ -	
Memberships	£ -	£ -	£ -	£ -	£ 93.66
Other	£ -	£ 254.39	£ -	£ 254.39	
			£ -	£ -	
Sub total(Gross income for AR)	£ -	£ 254.39	£ -	£ 254.39	£ 20,088.66
A2 Asset and investment sales, (see table).					
	£ -	£ -	£ -	£ -	
	£ -	£ -	£ -	£ -	£ -
Sub total	£ -	£ -	£ -	£ -	£ -



Total receipts	£ -	£ 254.39	£ -	£ 254.39	£ 20,088.66
A3 Payments					
Refunds	£ -	£ -	£ -	£ -	£ -
Training	£ -	£ -	£ -	£ -	-
Expenses	£ -	£ -	£ -	£ -	
Staff Salary	£ -	£ -	£ -	£ -	£ -
Staff NI & Tax	£ -	£ -	£ -	£ -	£ -
Staff Pension Contributions	£ -	£ -	£ -	£ -	£ -
Staff Donations	£ -	£ -	£ -	£ -	£ -
Employer NI Contributions	£ -	£ -	£ -	£ -	£ -
Employer Pension Contribution	£ -	£ -	£ -	£ -	£ -
Sessional Worker	£ -	£ 3,243.88	£ -	£ 3,243.88	£ 15,958.02
Recruitment	£ -	£ -	£ -	£ -	
Office Rent	£ -	£ -	£ -	£ -	
Rates	£ -	£ -	£ -	£ -	£ -
Maintenance & Repair	£ -	£ -	£ -	£ -	£ -
Local Venue Hire	£ -	£ 81.00	£ -	£ 81.00	£ 162.00
Utilities	£ -	£ -	£ -	£ -	£ -
Insurances	£ -	£ -	£ -	£ -	
Financial Management Charges	£ -	£ 72.00	£ -	£ 72.00	£ 161.57
Phone and Internet	£ -	£ -	£ -	£ -	
Equipment & Consumables	£ -	£ 46.72	£ -	£ 46.72	£ 704.55
Marketing	£ -	£ 584.48	£ -	£ 584.48	£ 908.92
Stationary/Postage	£ -	£ -	£ -	£ -	£ 3.00
VAT Payments			£ -	£ -	£ -
			£ -	£ -	£ -
	£ -	£ 4,028.08	£ -	£ 4,028.08	£ 17,898.06
A4 Asset and investment purchases, (see table)					



	£ -	£ -	£ -	£ -	£ -
	£ -	£ -	£ -	£ -	£ -
<i>Sub total</i>	£ -	£ -	£ -	£ -	£ -
<i>Total payments</i>	£ -	£ 4,028.08	£ -	£ 4,028.08	£ 17,898.06
<i>Net of receipts/(payments)</i>	£ -	£ (3,773.69)	£ -	£ (3,773.69)	£ 2,190.60
A5 Transfers between funds	£ -	£ -	£ -	£ -	£ -
A6 Cash funds last year end	£ -		£ -	£ -	£ -
<i>Cash funds this year end</i>	£ -	£ (3,773.69)	£ -	£ (3,773.69)	£ 2,190.60

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England & Wales - Charity number 1160605

Accounts



End of Year Report
April 2021 to April 2022





CHARITY DETAILS

Charity Number: 1160605 Registered In: England & Wales

Registered Office Address: 85 – 101 Sankey Street, Warrington, WA1 1SR

BANK DETAILS

Name: Go Get You RCN 1160605

Account Number: 20318918 Sort code: 608301

TRUSTEE DETAILS

Mr. Paul Shanahan

Mr. Andrew Dayman

Mr. Kane Dodgson

MAIN CONTACT DETAILS

Name: Mr. Paul Shanahan

Telephone:

Email: paulshanahan@gogetyou.org

STAFFING DETAILS

Employees: 1

Volunteers: 0



CHARITY ACTIVITIES

Structure & Governance

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Activities

The charity has committed to the following activities during the financial period April 2018 to April 2019, in accordance with the organisation's aims and objectives

1. Wild Ox Walks – supporting people who have been isolated due to covid to engage in group walking sessions
2. Forest Qigong – supporting people to experience the healing benefits of nature through forest bathing, mindfulness and qigong exercise practice



	Charity Name Go Get You			No (if any) 1160605	
Receipts and payments accounts					
	For the period from	Period start date 06/04/2021	To	Period end date 05/04/2022	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sponsorship, Contract, Commission	£ -	£ -	£ -	£ -	
Grants	£ -	£ 19,995.00	£ -	£ 19,995.00	£ 15,294.72
Donations		£ -	£ -	£ -	
Memberships	£ -	£ 93.66	£ -	£ 93.66	
Other	£ -	£ -	£ -	£ -	£ 3,555.88
			£ -	£ -	
Sub total(Gross income for AR)	£ -	£ 20,088.66	£ -	£ 20,088.66	£ 18,850.60



A3 Payments					
Refunds	£ -	£ -	£ -	£ -	£ -
Training	£ -	£ -	£ -	£ -	£ 1,100.00
Expenses	£ -	£ -	£ -	£ -	£ 173.01
Staff Salary	£ -	£ -	£ -	£ -	£ -
Staff NI & Tax	£ -	£ -	£ -	£ -	£ -
Staff Pension Contributions	£ -	£ -	£ -	£ -	£ -
Staff Donations	£ -	£ -	£ -	£ -	£ -
Employer NI Contributions	£ -	£ -	£ -	£ -	£ -
Employer Pension Contribution	£ -	£ -	£ -	£ -	£ -
Sessional Worker	£ -	£ 15,958.02	£ -	£ 15,958.02	£ 11,370.57
Recruitment	£ -	£ -	£ -	£ -	
Office Rent	£ -	£ -	£ -	£ -	
Rates	£ -	£ -	£ -	£ -	£ -
Maintenance & Repair	£ -	£ -	£ -	£ -	£ -
Local Venue Hire	£ -	£ 162.00	£ -	£ 162.00	£ 81.00
Utilities	£ -	£ -	£ -	£ -	£ -
Insurances	£ -	£ -	£ -	£ -	
Financial Management Charges	£ -	£ 161.57	£ -	£ 161.57	£ 126.96
Phone and Internet	£ -	£ -	£ -	£ -	£ 91.00
Equipment & Consumables	£ -	£ 704.55	£ -	£ 704.55	
Marketing	£ -	£ 908.92	£ -	£ 908.92	£ 4,649.47
Stationary/Postage	£ -	£ -	£ -	£ -	£ 3.00
VAT Payments			£ -	£ -	£ -
			£ -	£ -	£ -
	£ -	£ 17,895.06	£ -	£ 17,895.06	£ 17,595.01
A4 Asset and investment purchases, (see table)					
	£ -	£ -	£ -	£ -	£ -



	£ -	£ -	£ -	£ -	£ -
<i>Sub total</i>	£ -	£ -	£ -	£ -	£ -
<i>Total payments</i>	£ -	£ 17,895.06	£ -	£ 17,895.06	£ 17,595.01
<i>Net of receipts/(payments)</i>	£ -	£ 2,193.60	£ -	£ 2,193.60	£ 1,255.59

GO GET YOU

England & Wales - Charity number 1160605

Accounts



End of Year Report
April 2020 to April 2021





CHARITY DETAILS

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MAIN CONTACT DETAILS

Name: Mr. Paul Shanahan

Telephone:

Email: paulshanahan@gogetyou.org

STAFFING DETAILS

Employees: 1

Volunteers: 0



CHARITY ACTIVITIES

Structure & Governance

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Activities

The charity has committed to the following activities during the financial period April 2018 to April 2019, in accordance with the organisation's aims and objectives

1. Active Indoors Project – providing physical and mental wellbeing activities for people isolating
2. QI-DO in the community project
3. Communi-qi project/Qi Start project – guided online qigong programme



	Charity Name			No (if any)	
	Go Get You			1160605	
Receipts and payments accounts					
	For the period from	Period start date	To	Period end date	
		4/6/2018		4/5/2019	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sponsorship, Contract, Commission	£ -	£ -	£ -	£ -	£ 287.39
Grants	£ -	£ 15,294.72	£ -	£ 15,294.72	£ 19,908.00
Donations		£ -	£ -	£ -	£ 518.50
Memberships	£ -	£ -	£ -	£ -	£ 196.61
Other	£ -	£ 3,555.88	£ -	£ 3,555.88	£ 491.07
			£ -	£ -	
Sub total(Gross income for AR)	£ -	£ 18,850.60	£ -	£ 18,850.60	£ 21,401.57



A3 Payments					
Refunds	£ -	£ -	£ -	£ -	£ -
Training	£ -	£ 1,100.00	£ -	£ 1,100.00	£ 180.00
Expenses	£ -	£ 173.01	£ -	£ 173.01	£ 579.93
Staff Salary	£ -	£ -	£ -	£ -	£ -
Staff NI & Tax	£ -	£ -	£ -	£ -	£ -
Staff Pension Contributions	£ -	£ -	£ -	£ -	£ -
Staff Donations	£ -	£ -	£ -	£ -	£ -
Employer NI Contributions	£ -	£ -	£ -	£ -	£ -
Employer Pension Contribution	£ -	£ -	£ -	£ -	£ -
Sessional Worker	£ -	£ 11,370.57	£ -	£ 11,370.57	£ 13,779.48
Recruitment	£ -	£ -	£ -	£ -	£ 44.00
Office Rent	£ -	£ -	£ -	£ -	£ 81.00
Rates	£ -	£ -	£ -	£ -	£ -
Maintenance & Repair	£ -	£ -	£ -	£ -	£ -
Local Venue Hire	£ -	£ 81.00	£ -	£ 81.00	£ -
Utilities	£ -	£ -	£ -	£ -	£ -
Insurances	£ -	£ -	£ -	£ -	£ 127.40
Financial Management Charges	£ -	£ 126.96	£ -	£ 126.96	£ 141.00
Phone and Internet	£ -	£ 91.00	£ -	£ 91.00	£ -
Equipment & Consumables	£ -	£ -	£ -	£ -	£ 2,309.32
Marketing	£ -	£ 4,649.47	£ -	£ 4,649.47	£ 2,064.96
Stationary/Postage	£ -	£ 3.00	£ -	£ 3.00	£ 2.60
VAT Payments			£ -	£ -	£ -
			£ -	£ -	£ -
	£ -	£ 17,595.01	£ -	£ 17,595.01	£ 19,309.69